



PIVOTPoint WNC Experience Overview

The framework described below is at the heart of the work that PIVOTPoint WNC is so proud of. As a result, it is applied to all of our offerings: hiking, mountain biking, stand up paddle boarding, rafting, and climbing:

We have been taking small groups of individuals in various stages of recovery from Substance Use Disorder (SUD) for over 6 years. As a program, PIVOTPoint WNC is continuously researching and exploring various applications of mindfulness practices and ways to incorporate the many benefits of such work into our experiential opportunities. We are fully licensed, insured, and permitted. In addition, we are passionate about Leave No Trace principles and bring this same level of mindfulness and respect towards maintaining the areas in which we operate, leveraging the transformative client experience into stewardship.

All experience facilitators have years of experience working specifically with the substance use population. Facilitators are certified with a minimum of Wilderness First Aid and CPR; the majority have current certifications in Wilderness First Responder. Each works with PIVOTPoint WNC because each is a heart-centered, open-minded, recovery ally who shares in our organization's commitment to the transformative powers of the outdoors and the healing efficacy of mindfulness.

PIVOTPoint WNC incorporates mindfulness practice into its Wilderness/Adventure Therapy approaches. By engaging in mindfulness practices as well as therapeutic adventure modalities in a natural environment, participants have access to multiple points of self-awareness, self-regulation, positive self-esteem development, self-efficacy, and overall pro-social behavior through safe, supportive challenging of client pre-conceived limitations, processing of expectations, and group dynamic cultivation. The mindfulness component strengthens executive functioning, while also promoting neuroregulation – or the calming of nervous systems that have been negatively impacted by adverse childhood experiences (ACEs). This enhances self-regulation and stress tolerance capacities, increasing the capacity of participants to engage in healthier relationships, engage in effective conflict resolution and also improved interpersonal decision making.

Ratios are kept intimate and help to maintain a safe and supportive environment for those participating, whether it is for the first time or if they are seasoned participants who look forward to what experiences will unfold for them that day. There is a variety of mindfulness activities involved in each experience. Opportunities taken to revisit the initial check in further encourage an openness to re-frame and recalibrate our relationships with our feelings, sensations, and thoughts. As we invite awareness to the concerns, anxieties, and narratives we tend to bring with us in our everyday activities, we are all invited to leave some or all of that down as we hike/climb/paddle/bike, with the assurance that Mother Nature can, in fact, help to carry that load.

**PIVOTPoint WNC Experiences are offered at a 1:6 ratio
Outings are delivered at a cost of approximately \$1050/outing or roughly \$175/participant**

Please contact us with any questions you may have about the information contained herein.