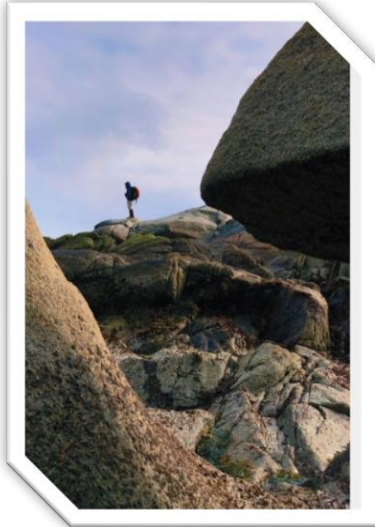


## Why Wilderness Expedition is an Important part of the Program and Teaching Recovery Skills

Throughout BEAR Phase students will engage in hands-on outdoor experiences that will provide opportunities to learn and practice the new skills necessary to choose a healthy, substance-free lifestyle. The different components of BEAR phase will focus on increasing coping skills, self-confidence, social functioning, and life skills.

The wilderness creates real-time concrete opportunities for students to learn and practice healthy ways to manage strong emotions, gain impulse control, effectively communicate, problem-solve, resolve conflicts, and build teamwork skills.

The new skills youth learned on BEAR phase will then be transitioned to the Residential setting in-town during Eagle, Raven and Step into the Light phases. Here youth will continue to practice and integrate healthy life skills, recovery and coping skills in a supportive environment before you leave the Raven's Way Program.



Youth all have it within themselves to overcome any challenge. We believe in them and staff are here to support and guide the youth as they are learning and growing.