

H.E.A.R.T. Program Description

Ho'omaka Teen Teaming Program Description

H.E.A.R.T. (Healing Emotions with Art and Recreation Together) - an evidence based, gender specific six month program targeting elementary age children and adolescents. It offers four six-week group sessions, each consisting of art therapy, expressive movement, outdoor adventure, and therapeutic horseback riding. These four therapeutic components have linkages to a variety of theoretical orientations for clinical intervention, including the psycho-social realm, symbolic imagery, body awareness, mastery and control, skill building, and practical problem solving. H.E.A.R.T. was conceived to provide experiences that address the social emotional needs of sex abuse victims based on the premise that these children can be “reached” through a hands-on experiential approach to intervention. Children who have been sexually abused often experience obstacles to normal social emotional development as a result of their abuse history. H.E.A.R.T. is based on the premise that discharging feelings can reduce some of the intensity and overwhelming effects on behavior. The over arching goals of this program include increasing self esteem, developing a group that understands they are not alone in their struggle, and increase the youth’s ability to express their feelings and emotions. The H.E.A.R.T. program is the only program of its kind in the nation.

Ho'omaka Teen-Teaming - an individualized teaming program, based on “best practices” and resiliency theory, designed to assist young adults and adolescents who are struggling with direction, life circumstances, and exhibiting symptoms of trauma from sexual abuse. The objective of this program is to provide an avenue by which sexually abused youth can build caring relationships, learn to navigate the system, maintain a positive trajectory, and attain a dignified independence. This program utilizes the specially created “Charting Your Goals: Life-Planning Guide For Teens” workbook by Dan Dahl and Randolph Sykes as a therapeutic tool to help the youth pinpoint their life goals. The youth take in-depth looks into their past, present and future in order to create a strategic plan for their life, concentrating in five areas: health, relationships, personal growth, finances and career. We use volunteers and experts in the community to collaborate as a “team” to provide the practical guidance needed to achieve the goals; and act as the support network that is customarily present in stable families. This approach is fashioned on the belief that positive outcomes for young adults who have experienced abuse are influenced by having healthy interactions with adults. These interactions will provide experiences that instill self-worth, reinforce a sense of achievement, encourage healthy attachments, and offer a sense of belonging to counteract abuse symptoms of loneliness and depression.