

# EQUINE ASSISTED LEARNING PROGRAM

RECEIVE 10 WEEKS OF LEARNING IN THE OUTDOORS ALONGSIDE HORSES

What this program IS NOT: a riding program/horsemanship program. ***It is our intention that you will learn more about yourself than you will about horses.***

What this program IS: This is a program based on a methodology developed by a professional development organization called EAGALA (Equine Assisted Growth And Learning Association). This is a personal development program STAT, Inc. has designed for you and paid for by the State of Pennsylvania PCCD (Pennsylvania Commission for Crime and Delinquency). This program is for individuals challenged with SUD (Substance Use Disorder). This is a 10-week program; each session is 2 hours in length. RAIN OR SHINE.

## LEARNING TOPICS:

- ✓ Honesty
- ✓ Resiliency
- ✓ Intrinsic Motivation
- ✓ Stress
- ✓ Commitment
- ✓ Forgiveness
- ✓ Acceptance
- ✓ Trust
- ✓ Courage
- ✓ Self-Awareness

## SESSIONS WILL FOCUS ON:

- ✓ Well-Being (Self-Esteem, Happiness, Optimism)
- ✓ Emotional Regulation
- ✓ Impulse Control
- ✓ Stress Management
- ✓ Empathy
- ✓ Relationships
- ✓ Emotion Management
- ✓ Self-Motivation
- ✓ Adaptability

**COST:** The cost of this program is \$1,720 per person.  
There are FULL scholarships available. Use the attached "Scholarship Application"

## RULES FOR FULL SCHOLARSHIP:

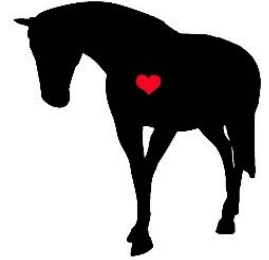
1. You MUST commit to attending/participating in 10 sessions
2. You MUST have your own transportation to/from the program
3. You MUST be sober coming into the program and remain sober throughout the program
4. If you do not do all 3 of the above, you will be billed \$1,720

In addition to the 20 hours of free Equine-Assisted Learning, you will be given a complimentary Personality Assessment. The goal of this Assessment, called TEIQue™, is to help YOU gain self-awareness, to better understand and manage your emotions, to learn tools to react to pressure, to find ways to manage relationships, and help you fine tune goals for personal growth and change. The TEIQue document will be given to you for your full use upon graduation. You will receive a copy of your results as well as individualized coaching (also free of charge) from STAT staff who are Accredited in the Thomas International TEIQue Emotional Intelligence Assessment Tool.

***We look forward to having you participate in our Equine Assisted Learning Program.***

# Healing With Horsepower

If you have any questions before mailing in the attached application, please feel free to contact Catherine Markosky at [cmarkosky@statinc.org](mailto:cmarkosky@statinc.org).



## SUBSTANCE USE DISORDER EQUINE PROGRAM

### PARTICIPANT APPLICATION

**(please fill out and mail in to: STAT Inc., 24 Stom Road, Ligonier, PA 15658)**

NAME \_\_\_\_\_

CURRENT ADDRESS \_\_\_\_\_

COUNTY OF RESIDENCE \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_ EMAIL \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_ GENDER \_\_\_\_\_

HIGHEST LEVEL OF EDUCATION \_\_\_\_\_

CURRENT EMPLOYMENT \_\_\_\_\_

HAVE YOU SERVED IN THE MILITARY? YES / NO IF YES, BRANCH/RANK? \_\_\_\_\_

If you are determined eligible for this program, you will be required to sign a Program Participant Agreement after which you will be known as a "Program Participant." The Agreement **establishes that you attend a minimum program length of 10 weeks**. The Agreement will also set forth that Program Participants are/will:

1. required to find your own transportation to the program site
2. abstaining from using substances (If you are suspected of using substances, we retain the right to cancel your scholarship and refuse services.)
3. sign additional waivers and documentation as required
4. complete required Assessments and Program Surveys for this program

ARE YOU CURRENTLY ABSTAINING FROM DRUGS? YES / NO

AGE YOU STARTED USING \_\_\_\_\_

AS OF TODAY'S DATE, NUMBER OF DAYS YOU HAVE BEEN SOBER/CLEAN \_\_\_\_\_

NUMBER OF TIMES YOU HAVE BEEN IN RESIDENTIAL TREATMENT \_\_\_\_\_

HAVE YOU EVER BEEN ARRESTED? YES / NO IF YES, EXPLAIN: \_\_\_\_\_

DO YOU ATTEND AA OR NA MEETINGS? YES / NO HOW OFTEN? \_\_\_\_\_

DO YOU HAVE A SPONSOR? YES / NO IF YES, FOR HOW LONG \_\_\_\_\_

# Healing With Horsepower

LIST DIAGNOSES (BY A LICENSED PHYSICIAN) \_\_\_\_\_  
\_\_\_\_\_

DO YOU HAVE ANY PHYSICAL RESTRICTIONS? \_\_\_\_\_

HOW DID YOU HEAR ABOUT THIS PROGRAM? \_\_\_\_\_

DO YOU HAVE ANY EXPERIENCE WITH HORSES? YES / NO

IF YES, EXPLAIN \_\_\_\_\_

ANYTHING ELSE YOU WOULD LIKE TO ADD? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

DO YOU PERMIT STAT, INC. TO USE PHOTOGRAPHS, VIDEO, ETC.? YES / NO

I \_\_\_\_\_ HEREBY FULLY UNDERSTAND AND AGREE  
TO THE ABOVE PARTICIPANT REQUIREMENTS.

SIGNATURE

\_\_\_\_\_ DATE \_\_\_\_\_

WRITE NAME: \_\_\_\_\_

**Please return this application to: STAT Inc., 24 Stom Road, Ligonier, PA 15658**

**Questions? Ask Catherine Markosky via email: [cmarkosky@statinc.org](mailto:cmarkosky@statinc.org)**

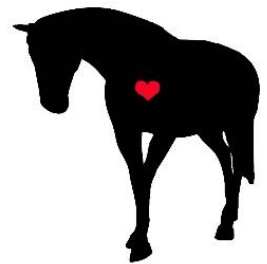
STAT INC.

24 STOM ROAD

LIGONIER PA 15658

724-593-4742 | 607-223-4176

CATHERINE MARKOSKY, PROGRAM DIRECTOR



**H e a l i n g   W i t h   H o r s e p o w e r**