

A person with long hair, wearing a white t-shirt and dark shorts, stands with their back to the camera in a grassy field. They are looking out at a range of mountains under a bright blue sky with large, white, fluffy clouds. The scene is framed by a light-colored border that features faint topographic map lines and labels. The word "outback" is written in large, white, lowercase letters across the middle of the image, partially overlapping the sky and mountains. In the bottom right corner, there are small text labels: "2074 m" and "6803 ft".

outback

OUT *here,*
THEY WILL FIND *themselves.*



YOU ARE NOT *alone*. We all want our children to grow up happy and healthy, to become decent, self-confident adults. So, when we clearly identify patterns of destructive behavior, and the mere mention that a problem even exists is met with resistance, we feel a threatening loss of control. Thoughts of failure, frustration, and even apathy only seem to widen the divide between you and your child. This is not uncommon. For thousands of years parents have struggled to influence their child's coming-of-age process, if not only to prevent their son or daughter from traveling down a dark path. Respected, old-world cultures used wilderness expeditions as a rite-of-passage to exercise a child's lingering recklessness and raise the soul of the man or woman within. These expeditions represented a therapeutic transition into adulthood – designed and supervised by the wisest of the tribe's elders. Today, these elders should be experienced, Ph.D. level therapists versed in helping solve the problems of the modern family.

“It made me feel really good about myself.”

“This program taught me how to ‘bust-a-coal’, which means making a fire without using a match. A lot of the different parts to making this ‘coal’ are parallel to one’s life, and by being able to do that I felt very accomplished...

I had done something really cool, something that not a lot of people know how to do. It made me feel really good about myself.”

– Outback Student

At Outback Therapeutic Expeditions, we combine the most effective elements of these historic expeditions with the proven methods of clinical therapy. By redirecting the energy teenagers spend on angst and destruction to more mature, constructive pursuits, Outback students awaken to a world where they find value in community and family. They begin to shape their efforts into achieving a lasting, proper stature in society.



“...the rest of their life.”

“If your child is in trouble and you’re not considering doing something, then you are taking a terrific gamble with the rest of their life.”

– Parent of an Outback Student

THE STUDENT

At Outback, we work with 13-to-17 year-old youths, ‘students,’ struggling with behavior at a transitional time in their lives. Students may be experiencing family conflict or negative peer group pressures. They may be isolating themselves, acting abusively towards their parents or siblings, or experimenting with drugs and alcohol. Some may be spending excessive time alone on computers, struggling academically, or having difficulties stemming from adoption. Often they are bright but underachieving.

Oppositional defiance, attention deficit, learning differences, low self-esteem, depression, substance abuse, anger, and bereavement should not be viewed simply as ‘growing pains.’ Unchecked, they can leave lifelong, visible scars or spiral out-of-control entirely. These problems are increasingly common in today’s complex society, but remain very treatable.

THE PARENT

Parents are human too, and they experience a variety of unnerving reactions, especially to their child’s troubles.

Some feel like they have failed entirely and attempt to hide their situation from trusted family, friends and colleagues. Often they dread the presence of their own child. Some parents try to ignore a profound sense that a real disaster is waiting right around the corner. They may even entertain secret thoughts of giving up altogether, writing their child off as a loss.

In this hopeless situation, a vicious cycle of blame starts and problems are never resolved.

THE STUDENT'S CHALLENGE

At Outback, we recognize that every student and family comes with their own specific set of circumstances, but in all cases, they share a common 'root' problem, self-deception.

Self-deception permeates every aspect of our lives. It is the inability to see that one has a problem. For teenagers, self-deception prevents them from addressing, in any constructive fashion, the multiple expressions of their self-destruction.

In one way, it is no different than a toddler with his or her hand stuck in a cookie jar. Despite their ceaseless efforts and reckless thrashing about, they remain trapped. Pulling harder only makes the situation worse. As anxiety levels increase, your sound suggestions of 'how to be free,' fall on deaf ears. Internally, the child is screaming so loud that they can hear no other voice. They remain oblivious to the fact that they are the cause of the problem.

How do you impart this knowledge to a teenager that has tuned you out?

THE PARENT'S CHALLENGE

We've all heard that "admitting one has a problem" is the first step to solving it, but more often than not, we fail to take the second step, acting decisively on our problems with available, viable solutions.

All too often, in the case of troubled youths, we become reactionary towards our children due, in part, to an exasperating lack of influence. In turn, we betray our better judgment.

The unfortunate dilemma: do you, without actively making a choice, choose by default to live a life less fulfilling with your child, or do you take that courageous second step and confront the dark agents of the world that seem to wield more control over your child than you?



"It is in the darkness of their eyes that men get lost."

— Black Elk



THE CREATIVE CLINICAL APPROACH

As a rite of passage, Outback aims to enlighten — to bring about authentic character development — to give students, and families, the tools they need to resolve their personal problems.

At Outback, we do not modify behavior in the authoritarian sense. We do not subscribe to the traditional “level system,” nor do we use “break-down models” found in other youth-based wilderness programs. It is the view of Outback therapists that these philosophies only promote a temporary compliance to authority, add risk, and ultimately prove unnecessary in the building of authentic character.

At Outback, we take a creative clinical approach designed to engage the student’s interest while reducing their resistance to change. Your child makes lasting, internal changes as a result of personal desire and a shift in outlook, not as a result of forced compliance. Thus, the student must clearly see the ‘path they’re on’ for themselves, not merely follow our directions. As we capture their interest and establish a trust, they become receptive to our suggestions.

THE EXPEDITION

A wilderness expedition removes the distractions found in our modern lives. Food, water and shelter, ‘the basics,’ are suddenly appreciated. Attitudes, affectations and selfish habits seem dramatically out of place against the stark contrast of a fair but uncaring wilderness. This new environment refuses to promote students immature, external images of themselves. Out of their comfort zone, students quickly desire to learn new skills - skills necessary to their well being.

Primitive wilderness skills like building a fire without matches, making your own backpack, cooking, doing camp chores, and other individualized skills become life-affirming and community-building activities that replace negative thoughts and habits. Students learn through example, metaphor, group effort, and experimentation.

As students adjust to their new surroundings, Outback counselors can more clearly observe the students’ behavioral expressions for more effective individualized treatment.

INDIVIDUALIZED TREATMENT

Many youth wilderness programs claim to offer individualized treatment, but in reality, they take a conveyor-belt approach which allows for little one-on-one time with a clinical therapist. At Outback, individualized treatment is the cornerstone of our therapeutic process.

Students meet weekly with their own Outback therapist. The Outback therapist confers with parents to discuss progress, treatment and aftercare planning. Our Clinicians also work closely with educational consultants and referring professionals to ensure a cohesive team approach to the student's treatment plan.

Also, our creative clinical approach employs a programmatic structure that emphasizes relationship skills and internalized change. Altogether, this effort represents the highest level of clinical attention with the most extensive individualized treatment found in any youth wilderness program.



"I found that if man was not motivated, that is if he was not prodded into moving, he had to be invited to thrust forward. (Ancient) cultural systems furnished a variety of situations for calling forth man's exertion."

– Dorothy Lee



“I am so grateful.”

“Enrolling my son in Outback was one of the best decisions we made. Outback gave him the time to settle down and basis to move forward, toward success with a positive attitude. When I think back to what you all did for him, I am so grateful.”

– Parent of an Outback Student

THE GROUP

Outback maintains a high staff-to-student ratio and a small expedition group size to ensure individualized treatment. All groups are single gender. Daily group sessions provide a forum for addressing group dynamics, individual character development and specific topics identified in the treatment plan. Shared challenges build a sense of camaraderie and advance the importance of group effort, community, and ultimately, family. At last, leadership skills, fundamental to strong character, are developed as the more experienced students mentor new arrivals. A balance of support, structure, personal responsibility and peer involvement makes the Outback group essential to treatment.

THE FAMILY

Parents and other family members are involved in the student’s expedition, not only to monitor progress through the weekly conference calls but to also help by giving insight into specific challenges that the student might face. In addition to giving updates, these weekly calls invite change where needed in the larger family unit. Parents are also invited to write letters for delivery to keep open the channels of communication. Finally, parents participate in a one-day conference and an in-field family therapy session before the student completes the expedition.

THE STAFF

Outback employs primarily Ph.D. level clinicians that work to build a genuine relationship with the student. Taking the creative clinical approach, the clinicians use varying models of therapy to customize a treatment plan that is individualized for your child.

Outback field instructors are outdoors men and women that love to teach. We seek out and employ only those individuals that are naturally able to work with youths – adults with that rare gift to connect with teenagers. These field instructors are trained in the most effective techniques for reducing resistance, increasing response and mentoring. Each has passed a rigorous wilderness therapy training program, and every staff member is subject to an extensive background check.

THE BENEFIT

Rather than using external motivators to create change, at Outback, we focus on an internal locus of control. The impetus for change must come from the students' personal desire and insight, not out of fear of an external punishment or hope for an external reward. Instead, we use the aboriginal 'Naa-moro Aragon,' a small wooden token engraved with symbols, to help students recognize, for themselves, when they've made changes toward positive character development.

'Naa-moro' means 'to see the way' and 'Aragon' means 'sheild, or solid wood.' The value of the Naa-moro Aragoon is strictly personal. Each token represents specific characteristics of personal progress. Students may receive any one or any amount of the tokens meaningful to them. Students are encouraged to continue their progress or return a specific Aragon if they are not progressing. This promotes an internal locus for change rather than an external one.



"...look for changes"

Outback staff look for changes in behavior and attitudes, then recognize the student for such changes in a private ceremony. This process invites internalized changes versus just moving up a level system.

OUT HERE, YOUR CHILD WILL *see things in a new way.*

BACK TO THE PARENT'S CHALLENGE

As parents we have enough life experience to recognize when the stakes are high, when the consequences of our actions will be felt over a lifetime. Life often comes down to a few defining moments. If you are reading this brochure, more than likely this is one of them. If you do anything at all, make a decision and act on it, because to not decide will certainly lead to heartache.

Nothing speaks louder than the truth. It is liberating. It is knowledge. It allows for better decision-making, reduces personal conflicts, and promotes teamwork and family.



Knowledge brings out a sense of personal responsibility and happiness. For children it is the key to a healthy transition into adulthood, and it is the only solution to their behavioral problems.

When you make decisions based on knowledge you are rewarded in your pursuits, your relationships and your peace of mind. With your child, the reward is double. You can rekindle a relationship, you can share in their happiness and they can share in yours, you can be proud of the man or woman they are becoming, and you can, again, feel hope for your child's future.

FREQUENTLY ASKED *Questions*

WHY CHOOSE OUTBACK?

Many programs claim to offer individualized treatment, but in reality, they take a conveyor-belt approach which allows for little one-on-one time with a clinical therapist. At Outback, individualized treatment is the cornerstone of our therapeutic process.

IS AN OUTBACK EXPEDITION SAFE?

Your child's safety comes first above all else. Outback maintains a 'two-on-one practice' – never allowing a student and staff member to be alone together. All staff members are trained in first aid, CPR and outdoor living skills. All staff members stay current by participating in weekly in-service training.

ARE ALL YOUTHS WELCOME?

Outback accepts 13 to 17 year-old youths with behavioral problems. Outback is not designed for, and does not accept, youths that have major mental health disorders, histories of serious violence, or who are actively suicidal.

HOW LONG DOES AN OUTBACK EXPEDITION LAST?

Lengths of stay are flexible, but no shorter than 4 weeks. A student's length of stay is determined by their parents, the therapist and the referring professional. Our average stay is 6 to 8 weeks.

WHEN DO OUTBACK EXPEDITIONS START?

Outback expeditions are ongoing, year round. After a completed application is approved, students are admitted to the program and may enter an expedition, in progress, any day Monday through Friday. Students should arrive at Salt Lake City Airport by 2:00 pm.

WHAT DO STUDENTS NEED TO BRING?

All clothing and gear will be issued by Outback when students arrive.

WHAT DO PARENTS NEED TO SUPPLY?

- Any prescription medication.
- Prescription glasses (no contacts).
- Retainers with their cases.
- Disposable cameras
(in their original packaging).

HOW MUCH DOES IT COST?

Outback has an all inclusive daily rate structure with no additional fees for gear or admissions (Please call an admissions counselor for current costs). Low interest educational loans are available through Prepgate.

HOW DO I GET STARTED?

You can either download the application or fill it out online at www.outbacktreatment.com. Or if you prefer, you may speak with a representative at 1-800-817-1899.



Aragon: n, solid wood, or shield

An Aragon is a wooden token that represents characteristics of a person who has, and is continuing to make, progress in life. There are sixteen in all, personalized for the specific changes a student might make.

Outback staff look for changes in behavior and attitudes, then recognize the student for such changes in a private ceremony. This process invites internalized changes versus just moving up a level system.

The name and meaning of each Naa-moro Aragon best illustrates the lifelong benefits that students can gain from an Outback therapeutic expedition.

SOLID GROUND	shows responsibility, endurance, and decreases moodiness
SEEKER	finds joy in learning
VITAL FIRE	demonstrates self-motivation and hard work
WINGED HEART	expresses gratitude and overcomes abuse or adversity
LETTING GO	lets go of negative emotions, expresses understanding and forgiveness
THE BRIGHTNESS	expresses hope for the future and finds happiness
AWAKENING	begins fundamental shift, sees others and self in more clear and healthy ways
HEWED STONE	establishes a sense of identity and one's place in the family
GIVER	gives of oneself without self-interest
PEACE WALKER	shows a positive attitude and does not take offense during difficult times
MAKING AMENDS	seeks forgiveness and explores ways to restore trust
TRUE SPEAKER	sees oneself accurately and tells one's story truthfully
MAKER	shows industriousness and creativity
JOURNEY KEEPER	makes commitments, sets personal goals, and follows-through
STRONG CORD	works well with and encourages others
OPENNESS	asks for and accepts correction, learns to build trust



AN ASPEN EDUCATION GROUP PROGRAM

50 N. 200 E. | LEHI, UT 84043 | TEL: 800.817.1899

FAX: 801.766.3932 | WWW.OUTBACKTREATMENT.COM



Visitor Center

1210 m
4000 ft

Bridge Mountain
2074 m