



# Crew Cares

An Outdoor Mental Health Program of Adventure Crew

Looking for something a little **different** in counseling options for your students?

## What is Crew Cares?

Crew Cares is a program of Adventure Crew that provides a unique outdoor approach to fostering positive mental health for teens. Through thoughtfully and professionally designed clinical recreation and group counseling sessions, we empower young people with new tools to help overcome depression, anxiety, attention deficit disorder, and more.

**“Crew Cares is helping me realize my self-worth.”**  
-9th grade participant in 2020-21

## Who is the clinician?

Christy Brock, a Licensed Social Worker and certified Clinical Adventure Therapist, plans and personally leads group sessions with Crew staff support. Christy has worked as a Child and Family Counselor for over ten years and has been part of Crew Cares for 1.5 years.

## How does a student join?

Students in grades 6 – 12 should be referred to Crew Cares by a school or other professional counselor to ensure we can support their current emotional health needs. A release waiver is required for participation. Sessions are currently free and enrollment is prioritized for students in an **Adventure Crew public city school**.

## Transportation?

Parents/Guardians will need to plan on arranging their student’s transportation to and from the counseling site (location varies throughout program). Once the group is established, there may be carpooling and other options available.

## What is the schedule?

Crew Cares is starting new groups **September 11** which will run every other week on **Saturdays from 10 a.m. – 1:30 / 2:30 p.m.** Additional groups will be added in future weeks as interest demands and funding supports. Typically students start their day with three hours of group, followed by a complimentary lunch, and end with one hour of recreational fun or site exploration. The program operates in three phases throughout the school year that gradually expand the students’ adventures and outdoor experiences, allowing for flexibility in response to each group’s readiness for more advanced challenges.



**100% of referring counselors last year recommended their students continue with Crew Cares in 2021-22.**

For more information or to refer your student(s), please contact Crew Cares Coordinator **Dustin Voet** at [voetdu@cpsboe.k12.oh.us](mailto:voetdu@cpsboe.k12.oh.us).