

The therapeutic services at Home On The Range fall under the overall umbrella of Trauma Informed Services. A key aspect of Trauma Informed Care 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 our kids may never have had the opportunity to develop specific positive coping and life skills strategies, thus making our approach one of "habilitation". Included within Trauma Informed Services are three specific departments with unique theoretical models of treatment delivery and involve group, individual and family modalities. These include:

Animal Assisted Interventions

Drug and Alcohol Services

Adventure Therapies

## **Animal Assisted Interventions**

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. Within the Canine Program, residents are connected with rescue dogs that are socialized, trained and adopted out to appropriate families.

## **Drug and Alcohol Services**

Drug and alcohol services utilizes The 7 Challenges Model. It is designed for teens with drug and alcohol problems and recognized by SAMSHA (Substance Abuse and Mental Health Administration) as an evidence based, best practice model. The program is designed to motivate a decision and commitment to change and to support in implementing the desired changes. Seven Challenges simultaneously helps young people address their drug and alcohol problems, as well as their co-occurring life deficits, situational problems and psychological problems.

## **Adventure Therapy**

Adventure Therapy is an experiential therapy approach where members are able to learn to work through their trauma through participation in challenging outdoor and healthy living activities (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 by introducing youth to challenging tasks such as rock wall climbing, use of a high ropes course, and learning martial arts and yoga.