

Tomorrow's Rainbow SHARE Program

Share Horses and Resources for Excellence

Who:

Tomorrow's Rainbow provides grieving children, teens and their families an emotionally safe environment for hope and healing through guidance, education and support. Services utilize therapeutic art, play and horse interactions to facilitate hope and healing for bereaved youth. As a way to share the farm with other special populations, and to further our work on behalf of grieving children in our community, we have developed a highly individualized fee for service program called SHARE - Sharing Horses And Resources for Excellence. SHARE is a unique program that is tailored to a population's specific goals and utilizes art, play, farm activities, and horse and farm animal interactions. The SHARE Program has three levels of services – 1) Therapy 2) Techniques and 3) Collaboration. Tomorrow's Rainbow utilizes multiple best practice techniques to support these 3 levels. Employees have extensive training and/or certifications, including the Dougy Center model for peer facilitated support, the Equine Assisted Growth & Learning Association (EAGALA) model for Equine Assisted Psychotherapy/Learning, the Professional Association of Therapeutic Horsemanship International (PATH Int'l) for Therapeutic Horsemanship, the American Art Therapy Association & Art Therapy Credentialing Board, and American Play Therapy Association. Primary staff that provide and oversee services are Abby Mosher and Marla Berger.

Abby Mosher is the Founder and Executive Director of Tomorrow's Rainbow, Inc. She is a pioneer in combining the therapeutic benefits of horses with facilitated peer support groups providing a highly effective, comprehensive and innovative approach to children's grief support. Ms. Mosher studied at the renowned Dougy Center in Portland, Oregon and is certified in Equine Assisted Psychotherapy as an Equine Specialist from EAGALA. She has trained with the National Organization for Victim's Assistance and holds a certificate from the Florida Crisis Response Team.

Marla Berger has been working with children, adolescents and adults in the Mental Health field since 2000. After receiving her Bachelors Degree from University of Florida and her Masters Degree in Art Therapy from University of Louisville, she began to specialize in working with children and their families. A Licensed Mental Health Counselor and Registered Art Therapist, Ms. Berger is also pursuing her goal of becoming a Registered Play Therapist to better serve her clients. A lifelong horse lover, she began incorporating horses into her therapy sessions in 2001. She is certified in Equine Assisted Psychotherapy/Learning through both EAGALA and PATH International.

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Why:

The SHARE Program at Tomorrow's Rainbow features Experiential Therapies and Services aimed to reduce negative outcomes in client populations and has proven to be more effective in engaging difficult to reach clientele by providing a basis for positive growth and change. In addition, SHARE allows for existing programs to collaborate with Tomorrow's Rainbow to enhance and/or expand their services in a natural, organic setting at the Tomorrow's Rainbow Ranch.

Definitions:

Experiential Therapies & Services focuses on insight and change through doing activities that bring insight into life situations, behavioral patterns, thoughts and emotions. Change occurs in real time during session as Experiential Therapies & Services engages clients in trying new techniques to gain instant feedback and awareness. Clients cannot hide behind language – they have to walk the walk instead of talk the talk. Experiential Therapies & Services are best practice techniques that have empirically proven benefits. Best practice services are not manualized.

Traditional Therapy focuses on insight through directed talk. Specific topics are discussed to lead clients toward insight. Change is noted by report of client, client's family, support staff and teachers. Clients learn new techniques to utilize in their home and work/school environments. Therapy savvy clients can hide behind words. Traditional Therapy utilizes Evidence Based Therapies, which are often manualized services.

Equine Assisted Psychotherapy (EAP) incorporates horses experientially for mental and behavioral health therapy. It is a collaborative effort between a licensed therapist and a horse professional working with the clients and horses to address treatment goals. EAP is experiential in nature. This means that participants learn about themselves and others by participating in activities with the horses, and then processing feelings, behaviors, and patterns. This modality is intensive and includes a therapeutic process note for participants on treatment related progress.

Equine Assisted Learning (EAL) utilizes the natural abilities of the horse to mirror participant's behaviors and to "give back" to the participants instant feedback on interactions, thoughts and behaviors. While this modality is similar to EAP, it focuses more on teambuilding, leadership, thinking outside the box and personal development. EAL notes are generalized to the group process and progress upon request.

Therapeutic Horsemanship provides basic horsemanship skills that allow participants to engage with horses to build relationships, foster a sense of accomplishment, establish a routine, improve focus and the ability to follow directions and create opportunities for transference. Therapeutic Horsemanship includes learning to handle horses, groom, feed and clean stalls which promotes internalizing the need for self care and care of others. In clients with a significant history of trauma, abuse and neglect, negative behaviors start on

a biological level. They exhibit higher levels of cortisol and adrenaline, shunting away processing from the frontal cortex to the more primitive areas of the brain. Studies have shown that touching animals produces an immediate, positive reaction in humans, including lowering of arousal and heart rate. Engaging with horses offers instant feedback and self-soothing that offers times of mindfulness and awareness that participants lack in other avenues of their lives.

Advanced Therapeutic Horsemanship services provides an enhanced equine care and custody routine, as well as training the horses through clicker training, Natural Horsemanship skills and the Tomorrow's Rainbow Horse Sense comprehensive program which focuses on the rights, welfare and empathy needed to provide all animals with a dignified, humane, peaceful existence. Participants move from utilizing the horse's innate abilities to engage, reduce stress and promote healing to addressing issues of respect, patience and the give and take of negotiating change within the human-horse team. Survivors of abuse and neglect often have coping skills that initially keep them safe, but become more of a hindrance over time. Horses learn quickly from painful or scary situations, but these behaviors are unsafe and uncontrollable. Participants learn that the building of positive coping skills is a slow, steady process. Horses learn new skills best during calm, quiet and repetitive events. Through engaging in safe learning interactions with the horses, participants learn valuable skills in their communication with others.

Sand Tray Therapy is a form of expressive therapy that allows a participant to construct his or her own microcosm using miniature figurines and sand. The scene created acts as a reflection of the person's own life and allows him or her the opportunity to resolve conflicts, remove obstacles and gain acceptance of self. Sand Tray Therapy includes detailed notes on client's insights and processes throughout the session.

Sand Tray Therapy Techniques engage participants in an experiential process incorporating figurines and sand to create their "world." Sand Tray Therapy Techniques are utilized to create insight and change in participants. Sand Tray Therapy Techniques include a generalized note about group process and progress upon request.

Art Therapy is the therapeutic use of art making to address illness, trauma or challenges in life. Through creating art and reflecting on the art products and processes, participants can increase awareness of self and others. Art making is an encapsulation of a moment in time – how the participant is thinking, feeling and reacting on that particular day. By engaging in processing of their art making, participants can learn to better cope with symptoms, stress and traumatic experiences. Art Therapy services include a comprehensive note on the art making process and product, including any developmental challenges, mental health issues or distortions noted in art making.

Art Therapy Techniques involve the creative process of artistic self-expression to help participants to resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem and self-awareness, and achieve insight. Art Therapy Techniques include a generalized note about group process and progress upon request.

Horticultural Therapy Techniques utilize the therapeutic benefits of gardening, planting and maintenance of flowers, fruits, vegetables and plants. Participants create a community garden for their group and benefit from the planning, nurturing and harvesting of their plant life. Horticultural Therapy Techniques are employed to assist participants to learn new skills or regain those that were lost. Services help to improve memory, cognitive abilities, task initiation, language skills, and socialization. Participants learn to work independently, problem solve and follow directions. Horticultural Therapy Techniques include a generalized note about group process and progress upon request.

Additional Experiential Therapy Techniques include Music Therapy, Play Therapy and Recreational Therapy Techniques that enhance on-going programming, services and treatment goals.

Levels:

The SHARE Program offers three levels of service – 1) Therapy 2) Techniques and 3) Collaboration.

Within the **Therapy** services offered are best practice models for change, growth and development through trauma informed therapeutic services. These services include Art Therapy, Sand Tray Therapy, Equine Assisted Psychotherapy and Advanced Therapeutic Horsemanship. The Therapy level of care focuses on acknowledging deficits and seeking to make changes both individually and as a group. All Therapy services are provided by a licensed clinician and can include therapeutic progress notes and treatment plan reviews.

The **Techniques** level of service provides for therapeutic interactions that focus on group leadership, cohesion, building support and trust, increasing coping skills and problem solving. This level of care engages participants in building interpersonal and social skills. These services include Equine Assisted Learning, Art Therapy Techniques, Sand Tray Therapy Techniques, Therapeutic Horsemanship, Advanced Therapeutic Horsemanship and Horticultural Therapy Techniques. The Techniques services are overseen by a licensed clinician and can include a group note and treatment goal progress.

Collaboration involves shared resources to achieve excellence in supporting individuals and groups of all ages with a variety of life's challenges including grief & loss, divorce & separation, intellectual disabilities and substance abuse. This partnership is also beneficial for corporate team building, leadership and self development/improvement programs. The Collaboration level allows for a partnership that utilizes the strengths and resources of each partner to offer a highly individualized experience. This level of service works well with agencies that desire to enhance or expand their current programs by incorporating the Tomorrow's Rainbow Model and the natural, equine based setting offered at the Tomorrow's Rainbow Ranch.

Fee Schedule:

Services in the SHARE Program are highly individualized to each specific organization. The fee schedule listed below is intended as a guideline only. Due to the many factors involved in this unique partnership, an initial assessment of requirements will be evaluated. Following the assessment, your organization will be provided with a draft proposal (working proposal). Once all details of the SHARE partnership have been agreed upon, a final proposal will be supplied for approval and signatures.

Basic Day:

Use of the facility for the day, which includes the stable area, patio and therapeutic play areas, therapeutic horse interactions, one staff member, 6 volunteers, use of folding tables, chairs, 2 shade canopies & screen tent (typically used for food and beverages area).

Half Day Basic: \$1,500 for up to 4 hours

Full Day Basic: \$2,500 for up to 8 hours

Basic Group:

Use of the facility for 1 ½ hours, which includes the stable area, patio and therapeutic play areas, therapeutic horse interactions, EAL/EAP Team, use of folding tables, chairs.

Group Rate: \$400

Additional SHARE Resources:

Licensed Clinician: \$75 per hour

EAL Team: starting at \$150 per hour*

EAP Team: starting at \$200 per hour*

Program Facilitator: \$25 per hour

Program Facilitator Training Individual: \$150 (attend at Tomorrow's Rainbow)

Program Facilitator Training Group: \$2500 (2 days at your location)

Additional Volunteer: \$15 per hour

Snacks & Beverages per person: \$5 half day; \$8 full day

Meal Package per person: starting at \$25 per day breakfast, lunch, dinner

Additional Shade canopy: \$25 each

Art/Activity Supplies: quoted individually

Picnic tables: \$10 each

*depends on the number of clients and progress note requirement