



Adventure-Based Challenge Series with Rippleffect

Mid-year Substance Use Prevention Grant Update

'24-'25 School Year

Altitude students have the opportunity to participate in a series of adventure-based learning experiences with Rippleffect field guides. The goal of these experiences is to help students develop healthy coping skills, build conflict-resolution strategies, improve self-confidence, and gain a greater understanding of the role of endorphins in feeling good. Rippleffect trips so far have included three high ropes challenge course days at the Rippleffect Outdoor Community Center. There are three more full field days for each grade level (7 and 8) before the culminating trip to Cow Island. The culminating trip will be overnight camping on Cow Island in Casco Bay. On this trip students will put into practice the skills and lessons learned over the course of each field day.

Rippleffect has three levels of moments: action, awareness, and adventure. Students learn about teamwork, communication, conflict-resolution, positive-decision making, and self-discipline. They put these skills into action throughout the school year and during field days with Rippleffect. While in the field, trained guides bring students together to highlight awareness moments. These awareness moments may involve evaluating our own mental status or the group's status, bringing attention to a potential danger, or simply letting the group know the water is ready for hot chocolate. Action and awareness lend their hands directly into student adventure moments. These are the moments of a challenge overcome, self-discipline recognized, a positive decision validated, a conflict resolved, and a team working together. All of these adventures are meant to highlight natural endorphins and bring awareness to the benefits of creating natural highs to decrease chemical highs.

Pictures

