



### Why Horses ?

Horses are tough and steadfast dance partners. Horses consistently react to stimuli provided by participants. Some of the joys associated with working around horses are:

- They don't Judge but they constantly assess
- Their feedback is honest and instant

## Who We Are

HorsePOWER is a program lead by Perry County Juvenile Court in partnership with Diamond Lake Horse Farm that will assist kids in learning about themselves through self-discovery and empowerment with the help of an Equine Partner.



## HORSEPOWER

*Perry County Juvenile Court*

*In Collaboration with*

*Diamond Lake Horse Farm*

### Contact Us



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## Some examples of Essential Life Skills are:

Effective communication and interpersonal skills \* Decision-making and problem-solving \* Leadership \* Adaptability and flexibility \* Creative and critical thinking \* Self-awareness and empathy \* Assertiveness and equanimity, or self-control \* Resilience and ability to cope with challenges \* setting and respecting boundaries \* Active listening \* Focus \* Trust \* Relationship building \* Mindfulness \* Conflict Management \* Collaboration

### What is Equine Assisted Learning:

Equine Assisted Learning (EAL) is a learner based educational experience with horses. EAL is an effective approach to human development that encourages individual and team growth. Participants engage in objectively driven exercises and find themselves learning valuable life skills in a fun and exciting atmosphere while working with horses. EAL has proven to be an effective, powerful, positive, educational, and creative experience.

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*“I have learned that I can control my emotions”*

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### Who Do we Serve:

Youth ages 8 to 20 who are struggling with social emotional issues.

### How are we Funded:

Programming is funded through Perry County Juvenile Court, Family and Children First Counsel, Ohio Rise, and Donations.



### What Does the Program Look Like:

HorsePOWER meets bi-weekly with a Probation Officer and staff from Diamond Lake Horse Farm to embark on a journey of self-discovery together.

Programs are taught in blocked Groups of 6 sessions. Each participant will complete 6 sessions and then is given the opportunity to apply to continue for another 6 sessions.

### HorsePOWER Volunteer Opportunity:

Once you have completed an initial 6 sessions successfully each participant is given the opportunity to return as a program volunteer. As a volunteer you will help new members learn the same skills you have learned with the help of an Equine Partner.