



DEAR COUNSELOR

Outward Bound Costa Rica inspires and develops leadership, compassion, responsibility, respect for the environment, and commitment to serve through adventure-based wilderness experiences led by a skilled, safety-conscious staff.

Due to the challenging mental and physical environment provided by our course curriculum, it is essential that we maintain student safety. Ultimately, all students need to be in stable mental health prior to enrolling on an Outward Bound Costa Rica course. In order for this student to be enrolled, we must receive from you, their practicing physician, this 2-page signed and dated form prior to course start date.

Our goal is to assist each student to recognize and reach beyond self-imposed limits, and to facilitate the group to move from dependence to independence and cooperation. Courses usually involve coed, multi-aged groups of 6-12 individuals from various backgrounds. Mentally challenging activities such as cultural acclimation, group interaction, and physical exhaustion tend to cause stress in students. Most of the usual support systems and coping mechanisms, such as friends, family, drugs, alcohol, and tobacco, are not available nor allowed during course. Most courses contain a Solo consisting of 8-72 hours of distantly supervised solitude in a designated isolated outdoor location.

This student will experience a wide range of emotions during the course, ranging from elation to fear, frustration to triumph. The thrill of meeting new challenges individually and as a group is invariably accompanied by moments of stress and uncertainty. It is important that the student is open to change and be ready to communicate, adapt, and utilize his or her own resources. These qualities will help both student and group to reach emotional highs and deal with emotional lows. Please note that we are not a reformatory school nor are we able to facilitate students that may bring harm to themselves or others. **While our staff members are well-qualified wilderness instructors, they are NOT psychotherapists.**

Student Name Printed

Course Name & Session Dates

As the student's counselor, you are in a position to evaluate the mental health of the student and his or her ability to successfully participate and complete this course with Outward Bound Costa Rica. This form signifies that, based on your professional opinion, this student:

- Is mentally stable in terms of their condition as a result of their medication and/or counseling
- Has been stable on their medication for at least 3 months
- Will not start or change medication during or before course
- Is not actively suicidal
- Would not represent a threat to himself or herself on a solo portion on the course
- Would not represent a threat to him/herself and/or the group
- Will be mentally capable of experiencing and engaging in a program of this type for the number of days specified in this form without relapse relating to the his/her medical condition

Counselor Signature

Name of Counselor

Organization of Counselor

Date



What is the clinical name and lay description(s) of the student's condition(s)?

Student Name Printed

Course Name & Session Dates

Please include, attach, or email any additional information you feel would help us create a successful environment for this student.

What are the symptoms this person displays? What triggers these symptoms?

To ensure this student's safety while on course, we ask you provide any information possible that would help us to avoid a relapse and/or respond to a relapse. If you have any additional questions relating to this form please feel free to contact us directly via enrollment@OutwardBoundCR.org or by phone at 1-800-676-2018.

Counselor Signature

What are some ways that you have had success in approaching and treating the symptoms and condition?

Name of Counselor

Organization of Counselor

Date

Our instructors carry and administer all medications during course. Please list as accurately and specifically as possible the name, dosage, side effects, and consequences if not administered of all medications for this student's OBCR course.

