

Introduction to Adventure Based Counseling Series

This Introduction to Adventure Based Counseling (ABC) Series details participant roles and responsibilities, confidentiality and privacy expectations, and risks specific to engaging with the ABC Series.

The ABC Series is rooted in a partnership between Barnes Center at The Arch: Recreation, Counseling and Health Promotion. Barnes Center at The Arch is grounded in providing integrated Health and Wellness services, and the philosophy of the interdependence of mind and body to Health and Wellness. The ABC Series is a 10 week on campus group experience that consists of adventure-based activities and experiential processing. The ABC Series is designed to build leadership, communication, and relationship skills, self-esteem, trust, respect, responsibility and a sense of belonging at Syracuse University.

Roles and Responsibilities

Although some overlap between roles may exist for Barnes Center at The Arch staff involved with the ABC Series, the general and expected roles and responsibilities of each area are as follows:

Recreation:

Recreation staff will be responsible for supporting participants through provision of venues, spaces as well as instructions and guidance in navigating various elements and activities that are a part of the ABC Series.

Counseling:

Counseling staff will be broadly responsible for facilitating verbal processing, debriefing and promoting awareness of mind-body connection within ABC Series activities.

Health Promotion:

Health Promotion staff will be responsible for collecting participant applications and data, as well as providing support through assigning peer educators that may help facilitate certain activities.

Privacy and Confidentiality

The ABC Series will be facilitated in public spaces on campus, with groups of students and staff, and some partners involved are not confidential sources. In addition, even therapists or counselors who may offer confidential services in therapist-patient counseling or therapy sessions are not performing such services within the ABC Series. As such, participation in the ABC Series is **not** confidential.

There are, however, expectations for privacy between participants and facilitators that we ask all to abide by. We ask that personal information disclosed throughout the ABC Series be kept private between participants, and participants agree to respect the rules of privacy. Staff and facilitators will take into primary consideration the privacy of all participants involved and keep participant information private to the extent allowable by position, as dictated by terms of employment at Syracuse University.

Staff or facilitators that are **not** a part of Barnes Center at The Arch, Counseling are designated as responsible employees, and as such, disclosing sensitive information to individuals that are not Counseling staff that may be related to sexual and relationship violence, harassment, bias or potential harm to self or others may necessitate reporting to other officials at Syracuse University. In addition, in the context of the ABC Series, Counseling staff may not be confidential resources depending on the circumstances of a disclosure to such staff. We ask that participants be mindful of this dynamic while engaging in the ABC Series, and to share only what they feel comfortable with in a non-confidential space.

Confidentiality may be offered by an individual who is not required by law to report known incidents of sexual assault or other crimes to University officials, but typically within treatment contexts, and not during the ABC Series

Confidential resources are individuals who are neither required nor permitted to provide any information regarding an incident of discrimination, harassment, and/or sexual misconduct to any outside party without the consent of the individual involved in the incident. More specifically, when these individuals receive a report in their capacity as confidential resources, these individuals will not provide any information about the incident to the Syracuse University Office of Equal Opportunity, Inclusion, and Resolution Services or any law enforcement agency without a survivor's permission.

Participants who wish to speak with a confidential source at any point in their campus experiences are encouraged to contact Barnes Center at The Arch, Counseling, Health Services, an Athletic Department physician, Hendricks Chapel, or the Office of the Ombuds.

Assumption of Risk Statement

We are taking appropriate health and safety measures for participants and staff involved with the ABC Series, based on medical guidance of federal, state, and local government officials, and Syracuse University. You must follow all distancing, mask wearing and contact limiting guidelines set forth in the University's Stay Safe Pledge, and as otherwise directed by facilitators while engaging with the ABC Series.

An inherent risk of exposure to COVID-19 exists in any public place where people are present, or have been present. COVID-19 is an extremely contagious disease that can lead to severe illness and death.

By agreeing to engage in Adventure Based Counseling Series, you voluntarily assume all risks related to exposure to COVID-19. Do your part to help keep us all safe and healthy.

The Syracuse University Outdoor Challenge Course has an additional assumption of risk and liability waiver that participants must sign to take part in the challenge course.

By agreeing to submit your application for ABC Series, you verify that you have read and understand this document in full. Upon submitting this application, you certify that agree to participate in the 10 week ABC Series and understand the inherent risks related to in-person adventure based activities.