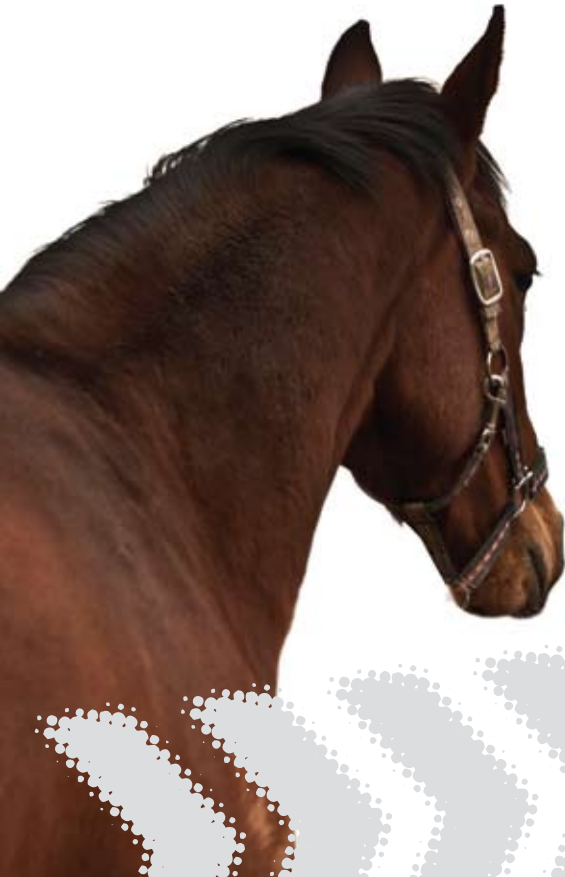




TRANSITIONS

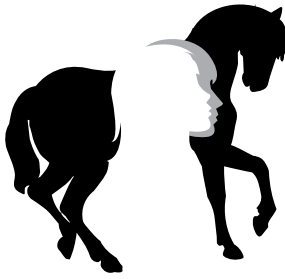
EQUINE ASSISTED GROWTH & LEARNING

Equine Assisted Growth and Learning also known as Equine Assisted Psychotherapy (EAP) is an emerging field in which horses are used as a tool for emotional growth and learning. Since 2008 MACS have pioneered this work in Northern Ireland.



WE BELIEVE THAT TRANSITIONS WILL DELIVER A PROGRAMME OF GROWTH AND DEVELOPMENT FOR YOUNG PEOPLE AGED 16-25. THE NATURAL HERD DYNAMICS OF HORSES, AS CO-FACILITATORS IN AN INNOVATIVE AND SOLUTION FOCUSED PROGRAMME OF GROWTH AND DEVELOPMENT, WILL THEN TRANSFORM THE LIVES OF OUR PARTICIPANTS.

MACS
SUPPORTING YOUNG PEOPLE



TRANSITIONS

EQUINE ASSISTED GROWTH & LEARNING

EQUINE ASSISTED GROWTH AND LEARNING IS A POWERFUL AND EFFECTIVE THERAPEUTIC APPROACH THAT HAS AN INCREDIBLE IMPACT ON INDIVIDUALS, FAMILIES AND GROUPS.

Basic skills in non-verbal communication, assertiveness, creative thinking and problem solving are the building blocks of a therapeutic process which develops confidence, leadership, teamwork and effective relationships.

To accomplish a task with a horse creates confidence. This experience provides wonderful and unique metaphors for dealing with any other challenging situation that life may offer.

Young people respond to the opportunities offered by Equine Assisted Growth and Learning sessions by identifying self-imposed obstacles and by finding the solutions that work best for them.

I don't learn unless I see, and in the horses I saw. Young Person involved in pilot

Equine Assisted Growth and Learning addresses a variety of mental health and human developmental needs:

- Substance abuse
- Eating disorders
- Abuse issues
- Depression
- Anxiety
- Relationship problems
- Addiction
- Communication needs

Transitions will offer six one hour sessions of Equine Assisted Growth and Learning to young people who have not had a fair deal. MACS Floating Support, Housing and Mentoring Services can provide ongoing support to those young people referred to the Transitions programme.

The Transitions programme adheres to the Equine Assisted Growth and Learning Associations (EAGALA) Code of Ethics and will be delivered by staff accredited to EAGALA level 2.

The Transition programme will be monitored and evaluated to measure the impact of the intervention using the Mental Health Outcomes Star.