



Experiential Diversion Program for Teens

Improve life skills and increase self-perception through adventure programming

Since the late 1980's, the [Browne Center](#) has offered experiential learning programs to groups of all ages. By challenging students in adventurous activities, they are fully engaged as they develop social-emotional skills!

New Directions provides teenagers an experiential diversion program that equips them with the skills needed to better handle the stress that often puts them most at-risk. Experiential exercises and challenge course elements are customized for your students specific goals and needs. Activities are intentionally sequenced to create a progressive, learner-centered program that meets teens where they are at developmentally.

Target Population: Middle School and High School students with behavioral issues manifested in absenteeism, high levels of disciplinary actions, low grades, bullying, and substance abuse.

Target Areas for Skill Development:

- **Goal Setting (Aspirations, Commitment to School, Personal Strengths)**
- **Healthy Relationships (Empathy, Communication, Self-Concept, Positive Risk Taking)**
- **Coping Skills (Stress/Anger Management, Peer Pressure, Impulsivity)**

Anticipated Participant Outcomes:

- **Improved communication, refusal skills, and relationship building skills**
- **Increased perception of competence and self-worth**
- **Increased confidence in making decisions and setting goals**
- **Increased self-reliance and coping skills**
- **Increased ability to manage self, choose healthy risks, resolve conflicts, and problem-solve**
- **Increase in self-esteem**

Our Services: **New Directions** is customizable & adaptable to your staff and student needs. Your program can include: single or multi-day programming at our cutting edge challenge course with our trained facilitators, staff development training with your teachers, and easy to use curricula for ongoing programming facilitated by your program staff.

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