

OPENTRAX



2024

OPENTRAX ADVENTURE THERAPY
PROGRAM HANDBOOK

***Uncover Your Strengths
& Unlock Your Potential***

www.opentrax.com.au

TABLE OF CONTENTS



- Welcome Message
- What is Adventure Therapy?
- OpentraX Programs
- Inside an OpentraX Session
- NDIS Funding & Program Costs
- Program Locations
- Holiday Programs
- How to Get Started
- FAQs

WELCOME MESSAGE



Chris Higgins
OpentraX Director

Welcome to OpentraX! I'm Chris, the heart behind this adventure. Born from a passion for the outdoors and a belief in its healing power, OpentraX is here to offer you a unique blend of adventure and therapy tailored just for you. Our mission? To empower and transform lives through the spirit of adventure, ensuring each journey is as individual as you are. Join us, and let's embrace the adventure together.

A handwritten signature in cursive script that reads "Chris".

We are an innovative adventure therapy community comprised of participants, experienced allied health professionals, seasoned adventurers, and supportive staff members. Our unique blend of expertise and passion is our foundation.

We are diverse, welcoming, accepting, and committed to being the best we can be. Our goal is to help each participant tap into their potential, overcome their challenges, and enhance their quality of life. Embark on a journey with us to make your therapeutic experience unforgettable.





WHAT IS ***ADVENTURE THERAPY***

At OpentraX, we believe therapy extends beyond the conventional clinic approach. Adventure therapy represents a dynamic and innovative approach to personal growth, well-being, and healing. It is not just about engaging in outdoor activities; it's about transforming these experiences into therapeutic sessions that are both enjoyable and profoundly impactful.

Adventure therapy integrates the healing power of nature with the structured support of therapy sessions, led by our team of experienced practitioners. This blend of adventure and therapeutic guidance encourages participants to explore new territories, both physically and emotionally, in a safe and supportive environment.

Outdoor therapy activities can include:



Learn2Ride or Mountain Biking



Hiking



Park-Based Fitness



Rock Climbing



Breathwork and Mindfulness



Bush Exploration

Each adventure therapy program is personalised for each participants interests and goals. If there are other activities you are interested in, please enquire with us!

OPENTRAX **PROGRAMS**

At OpentraX, we pride ourselves on offering adventure therapy programs that are as unique as the individuals who join us. Understanding that everyone's journey to growth and healing is personal, each of our programs is carefully tailored to meet the specific needs, abilities, and goals of our participants.

Below, you'll find some of our most popular base programs, each designed to harness the transformative power of nature and adventure. From the invigorating challenge of mountain biking to the serene exploration of hiking, our diverse offerings ensure that there's something for everyone.

However, our commitment to personalisation doesn't stop there. If you have a particular activity in mind or a concept for a program that speaks to your journey, we're more than happy to explore these ideas with you. Our team is dedicated to creating an environment where your therapy is not just an activity but a journey tailored to inspire, challenge, and support your unique path to wellbeing.

Please, don't hesitate to reach out if you're interested in customising your adventure therapy experience further. Together, we can craft a program that not only meets your needs but also exceeds your expectations in fostering personal growth, resilience, and joy.



Skills-traX© combines adventure therapy with bike skill coaching to achieve positive life impacts. Through individually tailored therapy sessions with mountain biking, participants gain increased confidence, improved communication, problem-solving skills, and a greater sense of resilience. These lasting outcomes significantly impact personal development, unlocking new opportunities and experiences.



PROGRAMS - CONTINUED

Our Learn2Ride© program is a unique way to combine psychology, exercise, and learning to ride bikes in a fun and engaging way. A program that focuses on both physical and mental development. By integrating the psychology of goal-setting, self-reflection, and problem-solving with the physical exercise of learning to ride a bike, we are able to provide a comprehensive program that benefits participants on and off the bike.



Overcome challenges, improve mental health, and achieve your personal goals with Minds Over Mountains©. We use evidence-based therapeutic interventions combined with the healing power of nature, tailored to each participant's specific needs and interests. From promoting physical and mental health through nature to integrating mindfulness practices like meditation and breathing exercises, we have a range of tools to help you reach your full potential.

The OpentraX Park-Fit© program incorporates a range of fitness elements, including strength, balance, mobility, and aerobic conditioning, all in a fun and engaging environment. We utilise both park equipment and our own mobile equipment to optimise the participant's sessions. Our exercise sessions may include pilates, yoga, strength and HIIT, which we individualise to suit each participant's fitness level and physical abilities.



INSIDE AN **OPENTRAX SESSION**



Meet Up

Choose to meet us at the trailhead or opt for a ride to the session site.



Warm-Up & Connect

Engage in light warm-up activities, setting a positive tone for the day's adventure.



Customised Adventure

Dive into the main activity, tailored to fit your needs and the day's dynamics.



Flexible Planning

Adaptability at its finest—session plans change based on participant feedback and weather conditions.



Reflect & Grow

Conclude with reflection, sharing experiences and insights from the day's journey.

OpentraX adventure therapy sessions are typically 1.5 hours in length and can be run on a weekly or fortnightly basis. These sessions are structured to offer both flexibility and regularity, ensuring that participants have the time to engage deeply with the therapeutic process while still accommodating their daily commitments. The 1.5-hour duration is carefully chosen to balance the need for meaningful engagement with outdoor activities and the practicalities of participants' schedules, making adventure therapy an accessible and sustainable part of their journey towards well-being and personal development.





NDIS **FUNDING**

OpentraX's adventure therapy sessions are uniquely designed to align with the diverse needs and goals of our participants, offering two primary approaches: a focus on allied health therapy, specifically through exercise physiology, and a focus on community access, including social and recreational activities. This dual approach allows participants to choose or combine elements that best support their journey towards personal growth, health, and community engagement.

When it comes to funding through the National Disability Insurance Scheme (NDIS), OpentraX programs are versatile enough to be covered under several NDIS categories, making them accessible to a wider range of individuals seeking support. The customisation of our programs is key to their effectiveness and their eligibility for NDIS funding. Here's how our programs can fit into various NDIS funding categories:

Capacity Building - Improved Daily Living (Exercise Physiologist: 15_200_0126_1_3)

Our programs, when centered around exercise physiology, offer therapeutic benefits that can enhance daily living skills, promoting independence and self-care.

Capacity Building - Improved Health and Wellbeing (12_027_0126_3_3)

Again, with a focus on exercise physiology, these sessions are designed to improve physical health and wellness, addressing specific health goals and rehabilitation needs.

Capacity Building - Increased Social and Community Participation: Community Participation Activities (09_011_0125_6_3) OR Innovation Community Participation (09_008_0116_6_3)

For those seeking more engagement within their community, our sessions can be geared towards community participation activities. This includes fostering social connections and engaging in communal activities, enhancing participants' social networks and community involvement. OpentraX's unique approach to adventure therapy also falls under innovative community participation, offering new and exciting ways for individuals to engage with their community and peers.

Core - Assistance with Social, Economic and Community Participation: Community Social and Recreational Activities (04_210_0125_6_1)

Our programs that focus on community social and recreational activities provide participants with opportunities to engage in social and economic activities, fostering a sense of belonging and community participation.

PROGRAM COSTS

At OpentraX, we are committed to providing accessible and transparent pricing for our adventure therapy programs, ensuring that participants can easily understand and plan for their therapy journey with us. Our pricing structure is designed to accommodate the needs of our participants while ensuring the highest quality of service from our experienced practitioners.

Hourly Rate for Practitioners

Regardless of the NDIS billing category, our practitioners charge an hourly rate of \$166.99. This rate applies to all face-to-face therapy sessions, program planning, and any additional services provided by our practitioners.

Funding Breakdown Example

To give you a clearer picture of how our pricing works, here's an example breakdown for an Initial Assessment and a set of 10 One-on-One Sessions, excluding travel fees:

- Initial Assessment: This includes a 1.5-2 hour face-to-face assessment and 2-2.5 hours of program planning, totaling 4 hours at \$166.99 per hour, amounting to \$667.96.
- One-on-One Sessions: Each 1.5-hour session includes 15 minutes of planning/reporting, with 10 sessions priced at \$166.99 per hour, totaling \$2,922.33.
- Reviews and Report Writing: A 1-hour review report is conducted at the end of each block of 10 sessions at \$166.99 per hour, totaling \$166.99. If a full NDIS review report is requested, this involves 3 hours at \$166.99 per hour, amounting to \$500.97.

Total Cost for 10 Weeks: The comprehensive cost for a 10-week program, excluding travel, comes to \$3,757.28.

Service Quote

From: OpentraX Pty Ltd PO Box 518, Marsden, Australia, 4132

Example OpentraX Service Quote

Service	Support Description	Hours	Rate	Support Fee
Initial Assessment (Face-to-face)	OpentraX Assessment, understand the participants goals, preferences and support needs.	2	166.99	333.98
Initial Assessment (Non-face-to-face)	Assessment report and personalised program planning.	2	166.99	333.98
1:1 Session Hours	Weekly - 1.5hr x 10 Sessions	15	166.99	2,504.85
Individual Session Planning/Reporting (Non-face-to-face)	0.25hr x 10 Sessions	2.5	166.99	417.48
Re-Assessment Standard Report	OpentraX Re-Assessments are completed at the last Session. You will complete your regular session time, the additional hours are used for report writing, planning, evaluating therapeutic supports, and resource development.	1	166.99	166.99
Total Support Fee				3,757.28


PROGRAM COSTS **CONTINUED**

Provision of an OpentraX Bike

For participants without their own bike, OpentraX offers the provision of our own, this includes the costs for transport, cleaning, and maintenance of the bikes. This service is invoiced at 0.25 hours at the standard rate of \$166.99/hr, categorised as non-face-to-face practitioner time. This ensures that our bikes are always in top condition, providing a safe and enjoyable experience for all participants.

Travel Costs

If provider travel is necessary (for sessions at locations other than the practitioner's main location), travel time is billed at the same hourly rate as the session. Additionally, we invoice \$0.97 per kilometre for travel in a worker's vehicle, along with any other travel-related expenses such as road tolls, parking, and public transport fares, up to the full amount. This ensures that our services remain accessible to participants, regardless of location, while also accommodating the logistical costs of providing these services.



At OpentraX, we strive to make adventure therapy an achievable option for everyone. We encourage you to reach out to us to discuss how we can tailor our programs to align with your NDIS plan and ensure that you can access the therapeutic benefits of adventure therapy within your budget.

PROGRAM

LOCATIONS

OpentraX's Adventure Therapy Programs are designed to be flexible and adaptable, capturing the essence of the great outdoors. That means we can conduct our sessions virtually anywhere with a suitable trail or park, giving us the freedom to explore and enjoy nature to the fullest.

However, we do have some favorite spots where many of our transformative programs typically take place:

Sugar Bag Road & Ferny Forest Trails – Sunshine Coast

Bunyaville & Samford Conservation Parks – Moreton Bay

Gap Creek Reserve – Brisbane

Daisy Hill Conservation Park – Logan

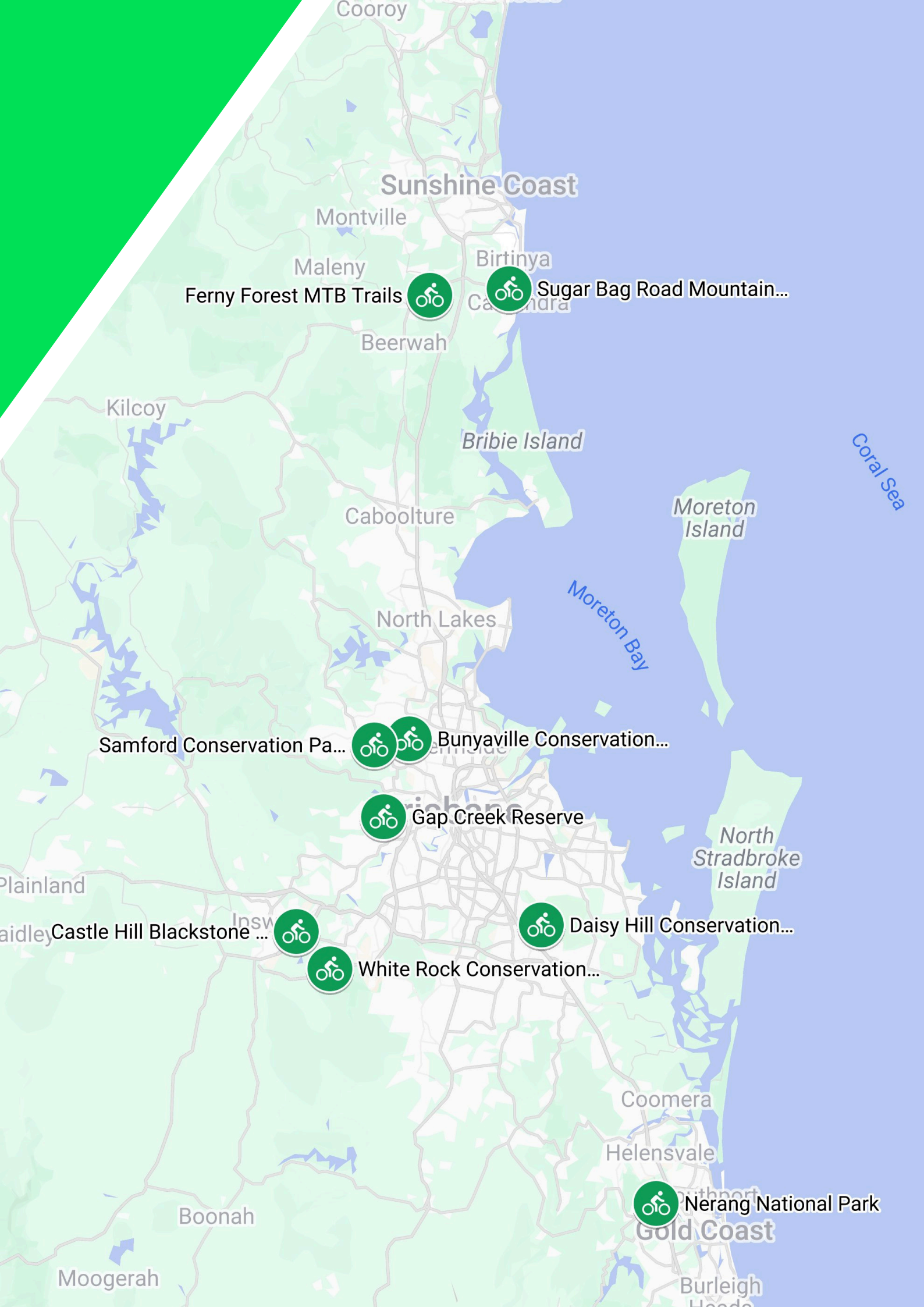
White Rock Conservation Area - Ipswich

Castle Hill Blackstone Reserve - Ipswich

Nerang National Park – Gold Coast



If you have a preferred location or know of a great trail that would be a fantastic fit for our programs, please don't hesitate to get in touch with us. We're always open to exploring new places where adventure can come to life.



Cooroy

Sunshine Coast

Montville

Maleny

Birtinya

Ferny Forest MTB Trails

Sugar Bag Road Mountain...

Beerwah

Kilcoy

Bribie Island

Caboolture

Moreton Island

North Lakes

Moreton Bay

Coral Sea

Samford Conservation Pa...

Bunyaville Conservation...

Gap Creek Reserve

North Stradbroke Island

Plainland

Castle Hill Blackstone ...

Daisy Hill Conservation...

White Rock Conservation...

Coomera

Helensvale

Nerang National Park

Gold Coast

Boonah

Moogerah

Burleigh Heads

HOLIDAY **PROGRAMS**



Event Rides

For our experienced riders - venture out to trails that are not normally accessible during Terms like Rail Trails or Boomerang Farm Bike Park for an epic adventure day!



Bush Explorers

Half-day group adventures - explore Australia's natural landscape, build stick forts, flora and fauna spotting, team games, geocaching and more!



Overnight Camps

Adventure Therapy Camps – Your ultimate getaway! Unplug from technology, reconnect with nature, develop valuable life skills and forge lifelong friendships.

Camps are run at a ratio of 2 participants per 1 practitioner and will typically run for 2 or 3 days (customisable for longer journeys!).

Funding for camps is available under Core or Capacity Building Community or STA Codes:

- Community Participation Activities: 09_011_0125_6_3
- Community Social and Recreational Activities: 04_210_0125_6_1
- Short Term Accommodation and Respite: 01_054_0115_1_1

Event Rides and Bush Explorers are invoiced at the standard hourly rate of \$166.99/hr for the group (total rate divided by the number of participants). These programs typically run for 3-5hrs.



GROUP SESSIONS

We understand the importance of a personalized introduction to adventure therapy, which is why we begin every journey with one-on-one sessions. This initial phase allows participants to build a comfortable relationship with their practitioner and gain confidence in the chosen activities.

For those intrigued by the idea of shared experiences, we offer the transition to group sessions. Carefully considering skill level, age, and activity preferences, we ensure a compatible and supportive group dynamic. Our group sizes are intentionally kept small, typically ranging from 2 to 5 participants, to maintain the personalized attention and tailored guidance that OpentraX is known for.

OpentraX Group Sessions are based off our standard hourly rate of \$166.99/hr. Session time and Travel time fees are split evenly among participants as per the NDIS Price Guide. The planning/Reporting time is a Non-Face-to-Face service that encompasses the time spent in preparation for our group sessions such as evaluating each rider's abilities, understanding their personal goals for the session, and reporting after each session to record any progress, outcomes, and challenges for use in future session planning and reports. Travel fees are only charged if the sessions are being provided away from the practitioners usual place of work (up to 30min each way from the practitioners usual place of work).

GROUP SESSIONS HOURLY RATES

Num# of Participants	Hourly Rate For Session + Travel Time	Hourly Rate for Planning/Reporting	Planning/Reporting Time Per Participant	Km's Rate
2	\$83.50	\$166.99	15 minutes	\$0.97/km
3	\$55.66	\$166.99	15 minutes	\$0.97/km
4	\$41.75	\$166.99	15 minutes	\$0.97/km
5	\$33.40	\$166.99	15 minutes	\$0.97/km

EXAMPLE SESSION FEES

Num# of Participants	1.5hr Session with Planning/Reporting (per participant) - No Travel	1.5hr Session with Planning/Reporting and up to 1hr Travel (per participant) *Km's excluded
2	\$166.99	\$250.48
3	\$125.25	\$180.90
4	\$104.38	\$146.13
5	\$91.85	\$125.25

HOW TO GET **GET STARTED**

1 Submit Your Application

Head over to OpentraX.com.au and click “Apply Now” to complete your online application form. If you would prefer a printable PDF form, please email admin@opentrax.com.au

2 Initial Assessment

Part 1: The Initial Assessment is a crucial step in creating a personalised program that caters to your needs and preferences. It consists of two parts. Part 1 (1.5-2hrs) is a face-to-face session where we get to know you and understand your goals, preferences, current fitness level, and any specific needs. Our skilled therapist will discuss various aspects, including your hobbies and goals you'd like to achieve.

The assessment allows us to create a program tailored to you, ensuring maximum engagement and enjoyment. We use evidence-based practice to help our participants significantly improve various aspects of their lives. The Initial Assessment provides a baseline reference point to measure progress throughout the program.

3 Personalised Program Plan

Part 2 (2-2.5hrs) is completed by your practitioner after the face-to-face component of the assessment. We analyse the information collected, plan your individual program, and prepare specifically tailored activities for your sessions with us. This involves selecting appropriate locations, planning activities, and addressing any specific requirements or adaptations needed related to goals. A copy of your assessment report and personalised program plan will be sent to you as soon as it's available.

4 Service Agreement

Review and sign your service agreement in line with your personalised program plan.

5 Program Sessions

All set and ready for adventure! You can now start your regular program sessions.



FREQUENTLY ASKED **QUESTIONS**

What age range of participants can join? - 5 and up!

At OpentraX, our adventure-packed services are tailored for a wide spectrum of ages, spanning from the young explorers starting at age 5 to the young-at-heart adventurers up to 85! There's something suitable for everyone and anyone in between. Each participant's program is individually tailored to the specific goals that are identified in their initial assessment.

Is a certain fitness level or riding skill required? - No!

At OpentraX, we focus on tailoring the experience to your fitness level and riding skills, so there's no need to worry about getting in over your head. Our diverse trails cater to all abilities, whether you're a beginner or an experienced rider. After an initial assessment by your Adventure Therapy Practitioner, we customise sessions to you. As you gain confidence and skills, we'll ramp up the excitement, always at a pace that's comfortable for you. Rest assured, our aim is to make your adventure therapy journey as exhilarating as it is empowering.

Do you provide transport to and from the sessions? Enquire with us!

You always have the option to provide your own transport and meet us at the trail for your session. This is the more cost effective option for those working within a budget. Remember, if you're dropping someone off, be back in time for the session's wrap-up. And for those under 18, punctual pick-ups are crucial due to legal care requirements and respect for others' schedules.

Please be aware that transport is only available for 1-on-1 sessions, may not be available during peak session times, and cannot be provided for group activities.

Just note, any extra time devoted to transporting participants will reflect in the invoice, as it's part of our dedicated practitioners' valuable time. Please reach out, and we'll work something out together.

Do I need my own bike? Not necessarily!

If you have your own bike that you'd like to use, we'll check it out at the Initial Assessment to ensure it's trail-ready. Alternatively, OpentraX has a limited collection of bikes and helmets available for loan. Here's how it works:

- For 1-on-1 Sessions: Borrowing equipment for individual sessions is a breeze. We've got you covered.
- For Groups: If you're part of a group session, reach out to inquire about equipment availability. While we aim to provide, it's good to check if the gear has already been allocated to other participants in the group.

Please note that for any Bike Loans there will be an extra 15 minutes of the practitioners time invoiced to cover the bike preparation, maintenance, and cleaning.

FREQUENTLY ASKED

QUESTIONS - CONTINUED

What happens if the weather isn't favourable?

Safety first! While our sessions can usually go ahead in rain or shine, extreme weather like severe storms might lead to a cancellation. We keep a close eye on the Bureau of Meteorology (BOM) to make informed decisions. Any cancellations made by OpentraX due to severe weather (and where an alternate location is unavailable) are at no charge to the participant.

If an undercover area is required, rest assured our experienced practitioners will create some fantastic activities that will ultimately still work towards your goals and prepare you for the next adventure out on the trail.

If your original session location does not have any undercover areas available, we'll contact you as soon as possible to find a new location that still works with your schedule.

If it is your preference to cancel the session because of the weather, please be aware that our standard cancellation policy will apply.

When and Why do you charge travel?

Our providers have established main locations for their usual places of work:

- Dougal at Gap Creek Reserve
- Simon at Bunyaville Conservation Park
- Shaun at Nerang National Park
- Maddy at White Rock Conservation Area and Castle Hill Blackstone Reserve

Sessions provided at these designated locations by the corresponding provider will not incur any travel fees (excluding when we are providing transport for participants). For sessions conducted at all other locations, travel costs will be calculated in accordance with the NDIS price guide. Travel time will be invoiced covering travel to and from the providers usual place of work, as listed above, as well as the total km's driven to and from the session. If practitioners are travelling away from their usual place of work for multiple sessions, the travel component will be split among all participants with sessions at alternate locations.



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TOGETHER

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