

Programming Offered at Home on the Range

Anger Management

The girls utilize this group to help them become more aware of their anger, the triggers of their anger, and dealing with the subsequent emotional responses. Use of both the positive and dysfunctional cycles are emphasized, as well as the social skills curriculum. The understanding that anger is a normal reaction and the development of the skills to resolve the anger appropriately are of primary focus.

Character Enrichment

This group uses videos and discussions to identify character qualities including trustworthiness, respect, responsibility, fairness, caring, and citizenship. The group is based on the Character Counts components.

Cognitive Principles and Restructuring Program

The goal of this boys group is to allow a youth to examine his criminal thinking and behavior patterns. This group allows for the client to be accountable for these patterns and begin to think and act more responsibly. Additionally, this group is designed to increase offender understanding of who was victimized by the offender and how his victims were affected. This group also entails learning anger management techniques, triggers, and cycles.

Drug and Alcohol Education

This educational group is designed for clients who do not meet criteria for drug or alcohol abuse or dependency. It is a researched based informational program designed for youth under age 21. It consists of educational components aimed at informing youth how to avoid drug and alcohol related health problems, legal issues, health issues and/or employment concerns that are often associated with drug and alcohol usage.

EAGALA

EAGALA (Equine Assisted Growth and Learning Associations) group utilizes a team of three including a therapist, horse professional, and a horse. The purpose of EAGALA is to provide clients with activities that are used to allow the clients to identify meaningful metaphors and analogies useful in the therapeutic process. We are currently providing a girls group, boys group and a co-ed group for our HOTR youth. We also do an EAGALA activity in the family workshop sessions that are conducted at HOTR.

Independent Living

This group is designed for HOTR youth ages 16-18. It includes several activities, resources and speakers to address areas including housing, employment, insurance, budgeting, community resources, and safety. It is provided to both boys and girls.

Low Intensity Drug and Alcohol Program

This program uses the “Power Source Taking Charge of Your Life” written by Bethany Casarjian and Robin Casarjian. This program is focused on the client getting to know him/herself regarding issues including anger, shame, guilt, high risk behaviors and how the youth works through them. The participants get to know themselves very well and gain understanding in how they deal with problems and how this relates to their usage. The group also uses educational videos to help the kids understand the dangers of drugs and alcohol. Meditation is a tool utilized in LIDA to assist the participants in learning relaxation techniques.

New Heart

A New Heart is designed to address the Spiritual component of who we are and how we are made. The units of this group include spirit-soul-body, comfort zones and ones willingness to step out of them, thinking errors, recognizing your need for change, victim mentality, the walls we build, and guilt and blaming. A New Heart provides spiritual enrichment with groups for boys, girls, and a co-ed group.

Orientation

This group is designed to assist new residents in becoming acquainted with HOTR living and issues related to residential life. It also includes units on bullying, conflict resolution, over the counter medication misuse, the “choking game”, relationship issues, and team building.

Strengthening Family Workshop

This is a family group designed to assist families in identifying their strengths and challenges. It consists of several youth (typically 3-6) and their families, HOTR social worker(s), residential specialist, and therapist. The group begins with a prayer, then an EAGALA activity (weather permitting) and then follows up with group discussion related to the activity. The workshop is then 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.

Survivors

This girls group is aimed at discussing personal boundaries, support systems, self-esteem, abuse, puberty, communication skills, and personal safety. It is designed for teenage girls who have survived abuse, or have a tendency to put themselves in high-risk situations.

Values and Choices

This educational program is designed to teach facts, increase awareness, promote healthy attitudes and values, and develop appropriate relationship skills. Developing an understanding of human sexuality, a positive self-esteem, and a healthy value system provides the framework for discussion and education. Other areas discussed include puberty, sexual attraction, responsibility, respect, decision making, dating, teenage pregnancy, etc.

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 the development of the initial treatment plan. Upon the client's discharge, this post-test provides Home On The Range with an objective view of each youth's improvements from point of entry to completion of programming at Home On The Range.