



Therapeutic Adventure at Hearty Roots

What is Hearty Roots?

Hearty Roots fosters resilience in midcoast Maine youth through a fusion of social-emotional and outdoor adventure programming. We offer year-round programming on local nature preserves, meeting each child where they're at developmentally in our Summer Adventure Camps, Monthly Pop-up Camps, Outing Clubs, and Taproot Therapeutic Adventure sessions.



What is Therapeutic Adventure?

Therapeutic Adventure values, cultivates, and develops a participant's existing strengths and encourages growth. We provide dynamic therapeutic learning experiences that incorporate adventure, challenge, and intentional time in nature. We support the growth of self and social awareness through outdoor skill development, artistic reflections, creative play, and exploration on local trails and waterways. Our skilled Therapeutic Adventure Mentors guide participants to reflect on situations and emotions that arise in real time, supporting the transfer of skills needed to cope with situations that arise in other segments of their lives.

Why Choose Therapeutic Adventure?

Our out-of-the-box approach to mental health and wellness is fun, empowering, and increases connections to adults, peers, and the natural world. Adventure experiences are an invitation to practice and build resilience and self-confidence. There is so much you can learn about yourself when you are fully engaged in adventure!

Therapeutic Adventure Mentors:

Our Therapeutic Adventure Mentors have extensive backgrounds working intentionally with young people, and are trained in trauma-informed practices, mental wellness, and child development.

Haley Bezon, M.Ed in School Counseling

Haley has a Bachelors Degree in Social Work, is a K-8 certified teacher, and has her Masters in School Counseling. The Hearty Roots team describes her approach as authentic, fun and passionate. Haley's favorite outdoor activity is swimming, and if she were an animal she would be a Blue Whale.

Lauren Cucci, LMSW-cc

Lauren has her Masters in Social Work, with most recent experience as a School Social Worker. The Hearty Roots team describes her approach as whole-hearted and nurturing. Lauren's favorite way to spend time outside is exploring new trails and noticing the natural wonders around her. If she were an animal, she would be a Great Blue Heron.

Hannah Walsh, MS, LMSW-cc

Hannah is trained as an adventure therapist, with a dual Masters in Social Work and Outdoor Education. The Hearty Roots team describes her approach as compassionate, energetic, relational, and collaborative. Hannah loves hiking and playing in the water, and if she were an animal would be a Grizzly Bear.

Jess Ruhlin Donohoe, 200-hr YTT

In 2022, Jess earned a 200-hour Trauma-Informed Wellness, Social-Emotional Learning, and Yoga Teacher Certification. The Hearty Roots Team describes her approach as intentional, empowering and creative. Jess is her best self when adventuring in or on salt water, and if she were an animal would be a Sea Otter.

For more information about our Taproot Therapeutic Adventure offerings, please email hannah@heartyroots.org.



Taproot led our sweet boy through such a meaningful experience, crafting an exceptionally safe space where he can share his softer side, deeper interest and ideas, and quirks without feeling the overwhelm of potential social or practical consequences. In the woods, during Taproot, he found ease.

—Chris, Parent of Taproot Participant