IGNITE

8 WEEKS
PHP

Value: What Can I Offer to Others?

Skills Learned

- Peer Collaboration
- Basic Conflict Resolution
- Hygiene Accountability
- Chapel Involvement

Hours of Therapy

Weekly Groups

- Experiential Learning | 1.5
- Equine Assisted Learning | 4.5
- Process Group | 3
- Mindfulness | 5
- Life Skills | 5
- Personal Self Reflection | 2.5

Qualifications

Demonstrates a willingness to engage in treatment.
Is stable and transitioning to a place where they can grow.
Consistently improved behavior score.

Weekly Individual Therapy + Daily Groups + Biweekly Family Sessions

Clinical: Develops self-awareness within the context of personal relationships, practices setting and respecting healthy boundaries, learns how to effectively resolve conflict, builds healthy coping strategies while beginning to identify root causes.

Experiential: Five weekly adventure-based challenges, daily CrossFit workouts, and hall recreation. Monthly 3-day guided adventure and monthly weekend outdoor adventure activities. Monthly weekend outreach. Three Weekly equine activities.

Faith: Foundations of biblical honest, humility, and manhood. Understanding peer fellowship, forgiveness, and leading through service. Daily Personal Self-Reflection, 4 weekly chapels, 1 off-campus church service, three weekly bible study groups.

Education: Attend one class period per day and follow an individualized plan based on their academic needs. Students typically earn ½ credit in Life Skills and ½ credit in PE/CrossFit, while also beginning accredited/non-accredited or GED work.

Family Involvement: Monthly family sessions with parent coaching, regular communication via phone/video calls, in-person family RECONNECT weekends every other month, weekend pass.

GOALS

Sustains Emotional Balance in Less Structured Environments
Utilizes Coping Skills Independently
Demonstrates Functional Improvement in Daily Life
Engages in Equine and Outdoor Adventure Activities
Intrinsicly Motivated to Engage in Learning & Treatment
Continues Aftercare Transition Planning

RISE
TEEN CHALLENGE
ADVENTURE RANCH

IGNITE
Value

RISE
TEEN CHALLENGE
ADVENTURE RANCH

Feeling invisible, questioning worth, isolating, and acting out are rooted in a lack of connection and belonging.

When a teen begins to rewire negative thoughts and recognize the true value they can offer others, they begin to heal their sense of belonging.

Education and Exploration Topics Include:

- Internalized Comparison
- Emotional & Cognitive Development
- Sense of Purpose & Direction
- Trauma, Adversity & Relational Brokeness

relational mentorship

- **Case Manager Check-Ins**
- **Activity Debriefs**
- **Hall Pastor Mentoring**
- **Bible Study**
- **Personal Self-Reflection**
- **Chapels**
- **Casual Conversations**

Intentional

Offering value to others reinforces identity, purpose, and relational connection, creating a cycle of healing and growth. Our mentors use intentional self-reflection, relational awareness and acts of service to demonstrate and reinforce value.

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Relational

Teens discover their value most deeply through relationships. A relational approach allows teens to practice giving and receiving care, to contribute in meaningful ways, and to experience firsthand that their presence has impact.

What can I offer to others?



Shifting perspective from conditional to absolute value...

- Healing Sense of Self-Worth
- Reinforce God's Love
- Begin to Internalize Value
- Practice through Peer Mentoring
- Reflection and Recognition
- Connect Purpose to Worth

MENTORSHIP THEME