

EQUINE Assisted Psychotherapy

Equine Assisted Psychotherapy (EAP) incorporates horses for emotional growth and learning. EAP is experiential in nature. This means that residents learn about themselves and others by participating in activities with the horses, dynamic and powerful beings. Horses act as excellent mirrors, reflecting back to people who they really are. Residents then process feelings, behaviors, and patterns.

EAP utilizes a solution-focused therapy approach. The focus is on what the resident wants to achieve through therapy rather than on the problem(s) that made them seek help. This approach does not focus on the past but instead, focuses on present and future. To support this, questions are asked about the resident's story, strengths and resources, and about expectations to the problem. By helping the residents identify the things that they wish to change and maintain in their life, the mental health professional aids the resident in constructing a concrete vision of their preferred future. Renovations to Heartland's 5,000 square-foot equestrian center included: a new barn, updated stables, indoor/outdoor riding areas, and a climate control classroom area for year-round usage.

Recently, Heartland is very excited to announce—an expansion of their equine services. Heartland's residential patients have always been offered the opportunity of partaking in our Equine Assisted Psychotherapy (EAP), and just recently—we have extended that opportunity to the acute side of the hospital as well. While the residential side will still be going through the nationally recognized Equine Assisted Growth and Learning Association's (EAGALA) model of equine therapy—the acute children will be participating in what we have named our "Hug & Groom" services. Equine Assisted Psychotherapy incorporates horses experientially for emotional growth and learning. It is a collaborative effort between a licensed therapist and an equine specialist working with the clients and horses to address treatment goals. Although Heartland's "Hug & Groom" services are on a more petite scale—Sarah Torontow, LPC and EAGALA Certified, stated "[she] has observed the calming affect the horses have on the children, [and] that it has been proven to lower the patient's respiratory rate when engaging with the horse(s)". It is Heartland's immense success they have achieved; through the combined use of EAP paired with their use of Dialectical Behavioral Therapy (DBT); that pushed them to find new ways to expand the service to the shorter-term patients. Future goals to grow the EAP program at Heartland also include Emotionally Regulated Riding (ERR), which will ultimately allow for the patients to learn, grow, and pull from their emotions while mounted on top of the horse.



"I appreciate all that you do for the children sent to you. I feel Heartland is a top-notch facility, and if I had the choice I would only refer children to you guys. I wish you guys were closer to my county, but I always know when I send a child there—they will be getting the services that they need."

—Children's Division Supervisor

Making a Referral

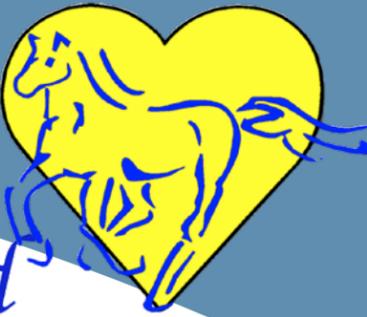
It is easy to make a referral and receive admission with our 24 hour Admissions line.

1(800) 654-9605

The following information is helpful: Name, age, gender, recent psychological testing/reports, if applicable, medications, physical/medical information, family information, and current treatment team information.

Transportation for Acute Hospital is Possible 24 Hours 7 Days A Week

Be A HERO, & Choose Heartland Behavioral Health Services



At Heartland Behavioral Health Services
WE CHANGE LIVES!

Hearthland Behavioral Health Services is a children's behavioral health hospital located in Nevada, MO—we have both an acute short term crisis stabilization side of the hospital, and a residential longer-term side of the hospital with very specialized programming catered to each individual child that comes to us.

It is very important to us that you feel comfortable while learning about your options with Heartland Behavioral Health Services. We have put together the following information so you can see just how SUPER our services are. Please do not hesitate to call our 24 hour, 7 days a week toll free phone number 1(800) 654-9605 if you have any questions at all—it is our goal to educate you in all aspects of our services to ease any possible ambiguity. Our admissions representatives are standing by to help you in the care and treatment plan of your child, and want to provide the best and most individualized service possible for each and every phone call we receive.

800-654-9605

www.HeartlandBehavioral.com

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Heartland Always Offers:

- Highly individualized treatment plans.
- Specialty programs catered to the individual.
- Evidence-based therapy models.
- Dialectical Behavioral Therapy (DBT).
- Equine Assisted Psychotherapy (EAP).
- Three full time Physicians on staff (Psychiatrists).
- Full time Physician's Assistant on staff.
- 12 full time, Licensed Therapists, trained specifically in the treatment of acute and long-term, specialty psychiatric needs.
- 4 Recreation/Expressive Therapists, including Certified Recreation Therapists, Certified Play Therapist, Theraplay-trained Therapist, and Equine Assisted Psychotherapists.
- Located on 50 secluded acres, many outdoor amenities inclusive of 5k sq. ft, climate controlled, Equestrian Center.
- Military programming available.
- Family therapy and training.
- On-site fully accredited school (Nevada R-5).
- Individualized aftercare planning upon discharge.
- Extended follow-up with patients.

WHY Would I Send My Loved Ones to Heartland?



- 1—Strongly Disagree
- 2—Disagree
- 3—No Opinion
- 4—Agree
- 5—Strongly Agree

"This is the first time that I feel others have cared about what my son's situation is. Everyone [at Heartland] has been helpful and I cannot believe how great the communication has been through [his] stay. I really cannot believe you are willing to answer my questions even after discharge. It brings tears to my eyes to know that you are not only helping my son, but you are there for my family as well. You will never know how much Heartland means to me."

—Patient Mother

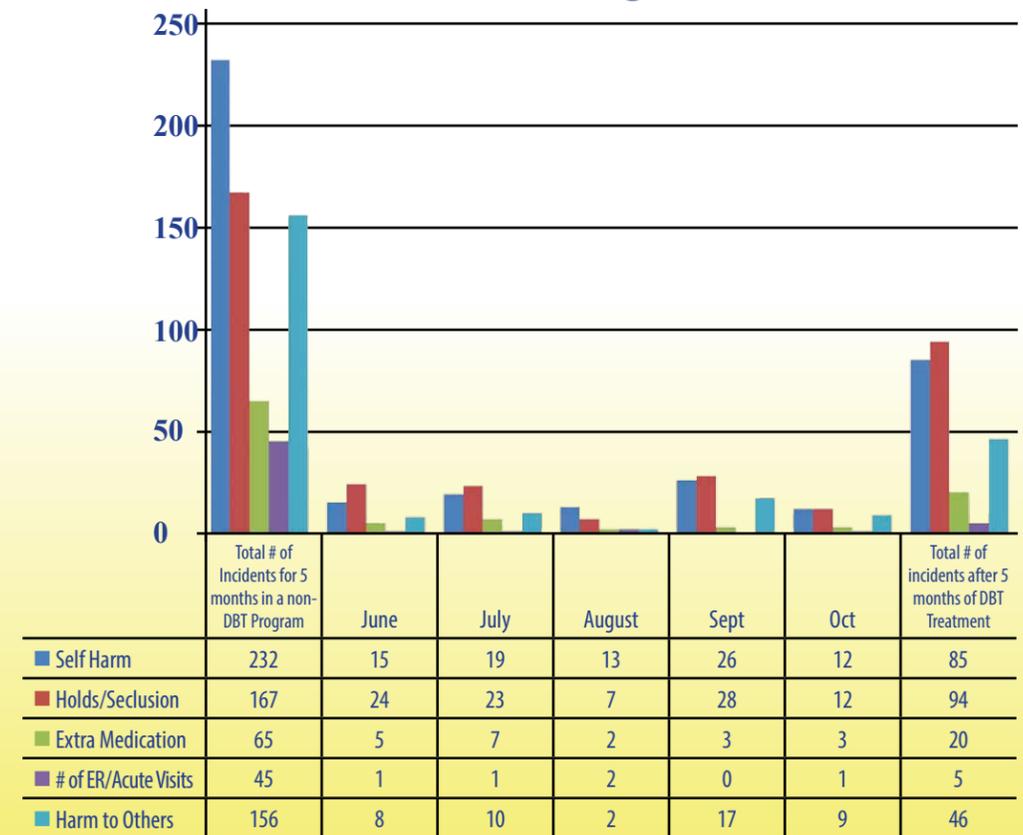


Evidence Based Treatment Model

Dialectical Behavioral Therapy

Dialectical Behavioral Therapy (DBT) is a treatment designed specifically for individuals with self-harm behaviors, such as self-cutting, suicide thoughts, urges for suicide, and suicide attempts. Many clients with these behaviors meet criteria for disorders such as borderline personality, and it is not unusual for individuals diagnosed with depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, eating disorders, or alcohol and drug problems to also benefit from this method of treatment. DBT is a modification of cognitive behavioral therapy (CBT). In developing DBT, Marsha Linehan, Ph.D. (1993a) first tried applying standard cognitive therapies to people who engaged in self-injury, made suicide attempts, and struggled with out-of-control emotions. The creation of DBT came to fruition when Dr. Linehan and her research team added other types of techniques until they developed a treatment that worked better with particular behaviors. With continued practice and success, DBT has become recognized as an "empirically-supported treatment."

10-month Outcome Study on 10 HBHS Adolescent DBT Program Residents



"I drive by there every day. I had no idea that what you all are doing is changing lives, your kids are genuinely thankful...you can tell that no one made them act that way. They are learning from someone and doing it on their own."

—Community Member

"I don't know what you all are doing there-but whatever it is, it works: you and your staff are creating healthy and productive young men and women."

—Community Member

