

EYDP Team



Each session is facilitated by a professional equine specialist as well as experienced group facilitators to ensure physical, mental wellbeing and safety. Our facilitators are passionate about youth and creating an optimal learning environment for them.

Head Facilitator: Quintin Witten

An experienced coach and group facilitator processes the equine-assisted intervention sessions with the group and integrates this into the personal development programme.

Equine Specialist: Eliza Allen

An experienced horse specialist focuses on interpreting the horses' feedback to human interaction and ensures equine-related safety during sessions.

Substance Abuse Facilitator:

Peter-John Christians

A substance abuse facilitator focuses on educating the children regarding the myths and pitfalls of drug abuse by using rap music, art, dance and various elements of their personal journeys as a vehicle for change.



2016 EYDP Target

To date a total of 511 youth have been enrolled in the Equine Youth Development Programme.

Our aim is to provide the EYDP to 112 youth in the form of 14 groups in 2016.

Support & Contact Us

Thank you for partnering with us to transform lives.

Bank Transfer:
Montrose Foundation Trust
ABSA Bank
Account No: 407 409 1398
Branch Code: 632005

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www.montrosefoundation.co.za
Contact: Sunette de Flamingh
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Equine Youth Development Programme

“Sometimes courage is the quiet voice at the end of the day, saying, “I will try again tomorrow.”

Equine-assisted Intervention



The Montrose Foundation was established by the Graaff family in 2008 to assist in the prevention of substance abuse and to support the transformation of those individuals, families and communities affected by it.

The Foundation uses equine-assisted intervention in its two core programmes - Equine Youth Development Programme (EYDP) and the Caregiver Programme - to address substance abuse, addiction and related social issues in disadvantaged communities.

The EYDP is an 8 week teaching children between the age of 14 and 21 at risk how to address current dysfunctional behavior, handling challenging life situations and empowering them to make positive life choices. The EYDP consists of 2 hours per week for 8 consecutive weeks, spending time in the arena and in the sharing hub.

Why horses ?

Horses are able to mirror human body language accurately for they have similar behaviors to humans, such as social and responsive behaviors. They can reflect the emotional states of humans and offers observable, unfiltered feedback.

The Equine Youth Development Programme is an 8 week course in which the participants are invited to first engage in the arena for an hour, where the equine specialist focuses on equine-assisted intervention activities with the horses. This process facilitates the identification of potential development areas. The 8 week course also includes 8 hourly sessions in the sharing hub for those needing support to process what is experienced in the arena.

The programme does not involve horse riding or require any experience in horsemanship.



Equine Youth Development Programme

The 8 week Programme covers a range of Personal and Social Objectives for each participant, including:

- Week 1 - Building trust and orientation
- Week 2 - Self-awareness (Who am I? Where do I fit in?)
- Week 3 - Self-worth and Discrimination
- Week 4 - Attitude and Respect
- Week 5 - Substance Abuse Education
- Week 6 - Choices
- Week 7 - Motivation to Change
- Week 8 - Affirmation and Moving Forward
- **Programme duration: 2 hours per week**
- **Group size: 8**

For more information on our programmes contact the office at:

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Or

E-mail us at:

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