



Meadows of Hope
 1226 Silver Spring Rd.
 Holtwood, PA 17532
 Phone: 717.284.2019
 www.meadowsofhope.org



RESTORING HOPE. TRANSFORMING LIVES.

Frequently asked questions...

- ◆ **Licensing:** Meadows of Hope is licensed by the PA Department of Human Services as a child residential facility.
- ◆ **Homevisits:** every 2 months, all the girls go home for a scheduled 10 day visit.
- ◆ **School:** the teen girls attend MOH Christian School on site, registered with PA's Dept. of Education, 5 days a week year-round for 4 hours daily.
- ◆ **Tuition:** generous donors, along with the EITC and SPE programs (designating tax monies for schools), help families afford the monthly tuition.
- ◆ **Program length:** 12-24 months, depending on a teen girl's ability and willingness to grow and heal.



MOH serves...

- ◆ Teen girls between ages 13-19 (applicants not accepted over 17 ½).
- ◆ Teen girls (from committed families) who are willing to change.



Groupwork: care, accountability



Discipling struggling teen girls into healthy relationships with God and others through a structured, loving, and group-focused environment.

The teen girls live in a group of 8-10 with 2 female mentors who lead and coach them through each day's opportunities for growth.



Equine-Assisted Learning

Core of Program

- ◆ Groupwork
- ◆ Structure and Routine
- ◆ Relationships
- ◆ Problem-solving
- ◆ Goals and Evaluation

THIS HOPE WE HAVE AS AN
anchor of the soul,
BOTH SURE AND STEADFAST.

HEBREWS 6:19

MOH Daily Life

- ◆ Wake-up routine and quiet time.
- ◆ Three daily meals at the table.
- ◆ Feeding the horses and mucking out stalls.
- ◆ School. Counseling one-on-one.
- ◆ Culinary and Creative Expression.
- ◆ Equine-assisted learning sessions.
- ◆ Group circle-ups to discuss issues, process and solve problems.
- ◆ Siesta. Cleaning. Lawn-mowing and flowerbeds.
- ◆ Working on personally-created goals to grow in relationships.
- ◆ Extended wilderness backpacking and canoe trips.
- ◆ Group-planned fun evenings.
- ◆ Reflecting on our day as a group.



Change happens in relationship



Wilderness Backpacking



Canoe Trips

Groupwork - Living together can be powerful for connection, accountability, and motivation as the mentors model to the girls how to lovingly speak into each other's daily choices.

Goals and Evaluation - Each girl sets goals for where she struggles and evaluates them every 4-5 months with her parent(s) and staff, before creating new ones.

Long-term aim - For a teen girl to thrive as she integrates back into her home and area.

"When I chose to come to MOH, I was hurt and depressed. I've learned to talk about my emotions instead of reacting negatively and to trust that God is good. It's amazing because staff are a huge part of the program, but the girls play just as big of a part. We speak into each other's lives and are inspired and influenced by each other." - Graduate



Education