

Pilot Implementation

Info Pack



Project title	Reintegration Through Sport
Key action	Erasmus + Sport
Action type	Small Collaborative Partnership
Applicant Organization	KETHEA
Partners	University of Thessaly Asociacion Experientia Equal Society A-larm
Date & Place	10 – 15 May 2019/Zagori - Ioannina, Greece

About the project

Project Description

The **Reintegration Through Sport** (RTS) project was approved by the Erasmus + Sport program/Small Collaborative Partnerships. The project aims to highlight the benefits of outdoor sports activities and contribute to the creation of a secure environment, giving ex-drug addicts equal opportunities, contributing to their treatment and social reintegration. The project's main goal is to develop and implement an **innovative training tool** based on the **Adventure Therapy Methodology** and **outdoor sport activities** in order contribute to the treatment and reintegration of ex-drug addicts. The development of the training tool will be supported by a multidisciplinary team (experts in Adventure Therapy and outdoor sports activities, sports psychologists, social workers, addictions experts, researchers, etc) and it will be accessible to healthcare professionals and physical education teachers working in the addictions field.

Project Objectives

- The use of outdoor sports activities to the treatment and the prevention of the use of psychoactive substances.
- The application of the Adventure Therapy methodology to addiction treatment
- To emerge physical activity and sports as a complementary therapeutic tool in the treatment and prevention of addictions
- To enhance accessibility and equal opportunities for people from vulnerable social groups

Project Scope

- To create and continuously strengthen a network linking centers, NGOs, institutions, (inter) national organizations and private people working to promote the benefits of Adventure Therapy and outdoor sport activities and their use in the addiction treatment.
- To identify the theoretical background, scientific approaches and the good practices in order to raise awareness and exchange of knowledge, providing opportunities for dialogue in order to enhance the dissemination of information on Adventure Therapy, outdoor sport activities and addiction treatment
- Creating and promoting an innovative training tool to increment awareness, capacitation and training of addiction experts and health professionals
- Evaluation through Social Return On Investment methodology (SROI)

More info:

www.rtsport.eu

www.facebook.com/ketheasport

Adventure Therapy

Adventure Therapy is a therapeutic intervention implemented by mental health professionals that facilitate meaningful experiences through overcoming challenges in the outdoors aiming to promote an integral development of people and improve their quality of life. Adventure therapy is an active and experiential approach to group psychotherapy that uses outdoor activities as the main tool, utilizing real or perceived physical and psychological risk as clinically important factors in achieving desired change and goals

Adventure therapy is used as a clinical tool to promote therapeutic changes to clients and has widespread use in a wide range of mental disorders either as a primary, complementary or parallel therapeutic tool. Clients make sense through the information exchange process that leads them to change behaviors. This is done by both verbal and non-verbal pre-experience interventions as well as discussions that follow the experience

Pilot implementation

One of the main project action is the pilot implementation of the training tool. It is useful to involve end users in the development of the training tool in order to be adapted as possible to the needs of people who they will use it. For these reasons in the pilot implementation, the training tool will be piloted on a limited scale in a sample of the target groups. It will be a vehicle to verify the completeness in order to make necessary improvements for change / improve the training tool. This procedure will be based on data collection and study analysis from the implementation of the tool. It is a process based on feedback by exploring the results.

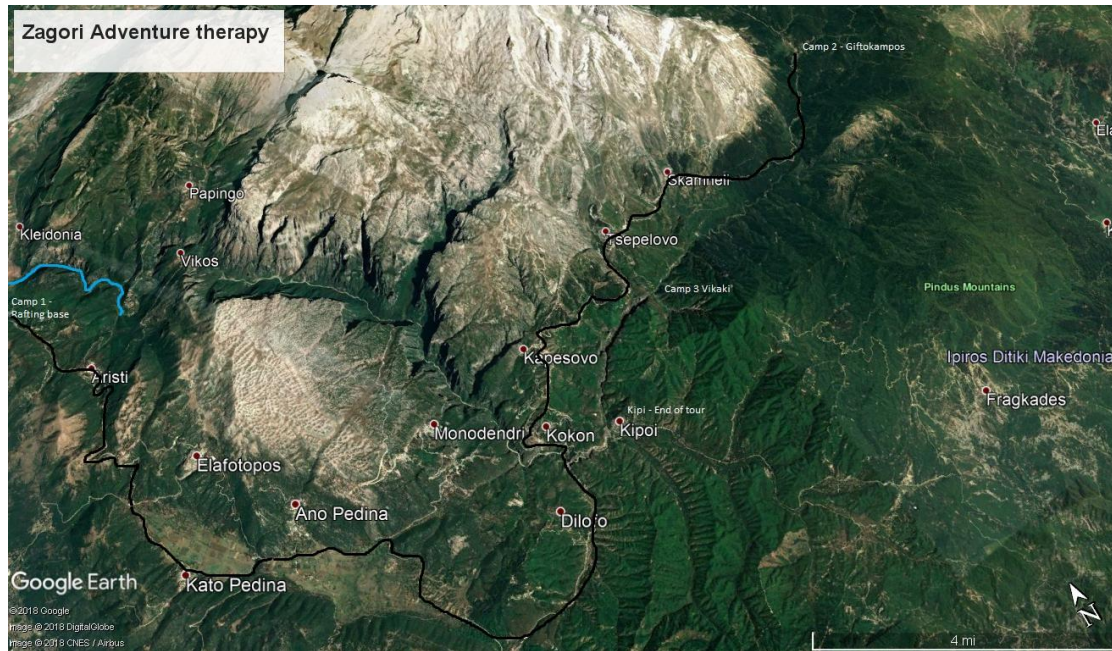
The pilot will be implemented in the target populations (clients and health professionals) and it will take place during the period of 10-15 May 2019. Experts from all the project partners will participate in the pilot implementation of the tool.

Place/Area

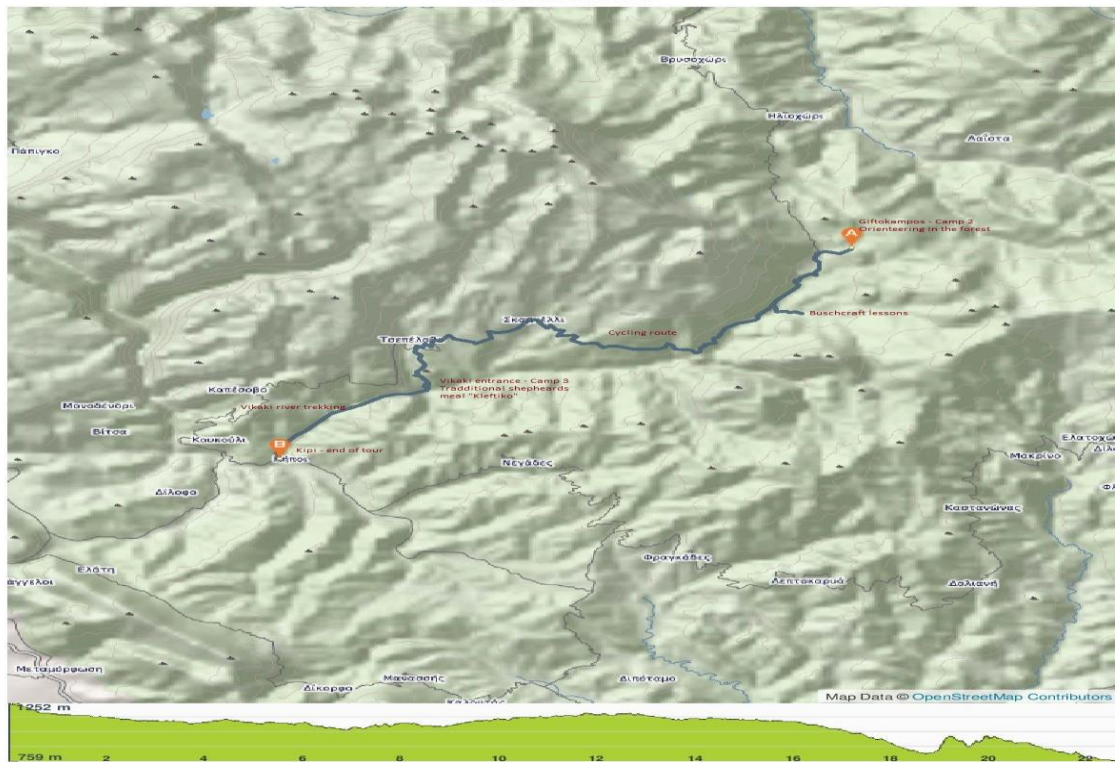
The pilot application will be taking place in the wider region of Zagori, Ioannina. Zagori is one of the most distinctive features in the land of Epirus in Greece. It includes a special geographical, historical and architectural unity in place and time. The 46 villages with their unique natural beauty and the idiosyncratic mentality of the people preserve this identity in the present.



Area of activities:



Unnamed Route



1. Rafting - Rappel

Starting from the Aristis - Papigos bridge and ending in the area of Kato Klidonia at the base of Trekking Hellas



2. River Trekking

The area of implementation of this action is close to the village of Tsepelovo and along the Voidomatis river to the village "Kipi".



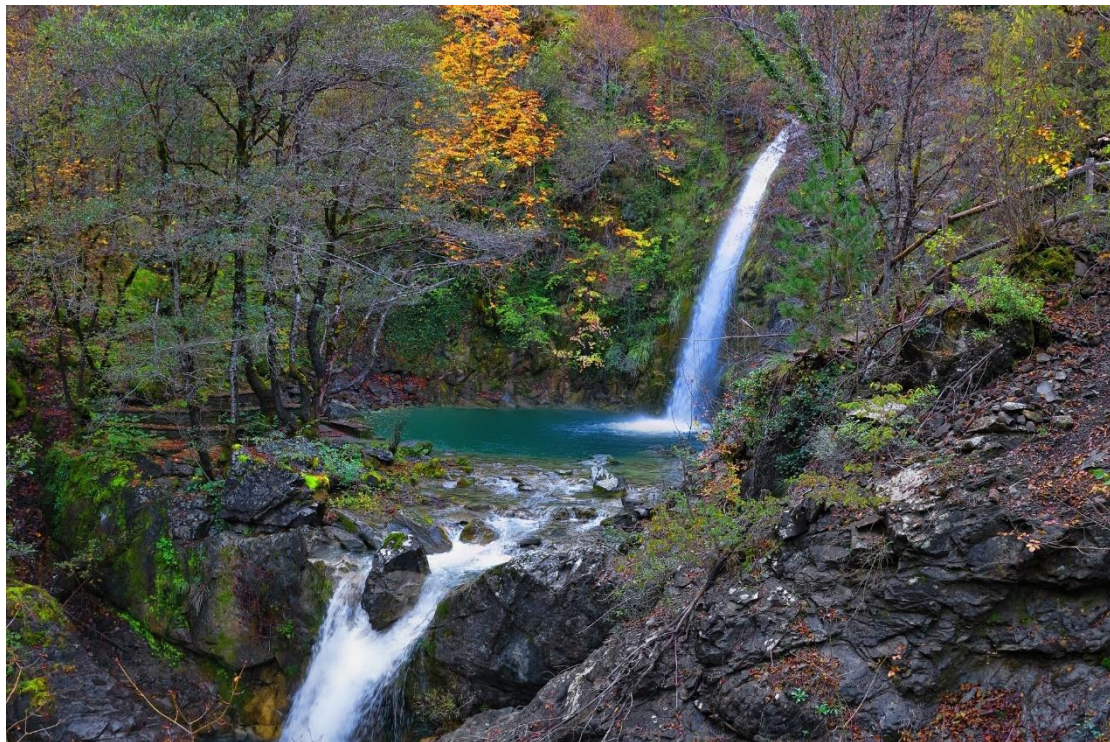
3. Orienteering & Bushcraft

Giftokambos Forest



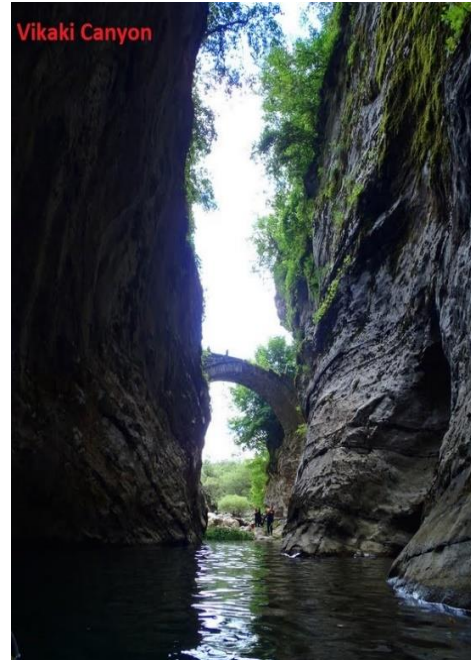
4. MTB & Hike

The route passes from the forest of Giftokambos to the waterfall of Heliohori



5. Canyoning

The activity of canyoning is implemented in the area of Papigós and more specifically in the Rogovos Gorge.



Target groups

In the pilot Implementation will participate 15 former drug users and 12 health professionals from the addiction treatment field, divided in two (2) separate groups following differed sequence of activities.

1st Group – Drug addiction treatment clients

In the first group will participate 15 members of KETHEA therapeutic programs. Selection Criteria:

- ✓ To have completed at least three (3) months in the main phase of treatment and/or in the social reintegration phase.
- ✓ To have good physical and physical condition.
- ✓ To have good English language communication skills (optional)
- ✓ Gender equality (optional)
- ✓ To provide their consent to participate in research activities
- ✓ To provide their consent to the processing of Personal Data - Photographing and/or Video Recording

Activities Schedule

	DAY 0 - Arrival	DAY 1	DAY 2	DAY 3	DAY 4	Day 5	DAY 6	
	Friday, May 10th	Saturday, May 11th	Sunday, May 12th	Monday, May 13th	Tuesday, May 14th	Wednesday, May 15h	Thursday, May 16h	
7:00		07:00 Waking up, breakfast, packing up	07:00 Waking up, breakfast, packing up	07:00 Waking up, breakfast, packing up	07:00 Waking up, breakfast	07:00 Waking up, breakfast, packing up	Facilitators and trainees will be transferred back	
8:00	Arrival to Athens	08.30 Meditation and goals for the day - journaling	08.30 Meditation and goals for the day - journaling	08.30 Meditation and goals for the day - journaling	08.30 Meditation and goals for the day - journaling	08.30 Meditation and goals for the day - journaling		
9:00		09:00 Transfer to Giftokampos	10:00 Combination of MTB and hiking from Giftokampos to Iliochoi waterfall and to the next camp site at the entrance of Vikaki	River Trekking	9:00 Preparation for rafting and rappel	09:00 Transfer to Papigo		
10:00		10:00 Arrival at Giftokampos camp site, tents			10:00 - 13:00 Descent of Voidomatis and rappel	10:30 Arrival at Papigo area		
11:00						Individual reflection time - journaling		
12:00			13:30 - 18:00 Orienteering and survival			13:00 Canyoning Rogovos		
13:00					13:00 lunch			
14:00				Arrival at Vikaki, tents	Transfer to Rafting base	14:30 MTB		
15:00				Reflection	Camp site, tents			
16:00				Preparation of Kleftiko	Archery			Closing
17:00								
18:00	Arrival to KETHEA EPIROU T.C							
19:00	Departure to Zagori camp site	Reflections of the day		Back to the campsite, fire building, cooking	Back to the campsite, fire building, cooking			
20:00	Arrival to Zagori camp site	Dinner	Dinner	Dinner	Dinner	Departure to Ioannina		
21:00	Staff preparation				Reflections of the day	Arrival to Ioannina		
22:00	Meeting							

2nd Group – Health Professionals

In the pilot application will participate 12 health professionals from KETHEA and A-LARM therapeutic programs. Specifically:

- 8 Health Professionals from KETHEA
- 4 Health Professional from A-Larm
- 2 Project team members

Activities Schedule

	DAY 0 - Arrival	DAY 1	DAY 2	DAY 3	DAY 4	Day 5	DAY 6
	Friday, May 10th	Saturday, May 11th	Sunday, May 12th	Monday, May 13th	Tuesday, May 14th	Wednesday, May 15th	Thursday, May 16th
7:00		07:00 Waking up, breakfast	07:00 Waking up, breakfast, packing up	07:00 Waking up, breakfast, packing up	07:00 Waking up, breakfast, packing up	07:00 Waking up, breakfast, packing up	
8:00	Arrival to Athens		08.30 Meditation and goals for the day - journaling	08.30 Meditation and goals for the day - journaling	08.30 Meditation and goals for the day - journaling	08.30 Meditation and goals for the day - journaling	
9:00		9:00 Preparation for rafting and rappel	09:00 Transfer to Papigo	09:00 Transfer to Giftokampos	10:00 Combination of MTB and hiking from Giftokampos to Iliochori waterfall and to the next camp site at the entrance of Vikaki	River Trekking	
10:00		10:00 - 13:00 Descent of Voidomatis and rappel	10:30 Arrival at Papigo area, camp site, tents	10:00 Arrival at Giftokampos camp site, tents			
11:00							
12:00		Individual reflection time - journaling	13:30 - 18:00 Orienteering and survival				
13:00	13:00 lunch	13:00 Canyoning Rogovos					Facilitators and trainees will be transferred back
14:00	14:30 MTB				Arrival at Vikaki, tents		
15:00					Reflection		
16:00				Preparation of Kleftiko			
17:00					Closing		
18:00	Arrival to KETHEA EPIROU T.C		17:00 Archery				
19:00	Departure to Zagori camp site	Back to the campsite, fire building	Return to the camp	Reflections of the day			
20:00	Arrival to Zagori camp site	Reflections of the day	Reflections of the day	Dinner	Dinner	Departure to Ioannina	
21:00	Staff preparation	Dinner	Dinner			Arrival to Ioannina	
22:00	Meeting						

Trainers

The pilot implementation will be facilitated by experienced trainers of Asociacion Experientia (www.asociacionexperientia.org). Asociacion Experientia aims to encourage the use of adventure therapy for therapeutic and psychoeducational application and therefore, as experts in this field, has developed training courses, experiential workshops, and seminars to mental health and social intervention and education professionals with interest in learning to use the adventure and nature as a driver of therapeutic experiences. Three trainer will facilitate the activities:

- Mr Alexander Rose
- Ms Natalia Ruiz de Cortázar Gracia
- Mr Román Rodríguez Sebastián

Evaluation

The evaluation aims to assess whether the quality of the content and activities of the training tool having a positive effect. In this light we should answer the following questions:

- The training tool is worth it?
- How could we improve efficiency?
- How could we improve the implementation?

In this phase will assess the knowledge and skills acquired by participants during their program participation. Also, changes in the behavior of the participants will be evaluated.

For the reliability and accuracy of the results of the evaluation, it is very important to identify the factors that should be considered and measured before and after the Implementation. In this direction will take place:

- Performing the evaluation both before and after implementation.
- Conducting the evaluation a number of times during the implementation.

In this context the variables which will be measured are:

1. Setting
 - Nature
 - Recreation activities
2. Self-Concept/ Behaviour (pre/post evaluation)
3. Program Quality

Practical information

Meeting point

KETHEA EPIRUS Therapeutic community

- Date: Friday, 10/5
- Time: 18:00
- Departure to Trekking Hellas base: 19:00
- Arrival to Trekking Hellas base: 20:00

Participants Material List

- ❖ Sleeping bag
- ❖ Hiking backpack
- ❖ Day hiking backpack (small one)
- ❖ Sneakers/closed sandals (light shoes)
- ❖ Hat (sun hat)
- ❖ Sunglasses (optional)
- ❖ Sunscreen
- ❖ Toothbrush & toothpaste
- ❖ Swimsuit
- ❖ Mosquito repellent
- ❖ Personal Water bottle
- ❖ Zip bags
- ❖ Headlamp
- ❖ Pen
- ❖ Notebook
- ❖ Underwear & socks
- ❖ T-shirts
- ❖ Pants & shorts
- ❖ Fleece/sweater
- ❖ Personal medication (if you need it)
- ❖ Towel
- ❖ Hand sanitizer (for after going to the bathroom)
- ❖ Soap for washing (biodegradable)

Supplied Equipment/Material

- Tents (2-3 persons)
- Sleeping mat
- Hiking shoes (for the clients only)
- Rain Jacket (for the clients only)
- Cooking equipment
- Food components
- All the activities equipment

Emergency Phones

Your family members in order to have the ability to communicate with you during the activities they can optionally use the following telephone numbers:

- +306986333873
- +306945154101

Technical support: Trekking Hellas Ioannina

www.trekking.gr

www.outdoorsgreece.com

Have
a good
time

NO SEX
NO DRUGS
NO ALCOHOL

EAT
SLEEP
TRAIN



From
RTS
Project team