

*We don't  
receive  
wisdom; we  
must  
discover it for  
ourselves  
after a  
journey that  
no one can  
take for us or  
spare us.*

*Marcel Proust*



### **Adventure Learning in Cornerstone**

Cornerstone Recovery's Adventure Learning Program is an innovative and exciting way to challenge our kids to face fear, survive through teamwork and humility, to develop a close trust in their higher power, and to develop the self esteem that comes from completing something that seems nearly impossible. We offer year-round experiences outside the norm and offer them new opportunities for recovery, learning, and growth.

This program focuses on healthy life choices and the integration of mind, body, and spirit. In short, through this program our kids learn to respect their bodies as the vessel for their lives, and to set challenging and healthy goals that they can only achieve through commitment and perseverance. Activities include ropes course initiatives, fitness boot camps, canoeing, mountain biking, rock climbing, and other adventure based elements, within the therapeutic milieu of a 12-step program and strict peer accountability.

A three-week therapeutic wilderness trip is the most important component of a teen's recovery and growth. Offered each June, it gives many teens — for the first time — a sense of accomplishment and pride. It also bonds the group who understand the fragile road of recovery and the absolute strength required to maintain sobriety. The trip is a rugged hiking, camping, and mountaineering adventure, planned by our experienced wilderness staff, and facilitated by licensed counselors. Teens build confidence, self-reliance, fitness and faith as they are pushed out of their "comfort zones" through physical and emotional challenges. Most of the Cornerstone alumni identify the wilderness trip as the turning point in their personal roads to recovery from self-destructive thinking and behavior.