

Dear Parent(s)/Guardian(s),

I wanted to take a moment to introduce the Adventure Therapy team here at CALO and welcome you to being a part of the CALO family. Your child will be taking part in exciting and challenging activities as part of their daily schedule in Adventure Therapy. These adventure activities are designed to help your child learn and grow in dynamic ways to experience reciprocity in relationships as well as an understanding of our five therapeutic skills: Setting and Achieving Goals, Teamwork, Communication, Trust and Empathy.

If you ever have any questions, comments or concerns about your child's progress in Adventure Therapy please don't hesitate to contact us. Mike Sharpmack is the Adventure Therapy Director and you can reach him at msharpmack@ca-lo.com. Working with Mike is the Adventure Therapy Program Manager, Jordan Vincent. You can reach him at jvincent@ca-lo.com. There is also a more in-depth explanation of CALO's Adventure Therapy program available on the CALO website as well as in the Parent Handbook. We strive to keep parents, families and treatment professionals updated regularly through monthly Treatment Team Summaries, blog posts and photos on CALO Connect/Family Bridge as well as more personalized feedback if requested.

Thank you for your interest and support in your child's experience in Adventure Therapy. We are thrilled to get the chance to help your child learn and grow through the dynamic and experiential challenges provided in Adventure Therapy.

In each of our five sequences we teach both a hard skill set and soft skill set. The hard skill sets are the activities and experiences such as hiking, biking or water sports. The soft skill sets are the five sequences, for example: Setting and Achieving Goals is the main soft skill for that sequence and we use the S.M.A.R.T. acronym (Specific, Measurable, Attainable, Realistic and Timely) to help us set appropriate goals. We compliment each of the 5 soft skills with the hard skill that will best tie in with each other and we complete a 100-mile bike ride for our hard skill in the setting and achieving goals sequence.