

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



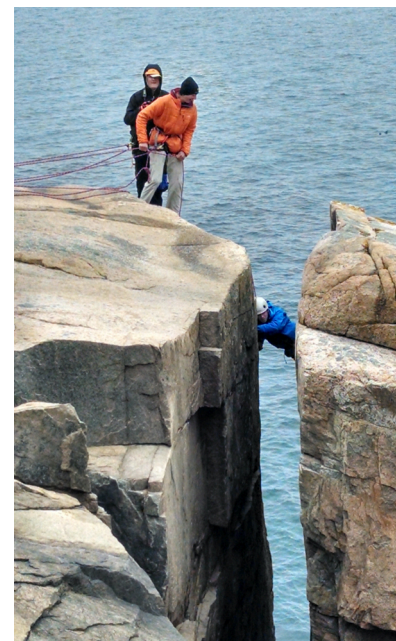
The Outdoor Leadership program at Washington County Community College was created in response to the increasing demand for qualified, trained outdoor specialists in the Outdoor Recreation industry. The Adventure Therapy concentration focuses on providing students the skills needed to provide front-line support services to clients in adventure-based and nature-based therapeutic program.

The Adventure Therapy concentration of the Outdoor Leadership program is designed to provide students with the opportunity to couple training in both a wilderness adventure experience as well as counseling from the Human Services perspective. This is an emerging field in adventure-based or wilderness-based therapy using techniques for outdoor therapeutic counseling and trauma recovery. Students have the potential to use their skills of counseling, psychology and the great outdoors to help clients overcome problems, deal with mental health problems and improve the quality of their lives.

Maine's outdoor environment is the ideal place to study how outdoor recreation is quickly becoming the fastest growing industry in the world. From paddling Maine's wild rivers, to kayaking the beautiful coast, the Outdoor Leadership program is well seated in the heritage and culture of all that Maine's natural environment has to offer.

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 4/21/2021

Program Certifications

Students have the opportunity to receive the following nationally recognized certifications:

Certifications Through Required Courses:

- Wilderness First Responder (WFR)
- American Canoe Association Certified Canoe Instructor
- Leave No Trace Trainer
- National Association of Interpretation Certified Interpretive Guide
- US Sailing/American Red Cross Small Boat Sailing Certification
- Maine Snowmobile and ATV Safety Certificate
- Maine Boating Safety Certificate
- Paddle Canada Canoe certifications
- National Association for Search and Rescue SARTECH II Certification

Certifications Offered Through Elective Courses:

- Wilderness Emergency Medical Technician (WEMT)
- Maine Recreational Guide License prep
- Maine Sea Kayak Guide License prep
- US Coast Guard Captain's License prep (Six Pack)
- PADI SCUBA Open Water Dive Certification
- Professional Climbing Instructor Association (PCIA) Climbing Wall Instructor
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Notice of Essential Abilities for the Outdoor Leadership Program

The objective of the Outdoor Leadership program at Washington County Community College is to prepare students for employment in the outdoor industry. Careers in this industry require certain abilities. Therefore, successful completion of the experiential components of this program's curriculum requires many of those same abilities.

The following abilities are considered essential to this program:

- Breathe independently (i.e., not require medical devices to sustain breathing)
- Independently maintain sealed airway passages while under water
- Independently hold head upright without neck / head support
- Manage personal care independently in various challenging outdoor environments
- Manage personal mobility independently in various challenging outdoor environments
- Follow instructions and effectively communicate independently
- Independently turn from face-down to face-up and remain floating face up while wearing a properly fitted life jacket
- Get on / off or in / out of a watercraft independently
- Independently get out and from under a capsized watercraft
- Remount or reenter watercraft following deep water capsize independently
- Carry a 40 lb backpack over uneven terrain for up to 10 miles per day
- Paddle watercraft for up to 15 miles per day
- Maintain a safe body position while attempting skills, activities and rescues listed in the course syllabi, and have the ability to recognize and identify to others when such efforts would be unsafe given your personal situation

Consistent with the requirements of state and federal law, the College provides reasonable accommodations for students with documented disabilities. If you have a disability for which you believe you may need an accommodation, including any required to perform the above described abilities, please contact Elizabeth Sullivan, the college's Accessibilities Specialist, at 207-454-1000.

Outdoor Leadership



Required Equipment List

Fall/Spring 2022-23

As a student in the ADV119 and ADV121 courses, you will need 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, wool, or softshell) such as Black Diamond Winter Alpine Pant	No	1.4	\$40-150
Warm Fleece Shirt/Pullover/Jacket (such as Patagonia R1 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
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	\$200-300
Insulated Ground Pad (closed cell foam or Thermarest)	No	1.4	\$30-85
Internal Frame Backpack-approx. 65-75 liter capacity 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
Hiking Boots (broken in–get early and wear all summer if possible) – medium weight - will be carrying 40 lb pack	No	1.10	\$80-180
Compass (Silva Type 7 or equivalent)	No	1.2	\$12-15
2 Drybags (for sleeping bag & clothes, 30 liter capacity)	Yes	1.2	\$20-30 ea
Headlamp (LED recommended)	No	1.4	\$20-50
PFD for sea kayaking/canoeing	Yes	1.2	\$50-150
Closed toed water shoes such as <i>NRS Paddle Wetshoes</i> (no crocs or flip-flops)	No	1.2	\$35-120
Waterproof watch with alarm	No	1.4	\$10-\$50
Wetsuit or Drysuit	Yes	1.2	\$200-1000
Rock climbing shoes (not required)	Yes	2.6	\$75-150