



Ranch Ehrlo Society

Clinical services at Ranch Ehrlo



General approach to therapeutic support

Within our Group Living Services, we are proud to offer a holistic and individualized approach to support each participant. We provide a range of creative and therapeutic clinical services designed to be developmentally focused and socially nourishing. We believe in fostering resilience while enhancing a sense of community, culture, belonging, mastery, and individuality within our participants. Through careful identification of strengths, active involvement with families, and the provision of effective, trauma-informed services, we strive to empower individuals to move forward with pride.

Our services

Psychological assessments: Clinical Assessment and Resource Services Program



Through the Clinical Assessment and Resource Services Program, a participant can be referred to receive a formal psychological assessment. The provision of formal complex diagnostic psychological assessments represents a pivotal approach in understanding and addressing participant's mental health concerns. These assessments, rooted in a strength-based framework, focus on identifying not only challenges but also the inherent strengths and resiliencies within an individual. Each individualized evidence based psychological assessment acknowledges and appreciates the diverse backgrounds and experiences that shape a person's identity. The benefits of such assessments extend beyond diagnosis, as they serve

as a comprehensive tool for personalized treatment planning. Emphasizing strengths fosters a collaborative and empowering therapeutic relationship, allowing individuals to actively participate in their mental health journey. Additionally, the cultural sensitivity inherent in these assessments ensures that the evaluation process is inclusive, recognizing the unique nuances and perspectives of various cultural backgrounds. Ultimately, the integration of strength-based and culturally respectful language in formal complex diagnostic psychological assessments contributes to a more holistic and effective approach to mental health care. Assessments are collaborative and involve input from multiple sources of information and ideally have a high level of family input. Upon completion recommendations for support are shared with the participant, their family, and the larger group living and educational teams for integration in the participants individual treatment plan.

Individualized and tailored treatment plans

Individualized treatment plans are crafted to serve as dynamic roadmaps, specifically tailored to the unique needs of participants. These plans are designed not only to bolster resilience but also to address any gaps in skills that may hinder personal growth. By delving into a participant's strengths, challenges, and aspirations, these plans lay the foundation for targeted interventions that promote holistic development. Through a combination of evidence-based practices and personalized strategies, participants are equipped with the tools to navigate life's challenges with increased fortitude.

These plans not only address immediate concerns or safety needs but also foster a journey of skill-building, empowering participants to acquire and refine the abilities essential for long-term success and emotional well-being. As a result, individualized treatment plans become instrumental in not just addressing existing issues, but in nurturing lasting transformation and enhancing the participant's overall quality of life.

Individual counselling

Our professional counselling services are firmly rooted in evidence-based best practices, reflecting a commitment to delivering effective and impactful support to individuals. We approach counselling with unwavering compassion, recognizing the significance of a holistic approach that involves not only the participant but also their broader support network, including family members and caregiver teams. By integrating these key stakeholders into the therapeutic process, we create a collaborative environment that promotes comprehensive healing and growth. This approach ensures that each participant's unique needs and circumstances are considered, fostering a sense of empowerment and shared responsibility. Through this holistic framework, our counselling services aim to instill positive change, facilitate meaningful connections, and ultimately cultivate a resilient foundation for lasting well-being. Various types of counselling are provided including evidenced-based counselling, play based counselling depending on the need.

Our individual counselling services are delivered by dedicated professionals with master's level training, ensuring the highest standard of care and support. Our team of experts possesses a deep understanding of psychological dynamics and therapeutic techniques, honed through rigorous education and specialized training. We are committed to providing quality services that are tailored to each individual's unique needs, fostering a safe and empathetic environment for personal exploration and growth. Our professional staff bring a wealth of knowledge and experience to the counselling relationship, utilizing evidence-based approaches to address a wide range of emotional, behavioral, and psychological challenges. With a focus on collaboration and participant empowerment, our counselling services offer a pathway toward healing, self-discovery, and the development of effective coping strategies.



Safety and support planning

We believe in a collaborative and participant-centred approach that prioritizes safety and well-being. As part of our commitment, we work closely with each participant to develop personalized safety plans and individual crisis management strategies. By involving participants in this process, we empower them to actively contribute to their safety and restoration. These plans are tailored to the unique circumstances and challenges faced by each individual, incorporating a range of proactive and reactive strategies to ensure safe and restorative coping. By co-creating these plans, participants gain a sense of ownership and agency in their journey towards resilience and recovery. We aim to equip participants with practical tools and strategies that foster emotional regulation and empower them to navigate challenging moments with a renewed sense of control and confidence.

Psychiatric assessment and support services

If required, we can provide a timely and comprehensive psychiatric assessment along with ongoing consultation services, guided by a holistic approach that places the participant's well-being at the forefront. Our commitment extends beyond the individual, recognizing the significance of involving the entire support network, including the family. Through collaborative engagement, we gain a holistic understanding of the participant's context, needs, and challenges. Our consultations are characterized by empathy and respect, fostering a safe space for open dialogue. Tailored psychiatric treatment recommendations that consider not only the participant's unique circumstances but also the potential impact on their family is provided to embed into the participant's treatment plan. By embracing a participant-centred philosophy, our services aim to empower informed decision-making and promote a sense of collective well-being.

Group counselling

We are dedicated to fostering a supportive and enriching therapeutic environment through our regular weekly group counselling sessions. These sessions offer a platform for individuals to come together, sharing their unique journeys and challenges within a compassionate community. Our groups cater to a diverse range of treatment needs, addressing a spectrum of emotional and psychological concerns. Additionally, our psychoeducational groups serve as valuable forums for sharing knowledge and skill development. By offering insights, tools, and strategies, these groups empower participants with the resources needed to navigate their personal paths to healing and growth. The sessions are guided by a team of experienced facilitators who promote open discussions, facilitate skill acquisition, and cultivate an atmosphere of encouragement and mutual understanding. Through these collaborative efforts, we aim to provide not only essential therapeutic support but also a source of camaraderie and inspiration for all participants. Some examples of group counselling and group work include a grief group, a skills group (photography), and the True Colours – LGBTQ+ group.



Horsemanship

Horsemanship stands as a profound testament to our commitment to holistic and trauma-informed care. The unique bond formed between humans and horses holds the power to catalyze transformative healing experiences. By participating in horsemanship, individuals have the opportunity to engage in a therapeutic approach that transcends traditional methods. The presence of these majestic animals creates an environment that encourages emotional connection, trust-building, and the exploration of emotions. This approach aligns seamlessly with trauma-informed care principles, as it fosters a sense of safety, choice, and empowerment. Through activities such as grooming, riding, and ground interactions, individuals gain insights into their own emotions and behaviours, providing them with valuable tools for self-discovery and emotional regulation. Horsemanship offers an exceptional avenue for participants to heal, grow, and develop coping skills within a nurturing and empathetic setting, underpinned by trauma-informed principles.

Expressive arts programming

Our expressive art-based programming (also referred to as Paper Crane expressive arts service) provides a unique and powerful avenue for individuals to embark on a journey of healing, self-discovery, and personal expression. Through the creative process, art becomes a transformative medium that goes beyond words, allowing participants to explore their emotions, experiences, and aspirations in a safe and non-judgmental space. These therapeutic sessions foster self-confidence, providing an opportunity to channel emotions and thoughts into tangible forms. Regardless of artistic skill level, expressive arts programming encourages individuals to embrace their creativity and connect with their inner selves. This process can be particularly beneficial for those who find it challenging to articulate their feelings verbally. By engaging in this form of activity, participants discover new ways to process and communicate their experiences, ultimately leading to enhanced emotional well-being and a deeper sense of empowerment.



Spirituality and culture

Recognizing the profound impact of culture on an individual's well-being, we hold a deep appreciation for the significance of integrating cultural ceremonies and practices into their treatment plans. We understand that one's cultural identity forms an integral part of their sense of self, and by honouring and incorporating these traditions, we acknowledge and respect their unique background. The inclusion of cultural elements in treatment plans not only adds a rich layer of meaning and familiarity but also aligns with our commitment to providing holistic and individualized care. This approach values the importance of family, community, and heritage, acknowledging the interconnectedness of one's experiences. By weaving these cultural practices into treatment, we empower individuals to draw strength from their roots, fostering a sense of belonging and reinforcing their identity. The careful incorporation of cultural ceremonies and practices not only enhances the effectiveness of the treatment plan but also underscores our deep respect for everyone's heritage, ultimately contributing to a more comprehensive and meaningful healing journey.

Speech-language services

Speech-language services play a pivotal role in nurturing effective communication skills and facilitating personal growth. The process begins with a thorough assessment that evaluates an individual's speech, language, and communication abilities. This evaluation serves as a foundation for tailored interventions and recommendations that cater to their unique needs. Effective communication is fundamental to expressing thoughts, emotions, and connecting with others, and these services provide the necessary guidance and support to overcome communication challenges. The recommendations offered encompass a wide range of strategies, from enhancing speech clarity to improving language comprehension and expression. The impact of these services extends beyond mere communication skills, as they contribute significantly to boosting confidence, self-esteem, and overall quality of life. By addressing communication barriers and fostering meaningful interactions, speech-language services empower individuals to navigate the world with increased autonomy and a strengthened sense of connection to others.

Family collaboration

Family involvement stands as a cornerstone of our clinical treatment approach, reflecting the profound recognition of the vital role that familial support plays in an individual's journey toward healing and growth. We place immense value on including family members in the development of treatment plans, as their insights provide crucial context and perspective. Regular involvement of supportive family members serves as a potent catalyst for progress, creating a cohesive support system that nurtures the youth's well-being. By fostering open communication and collaboration, we empower families to actively contribute to the healing process, and in turn, they acquire essential tools and strategies to aid their loved one's recovery journey. This unified approach recognizes the integral bond of family, leveraging its strength to promote lasting positive outcomes and create an environment of enduring support and understanding.



Occupational therapy services

Occupational therapy services hold a crucial place in our commitment to comprehensive care, addressing not only the physical aspects of well-being but also the emotional and behavioural dimensions. Through occupational therapy assessment, we gain insight into an individual's unique challenges and strengths, identifying areas that may have been impacted by trauma. Our interventions are thoughtfully designed to support emotional and behavioural regulation, providing tools and strategies to navigate daily life more effectively. These interventions extend beyond physical tasks to encompass emotional coping mechanisms, social interactions, and self-care routines. By targeting trauma-informed care, occupational therapy plays a pivotal role in promoting healing, resilience, and adaptive functioning. The value of these services lies in their holistic approach, aiding individuals in reclaiming a sense of agency, building emotional resilience, and fostering a greater sense of control over their lives.

Therapeutic recreational activities

The incorporation of therapeutic recreation and team building through sports and therapeutic camping holds immense value in our commitment to providing developmentally appropriate treatment opportunities and trauma-informed care. By engaging in recreational activities, individuals are presented with a dynamic platform for growth that is tailored to their developmental stage. Through carefully designed sports and team-building exercises, participants can discover their strengths, enhance self-esteem, and develop crucial life skills such as communication, cooperation, and emotional regulation. This approach is underpinned by trauma-informed care principles, creating a safe environment that is empowering and sensitive to individual needs. Participating in these activities not only aids in physical well-being but also offers an avenue for emotional expression and social connection. By fostering an atmosphere of support and collaboration, therapeutic recreation and team building empower individuals to navigate challenges, cultivate resilience, and embark on a journey of healing and personal development. Participants in the program contribute to designing therapeutic activities for involvement.

Pet therapy

Pet therapy is delivered through a group therapy platform that brings individuals together who have a passion for animals. The current treatment focus of this therapeutic group is for participants to develop emotion regulation and coping skills. Sessions are offered through a sequential planning model to build relationships with two canines in order for individuals to begin developing leadership skills by leading the animals through therapeutic activities. While offered in a group model, pet therapy can be beneficial on an individual level as individuals develop therapeutic relationships with the canines and clinicians at their own pace while attending the group. Pet therapy is offered through a person-centred adapted approach for adults experiencing disabilities to ensure they can meet their sensory needs while engaging in sessions. Adapted communication approaches are offered through visuals and sign language to ensure each person has the opportunity to share and participate in the group.

Music therapy

Music therapy, whether in group or individual settings, employs the creative power of music to foster personal growth and well-being. This therapeutic approach harnesses music's impact on both brain hemispheres, triggering the release of dopamine, reducing blood pressure, and mitigating stress hormones while promoting social interaction. It bolsters confidence and self-esteem, aids speech therapy, aids trauma recovery, and provides a voice to those unheard. Music therapy adapts to various needs, from improving mobility in individuals with physical challenges to fostering communal connections and communication in autism. It facilitates peer bonding, offers emotional and physical relief, and is led by certified music therapists who tailor sessions to individual goals. Music therapy encompasses both measurable and heartfelt dimensions, shaping profound experiences.

