

YMCA Steps

Camping program for young adults who experience mental illness

DAY 1

TIME	ACTIVITY	EXPLANATION
1:00PM	Lunch	
1:30PM	Welcome	Campsite emergency procedures, info about the site & walk around campsite
2:00PM	Ice breakers & games	Activities to get the group mixing and feeling comfortable
2:30PM	Footprints	Painting feet and using colours as an expression of how participants feel at the start of camp
3:30PM	Afternoon tea	
4:00PM	Group Norms /challenge by choice/duty groups	Preparing the group for the camping experience and ensure everyone is of the same understanding
4:30PM	My Time – Journal making	Journals are an opportunity to express thoughts and feelings and record events that have happened. By offering many different materials (stickers, pens & craft bits) participants can document their journey in their own way.
5:30PM	MT / Duty	Duty group setting up for dinner
6:00PM	Dinner	
7:30PM	Open campfire	Time to chat and socialize. Toast marshmallows.

DAY 2

TIME	ACTIVITY	EXPLANATION
8:00AM	Breakfast	
9:30AM	Mountain bike	First individual challenge. Participants can chose their level of challenge and support others.
10:30AM	Morning tea	
11:00AM	Fuzzy bags	Participants and leaders create their own bags which others put encouraging messages, words or pictures in throughout camp. Encourage the group to read their messages.
12:30PM	Lunch	
2:00PM	Initiative/group dynamics	The whole group participates in problem solving activities to encourage team work and getting to know the group dynamics.
3:00PM	Afternoon Tea	
3:30PM	Low ropes course	Participants and leaders have the opportunity to challenge themselves in a supported environment. Trying to complete as much of the course as possible.
5:30PM	MT / duty	My time – journaling time and an opportunity to participate in any activity
6:00PM	Dinner	
7:30PM	Story of Hope	This session will provide the participants with an opportunity hear about an individuals experience with mental illness, the strategies they have used to cope and the visions they have for the future.



DAY 3

TIME	ACTIVITY	EXPLANATION
8:00AM	Breakfast	
9:30AM	Raft building	Participants and leaders working together to build a raft and then float it on the dam. Problem solving, skill development and team work will be tested
11:30AM	Morning tea	
12:00PM	Nutrition session & making lunch	Information is given about basic nutrition and the group make lunch together (for example pizza & warm chicken salad)
3:30PM	Afternoon Tea	
4:00PM	Giant swing	Participants have the opportunity to challenge themselves and help others to swing as high as they can
5:30PM	MT / Duty	My time – journaling time and an opportunity to participate in any activity
6:00PM	Dinner	
7:30PM	Footprints & Fire Of Friendship (FOF)	Painting feet and using colours as an expression of how participants feel at the end of camp FOF – YMCA traditional campsite activity where participants are welcomed into the Y and there is an opportunity to reflect on camp experiences.

DAY 4

TIME	ACTIVITY	EXPLANATION
8:00AM	Breakfast & camp pack up	
10:00AM	Trust activities	Activities are facilitated to build trust between the group to prepare for the high ropes
11:00AM	Morning tea	
11:30AM	High ropes	An individual challenge for participants and an opportunity to support others in their own goals on the ropes course
1:00PM	Lunch	
2:00PM	Handing out of fuzzy bags and awards	Finish the camp with positive awards and take away items

