



## HOME on the Range

*"Providing a safe home for youth who have experienced physical or emotional trauma, where every act is done with love to help them discover the dignity of the human person and learn the skills to manage life's challenges."*

Home On The Range is a private child care organization providing services to adolescents between the ages of 12 and 19 years. Home On The Range offers a residential program which is licensed by the North Dakota Department of Human Services to serve 40 boys and girls.

Located off Exit 7 on Interstate 94, Home On The Range is just 18 miles west of Theodore Roosevelt National Park and the majestic Badlands. The working ranch consists of 1400 acres.

### History

Home On The Range (HOTR) was founded in 1950 by Father Elwood E. Cassidy as a refuge for homeless and neglected boys. In 1959, Father Cassidy became ill and Father William J. Fahnländer, pastor of St. Michael's in Sentinel Butte, became acting director. Father Cassidy died in 1959 and Father Fahnländer accepted the duties of superintendent, a position which he served for 26 years. Jay Johnson is the current executive director and manages the day-to-day operations of the ranch.

Throughout its history, Home On The Range has become synonymous with support, encouragement, discipline, and love for children in need of special care. As social problems change, so do the programs at Home On The Range, always striving to meet the needs of America's youth.

### Mission Statement

Providing a safe home for youth who have experienced physical or emotional trauma, where every act is done with love to help them discover the dignity of the human person and learn the skills to manage life's challenges.

### Social Services

The major objective of the social service programs involve fostering an environment which will enhance self-concept, provide guidance and direction and develop responsibility. The social service programs provide for the emotional and social needs of the residents.

### Cost

Our care rate is based on cost and is reviewed and audited every year by the North Dakota Department of Human Services.

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Residents' educational tuition varies depending on grade level and educational needs. Please contact Home On The Range for assistance in determining applicable tuition costs. Since all residents attend public school and the law requires home school districts to be responsible for payment, we request that arrangements for tuition payments be made prior to placement.

### **Admission Procedure**

See the enclosed document entitled "Home On The Range – Admission/Placement Criteria and Policy."

HOTR does not deny admission on the basis of race, color, creed, religion, or national origin.

If you wish to support or become involved with Home On The Range or are interested in more information, please contact us.

### **PROGRAMS**

The therapeutic services at Home On The Range fall under the overall umbrella of Trauma Informed Services. A key aspect of a Trauma Informed approach is the concept of "habilitation" vs. "rehabilitation." Rehabilitation suggests that children once had the tools necessary to be successful yet somehow lost those skills along the way. It is our belief that many of our kids may never have had the opportunity to develop specific positive coping and life skills strategies thus making our approach one of "habilitation."

**Trauma Focused CBT** is an evidenced based approach that incorporates trauma sensitive techniques into cognitive behavioral interventions. The specific interventions are designed to assist residents on an individual basis in learning new skills or strategies in order to better process thoughts and feelings related to traumatic life events. Residents are referred into this program by the treatment team and then assessed by TF-CBT therapist for appropriateness.

Included within Trauma Informed Services are three specific departments with unique theoretical models of treatment delivery and involve group, individual and family modalities. These are:

- Animal Assisted Interventions
- Drug and Alcohol Services
- Adventure Therapies

**Animal Assisted Interventions** include both Equine Assisted programs and Canine Assisted programs. All are incorporated into trauma specific habilitation goals. Specific models and approaches include EAGALA (Equine Assisted Growth and Learning Association), Natural Lifemanship/ Rhythmic Riding, mule driving programs, and some therapeutic riding.

**Equine Program**- Horses have served a key role in the history of Home On The Range and continue this tradition today in a variety of treatment and leisure activities. The Equine Program is a trauma informed experiential based intervention and a signature model program at Home On The Range and includes the use of both horses and mules. It is an intensive, outcome based treatment program developed for individuals presenting with externalizing issues such as poor anger and frustration tolerance that often co-occur in trauma related past life events. The program is a combination of both ground work with horses as well as riding and mule driving activities. The overall intent of the equine program is improving independent thinking, problem solving and team work skills. The program consists of both group and individual sessions, and family sessions as deemed appropriate and manageable. Home On The Range, in collaboration with North Dakota State University, has been conducting outcome studies in this department resulting in data being recognized nationally on a number of stages.

**Natural Lifemanship** – is a Trauma Focused Equine Therapy model that is part of the Equine Program and includes a technique referred to as “Rhythmic Riding”. This technique is relationship based experience between the group member and their chosen horse, and was designed to assist group members in learning how to self-regulate their emotional states. Individuals with traumatic backgrounds often experience difficulty in regulating their “fight/flight” responses to stress and stimuli, and often take a longer time to “return to normal” after being triggered to a heightened state of arousal. Trauma Focused Rhythmic Riding combines horse-back riding, mindfulness skill components, and relationships into a “dance” of learning opportunity. Simply stated, residents are able to experience the present moment while listening to meaningful songs (they select) and riding to the rhythm of the music. Between songs, mindfulness practice is utilized to assist group members in regaining emotional regulations which can so easily become dysregulated during the riding activity.

**Canine Program** - is a trauma informed experiential group designed to engage youth in the treatment process. This program works to assist residents in self-identifying improved problem solving techniques and increasing independence. Select shelter dogs are schooled in basic obedience, socialization, and house training.

**Drug and Alcohol Services** Our drug and alcohol program is a combination of abstinence based, non-abstinence based, support group, and education. The platform is a 12-week program with youth who are working on making changes being able to continue in the support group for as long as they want.

The components of our new drug and alcohol program are:

- Stages of Change
- Harm Reduction vs. Abstinence
- Goals
- Pharmacology
- Cues, Triggers, Coping Skills
- Sex Education
- Family History

- Legal Issues/Responsibility
- Co-occurring Disorders
- Strength/Family Support/Connection
- Long Term Plans/Commitment to Change
- Independent Living
- Cultural Differences
- Relapse Prevention

**Adventure Therapy** is experiential therapy approach where members are able to learn to work through their trauma based challenges through outdoor and healthy living activities (i.e. cooking and exercise). The program includes capstone events that are designed to teach skills such as learning how to use a camp stove, build a tent, and pack a backpack as well as practice hikes and overnight trips in the local National Park before embarking on a more challenging four-day back country camping trip. This group focuses on teaching communication and social skills through team based initiatives, forethought and organization through planning and preparing one-day and four-day backpacking trips. Emotional regulation and mindfulness are addressed through challenging tasks such as climbing a rock wall, martial arts and a high ropes course while personal responsibility and self-esteem are enhanced through capstone events.

***For more information, see Adventure Activities in the Residential Section of this manual.***

**Adventure Therapy/Wellness Program** is designed to introduce healthy hobbies and promote whole body wellness, focusing on healthy mind, body, and spirit, with the goal that skills learned will help kids cope with traumatic experiences and make better decisions. Activities vary from week to week and cover a broad range of experiences. A few examples are: outdoor adventures such as high ropes courses and hiking, weight lifting in our weight room, rock wall climbing and running, discussing nutrition and experimenting with healthy recipes, yoga and mindfulness activities, volunteering and making a positive impact in our community, and exploring artistic and musical talents.

***For more information, see Adventure Activities in the Residential Section of this manual.***

**Strengthening Family Workshop** program utilizes a systems approach to assist families in identifying their strengths and challenges. It consists of a multi-family group setting with Home On The Range social worker(s), residential specialist, and therapists. The workshop is dedicated to working with each family in a client-driven manner to address the family's issues and progress. The workshop is utilized by youth and families in all stages of placement. The families gain support and learn from one another.

*Additional Programs provided to the residents of Home on the Range:*

**Life Skills** is a cooperative group program with Beach High School and is designed for youth ages 16-18. It includes several activities, resources, and speakers to address areas including but not limited to housing, employment, insurance, budgeting, community resources and safety. There is a primary focus on both college and career planning as well.

**Life Skills Youth** is also a cooperative group program with Beach High School offered to females ages 13-15. This group explores the hierarchy of needs and discusses topics including dating, hygiene, peer relations, and job applications. This group can be modified to best meet the needs of the residents in these clients in these general areas.

### **Testing and Outcome Measures**

Home On The Range uses the Adolescent Psychopathology Scale (APS) as a pre-test and post-test to help evaluate the success of our programming. The APS questionnaire consists of 346 questions that the client completes. The resulting clinical score report examines four domains of psychopathology and psychosocial problems that may suggest the need for direct and expeditious intervention. The report details 40 specific scales, a few of which are: conduct disorder, adjustment disorder, PTSD, panic disorder, anger, aggression, suicide, and bulimia nervosa. The report then lists the domains of concern in the categories of Subclinical Symptom Range, Mild Clinical Symptom Range, Moderate Clinical Symptom Range, and Severe Clinical Symptom Range. The pre-test is used as a baseline and in development of the client's initial treatment plan. Upon the client's discharge, the post-test provides Home On The Range with an objective view of the youth's improvements from point of entry to completion of programming at Home On The Range.

Home On The Range also uses the Achenbach System of Empirically Based Assessment (ASEBA) which offers a comprehensive approach to assessing adaptive and maladaptive functioning. Developed through decades of research and practical experience to identify actual patterns of functioning, the ASEBA provides thoughtful professionals with user-friendly tools. ASEBA instruments clearly document clients' functioning in terms of both quantitative scores and individualized descriptions in respondents' own words. Descriptions include what concerns respondents most about the clients, the best things about clients, and details of competencies and problems that are not captured by quantitative scores alone. The individualized descriptive data, plus competence, adaptive, and problem scores, facilitate comprehensive, in-depth assessment. Numerous studies demonstrate significant associations between ASEBA scores and both diagnostic and special-education classifications.