

WHO WE ARE...

Universal Mental Health Services, LLC provides comprehensive mental health and substance abuse services designed to meet the diverse needs of the individual. Our services are strength-based, recovery-driven, and vary in intensity depending on individual needs. We serve children, adolescents and adults from age 4-65 years of age. Our menu of services include Intensive In-Home Services; Outpatient Therapy; Mental Health Skill Building, Substance Abuse Treatment, Telemental Health, Mentoring and anger management counseling. Individual, family, and group treatment services are available. Universal Mental Health Services, LLC is a licensed provider of Mental Health Services by the Department of Behavioral Health and Developmental Services.

Dream Catchers provides life-changing equine assisted activities and therapies (EAAT) to a large and diverse community of children and adults with special needs. Dream Catchers serves an average of 80 to 100 participants each week; all services are provided by credentialed providers. The organization is accredited by the Professional Association of Therapeutic Horsemanship International (PATH Intl.) as a Premier Accredited Center. Dream Catchers continually improves the methodology and evaluation of its services to develop the most positive, cost effective, efficient services and organizational structure possible. Dream Catchers' team of certified professionals create lesson plans that focus on measurable objectives and include engaging activities to assist the participants in meeting their short term, long term, and life goals.

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"Healing Through Horses"

A collaborative Equine Therapy Program provided by Universal Mental Health Services and Dream Catchers



Helping Children Through The Healing Power of Horses



The Healing Through Horses Program

Thank you for your interest in our Healing Through Horses Program! Universal Mental Health Services and Dream Catchers are thrilled to be able to offer a collaborative equine program to serve youth ages 10 to 14 in our community. Your child will be able to experience the healing power of horses through a unique equine therapy program that will enable him/her to reach his/her clinical and personal goals while participating in equine activities. Services will be held at Dream Catchers each week and will be led by licensed Mental Health Professionals from UMHS along with Equine Specialists in Mental Health and Learning from Dream Catchers to ensure the highest level of safety and service. Each program will run for 6 weeks and be held once a week for 2 hours with transportation provided by UMHS.

What Is Equine-Assisted Therapy?

Equine-assisted psychotherapy (EAP) is defined as an interactive process in which a licensed mental health professional working with or as an appropriately credentialed equine professional, partners with suitable equine(s) to address psychotherapy goals set forth by the mental health professional and the participant. This approach integrates equine-human interaction that is guided by a planned learning experience to meet the identified goals or desires of the participant(s).

Why Horses?

Working with equines provides opportunities to teach critical life skills such as trust, respect, honesty and communication. Horses use mostly non-vocal communication and are in-tune with human behavior. This can help participants to better understand and learn how our non-verbal communication might be impacting or influencing others in their lives. Horses ask people to be aware of their surroundings at all times. Through interactions with the equines, participants learn a heightened self-awareness. Self-awareness is important in order to reveal patterns of behavior and gives participants the opportunity to think in a new way. Furthermore, participants gain self-esteem and self-confidence while learning how to work with such a large and powerful creature. They offer us the opportunity to experience humility, compassion and challenge - all critical elements to supporting self-growth and self-awareness. Horses are social animals and add a new dimension to experiential therapy. Horses are prey animals and are acutely aware of the behavior of others. They respond well to authentic behavior, however, they may become defiant or reactive when challenged. When clients see the horses' responses to him/her it will help him/her to understand his/her own behavior better.



Supervision

Equine Therapy is a type of experiential therapy that will allow your son/daughter to have potentially life-changing experiences in an emotionally safe environment. Your son/daughter will work with a horse under the supervision of a horse professional and a clinician during all Equine Assisted Activities. Your son/daughter will experience emotional stress, challenges, and successes. During these experiences, he/she will receive coaching from therapists and staff members. This coaching will help him/her process the experience, and gain a deeper understanding of his/her feelings. A deeper understanding of how his/her feeling relates to his/her behavior will help to improve behavior. Safety is paramount and your son/daughter will always be under the supervision of a clinician and Equine Specialist during all activities.



Breaking Down Barriers

Many troubled youths are resistant to therapy. Equine Therapy helps to break down these barriers. Equine Therapy is beneficial and impactful because it has the power to challenge false beliefs. It is a unique type of experiential therapy because of the horses' behavior. When therapeutic experiences take place in a natural environment, and not a doctor's/therapist's office, your son/daughter will become less defensive and more teachable. The experience and therapy happen in the moment.