



MISSION

Trinity changes lives through connection; transforming struggles into strengths for youth and survivors of trauma.

CONNECT



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Caseworkers



Discover
**TRINITY'S
LIFE CHANGING
PROGRAMS**



TRINITY
changes lives

Hello.

AT TRINITY,

We are dedicated to supporting your mission by providing transformative programs that help individuals navigate mental health challenges and disabilities.

Our goal is to partner with you in making a meaningful difference in the lives of those you serve.

Guided by our mission— *Trinity changes lives through connection; transforming struggles into strengths for youth and survivors of trauma* —we offer a range of programs designed to create a safe, nurturing environment where participants can grow, heal, and thrive.

We're excited to work together to empower individuals and foster positive change.

Your collaboration is invaluable, and we are committed to ensuring that the services we provide align with the needs of your clients. Together, we can make a lasting impact on the community.

WELCOME TO TRINITY.

REMINISCING ON THE RANCH

Reminiscing on the Ranch is a heartwarming program designed for older adults experiencing dementia and their care partners.



This program offers participants the opportunity to engage in meaningful equine-assisted activities, such as horse caretaking, brushing, and nature-based experiences at the ranch.

- **Emotional Well-Being:** Activities are designed to enhance emotional well-being through interaction with horses and nature.
- **Moments of Clarity and Connection:** Participants may experience moments of clarity and enhanced communication through engaging, hands-on activities with horses.
- **Shared Experiences and Support:** The program fosters shared experiences between participants and their care partners, strengthening their bond and providing essential support from those around them.
- **Nature-Based Engagement:** Set in the serene environment of the ranch, the program offers a calming and therapeutic atmosphere for all involved.
- **Referrals:** Email Equineservices@trinity-ec.com

EQUINE SERVICES

YOUTH DEVELOPEMENT

VETERAN WELLNESS PROGRAM

Our Veteran Wellness program is dedicated to serving active duty military and veterans from all branches, eras, and ranks, offering a unique blend of talk therapy and equine-assisted learning.



Led by a licensed therapist, this program ensures that veterans know they are not alone and provides comprehensive support for their healing journey.

- **Inclusive Support:** Open to active duty military and veterans from all branches, eras, and ranks.
- **Holistic Approach:** Combines talk therapy with equine-assisted learning to address physical, mental, and emotional challenges.
- **Expert Care:** Delivered by Trinity's skilled team, including a licensed therapist, providing veterans with the comprehensive support they need.
- **Focused Healing:** Designed to guide veterans through their healing journey, ensuring they feel supported every step of the way.
- **Referrals:** Email Equineservices@trinity-ec.com

YOUTH COUNSELING

Our Youth Counseling program leverages the power of connection to transform struggles into strengths for youth ages 5 to 18+ facing mental health challenges or disabilities. Participants engage in



personalized, goal oriented one-on-one skill development sessions, onsite and in our community, while working on a wide variety of social, emotional and individual skills that allow for flexibility to make progress on nearly any treatment goal.

- **Comprehensive Skill Development:** Focuses on social, emotional and individual skill development building self-confidence, social skills, peer relationships, community involvement and safety, independent living skills, and more!
- **Tailored:** We measure progress after each session to tailor our approach to the unique needs of each young person.
- **Accessible:** Weekly sessions, with transportation provided, matches typically last about a year, giving us ample time to make a meaningful impact and prepare them for life beyond Trinity.
- **Holistic Support:** Includes individual skill development, education, and support provided in the community, at Trinity, and during team meetings.
- **Referrals:** Email Youthcounseling@trinity-ec.com

YOUTH DEVELOPEMENT

TRADITIONAL WORKSHOPS

Afterschool and Summer Workshops are designed to support participants aged 5 to 18 with long-term mental health challenges or disabilities.

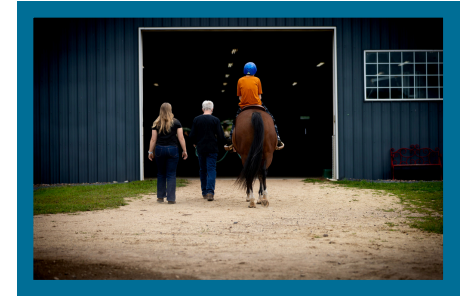


These workshops provide individualized, one-on-one direct service within a structured group setting, with a strong focus on social and emotional development.

- **Personalized Support:** One-on-one direct service within a group environment, ensuring individual attention and growth.
- **Key Focus Areas:** Emphasizes positive peer interactions, enhanced communication skills, and emotional regulation.
- **Comprehensive Coverage:** Designed for participants with long-term mental health concerns and/or disabilities.
- **Flexible Scheduling:** After School Workshops run once weekly for 4 weeks (Mondays-Thursdays) from 4-7:30 PM; Summer Workshops are Monday-Thursday from 10 AM to 3 PM, with transportation provided.
- **Referrals:** Email Workshops@trnity-ec.com

ADAPTIVE RIDING

Adaptive Riding offer a tailored, skill-building experience led by an experienced Equine Specialist, designed to meet the unique needs of youth and adults with varying abilities.



Participants collaborate closely with the Equine Specialist and a horse to develop personalized goal plans, ensuring a supportive and effective therapeutic environment.

- **Inclusive Support:** Serves both youth and adults, including clients with physical disabilities; a lift system is available for wheelchair users to ensure safe mounting.
- **Skill-Building Focus:** Sessions may include both groundwork and riding activities, all designed to support participants' progress and development while helping them achieve their individualized goals.
- **Flexible Structure:** The program is available in both individual and group settings, allowing for a customized approach to each participant's development.
- **Session Details:** 50-minute sessions, offered over four weeks, transportation is not provided.
- **Referrals:** Email Equineservices@trinity-ec.com

YOUTH DEVELOPEMENT

EQUINE SERVICES

COMMUNITY CONNECTIONS

Community Connections is an exciting new program at Trinity, specifically designed to help area youth discover and connect with local resources while working on their personalized goals.



Participants engage one-on-one with a youth counselor within a group setting, exploring the beautiful Chippewa Valley together.

- **Meaningful Exploration:** Youth connect with local resources and each other, building a toolbox of contacts and resources they can rely on long after their time at Trinity.
- **Personalized Guidance:** Participants work closely with a youth counselor, ensuring their individual goals are met in a supportive group environment.
- **Empowering Independence:** The program fosters independence and resilience, equipping young people with the resources they need to thrive beyond their time at Trinity.
- **Comprehensive Access:** Transportation is included, making it easy for participants to fully engage in the program and benefit from everything it offers.
- **Referrals:** Email Communityconnections@trinity-ec.com

EQUINE ASSISTED PSYCHOTHERAPY

Discover the transformative power of Equine-Assisted Psychotherapy (EAP) at Trinity.



This unique program harnesses the special bond between humans and horses to offer a therapeutic approach that goes beyond traditional methods.

- **Holistic Healing:** Ideal for individuals dealing with PTSD, anxiety, and depression, EAP provides a powerful alternative to conventional therapy.
- **Interactive Therapy:** Clients engage directly with horses and a Licensed Professional Counselor fostering communication, connection, and personal growth.
- **Empowering Change:** EAP helps clients uncover new strengths and pathways to healing through the unique dynamic between humans and horses.
- **Session Details:** Sessions are 50 minutes long; transportation is not provided.
- **Referrals:** Email Equineservices@trinity-ec.com

EQUINE SERVICES

PSYCHOTHERAPY

Our Psychotherapy program offers individualized therapeutic experiences and healing facilitated by a Licensed Professional Counselor.



This service provides an experiential, non-traditional approach to therapy in a serene ranch setting, without the use of horses, to promote healing and the achievement of mental health goals.

- **Personalized Therapy:** Each participant works one-on-one with a Licensed Professional Counselor.
- **Experiential Approach:** Focuses on a non-traditional, hands-on method to support mental health and healing.
- **Nature-Enhanced Sessions:** When possible, therapy sessions take place in outdoor settings, such as our Grace Garden, walking trails, and other natural facilities.
- **Comprehensive Support:** Designed to meet individual needs in a peaceful, healing environment.
- **Referrals:** Email Equineservices@trinity-ec.com.

EQUINE WORKSHOPS

Our Equine Workshops offer a unique therapeutic experience that leverages the natural connection between participants and horses to foster emotional and social growth.



Building on the foundation of our traditional workshops, these sessions are led by an equine specialist and combine groundwork with riding to promote personal progress in a unique and supportive environment.

- **Therapeutic Interaction:** Designed for participants who may find it easier to connect with animals than with peers, enhancing trust, social skills, and emotional regulation.
- **Targeted Development:** Focuses on emotional and social growth through a blend of groundwork and riding activities.
- **Individualized Support:** Participants receive one-on-one guidance from a youth counselor, ensuring personalized attention and progress of personalized goals.
- **Comprehensive Access:** Transportation is provided, and sessions are available once a week in four-week sessions during the school year from 4-6:30PM and Monday through Thursday during the summer.

- **Referrals:** Email Workshops@trinity-ec.com