

BlueFire Wilderness Therapy

(Wilderness Therapy Program)

CONTACT

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NATSAP Member
Since: 2014



PROGRAM OUTLINE

Gender: All Genders (non-binary)
Ages: 11 - 17; 18+
Grades: 6 - 12
Enrollment: 60
Duration: 8 - 12 weeks
Founded: 2013



Airport: Boise, Idaho (BOI)

BlueFire Wilderness Therapy is a comprehensive and licensed intervention for teens and young adults who are struggling in different aspects of their daily lives. We provide a state-of-the-art and progressive treatment approach by incorporating a multidisciplinary treatment team to participate in the treatment planning and implementation for every child and family. We utilize an ideal balance of wilderness expeditions, high-adventure activities, weekly equine therapy, individual and group therapy, academic work, service projects, and family connections, all designed to deliver treatment opportunities and life-skills attainment.

Going above and beyond traditional wilderness therapy interventions, BlueFire involves a breadth of experiences from a multidisciplinary treatment team (Psychologist, Primary Therapist, Recreation Therapist, Academic Director, Equine Specialist, Physician, Psychiatric PA, RN). This progressive approach means that every client and family gain the benefit of a team of professionals who understand the comprehensive and subtle aspects that can be gained in the outdoor setting. End goals are substantiated and supported by a comprehensive treatment plan involving input from all disciplines.

BlueFire immerses each client in the wilderness program setting to interrupt the pattern of negative behaviors, elicit a true desire for life change, and identify a concrete plan for long-term success. We work in concert with parents and involved professionals to determine the most appropriate plan for long-term progress. As part of this family systems approach, parents participate in a multi-day family workshop in which they witness their child's successes and address behavioral progress and ongoing concerns within the parent-child relationship. Preparing for transition (either home or placement) is the final emphasis of treatment.

Located at the base of Idaho's Sawtooth Mountains, 1.5 hours from Boise, BlueFire's experienced team members are pioneers of wilderness therapy. We believe that our combination of wilderness environment and adventure activities creates the ideal therapeutic milieu in which to help clients recognize and build upon their sense of self-worth. Our multidisciplinary treatment team provides a comprehensive and highly individualized treatment plan for every child and family. There is no level system.

Education is an important aspect of BlueFire. While we understand that many of our clients are failing or not attending school regularly, we aim to help get them on the right track with their educational goals. Initially, we endeavor to help our clients gain confidence in their ability to learn and perform tasks. The curriculum at BlueFire, educational testing, learning styles assessments, and career and academic assessments are designed to find the root cause of problems and provide solutions and coping skills needed for success.