



INDIVIDUALIZED PLAN OF CARE

Name: Kim

DOB:

Mentor:

Enrolled:

Session Year: 2016-2017

Kim is a kind hearted, empathetic, 12 year old girl who lives with her adoptive parents Jim and Lois. Kim loves animals and she is nurturing. She is eager to care for and develop a relationship with a Stable Moments horse. Kim likes to be in control and will need a mentor who has strong boundaries but is also encouraging, creative and patient.

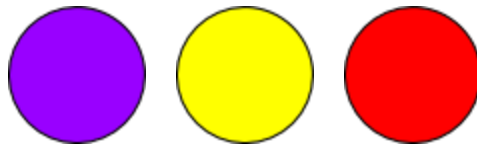
Concern: Kim struggles with self regulation, anger management and hearing NO. She struggles with surrendering control and trust due to her early developmental trauma.

**Objective: 1) Kim will meet with her SM volunteer 1 x/week
2) Kim and her SM volunteer will create a plan each visit
3) Kim's weekly plan will include at least one horse care activity**

0-3 Month Goal # 1: Kim will develop her ability to trust by creating and sticking to a plan each visit with her mentor. She will respect boundaries from her mentor as they will be redirecting Kim back to her own plan.

0-3 Month Goal #2: Kim will develop emotional awareness and self regulation skills through engaging in equine assisted activities geared towards these skills.

Focus Colors:



Program Director/Date

Parent(Guardian)/Date

Mentor/Date