OUTDOOR PURSUITS PRE-COURSE ASSIGNMENT

MENTAL HEALTH AND ADDICTIONS

Before you get started:

- Please answer all questions clearly, free from spelling mistakes and grammar mistakes. Use full sentences where required.
- Please answer all questions in your own words.
- Please bring the completed assignment to the first day of your Outdoor Pursuits course.
- Make sure to cite all of your references!

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Research one type o	f mental illness	or addiction.
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1.		Choose a mental health issue or addiction from the list below.		
	?	Depression	?	Alcohol Addiction
	?	Anxiety	?	Marijuana Addiction
	?	Dissociative Identity Disorder	?	Prescription Drug Addiction
	?	Internet Addiction	?	Cocaine Addiction
	?	Obsessive Compulsive	?	Eating Disorders

Disorder

- 2. Provide a general description of the mental illness/addiction. (*This should be thorough enough for someone to read it and be able to understand the basic concepts of the mental illness or addiction.*)
- 3. What are some signs and symptoms that accompany this mental illness/addiction?

Signs (detectable by an observer)	Symptoms (felt by the individual)

4. What are some social, environmental or physical causes or precursors of this mental illness that may start someone on the path to this addiction?

5.	How does this mental illness/addiction affect a person emotionally?
	How does it affect them physically?
	How does it affect them socially?
6.	Where can someone go to get help in your community for this mental illness/addiction?
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• 7.	What are some ways you can help or support someone with this mental illness/addiction?
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Additional Notes/Information

Part B

Research an outdoor/wilderness based facility/program that helps treat or support individuals with the mental illness/addiction which you researched above. If you are struggling with this section, feel free to contact our OP coordinator, Lyndsay Segee (ballaghsegl@limestone.on.ca), or the Gould Lake office for ideas.

1.	What is the name of the facility or program and what is their website address?
2.	What is the demographic they serve?
3.	Where is the facility/program located and what type of facilities do they have?
4.	What is the mission statement?
5.	What are the goals of the facility or program?
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6. facility/	Describe the programming. (What do the clients do each day? How long are clients typically at the program? How do the clients interact with the outdoor environment?)

Additional Notes/Information

If you can find answers to any of the following questions, please do! Also, feel free to include any additional information that makes this facility or program unique.

- 1. What is the cost of entering the facility and who covers this cost?
- 2. How many staff are at the facility? What roles do they fulfill? What are their qualifications?

Please cite all References: