

INTERLAKE ACTION THERAPY

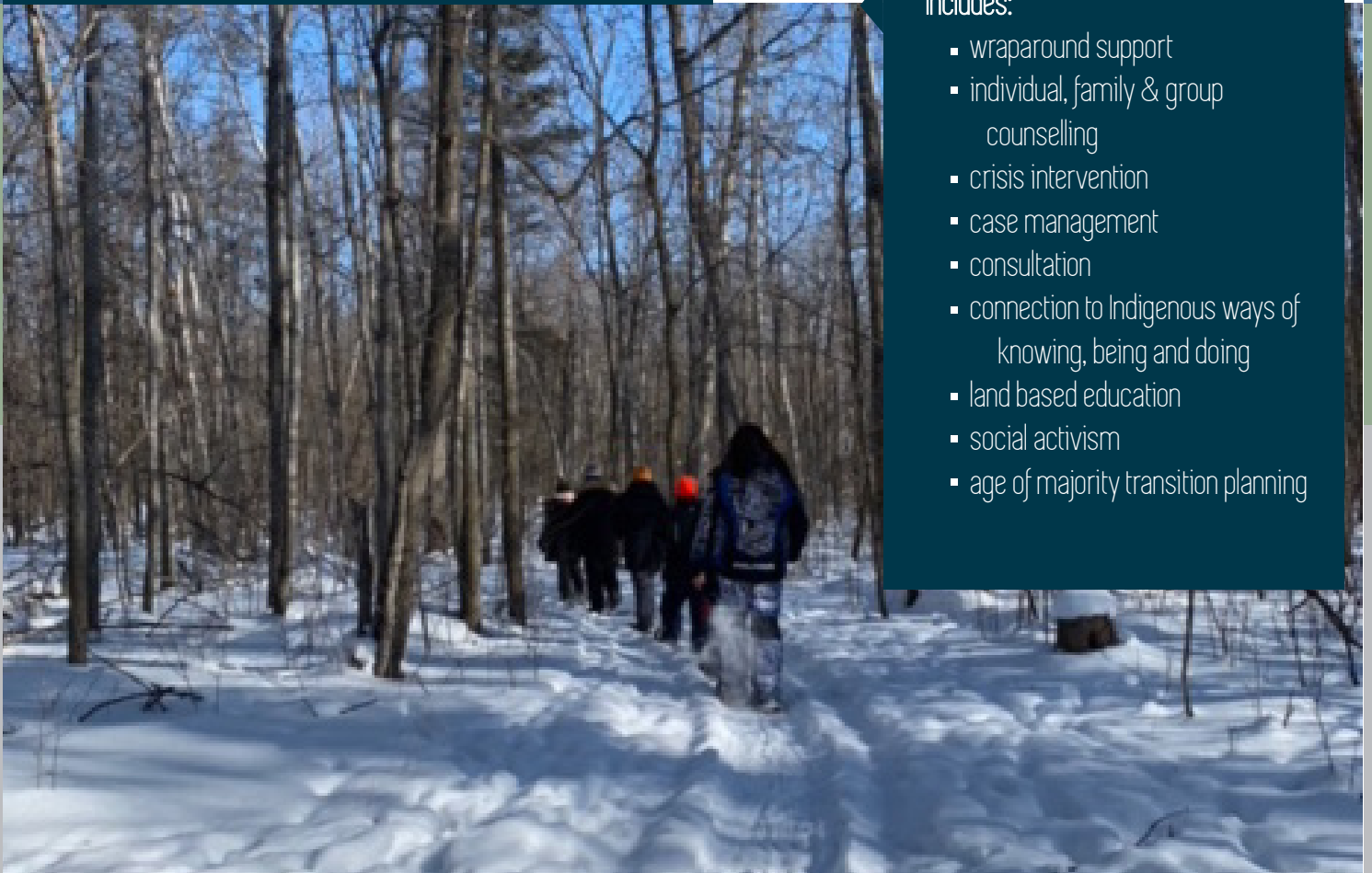
What Is It
and How Does It Help Our Youth?

FOR CAREGIVERS

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Action therapy was developed in Manitoba to provide intensive mentorship through partnering an Action Therapist with a youth and includes:

- wraparound support
- individual, family & group counselling
- crisis intervention
- case management
- consultation
- connection to Indigenous ways of knowing, being and doing
- land based education
- social activism
- age of majority transition planning



Action Therapy, is a type of wraparound therapy that meets the unique needs of each youth, focusing on an integrative and holistic model. It recognizes the importance of positive and supportive relationships while intentionally incorporating therapeutic activities, social inclusion, land-based education, play, culture, expressive arts and much more into healing.

Action Therapy carefully partners an individual Action Therapist with a youth based on many qualities and needs. Each Action Therapist comes with a range of education, personal and professional experience and a variety of skills, whether it be art, athletic, land-based, cultural, play, social coaching, disability-focused, an understanding of social service systems and/or the school system. An Action Therapist spends a minimum of 10 hours a month with a youth providing support, counselling, fun activities, group events, crisis intervention, connection to Indigenous ways of knowing, and tailored strength-based activities that are specific to each youth's interests and gifts.

Action Therapy is quickly becoming a popular and widespread phenomenon in Manitoba with demonstrated ability to promote the positive development of young people and impact whole communities.



So, how is it therapeutic?

Action Therapy focuses on fostering a sense of belonging, mastery, independence and generosity. The following therapeutic interventions and values encourage supportive connection, develop resiliency, enhance protective factors and build positive coping skills that have advantageous impacts on health and wellbeing:

1. **Mentorship:** provides individualized time, validation and role modeling for each youth,
2. **Wraparound Support:** support and advocacy to caregivers and the youth at home, school and in their community, attendance at meetings, a focus on family health and well being
3. **Positive Social Interaction with Peers and Adults:** facilitated and supervised group events, volunteering, cultural activities and increased social and recreational interactions,
4. **Inspiring Individuality, Strengths and Abilities:** recognizes youth as unique individuals who come with their own strengths and challenges focusing on mastery and independence through goal setting, decision making and problem solving,
5. **Connection to Indigenous Ways of Knowing/Land Based Education, Adventure and Wilderness Therapy:** provides opportunity for youth to connect with and receive teachings from Elders and Knowledge Keepers, participate in ceremony and explore the connection of identity and land,
6. **Age of Majority Planning and Transition to Adulthood:** Support to the youth and their family as they approach a significant life change and may require knowledge of systems, service navigation and support to aid in smooth transitions and encourage ongoing circle of care.

