

2018 Outcome of Equine Assisted Psychotherapy Program

Kids @ PEACE



OVERVIEW

Child & Family Services of NW MI (CFS) initially began participation in EAGALA Model Equine Assisted Psychotherapy (EAP) sessions at PEACE Ranch in May of 2014. During 2018, for the first time since beginning this partnership, EAP sessions took place at PEACE Ranch January through December.

For the year 2018: 22 CFS clients participated in EAP for a total of 166 sessions. Listed below is the actual monthly pattern of sessions:

- January – 9 individual sessions (1 day canceled due to weather conditions; 1 day canceled due to meeting)
- February – 9 individual sessions (1 cancellation due to weather; 1 day Holiday; 1 day illness)
- March – 14 individual sessions
- April – 16 individual sessions; 2 family sessions
- May – 9 individual sessions; 2 family sessions (1 Holiday closure)

- June – 9 individual sessions; 2 family sessions
- July – 12 individual sessions; 1 joint sibling session; 1 family session
- August – 9 individual sessions; 3 joint sibling sessions (1 session including their therapist participating in session)
- September – 3 individual sessions (closures due to school year beginning and Labor Day)
- October – 29 individual sessions (includes several twice weekly sessions for 2 clients)
- November – 21 individual sessions (includes twice weekly sessions for 2 clients)
- December – 15 individual sessions (closure 4 Holidays)

The utilization of the CFS Memorandum of Understanding with PEACE Ranch, to provide Equine Assisted Psychotherapy utilizing the EAGALA model, began in 2015 and was continued in 2018. From January through December CFS was offered blocks of time on Mondays and Tuesdays.

PEACE Ranch provided the services of an Equine Specialist, Marijane Boomer as well as consultation with Advanced Certified Mental Health and Equine Specialist, Jackie Kaschel. Jackie Kaschel also filled in as needed in ES/MH role for EAP sessions.

CFS provided the services of one EAP Certified Mental Health Specialist, Kathryn Waldron; and beginning in September 2018, a second CFS certified Mental Health Specialist, Allison Wilson.

VISION

Children, youth and adults will be provided an opportunity to engage and be positively impacted through an experiential process of recovery from trauma by participation in Equine Assisted Psychotherapy.

MISSION

CFS Mission: We strive to ensure the safety and well-being of children, youth, adults and families in times of crisis, challenge, and life transition.

LENGTH OF TIME, NUMBER OF CLIENTS, Demographics

CFS clients served from January to the end of the December 2018:

Children/Youth = 16

Age Range: 7-17

(including - 2 Wraparound clients; 14 Foster Care clients, including 2 youths post-release from residential placement)

Foster Siblings/Other youth in foster home = 2

Adults/Caregivers served in family sessions = 4

Total clients served = 22

Number of Sessions per client:

- Individual – ranged from 1-24 sessions (1, 1, 4, 5, 6, 6, 6, 7, 9, 10, 14, 15, 17, 19, 24 (sessions sometimes including gap in service and then re-referral depending on client need; twice weekly sessions for some clients to preserve placement/prevent hospitalization or residential placement)

- Joint sibling – 4
- Family – 1 with foster parents and 2 foster children
- Family – 6 with foster/mother, 2 birth children, 1 foster youth
(foster/father able to participate in for last/6th session)

Demographics:

Clients served originated from or were in placement in the following Michigan counties:

Grand Traverse, Leelanau, Benzie, Wexford, Missaukee, Presque Isle, Kalkaska, Cheboygan, Mason

BENEFITS

Continued benefits to date include:

- prevention of need for residential placement/replacement from current foster home; improved global assessment of functioning in home, school and community settings
- supported successful reunification of youth with bio-family/placement with relative
- improvement/increase in positive peer relationships in placement, school, community
- increase in effective and appropriate boundary setting
- overall improved emotion management/effective coping skills
- increases in self-awareness/insight, self-confidence, self-esteem, self-responsibility
- overall gaining of a sense of peace/decrease in both inner and outer conflict
- prevention of post-adoption disruptions
- assist in securing/maintaining pre-adoptive placements

- assist in willingness and capability of foster caregivers to enter in full juvenile guardianship permanency plans
- improved understanding by caregivers and foster parent birth children of the impact of trauma and how to cope with related behaviors more effectively
- facilities design that allowed for client to participate in EMDR immediately prior to beginning EAP sessions

TESTIMONIALS/SHOWCASE/STORIES & HIGHLIGHTS



- “Prior to my client receiving EAP at PEACE Ranch he was unable to make or maintain friends due to his inability to accurately

interpret others' non-verbal cues. In addition to that, his behaviors were also escalating so badly in his home that his foster parents suspended their plan to adopt him. In a few short months EAP helped him develop the social skills needed for him to start developing friendships. "I wanted them to play with me...I had to go slow." Amazingly, his behaviors within his foster home improved so much that his foster parents reported "a switch has been turned in him" and they were able to proceed and finalize his adoption."

- "This year alone I know of six foster children who were in crisis and consequently their foster home placements were at risk. Time and time again the services provided at PEACE Ranch have played an integral part in stabilizing or re-stabilizing the children and their placements."
- "This young lady was significantly struggling with the death of her birth mother and was experiencing a lot of guilt in growing her relationship with her pre-adoptive mother. She found meaning, acceptance and peace in the stories she created between Lily and Lucky Star. Now she can talk with ease about the neglect and loss she experienced in her past. She also identifies how different her life and future outlook are now that she recognizes that she has "a mother that loves me and gives me the attention I need."