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*Velocity Adventure* is a one year adventure-based program designed to build life skills, foster personal development, encourage healthy choices, and build positive interpersonal and community relationships. Throughout the year, participants receive one-on-one support and are challenged physically, emotionally, and mentally with monthly adrenaline pumping activities.

- The Velocity Adventure program serves *males 13-18* and *females 13-17*.
- The program targets but is not limited to youth who are deemed to be at risk for substance use/abuse; lack of connection to school; and/or early aggressive behavior.
- Transportation is provided to all activities; therefore, the program is restricted to residents of the St. John's metro region.
- There are no fees to participate and no experience or equipment is required.
- *Referrals* are accepted in March for a May start.

The program has three main components:

- *Group Building*: Adventure day-trips that are designed to introduce youth to the program, socialize, and prepare for wilderness camping.
- *Wilderness Camping*: Youth challenge themselves and experience new and exciting adventures while camping and exploring the backcountry. They get the opportunity to try new activities, learn new skills, build friendships, travel, and have lots of fun!
- *Engage – Connect – Shift*: The group continues to be challenged physically, emotionally and mentally through monthly activities like rock-climbing, scuba diving, overnight wilderness adventures and more! Staff provide youth with ongoing support throughout the year to make healthy choices and overcome the barriers or issues they may face. Velocity also refers and transitions youth to other support networks to ensure they continue to experience growth in their personal development and build positive interpersonal and community relationships.

*Independent Evaluation* has determined that Velocity helps youth cope with personal obstacles such as anger and substance use. In addition, youth who participate in the program show a significant reduction in their involvement with the criminal justice system.