



## **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 5 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.

Through intentional facilitation in small groups, all PIVOTPoint WNC Experiences introduce and support a mindful approach to living. Our experiences begin with individual inventories of each participant's "spiritual backpack," during which, each participant is encouraged to share what he or she has brought along with them that particular day. By cultivating this practice from the beginning of each experience, we can model a connection with ourselves and begin to open up to an exploration of the self; our individual fears, concerns, hopes, excitements, hesitations, etc. This is the groundwork from where we can begin to re-frame our relationship with ourselves. This is part of the essential foundation of recovery.

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 flat rate of \$500/group, 1:6 ratio.  
Sliding Scale is available on a case-by-case basis**

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