

Washington County



Community College

Calais, Maine
Discover Choices • Create Success

**Approximate Cost
For One Year
(Tuition & Fees)**

In State
\$3,985.60

New Brunswick Residents
\$3,985.60

Out of State
\$7,672.60

New England Residents
\$5,832.70*

*See New England
Regional Students section
of the WCCC catalog.

Financial Aid is available
for students who qualify.
Approximately 85% of
WCCC students receive
some form of financial aid.

www.FAFSA.Ed.Gov

School Code: 009231

One College Drive
Calais, Maine 04619

207-454-1000
1-800-210-6932



wccc.me.edu

Outdoor Leadership: Adventure Therapy



The Adventure Therapy concentration of the Outdoor Leadership program at Washington County Community College was created in response to the increasing demand for qualified, trained outdoor professionals in adventure-based and nature-based therapy. The Adventure Therapy concentration focuses on providing students the skills needed to provide front-line support services to clients in adventure-based and nature-based therapeutic programs in Maine, across the country, and around the world.

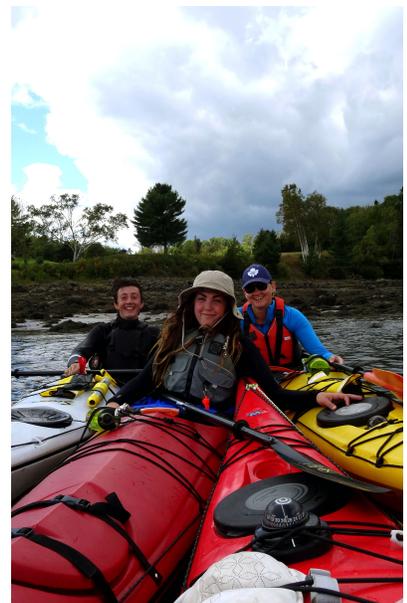
The Adventure Therapy concentration of the Outdoor Leadership program provides students with the opportunity to combine training in outdoor leadership skills with counseling and facilitation skills, allowing them to lead and facilitate adventure-based and wilderness-based therapeutic experiences using effective techniques to help clients cope with and overcome various behavioral, cognitive, social, and affective disorders.

This hands-on, experiential program utilizes Maine's natural environment as a classroom, allowing students to study how adventure-based and nature-based therapeutic programs are transforming people's lives.

From paddling Maine's wild rivers, to kayaking the beautiful coast, the Adventure Therapy concentration of the Outdoor Leadership program is well-seated in the heritage and culture of all that Maine has to offer. If you are outgoing, adventurous, and value the wonder and awe of nature to help people, this program is for you.

For more program specific information, please contact the program instructor Scott Fraser, sfraser@wccc.me.edu, 207-454-1031.

Washington County Community College is an equal opportunity/affirmative action institution and employer. For more information; please call Tatiana Osmond, Affirmative Action Officer, at 454-1040



Course Outline

Outdoor Leadership w/concentration in Adventure Therapy Associates in Applied Science – 63.5 Credit Hours

Semester 1

Course #	Course Name	Credits
ADV105	Intro to Sea Kayaking	1
ADV119	Wilderness Expedition Skills I	4
ADV141	The Maine Environment I	1.5
ADV114	Ropes Course Facilitation	2
PFD100	Physically Fit for Duty	1
ENG101	English Composition	3
MATXXX	Math Elective - MAT112 or above	3
FYE100	First Year Experience	1
	<i>Total</i>	16.5

Semester 2

Course #	Course Name	Credits
ADV121	Wilderness Expedition Skills II	4
ADV115	Outdoor Leadership	3
ADV142	The Maine Environment II	1.5
ADV175	Internship/Practicum	3
ADV260	Foundations of Outdoor Therapy	3
EMS114	Wilderness Advanced First Aid	1.5
	<i>Total</i>	16

Semester 3

Course #	Course Name	Credits
PSY101	Intro to Psychology	3
HUS125	Drug Substance Use and Recovery	3
HUS/ADV	Any HUS or ADV Elective	3
XXX	Any 4-Credit Lab Science Elective	4
PHI114	Environmental Ethics	3
	<i>Total</i>	16

Semester 4

Course #	Course Name	Credits
HUS236	Trauma and Recovery	3
HUS240	Group Process	3
HUS231	Interviewing and Counseling	3
COM200	Environmental Interpretation	3
Gen Ed	Any General Education Elective	3
	<i>Total</i>	15

Updated 5/20/2021

Required Equipment List Fall/Spring 2021-22

As a student in the Adventure Leadership program, you will need most of the equipment listed below as well as other minor equipment. We have tried to minimize this list as much as possible, as we are aware that this equipment can be very expensive. Please keep in mind, however, that if you purchase quality equipment, you are likely to get many years of use out of each item. If you are not sure what brand/models to purchase, wait until you arrive at WCCC in the fall to purchase these items, as we will be covering what to look for in quality outdoor gear. Just **make sure to come to school in the fall with the financial resources necessary to purchase your gear** soon after the fall semester begins.

Item	Available to rent/borrow from OAC	When Needed (Sem.Week)	Approx. Cost
Polypropylene Undergarments (long underwear)	No	1.2	\$50
Warm Pants (fleece or wool)	No	1.4	\$40-150
Warm Fleece Technical Shirt (such as OR Radiant Hybrid Pullover)	No	1.2	\$30-150
Waterproof/Breathable Pant Shell such as <i>Marmot Precip</i> pants	No	1.2	\$80-180
Waterproof/Breathable Jacket Shell such as: <i>The North Face Venture</i> or <i>Marmot Precip Jacket</i>	No	1.2	\$80-120
Waterproof/Breathable Paddling/Sailing Jacket	Yes	1.2	\$80-150
Winter Hat (fleece or wool)	No	1.4	\$20-30
Warm Synthetic Socks (wool, etc – several pairs)	No	1.4	\$10-30 ea
Warm Synthetic hooded “Puffy” Coat such as: <i>Marmot Calen Hoody</i> or <i>North Face Thermoball</i> or <i>Patagonia Nano Puff</i> jackets	No	2.1	\$150-200
Winter Gloves (waterproof)	No	2.1	\$50-\$100
0 to -20 Degree Winter Sleeping Bag (not down) such as: <i>Mountain Hardwear Laminina Z Torch</i>	Yes	1.4	\$150-300
Insulated Ground Pad (closed cell foam or Thermarest)	No	1.4	\$30-85
Internal Frame Backpack-approx. 4000-5000 cu. in./70-75 liter such as: <i>Osprey Argon 70</i> or <i>Gregory Baltoro 75</i>	Yes	1.10	\$100-\$300
Daypack	No	2.2	\$30-\$100
Mess Kit – including fork/spoon/spork	No	1.4	\$30-\$80
Camp Cooking Pot set – must include 1-quart cooking pot (may be combined with mess kit)	No	1.4	\$30-\$100
2 1-liter Widemouth Water Bottles – must be Nalgene or other similar durable unbreakable plastic bottle with a wide mouth	No	1.2	\$12 ea

Updated 4/5/2019