

# Hopp – HAA

## (Horse Assisted Activities)

The daily activities are carried out in the Stable Nyckelby and is a privately owned stable owned by Margareta Forsberg and Ulf Paulsson. Margaret has worked with young people for almost 30 years in horse industry, is riding instructor and Diploma stress therapist.

Participants will follow the stables routines, rules and habits that create a structured and safe environment. Structure and regularity allows participants and the horses to feel safe and calm.

Riding is a part of the activities for the participants and is adjusted after ability and circumstances. The work includes that the participants should understand the importance of rules and procedures in the stable, to see themselves as involved and important for the horses and creating meaningful employment.

# Audience and purpose

The purpose is to create meaningful employment/ social treatment in contact with animals and nature for individuals included in the target group of young adults with mental illness (16-24 years).

## Method

The work is done in collaboration with the municipality of Motala and the county council. The method is based on evidencebased practices and current research.

As a working method we use Applied Behavior Analysis (CBT/TBA) with an individual plan for each person which means that you are working to change the thoughts, feelings, behavior and patterns of behavior.

The method is structured and goal-oriented.

Research has shown that interaction with animals can have health benefits and therefore the method have begun to be used in healthcare, social care and rehabilitation. Animals considered to contribute to people's mental, physical and social welfare.

Possession of a sense of coherence, SOC (Antonovsky) is essential to an individual's inner strength and ability to actively change and improve their lives.

# Working model

## Work planning

A structured chart of the day tasks.

## Weekly Planning

Various training topics for each week.

## Diary notes

The participants write diary entries for each occasion.

## Film and photography

Helps participants to develop.

## Estimation

Supervisors overestimate different abilities.

## Implementation plan

Individual realistic goals.

## Health profile

In order to provide insight into the relationship between lifestyle and health.





## Supervisor in the stable:

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## For more information

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## Hopp-HAA [hoppa]

Daily activities with the horse  
as a tool for young adults  
with mental illness



A collaboration between  
Motala Municipality, County Council of  
Östergötland and Stable Nyckelby

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