



# BOSTON MOUNTAIN YOUTH RANCH

## PROVIDING HOPE FOR FAMILIES

Located in Fayetteville, AR, Boston Mountain Youth Ranch (BMYR) is a gospel-centered equestrian mentoring program for children who are hurting or struggling. We pair a child with a horse and a mentor and provide a safe environment for learning about true relationship with God and others.

Our unique program serves children ages 6-18 from all backgrounds. And as a non-profit organization powered by talented volunteers and generous donors, we do this all at **no charge to the family**.



### WHO WE SERVE

Many children in our area are impacted by trauma, poverty, grief, and other challenging life circumstances. By providing a positive, safe, and structured equestrian and farm environment, BMYR helps struggling, at-risk, and disadvantaged children so they can experience the unconditional love of Jesus.



### WHAT WE DO

We believe in healing hearts and sharing hope through mentorship services and activities. Through a variety of one-on-one and group programs, BMYR works with each child on the skills needed for healthy relationships: connection, attunement, attachment, and boundaries.



### HOW YOU CAN HELP

There are so many ways to get involved at BMYR! Our volunteer roles range from mentoring kids, handling horses and welcoming guests to helping with farm chores, administrative tasks and fundraising efforts. You can also nominate kids for the program or become a donor.

**STAY  
CONNECTED**



[bostonmountainyouthranch.org](http://bostonmountainyouthranch.org)



(479) 289-8856



@bostonmountainyr



@bostonmountainyouthranch

# MENTORING AND EQUESTRIAN PROGRAMS

Boston Mountain Youth Ranch offers a variety of *mentoring sessions*, not formal or conventional *riding lessons*. We are focused on helping each child gain confidence while building regulation and relationship skills.

As such, riding sessions are as unique and varied as the children we serve. They can be as simple or advanced as is appropriate for the rider, and we emphasize relationships over performance. Programs offered include:

## RELATIONSHIP SESSIONS

*one-on-one mentoring with a horse and a child*

## CO-REGULATION SESSIONS

*one-on-one mentoring with the rider horseback, working on developing bottom-up regulation skills*

## RHYTHMIC RIDING™

*independent riders working on horseback and developing self-regulation, often in group sessions*

## HERD GROUPS

*groups of kids doing work around the farm, teamed up with a mentor to guide them, focusing on building relationships within a group context*



In addition to time with a horse, mentoring sessions can also include alternative activities such as crafting, painting, playing games, woodworking, gardening, hiking, music, STEM activities, and bird watching. Sessions are led by trained mentors according to each child's needs and interests.

BMYR also hosts periodic events, including:

- Seasonal Fellowship
- Bible Studies for Various Ages
- Community Outreach Events
- Ranch Work Men's Group

# MENTORING AND EQUESTRIAN PROGRAMS

## FREQUENTLY ASKED QUESTIONS

### **What qualifies a child for participation in BMYR programs?**

We serve every child possible between the ages of 6 and 18 years old, as resources allow.

Our programming is directed towards at-risk and underprivileged children, but our mentoring program benefits every child regardless of socioeconomic status. We also have HERD groups that provide a group mentoring environment in an effort to serve more children in our community.

### **How much does a session cost?**

Nothing! All our programming is offered to every child at no-cost. This is possible because of BMYR's very generous sponsors, donors and volunteers.

### **How do I refer a child for sessions?**

If you know a child in our community who would benefit from BMYR—or if you are interested in signing up your own child—please email [bostonmountainyouthranch@gmail.com](mailto:bostonmountainyouthranch@gmail.com).

### **What does a session look like?**

Our sessions are as unique and individual as the children themselves. The goal through all of our programming is to create spaces to develop deep and connected relationships between children, horses and their mentors. Children also have a lot of input and frequently get to choose their activities for the day. Our session leaders work with the children they are mentoring to determine their plan for the day. Our sessions are 90 minutes and usually begin with a 10–15-minute farm chore. This gives them a sense of ownership and pride in the Ranch, its people, and its animals. The remainder of the session could be spent working with horses, playing games, or working in the garden.

### **How do I get to Boston Mountain Youth Ranch?**

The Ranch is located south of Kessler Mountain Regional Park, just off I-49. The address is 1450 W. Gallop Lane, Fayetteville, AR 72701. If you would like more detailed turn-by-turn directions, please email [bostonmountainyouthranch@gmail.com](mailto:bostonmountainyouthranch@gmail.com).

# MENTORING AND EQUESTRIAN PROGRAMS

## FREQUENTLY ASKED QUESTIONS

### **Will my child learn to ride a horse?**

Many of the children at BMYR will choose to spend their time on the Ranch riding and working with horses. We are dedicated to equine education and to teaching horsemanship skills to each child who would like to learn. However, we are not a riding school. Our ultimate goal is developing relationship skills for children, not to prepare them for competitive riding. A session may not always include riding a horse. Children do have the opportunity to learn ground work and equine safety. If you are looking for riding lessons, we have a list of horseback riding trainers in our area.

### **What should my child wear to a session?**

All children should wear shoes with a closed toe and heel such as boots or tennis shoes. If the goal of the session is horseback riding, boots are recommended and long pants are required. An equestrian riding helmet will be provided by BMYR and is required when riding at the Ranch. When seasonally appropriate, we also recommend that you wear sunscreen and bring a water bottle. In the spring and fall, layers are also recommended as the weather can change quickly and unexpectedly.

### **What should I do while my child is participating in a session?**

Our mission is to provide a positive environment for struggling, at-risk and disadvantaged children and their families. For this reason, a parent or guardian is required to be on site at the Ranch for the entirety of their child's session. You are welcome to bring siblings and spend time together at the Ranch, relaxing, visiting with our animals, or just to bring a good book to read while you are here. We ask that you not enter any animal enclosures or feed any of our animals without a staff member's help and supervision. We hope that your time at the Ranch is restful and encouraging to you, and we look forward to getting to know you and your whole family. Please feel free to take photos of your child's session and to watch from a short distance. We do ask that you respect your child's time with their session leader and allow them the freedom to navigate their session on their own. Our session leaders are trained and prepared to help support a child through all the activities that may be included in a session, and we hope to see your child's confidence and sense of responsibility grow with each session.

# HOW YOU CAN GET INVOLVED

## BECOME A DONOR

As we look to the future of BMYR, we see a bright ray of hope and healing in our community. There are so many children and families who struggle, and they often do not have access to, or funds available for, equestrian activities.

That's where our donor family comes in. Boston Mountain Youth Ranch runs entirely on donations. Because of this, we are able to offer our mentoring sessions to kids *free of charge*, which takes away financial barriers and allows us to focus on what matters most—restoring hope for children.

**Please consider a one-time or monthly gift** to help cover operating costs so we can reach more kids and families in Northwest Arkansas. To make a tax-deductible donation—or to help with our fundraising efforts—please email [bostonmountainyouthranch@gmail.com](mailto:bostonmountainyouthranch@gmail.com).

## JOIN OUR VOLUNTEER TEAM

Volunteers are the heart and the cornerstone of Boston Mountain Youth Ranch, interwoven into all aspects of our program. There are so many ways to get involved in our ministry! We need volunteers for a variety of tasks, and we want to create a space for people to use their God-given skills and gifts in our community.

Volunteer opportunities include:

- Mentoring children as a session leader
- Office and administrative tasks
- Assisting with fundraising efforts
- Farm maintenance and improvements
- Feeding and working with horses
- Greeting and welcoming visitors
- Supporting our parent outreach program
- And more!

All of our volunteers attend a training on the foundational principles and core values at BMYR. Our mentors don't just pour themselves into our kiddos, but we also spend a lot of time investing in our volunteers, as well. We want to utilize our program to build them up in ways that will benefit them in their lives outside the Ranch.

# VOLUNTEERING YOUR TIME

## FREQUENTLY ASKED QUESTIONS

### **How do I join the BMYR volunteer team?**

It's easy to volunteer at the Ranch! Learn more on the "Get Involved" page on our website ([bostonmountainyouthranch.org](http://bostonmountainyouthranch.org)) or visit the "Events" page to RSVP for our next Volunteer Orientation and Training. If you have any questions, please email [bostonmountainyouthranch@gmail.com](mailto:bostonmountainyouthranch@gmail.com).

### **Can I still volunteer if I don't feel comfortable working with horses?**

Absolutely. We need volunteers with all kinds of skills as many tasks have nothing to do with horses. When you are filling out your volunteer application, there will be space for you to specify what your interests are and how you believe you can best serve at BMYR.

### **What is the difference between a volunteer and a session leader?**

Volunteers help with a wide variety of tasks—everything from farm maintenance, feeding and working with horses, office and administrative tasks, as well as greeting and welcoming visitors to our Ranch. A volunteer could work as little as one hour in a season or they could come and help on the Ranch on a daily basis. In contrast, session leaders are volunteer mentors who serve in a very specific capacity. We require that our session leaders serve with us a minimum of twice a month for each 2–3-month session of programming. Session leaders also go through additional interview procedures and training.

### **Can my kids volunteer with me?**

Yes! We love all our volunteers—no matter the age, and we have many volunteer tasks that are well-suited for children to help with. We just ask that youth 15 years old and younger be accompanied by an adult during their time on the Ranch.

# VOLUNTEERING YOUR TIME

## FREQUENTLY ASKED QUESTIONS

### **What does the Volunteer Orientation and Training entail?**

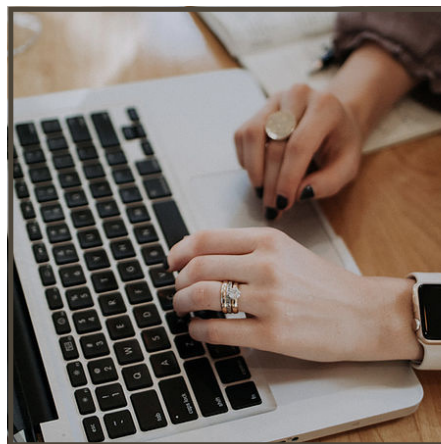
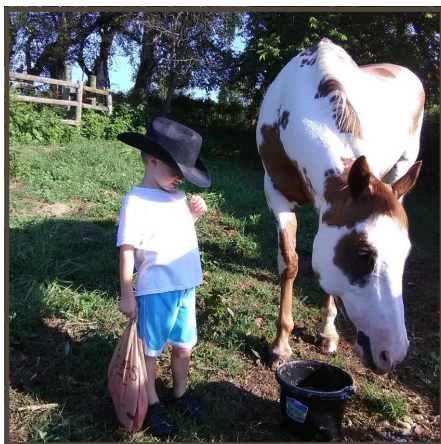
Our volunteer training program is currently held twice a year and covers many aspects of what we do at the Ranch and why we do things the way we do. We apply the latest trauma-informed guidance when it comes to interacting with guests, volunteers, staff, and our equine partners.

### **What is the parent outreach program and how can I help?**

BMYR offers a parent outreach program to support and encourage parents of participants as they guide their kids through challenging situations. We also discuss with parents how to continue building their child's skills in their home environment, focusing on communication, boundaries, co-regulation, and trust-building. If you can see yourself working with parents and caregivers of children to help support them, we have volunteer opportunities for you.

### **How can I hear about future volunteer opportunities?**

Stay connected to BMYR by signing up for our e-newsletter. Simply visit our website ([bostonmountainyouthranch.org](http://bostonmountainyouthranch.org)) and look for the “Subscribe for Emails” section at the bottom of the page.



# PHILOSOPHY AND CORE VALUES

## OUR MISSION

*Our purpose is to provide a positive, safe, and structured equestrian and farm environment for struggling, at-risk, and disadvantaged children so that children and their families can experience the unconditional love of Jesus. We believe in healing hearts and sharing hope to hurting children and their families through mentorship services and activities.*

## OUR VISION

*Our vision is to show the love of Christ to each and every child and family to whom we minister. We do this by creating a culture where children are seen, valued, and loved unconditionally.*

## CORE VALUES

### Connection

Our volunteers and staff are a community of individuals who are deeply committed to connection with God, connection with self, and connection with others, and who strive for connected relationships the way it was intended. We hope to foster relationships that bring about healing for self, others, and the animal partners with which we work, to the glory of God.

### Relationship

We believe the most important thing in life is connected, attuned relationships with God, self, and others (including relationship with animals).

### Attunement, Trust, and Mutual Respect

We believe healing happens in the context of attuned relationships based on trust, mutual respect, and partnership. We believe strength is found in vulnerability and authenticity, and that conflict in relationships can be an opportunity for growth that can strengthen the relationship. Therefore, regardless of the task or activity, a connected relationship with self and others is always the goal, which means we are relationship-oriented and not task-oriented.

### Truth

We believe that all truth is God's truth, and that what we can discover on the back of a horse or in developing important life skills is as important a discovery as one might find in a sermon well-preached. Good principles remain good regardless of where they are applied.



# PHILOSOPHY AND CORE VALUES

## CORE VALUES

### **Partnership**

We believe that a partnership can happen when each party seeks to control themselves only, and true partnership happens when each party appropriately controls themselves for the good of the relationship. We believe that if it's not good for both, it's eventually not good for either, and that a one-sided relationship is damaging to both parties.

### **Control of Self**

Regardless of what is going on around me, it is possible to control what is happening inside of me. Relationship with others, quite simply, flows out of relationship with self (what we sometimes call regulation or our way of being in the world). Therefore, WHO we are in mentorship sessions is more important than WHAT we do. We realize that we can't teach someone to practice something that we don't practice, and that as mentors, we cannot teach someone to live a life that we don't live. As a result, personal growth becomes the foundation for what we do in our mentoring program, both for the mentors and the mentees.

### **Integrity**

The most important thing is to do what is best for each child. We understand that what is best may not be what is easiest. We believe that animals are sentient beings, who have relational and thinking capabilities, and can be capable of partnership, if given the chance to develop. The relationship between horse and human is a real relationship in which relational patterns emerge, just like in any other relationship. We are committed to honoring and respecting our horses in how we conduct ourselves and our sessions.

### **Authenticity/Vulnerability**

We believe that our core values can only be represented with honesty and integrity if we are being authentic to ourselves and who God made each of us to be. We strive to be authentic in our mentoring relationships and in the work we do with the horses. We also believe that authenticity cannot be achieved without being vulnerable. Each of us likely carries around some fears about how others perceive us. In order to be authentic, we have to trust that once we have built trust and connection, others will be accepting and generous with us when we present our true self to them.