



## **Hope's Horses as Healers Program Description**

HHH is designed to assist kids with treatment goals related to childhood trauma. HHH utilizes our miniature horses to improve trust, communication, and boundaries. Additionally, HHH works to improve the client's sense of safety and emotional regulation. The horse is used in conjunction with the therapist via individual therapy to help promote these skills through a Trauma centered curriculum.

Individual counseling sessions are held weekly any exceptions would be determined in collaboration with the client and external team as appropriate. Family sessions will be conducted at various points during the protocol to strengthen individual and family functioning and improve familial coping skills, problem- solving abilities and communication. Individual session duration is once a week, 60-to-90-minute sessions.

### Eligibility:

- 6-17 years old
- Enrolled in one of the following health plans: Health Choice, Banner University, Molina, Mercy Care ACC and Mercy Care CHP
- Is not in need of detoxification or experiencing active substance addiction requiring medical intervention
- Is able to benefit from the treatment modalities offered by the clinical staff members of the program
- Is not considered to be an active danger to self or others requiring a higher level of care
- Is appropriate for the level of intervention provided

### Program Goals:

- Reduce children's negative emotional and behavioral responses to trauma and/or mental health symptomology
- Increase sense of Safety and Trust
- Decrease emotional dysregulation and traumatic symptomology