



Service Overview

Counselling and adventure-based therapeutic supports for young people | Central Coast, NSW



Who we are

SNDY Tracks (pronounced "Sandy Tracks") supports children, teenagers and young adults through counselling and adventure-based therapeutic supports. Sessions happen where young people actually engage: on trails, on the water, in the community, as well as in the office or via telehealth. Therapy happens through the activity, not despite it. Founder **Sam Duke** is a PACFA Registered Counsellor with psychology and outdoor recreation qualifications.

Who we work well with

Young people who find traditional sit-down counselling difficult, intimidating or ineffective. Many of our participants are neurodivergent, including autistic young people, young people with ADHD, and young people with intellectual disability. Some are also navigating anxiety, low confidence, disconnection from school, trauma histories, or experiences of out-of-home care. Supports are person-centred, trauma-informed and neurodiversity-affirming.

What supports look like

Support	Typical format
Individual counselling	Office, outdoors, or telehealth
Adventure-based counselling	Canoeing, mountain biking, bushwalking, fishing and more, with therapeutic goals
Capacity building	Practical skill development: independence, communication, confidence, everyday life skills
Community access	Supported participation in community, recreation and social settings
Parent and carer consultation	Check-ins, strategy conversations, stakeholder collaboration

Standard sessions run approximately 3 hours (adventure-based) or 1 hour (focused, office or telehealth), matched to the young person's capacity and goals.

Goals we commonly support

Emotional regulation, confidence and self-esteem, social connection and communication, independence and daily living skills, school engagement, community participation, healthy risk-taking, and functional capacity.

NDIS and funding

Provider type	Unregistered NDIS provider (plan-managed and self-managed participants)
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Common categories	Improved Daily Living (counselling), Increased Social and Community Participation (capacity building)
Pricing	Within NDIS Pricing Arrangements price limits
Also available	Private clients and other funding pathways (e.g. DCJ-supported arrangements)
Invoice terms	14 days
Cancellation	2 clear business days' notice

Our workers hold Working with Children Checks and NDIS Worker Screening clearances and current first aid, and the business carries professional indemnity and public liability insurance. Certificates of currency available on request.

Service area

Sessions are delivered within approximately 30 minutes of Tuggerah, NSW: the creeks, trails, beaches and communities of the Central Coast.

Referrals

Referrals come from support coordinators, schools, GPs, allied health, DCJ caseworkers and families directly. Use the SNDY Tracks Referral Form, or families can begin through the client portal:

www.sndytracks.com.au/client-portal-access

Contact

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