



2021 Foundations of Recovery Pilot Program

Track #1: Youth (ages 12-17) / Track #2: Adults in S.U.D. Recovery (age 18+)

GOALS: Participants will gain practical life skills and receive opportunities for positive character development through a series of six weekly 2-hour sessions of Equine-Assisted Learning (EAL) activities, Bible teaching, creative expression and focus group discussion. Each weekly session will build on the one prior to help prepare and empower youth and adults to plan and attain educational, professional and personal achievement, emotional maturity and spiritual growth.

OBJECTIVES:

Session #1 will focus on biblical principles relating to making the choice to acknowledge and accept **REALITY**. This will be accomplished through the TFO Farm EAL “Awareness Exercise” (herd observation) and an introduction to creative written expression, art, music and focus group discussion. *Key verse: “Happy are those who know they are spiritually poor.” (Matthew 5:3)*

Session #2 will encourage participants to choose **HOPE**, rather than despair, anxiety or anger. This biblical principle will be demonstrated and illuminated by the TFO Farm “Gas Pedal/Brake Pedal” EAL exercise in which the participants will test and become consciously aware of the effects of their own personal body language, attitudes and energy levels. Participants will learn to recognize their own strengths and weaknesses, as well as acknowledge their need for God by further exploring creative expression through art, music, the written word and focus group discussion. *Key verse: For God is working in you, giving you the desire and the power to do what pleases him.” (Philippians 2:13 NLT)*

Session #3 will suggest that the participant make a **COMMITMENT** to surrender as the only path to peace, yielding to (divine) pressure and pushing into (inevitable) pain, rather than reacting with an unthinking, natural mind through a fight or flight response. The TFO Farm EAL exercise called, “Pressure & Pain” will demonstrate these principles. This valuable lesson illuminates that there is purpose for the pressures & pains of life, and instills perseverance and endurance in the face of adversity. Again, there will be an opportunity for creative expression through art, music and/or written word and focus group discussion. *Key verse: “Come to me, all of you who are weary and overburdened, and I will give you rest!” (Matthew 11:28 PH)*

Session #4 will address character flaws that inhibit healthy lifestyles and personal growth. This objective will suggest to the participant the need for a thorough, personal moral inventory/**HOUSECLEANING** (EAL exercise: “Questionable Statements”). Additionally, we will suggest that **TRANSFORMATION** is possible through humble surrender. (EAL exercise: “Create Your Corral”). Focus group discussion, creative expression through the arts, music and written word and focus group discussion will help solidify the concepts learned. *Key verses: “No matter how deep the stain of your sins, I can take it out and make you as clean as freshly fallen snow. (Isaiah 1:18 LB) “Let God transform you inwardly by a complete change of your mind. (Romans 12:2 GNT)*

Session #5 will offer practical tools enabling the participant to begin choosing healthy **RELATIONSHIPS** through forgiveness, restoration, reconciliation and boundary setting. The “O.K. Parts” TFO Farm EAL exercise will help the participant to identify “danger signals” (toxicity) in their relationships while building confidence to successfully navigate mutually beneficial interactions with others. This lesson will further explore creative expression through art, music, the written word and focus group discussion. *Key verse: “Happy are those who are merciful to others... Happy are those who work for peace.” (Matthew 5:7,9 TEV)*

Session #6 will exhort the participant to maintain the momentum they have achieved and choose continued **GROWTH** as a way of life. The TFO Farm EAL exercise to reinforce this important principle is called “Life's Little Obstacles.” *Key verse: “Test yourself to make sure you are solid in the faith. Don't drift along taking everything for granted. Give yourselves regular checkups.” (2 Corinthians 13:5 MSG)* During this lesson, participants will also discover the joy & blessing of giving away what was so freely given to them by making the **SHARING** choice. The “Picking Up Feet (Trust Me)” TFO Farm EAL exercise will demonstrate the value of sharing their gifts and talents with the world. This lesson will further explore creative expression through art, music, the written word and focus group discussion. *Key verse: [God] comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. (2 Corinthians 1:4 NLT)*