

Additional Details About the Weekend at Alta

Therapist Recommendation Letter

We ask that all participants who are currently in therapy please [download and bring this letter to](#) your therapist prior to the weekend. Ask them to complete it with you and send it back to us at least 30 days prior to the weekend. The information in this letter will help us to provide for any additional needs you may have for safety. It is our intention to use this letter to help ensure your safety, and in no way is it intended to dis-empower you or cast doubt on your own judgment about your readiness to participate in the weekend. Please email the letter at least 30 day prior to the event to [Jim Struve](#) or FAX it to 844-829-2927.

Consent Form

Please [download this consent form](#), complete and bring with you. We suggest you download this form and review it before you are interviewed. We ask that you bring your copy to the weekend, where we will provide you another opportunity to ask any questions you have. All participants must sign a consent form in order to participate in the weekend.

Preparing for the Weekend:

Many participants have told us that the weekend is a very intense and rewarding experience, and at the same time sometimes it is quite uncomfortable. We recognize that one of the challenges male survivors have is feeling comfortable enough to ask for help, especially when they are feeling most in need of the help. For participants who are aware they have a problem with dissociation, this can be an especially difficult challenge. We would encourage you to practice asking for help before the weekend, perhaps with your own therapist, as well as with friends and significant others, and to assess for yourself what gets in your way of asking for the help you need so you can let us know when we contact you prior to the weekend. The facilitators are all very skilled therapists, and often times we can be sensitive and intuitive enough to know you need help even when you are not asking. However, we will clearly need your help and ask you to take the risk to articulate your needs during the weekend. To the extent you can help us know you are needing some extra help at any time during the weekend, this will help you to have an even safer and hopefully more beneficial experience.

During the weekend, we'll invite you to participate in a number of different types of activities. We'll spend some time helping each of you to feel as safe as possible. We'll take our time getting to know each other by sharing a little at a time. Frequently during the weekend we will meet in small groups, where you can have more individual time to talk and share your feelings and observations.

Everyone will be given some opportunities to choose how to tell your story - through words, through art, through movement, and/or through music. We'll also introduce you to some different types of relaxation and visualization exercises you may choose to do at home to increase your abilities to cope and manage life stresses. We'll also give you time to wander the beautiful grounds alone or with some of your fellow participants.

When To Arrive And Depart - Making Plane Reservations

Please do not schedule your travel arrangements until after your interview is completed and you have been told you have been accepted as a participant. The facilitator team will make every effort to complete that process as quickly as possible. The earlier you register, the more possible that will be (which could help you save money on transportation.) **MenHealing will not be responsible for any cancellation fees charged by your airline if you do not follow this policy**

The weekend begins at 12 noon on Friday, and ends Sunday at 3 pm. Please pay particular attention to the arrival policy below before making your travel plans. Given travel time, we recommend all participants plan to arrive on Friday no later than 10 am; and plan to depart on Sunday no earlier than 6 pm if you are flying. If you cannot accommodate your schedule to arrive and depart at these times, please be considerate and do not register. Late arrivals would miss important orientation information, and we ask that all participants plan to stay until the end of the weekend on Sunday to allow you sufficient time for closure.

Staying at Alta Lodge Before or After the Weekend

For all Level One weekends, it is our policy that we do not allow participants to stay at the meeting facility either the night before the start of the weekend on Friday or at the end of the weekend on Sunday evening. Participants who arrive the night before or need to stay over often stay near the airports or nearby Alta Lodge, where there are a number of budget and mid-priced hotels available. This is convenient especially if you are sharing a ride with others who are arriving and departing from one of the airports.

Arrival Policy

Safety for all participants is our utmost concern. **Therefore, you are expected to arrive and be checked in by 12 noon on Friday when we eat lunch together in order to participate in the weekend.** In planning your trip, you are expected to take into consideration the unpredictable delays that may accompany your travel. **While we understand you may encounter delays for many reasons, we are unable to allow anyone to begin the weekend if your delay is greater than 1 hour. In other words, you cannot expect to be admitted to the weekend after 1 pm for any reason.** If you are experiencing a delay, we request you to call us to inform us of your arrival status. It is important to understand that in the event of your inability to attend due to late arrival, you will forfeit all monies paid for your registration. One strategy to avoid this situation is to arrive in the city of the weekend the night before, or a city near the airport. MenHealing will provide you with information about budget hotels near the facility to help facilitate your stay. Your consideration of this policy will help strengthen the feeling of safety for all participants and help us to build a community.

Departure Policy

Safety concerns and respect for the needs of all participants for adequate time to have closure also have encouraged us to develop a departure policy as well. The weekend is structured so that all participants will have sufficient time on Sunday to plan for their transition back home, to reflect on what they have learned during the weekend, and have an opportunity to say goodbye and express appreciation to the new community of men they have joined. **To accomplish these goals, it is necessary that all participants stay until the weekend ends at 3 pm.**

Getting to Alta Lodge:

[Alta Lodge](#) is located at 10230 Utah Hwy 210, in the village of Alta, UT.

By Air: Eight airlines offer service to Salt Lake City International Airport: Alaska Air, American, Delta, Frontier, JetBlue, Sky West, Southwest, and United.

Alta Lodge is only 32 miles from the Salt Lake City International Airport, generally a 45 to 60 minute cab ride, and 40 minutes from downtown Salt Lake City. The final 8 miles of the drive is up a winding and scenic canyon road. You can arrange your transportation from Salt Lake International City Airport to the Alta Lodge through [Canyon Transportation](#) website or calling 800-255-1841 and reservations must be made at least 24 hours in advance. The estimated cost is \$58 per person round trip (not including gratuity). Price is subject to change. Rental car information is available at Salt Lake International Airport's [website](#).

By Train/Bus: Salt Lake City is serviced by train on [Amtrak](#); Buses are provided by [Greyhound](#).

By Car: Salt Lake City is accessed via I-80 (east-west) and I-15 (north-south).

From either the airport or downtown, access I-80 EAST (Cheyenne/Salt Lake City direction). Take I-215 Belt route (south & east); Exit 6200 South (signs indicate Alta and other ski areas) and follow under the overpass to veer towards the left onto 6200 South. From this point, there are no more turns; just follow the road to Snowbird and Alta. The road will be signed as Wasatch Blvd., then as St. Hwy. 210.

Landmarks:

* A 7-11 store on your right as you pass through a large intersection (Big Cottonwood Canyon Road)

* At the entry to our canyon (Little Cottonwood), an electric sign with road and weather information. The final 8 miles of the drive is up a winding and scenic canyon road.

* From the sign it is about 9 miles up the canyon (passing Snowbird) to Alta.

- The Alta Lodge entryway is on the right side of the road, and the Lodge is several flights of stairs down.
- Travel Time: About 45 to 60 minutes from the airport terminal & approximately 40 minutes from downtown. .

Transportation Coordination:

After you have registered and been accepted for the weekend, your name and email address will be provided confidentially to our webmaster, who will provide you access to the MenHealing Bulletin Board. **It is important that if you would like to participate in the transportation bulletin board, the email address you provide must be the same as the email address you supply when you register.** On the board, you will then have access once you sign in to talk with others who are planning on attending the Alta Weekend so you can offer to share or give rides to those needing help in getting from the airport to the Lodge. To protect your confidentiality, this part of the bulletin board will only be able to be accessed by those registered for the Alta Weekend, and by the Weekend Co-Chairs. If you share a ride, please be respectful and offer assistance with paying for gas.

MenHealing will not be responsible for any fees charged by your airline if you do not follow this policy and need to change your flying times.

Dining

Chef Sam Wolf has been preparing meals of exceptional quality for Alta Lodge guests for over thirty years. The outstanding cuisine will certainly be one highlight of your Weekend of Recovery. A special treat is in store on Sunday, when we'll get to visit the Alta Lodge Sunday Buffet, a grand buffet featuring gourmet breakfast and lunch and dessert items! All of your food and snacks are included in your registration fees. The Chef is prepared to provide vegetarian cuisine if you request it ahead of time. Other special dietary restrictions or needs must be indicated on your registration form. A water bottle, juices, coffee and tea, half and half and soy milk will be supplied all weekend long for you.

Smoking, Sobriety, and other Policies

Guests may not smoke inside any buildings at Alta - including guest rooms. This includes the use of e-cigarettes. Cigar and pipe smoking are also prohibited. Guests may smoke cigarettes or e-cigarettes in designated areas that will be indicated to you when you arrive.

We also require that no alcohol or non-prescribed drugs may be brought to the weekend.

Please read [ALL our policies for Safety and Security](#) before attending.

Internet Access

Alta Lodge has wireless internet access. However, we request that you only access the internet during break times and not during any regularly scheduled activities.

Other information about Alta Lodge

Please bring rain gear, jacket, hat, & some warm clothes if you are sensitive to cool temps. Temperatures may be as low as the 40's at night and should be in the 60's & 70's during the daytime. Remember that mountain air can feel chilly once the sun sets, so you are advised to bring a light jacket. Sunscreen is strongly advised for daytime outdoor activities - remember that sunrays are considerably more intense at mountain elevations. A hat with a brim is also very helpful to protect you from the sun.

Alta Lodge is handicap accessible, however if you have any special physical needs, please let us know at the time of registration so that we can make plans to accommodate your physical abilities.

There are some spectacular hiking trails around Alta. If you plan to participate in any hiking activities, please pack hiking boots (or shoes comfortable for easy & moderate hiking trails), a hiking stick (if you use one), & a day pack.

All bedding, towels, hair dryers, shampoo and shower gel are provided.

HELPFUL INFORMATION ABOUT ALTITUDE

Alta Lodge is at 8500 feet altitude. It is not uncommon for people to experience minor physical symptoms above 8000 feet. (Symptoms can include headache, loss of appetite, & fatigue.) There are *no* specific factors such as age, sex, or physical condition that correlate with susceptibility to the effects of altitude.

Some people get it and some people don't, and some people are simply more susceptible than others. Here's some tips for how to deal with any effects of altitude that you may experience during the retreat:

- Stay properly hydrated. Acclimatization is often accompanied by fluid loss, so you need to drink lots of fluids to remain properly hydrated.

- Take it easy; don't over-exert yourself when you first get up to altitude. Be prepared that tasks such as climbing stairs may require more physical exertion than you're used to for the same task at

- a lower elevation. Light activity during the day is better than sleeping because respiration decreases during sleep, exacerbating the symptoms.

- Avoid tobacco and alcohol and other depressant drugs including, barbiturates, tranquilizers, and sleeping pills. These depressants further decrease the respiratory drive during sleep resulting in a worsening of the symptoms. The acclimatization process is inhibited by dehydration, over-exertion, and alcohol and other depressant drugs.

- If you have any concerns about your susceptibility to the effects of altitude, please consult with your physician. **Diamox** (Acetazolamide) is a prescription medication that can moderate the side effects of altitude for most people. However, since it takes a while for Diamox to have an effect, it is advisable to start taking it 24 hours before you go to altitude.

TENTATIVE SCHEDULE FOR ALTA Level 1 WOR

FRIDAY

10:00-12:00	Registration – And Check In to Rooms
12:00-1:00	Lunch
1:00-1:45	Welcome and Guidelines for Participation
1:45-2:30	Co-creating Safety Guidelines
2:30-2:45	Break
2:45-3:15	Introduction to Mind-Body Awareness
3:15- 4:00	Introducing Ourselves
4:00-4:15	Break
4:15-6:00	First Small Groups
6:00-6:30	Break/Journaling/Reflecting/Networking
6:30-7:30	Dinner
7:30-8:00	Break/Survivor T-shirts
8:00-9:30	Mind/Body Awareness: Grounding and Centering
9:30-10-	Journaling/Reflecting/Networking/Bedtime Facilitator Check In

SATURDAY

7:00-8:00	Optional Walking Meditation
8:00-9:00	Breakfast
9:00-9:15	Check-In
9:15-9:45	Preparing to Tell My Story
9:45-10:00	Break & Walk to Small Groups
10:00-12:00	Telling My Story-Small Groups
12:00-12:30	Break/Reflecting/Art
12:30-1:30	Mindfulness Quiet Lunch
1:30-2:45	Optional Hike, Survivor T-Shirts, Break
2:45-4:45	Exquisite Self- Compassion/Self-Care
4:45-5:00	Break
5:00-6:15	Small Groups
6:15-6:30	Break
6:30-7:30	Dinner
7:30-8:00	Break/Journaling/Reflecting/Networking/T-shirts
8:00-10:00	Shame Busting
10:30-	Journaling/Networking/Rest Facilitator Meeting

SUNDAY

8:00-9:00	Optional Walking Meditation
9:00-9:15	Check-In
9:15-11:00	Community Building/Bridges to Home
11:00-12:15	Break Brunch
12:15-1:45	Brief evaluation; last small group
1:45-2:00	Break
2:00-3:00	Closing /Group pictures

ANY QUESTIONS:

Questions can be directed to [Jim Struve](#) at 801-953-4928