

Why Stable Moments?

Mission: Improving the life course of foster and adopted children who have experienced early developmental trauma.

Strategy: We achieve this by developing life skills through equine-assisted learning and community mentorship.

Rationale: There are over 400,000 children in the U.S. care system without a permanent place to live. Most if not all these children have experienced trauma, significantly affecting their human development and the way they interact in their home, school and community. There is a high need for foster placements but just placing these children and simply containing them is not enough. Without therapeutic intervention, these children are likely to age out of foster care and are at a high-risk of becoming incarcerated, pregnant, addicted to drugs or dependent on state benefits. These children often repeat the cycle of their own parents and we see their children enter the system as well.

Ending this treacherous cycle begins with each individual child. Meeting him where he is at by understanding his experience and helping him develop his self-worth, sense of purpose, decision-making abilities, executive functioning and self-regulation skills.

Research suggests that the most influential element in achieving success with children in foster care is a consistent, enduring relationship with a healthy role model. Using a mentorship program in conjunction with equine-assisted learning (EAL) is the ideal match for this population.

There are many correlations between natural horsemanship and effective therapeutic intervention with children who have survived with trauma. Both teach the importance of relationship with an emphasis on building strengths and rewarding positive behavior. Both recognize that negative behavior is often caused by survival mentality and confusion about one's role in the relationship. Bringing horses and these children together in a one-on-one mentorship program allows the child to build life skills that will aid him in transitioning to a healthy adulthood.

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