



Flying High Farm

Mental Health Services for Youth

Sea Spray's Magic

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Flying High Farm incorporates the therapeutic magic of animals toward optimizing one's emotional growth.



Flying High Farm's Assertiveness Training Group for Children has expanded from one weekly group into three weekly groups serving the psychological, emotional and social needs of youth ranging in age from five to eighteen years.

What's exciting is that these Equine-Facilitated Psychotherapy (EFP) groups have attracted not only children who are shy but a wonderful variety of personalities. Starting out with a focus on children who are shy, the group has expanded to include children with Asperger's Syndrome, ADHD, ADD, among others.

In configuring the group compositions, care is taken to ensure that the group participants will

work well together. It is especially crucial that the children who are shy or presenting with Asperger's are in a group within which they feel comfortable. The youth who are not shy offer those that are a positive role model for the verbal and non-verbal expressions of various emotions.

An example of the therapeutic magic of animals was clearly evident in the first Assertiveness Training Group. I had assumed that the initial group was going to be a quiet one, but boy was I wrong! Each child was an active and verbal participant in the group. Both parents and children alike reported to me with excitement that Sea Spray was a topic of conversation for a few days following the group.

Whether a child is displaying symptoms of Asperger's Syndrome, is a bully at school, is living with ADHD or ADD, or is simply shy or awkward in social situations, these

small group interventions can help them develop the skills needed to be a positive contributor to their family, school, troop, etc.

The physical activity and shared learning, combined with the awe, love and comfort exuded by the horse provide children with a multi-sensory clinical experience that leaves a lasting impression.

Three groups now run on the following schedule: Wednesdays and Thursdays at 4pm and Saturdays at 11am. Participants are carefully screened to ensure that each child is placed in the group best suited for them. More groups are currently being formed.

Through this EFP curriculum, youth experience and develop the following:

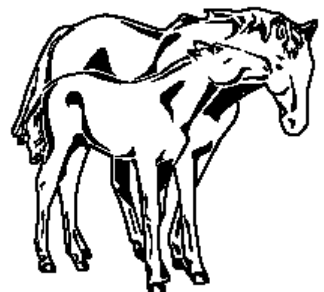
- Improved self-esteem and self-awareness
- Development of trust in a safe environment
- Enhanced social skills
- Sensory stimulation and integration
- Choice-making and goal-setting
- Sequencing and problem-solving

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- Responsibility for another living creature
- Pro-social attitudes through care-giving experiences

For more information, please visit Flying High Farm's website at www.flyinghighfarm.com and click on "Therapeutic Riding Program" or call Christine at 508-572-5889.



Children and the Death of a Pet



by Enid Traisman, MSW; Director of Pet Loss Support Services, Dove Lewis Emergency Animal Hospital; Portland, Oregon.

When a child experiences the death of a beloved pet, he or she may experience emotional reactions that can be painful and frightening. Actions that you can take to help children experience those reactions as healthy events are:

1. Understanding
2. Grieving
3. Memorializing

Here are several ways to help your child achieve these tasks:

- First, find a quiet place where you can talk without interruption. Tell the child simply that their pet has died and what caused the death. If necessary, explain what the word “dead” means. Avoid overloading your child with details.
- Answer all questions truthfully in words they can understand. Inconsistent or incomplete answers may leave the child more unsettled than the truth itself.
- Encourage the expression of feelings. Children will model their parents’ behaviors. Try drawing, writing and talking together about the pet.
- Avoid euphemisms. Avoid terms like “gone away,” “put to sleep,” “passed on” and “lost.” Instead, simple and accurate terms such as dead and stopped breathing, establishes that the body is no longer alive biologically.
- Share your beliefs, hopes and faiths about the soul or spirit of pets. You may say “The spirit of our special pet is with God in Heaven,” “the spirit is the warm feeling of love in our hearts” or “the spirit is in nature.”

A funeral, memorial service, burial or placement of the ashes encourages healthy closure to the loss process. You might:

- Create a memory box with pictures, stories and mementos.
- Light a candle, place fresh flowers and a special framed picture near it.
- Plant a tree or a garden and hang the pet’s collar as a wind chime.
- Make a photo album or collage.
- Write a goodbye letter, a poem or a song.
- Draw a good-bye picture.
- Donate money to a favorite charity in memory of the pet.

Children process thoughts and feelings by “doing.” Help guide your child and you will be giving him an important life tool—a model for how to say good-bye and a framework for dealing with death and other significant changes or losses in the future.

♦ From Delta Society at <http://www.deltasociety.org/dsn130.htm>

Suggested Reading for Pet Loss:

- **Cold Noses at the Pearly Gates**
by Gary Kurz
- **For Every Dog an Angel**
by Christine Davis
- **For Every Cat an Angel**
by Christine Davis
- **I’ll Always Love You**
by Hans Wilhelm
- **The Tenth Good Thing about Barney**
by Judith Viorst
- **Badger’s Parting Gifts**
by Susan Varley

“A funeral, memorial service, burial or placement of the ashes encourages healthy closure to the loss process.”

Creature Kindness:

Keep Tiger & Rover safe around the holidays

Winter Holidays are a lot of fun, but be sure to keep them safe for Rover and Tiger. Here are a few tips to keep your furry friends safe:

- Properly secure your Christmas tree and other tall items so Tiger won't knock it over if she climbs up it.
- Do not leave any tinsel or ribbon on the ground, because Tiger or Rover may choke on it if they eat it.
- Keep poinsettias away from Tiger since poinsettias are poisonous for cats.
- Get your parents' permission before feeding them any leftovers.



- Be sure the leftovers are cut up in small enough pieces so they don't choke on them; do not give them any bones.
- Instead of giving them a lot of food at one time, mix a little bit in with regular meals over the course of a few days.
- Make sure they have plenty of water to drink since the leftovers are probably more salty than their standard food.
- Watch Tiger or Rover for signs of agitation. Sweet Rover may growl and Friendly Tiger may hiss or scratch if they are anxious, so be sure to give them plenty of quiet time when your home is busy or crowded with people. It would be nice to let them stay in your room until the guests leave. 🐾



Equine Facts

Is a pony a baby horse?



Contrary to what many non-horse people think, a pony is not a baby horse. A pony, no matter it's size, is a full-grown animal.

The measurement unit for horses is referred to as "a hand" and one hand equals four inches. So, a horse that is 15 hands would be 60 inches tall at the withers (where the horse's neck meets its back); this is figured by multiplying 15 hands by 4 inches (15 x 4 = 60 inches).

A pony is an equine that is 14.2 hands or less (14 hands plus 2 inches). This means that a pony must not be taller than 14 x 4 = 56 + 2 = 58 inches. If an equine measures 14.3 hands or taller, it is considered a horse.

Now, to complicate things further, a miniature horse typically measures 36" or less (9 hands or less) at the withers. However, miniature horses are not referred to as ponies, they are officially miniature horses. 🐾

Bunny Word Search



- | | |
|------------|---------------|
| Buck | Hops |
| Bugs | Long Ears |
| Burrows | Pets |
| Chocolate | Rabbit |
| Cottontail | Runs Fast |
| Doe | Soft |
| Dust | Twitchy Noses |
| Easter | |
| Fluffy | |
| Fur | |
| Hare | |



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Compliance with HIPAA

At Flying High Farm, your and your child's privacy is a priority. We follow strict federal and state guidelines to maintain the confidentiality of your child's protected health information. Protected Health Information (PHI) is any information about your child's past, present or future health care or payment for that care that could be used to identify him/her.

You can view all HIPAA documents at www.flyinghighfarm.com/HIPAA.htm.

Socialization/Assertiveness Groups

For some children playtime and parties are a major cause of stress. Without effective and positive social and communication skills, a child's academic and social development can be interrupted. The goals of these ongoing groups are to improve a child's ability to read social cues, initiate conversations, approach another child or group, etc.

These groups are helpful for children who are shy as well as those who need to learn how to be more sensitive to others.

The groups are on Wednesdays and Thursdays at 4:00pm and Saturdays at 11:00am.

More groups are currently under development, please call for more information.

For more information, visit www.flyinghighfarm.com/Groups.htm or call Christine at 508-572-5889.

