STRENGTHEN

12 WEEKS
IOP

Purpose: Why am I here? Who could I be?

Skills Learned

- Emotional Regulation
- Spiritual Discipline
- Leadership Under Pressure
- Moral Decision Making

Hours of Therapy

Weekly Groups

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

Qualifications

Demonstrates Emotional Regulation.
Effectively Utilizes Coping Skills.
Demonstrated Functional Daily Improvement.

Individual Therapy + Daily Groups + Monthly Family Sessions

Clinical: Therapy begins to focus more on root causes as underlying issues begin to surface and we begin to truly heal deeper trauma. Practices advanced emotional regulation techniques and explores decision making with a focus on goal alignment.

Experiential: Introduction to leadership skills during outdoor adventure activities. Participation in advanced OA outings, increased weekend responsibilities and leadership opportunities with peers. Three weekly equine activities.

Faith: Focus on individual spiritual formation, application of faith through service, Engagement in spiritual leadership and discipleship: 4 weekly on-campus and one weekly off-campus chapel, 3 bible studies, monthly missions outreach opportunities.

Education: 2-3 periods of school per day can earn ½ credit in each core subject (math, english, history, and science) plus foundations in personal finance. Earns one full credit in Life Skills and PE/CrossFit. A GED or Diploma may be earned.

Family Involvement: Monthly family sessions with therapist, weekly family calls, weekly case manager check ins, RECONNECT family visits every 8 weeks, one 5-day home pass and one 10-day home pass.

GOALS

Demonstrates Consistent Emotional Awareness
Applies Therapeutic Skills in Real-Life Settings
Maintains Progress Between Sessions
Engages in Treatment with Purpose & Ownership
Sustains Healthy Routines & Relationships
Prepares to Implement Aftercare Plan for Relapse Prevention

RISE
TEEN CHALLENGE
ADVENTURE RANCH

STRENGTHEN Purpose

RISE TEEN CHALLENGE ADVENTURE RANCH

Identity exploration, shifting relationships, and brain development can skew or obscure individual purpose.

As a teen begins to internalize that they are safe, loved, and valued, they can begin to explore individual purpose from a curious, healthy perspective.

Education and Exploration Topics Include:

- Identity Exploration
- Experiential Reinforcement
- Resilience & Overcoming Rejection
- Spiritual Growth & Discipleship

relational mentorship

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

Intentional

When purpose is addressed intentionally, teens begin to connect their strengths, experiences, and actions to a meaningful sense of self. This approach provides clarity, confidence, and motivation moving teens toward growth and stability.

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Relational

Mentors and peers provide guidance, encouragement, and opportunities to contribute, helping teens connect their strengths and actions to a meaningful role in the world. Through these intentional relationships, purpose moves from an abstract idea to a lived reality.



I know who I am.

Finding his true purpose through healing & self-exploration...

- Healing Worth & Value
- Rebuilding Sense of Identity
- Helping Peers
- Connection and Personal Validation
- Celebrating Achievements
- Recognizing that Efforts Matter

MENTORSHIP THEME