

## Our Purpose and Philosophy

Service to children and families, leadership in the child care field, and conviction to make a healthier and stronger world, characterize the philosophy of Home On The Range since 1950.

The gifts of compassion, love, truth, justice, forgiveness, and mercy are used for the good of all that encounter our services and need healing in this troubled world. The respect of each individual and the dignity of all are basic to our service. We are committed to a professional development program for staff and leaders, which enables the organization to further its mission and improve the level of service for those individuals entrusted to our care.

We are also dedicated to the stewardship of all our resources including land, livestock, facilities, and gifts. We provide innovative and creative therapeutic programs which build self-esteem, trust, and develop skills in our residents and prepare them for a successful future.

Home On The Range serves children ages 12-18 and families regardless of race, color, creed, religion or national origin.

- ◆ Accredited nationally by the Council on Accreditation of Services for Families and Children
- ◆ Licensed by North Dakota Department of Human Services
- ◆ Member of the Child Welfare League of America and North Dakota Conference of Social Welfare
- ◆ As a private non-profit 501(c)(3) program, all monetary donations to Home On The Range are welcome and tax deductible.



**16351 I-94**

**Sentinel Butte, ND 58654**

**Phone: 701-872-3745**

**Fax: 701-872-3748**

**[www.hotrnd.com](http://www.hotrnd.com)**



# Home On The Range

**“Under the guidance of the Catholic Church, provide a safe home for all 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.”**



## Programs and Groups

**Laura Feldmann, LCSW  
Executive Director**



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 Therapy

## ***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 Lifestanship/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***

The 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 and being able to continue in the support group for as long as they want. Components of the drug and alcohol program are:

- ~Aggression Replacement Therapy
  - ~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***

Adventure Therapy is an experience-based therapy approach where members are able to learn to work through their trauma by 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, put up 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.



## ***Additional Programs***

Daily programs of work, education, recreation and spiritual growth are designed to set the resident on a path to achievement. This structured schedule encourages development of healthy, productive routines to last a lifetime.

**Education:** Residents attend public school. The residents benefit from the scholastic programs, social interaction and involvement in co-curricular activities. Home on the Range also has a campus classroom that accommodates twenty students and three educational staff to provide one-on-one help and structure.

**Spiritual Development:** Home on the Range has a pastoral assistant and youth minister who provide continual spiritual guidance through retreats, music, prayer, bible study and moral development classes.

**Recreation:** On and off-site offers a variety of organized and leisure time activities. The goals are to teach youth how to structure free time by having fun, learning new skills, and enhancing self-esteem.

**Work Program:** Residents learn skills and develop a sense of responsibility, pride and achievement. They encounter a variety of job situations. This allows residents to experience the rewards and consequences of employment, while allowing them opportunities to learn job skills under trained supervision.