

Newport Adolescent ~ Adult Programs, Inc.

## **Therapeutic Farm Program**

637 Union Street, P.O. Box 785, Newport, VT 05855  
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### **Introduction to the Therapeutic Farm Program**

Newport Adolescent ~ Adult Programs, Inc. (NAAPI), dba The Chrysalis Center for Human Development, is a private non-profit organization founded by Carl G. Taylor with the mission of providing growth and change through a variety of social services. Our programs are funded by the Carl Gary Taylor Foundation for Children and through fees for services. Services are offered regardless of ability to pay, and fees are negotiated on that basis.

#### **Values:**

At NAAPI, the values that are important to us include:

1. the safety of all participants, human and animal;
2. respect for all;
3. the courage to try new things without judging the outcome;
4. cooperation and negotiation with others;
5. personal growth and learning;
6. balancing consistency and flexibility; and
7. responsibility;

We believe that through the process of building relationships with animals and the natural environment an individual can come to know self better. This process also allows individuals to develop and improve communication with others and to manage the expression of feelings with greater clarity.

#### **Goals:**

It is important to us that we provide a safe environment in which to:

1. discover and nurture strengths, interests and talents;
2. support effort toward change
3. establish consistent and stable relationships
4. improve interpersonal skills
5. enhance self-worth and empowerment
6. identify and develop individual learning styles
7. gain knowledge, communication and copying skills through farm experiences
8. conduct Animal Assisted Activities/Animal Assisted Therapy (AAA/AAT)

(over)

**Considerations :**

You will be introduced to safety aspects of being around animals during your initial sessions. Attention to safety issues by all involved will be a regular part of each session. If you are the parent/guardian of a program participant, your interest in the process and activities is important. Please notify the therapist of any significant behavioral/emotional or physical changes which may impact activities.

It is important for us to have an understanding of the participant's physical strengths and weaknesses. This information might include flexibility, hearing/sight impairments, endurance, balances, allergies, skin sensitivities, cardiac problems, and dexterity. Please let us know of any problems which arise during physical activities so that we may develop sessions accordingly.

We wish to keep participation in our program a productive experience for all. Physical contact between participants does occur. It is our expectation that everyone (staff and participants) will maintain appropriate physical and personal boundaries.

Program participants should wear clothing suitable to being in a barn and animal-oriented environment. We will assist you to meet this standard in any way we can. The therapist will discuss the particulars of this with you prior to your first session. A session will not proceed if the participant's clothing is unsuitable.

**Agreement :**

I agree to be responsible for my physical, spiritual, mental and emotional safety, and in that way, add to the safety of all involved.

\_\_\_\_\_

Participant

\_\_\_\_\_

Date

\_\_\_\_\_

Parent/Guardian

\_\_\_\_\_

Date

\_\_\_\_\_

Program Personnel

\_\_\_\_\_

Date