



GATEWAYS TO TRANSFORMATION RESIDENTIAL FARM THERAPY PROGRAM OVERVIEW

Gateways to Transformations Farm Therapy Program is structured as supportive living on our retreat center campus. We engage in a five day a week mental health program on our 40-acre working permaculture and horse farm.

We serve adults ages 18 and older with diagnoses of:

- Childhood Trauma
- Post-Traumatic Stress Disorder (PTSD)
- Unhealthy Coping Mechanisms
- Disordered Eating
- Borderline Personality Disorder
- Dissociative Identity Disorder (DID)

- Anxiety Disorders
- Bipolar Disorder
- Depression
- Major Depression
- Extended Grief
- Autism-spectrum
- Failure to Launch related issues and related mental health challenges

We do not work with anything that includes an active diagnosis with psychotic presentation. We can work with co-occurring mental health issues.

For this program Residential means that participants live on site in supportive housing and are supplied with healthy food. They engage in mental health therapy sessions, both clinical and farm therapy. While staff are on the property 24 hours a day, participants are not continually monitored day and night.

Participants who come into this program should be at the level of someone able to do an intensive outpatient program, to be able to handle their own prescription medications and participate in all therapy and farm therapy sessions that they choose as part of their therapy program. Psychiatric staff is available to discuss prescription changes and renew prescriptions.

Gateways to Transformations Farm Therapy Program is a private pay program and does not work with any insurance including Medicare and Medicaid. However, we can do superbills for clients if requested and those can be submitted to your insurance for potential reimbursement.



Services include:

- Life in a caring therapeutic community of peers and staff
- Clinical services (Licensed Therapists by the State of Colorado)
- Support Staff (certified as life coaches or expert volunteers)
- A structured work program with varied activities both on and off campus.
- Transitional services in the Delta County Colorado area.



Therapeutic Community

Gateways to Transformations participants are welcomed into a multigenerational community. Staff and outside expert volunteers work on campus alongside participants. Special meals, holiday celebrations, and special events are planned and executed with participants and shared, as everyone is encouraged to participate in activities that strengthen interpersonal relationships and self-confidence.

Participants live in one of three houses with either individual or semiprivate rooms, an individual condo or apartment. Each living area shares a bathroom and community rooms and a washer dryer.

Certified Service Dogs are allowed in the program if the owner is able to completely take care of them. People with service dogs have first call on individual rooms and will sign the rules page around having a dog on campus.

If someone has a dog who is well socialized and who they wish to go through a therapy dog training program, they are allowed to bring that dog into the program and sign up for the Companion/Service dog program as well. They need to contact Gateways to discuss this and ask for the rules around having a dog on campus as well as the Companion/Service dog program contract. This is an additional charge.

Staff or a resident advisor is onsite to provide overnight support and to help a guest to learn the life skills needed under the direction of a therapist.

Wilderness therapy, wilderness adventure and other activities, including art, dance and music are integral parts of our program.

Clinical Support

Participants work closely with their therapists, transition counselor and our psychiatric staff if needed. The foundation of our clinical work is relational and mindfulness based. We utilize various modalities depending on a guest's preferences and needs, including CBT, DBT, Neuroscience, Ecotherapy, Somatic, Music, Art and other psychodynamic interventions.

These can include:

- Clinical and wellness groups
- Skills
- Individual therapy sessions
- Group therapy sessions
- Failure to launch
- Specialty
- Vocational

Meaningful Work

Clients are encouraged to participate in all aspects of the farm's daily work, from caring for animals, gardening and permaculture to baking and cooking in private or with other clients. Participants will learn new skills and often re-discover their strengths, building confidence and self-esteem.

Participants engage with therapists and staff at their own pace of readiness, learning and stepping forward more to lead as they begin to feel that they can independently engage in different jobs onsite as well as volunteering offsite at different businesses that match or are similar to something they would like to possibly pursue vocationally.

Transitional Support and Housing

Participants move at their own pace through a continuum of services. Transition services are available for people wanting additional support while re-engaging with independence, both at our campus and via tele-health sessions.

Our campus is also structured for transitional living onsite while engaging in independent living to maintain 30 hours of structure each week. This may include work, academic pursuits and or volunteering.

Daily Schedule Sample

It is difficult to make a daily sample for this program because it is customizable for each client according to what they need when they come into this program but below is a very generic sample.

MON - FRIDAY

Clients eating breakfast at their houses 7:00 AM

Feeding Farm Animals, cleaning as needed 8:00 AM

Customizable Clinical Therapy Session 9:00 AM

Customizable Clinical Therapy Session 10:00 AM

Customizable Clinical Therapy Session 11:00 AM

Lunch 12:00 PM

Farm Work with animals, cleaning pens, feeding - Volunteering outside campus –

Taking online classes towards something you want to do. Researching career opportunities

1-4 PM

Making Dinner with other clients or on your own

4-5:30 PM

Cleaning your house 5:30 to 6:30 PM

Creative time in Art Studio or Dance Studio

Watching tv or studying 6:00 PM to 10:00 PM

6:30 PM to 9:00 PM

WEEKENDS

Keeping up farm chores 8:00 - 9:00 AM

Making sure your house is clean

Doing homework, studying, researching, volunteering, or going out to town, potentially skiing, hiking, Festivals in the area

Creative time in Art Studio or Dance Studio

Playing outdoors with equipment

Kayaking

Camping

Watching tv or studying