



Recovery through structure, purpose and community

Recovery housing, equine workforce development and clinical care in one integrated program

STRUCTURE

DISCIPLINE

ACCOUNTABILITY

RESPONSIBILITY

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One model with three connected supports

The therapeutic community provides the structure. Clinical care and paid work address needs that the community cannot meet alone.

01 — **Recovery housing**

12 months using a therapeutic community model

Residents receive safe, stable housing while daily routines, peer feedback and clear expectations support behavior change.

02 — **Clinical services**

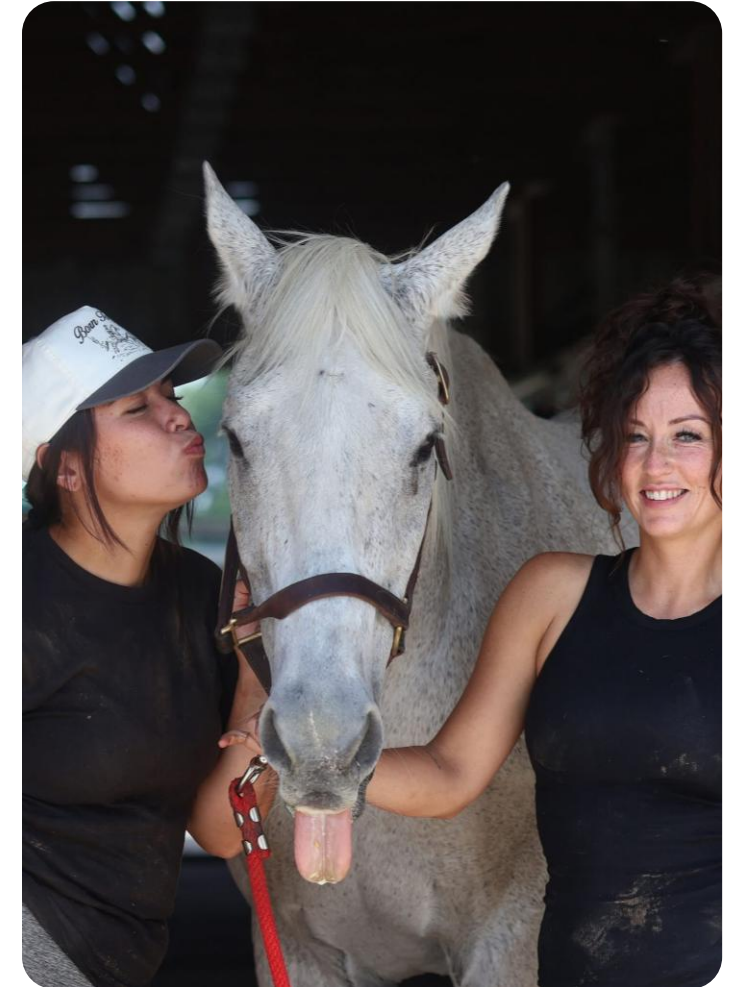
Treatment and case management

IOP, outpatient therapy and case management address mental health and service needs that peer support cannot fully resolve.

03 — **Equine workforce development**

A stipend during the first 90 days of training

Residents build agency and a career path while addressing court costs, probation/parole fees, child support and weekly program fees.



Each phase marks a milestone in responsibility and trust



RED PHASE

The most restricted phase
(30 days)

Residents learn the routine, engage in 12 step recovery and begin demonstrating consistent behavior.



YELLOW PHASE

Less restriction and more responsibility
(60 days)

Residents earn privileges by following expectations and showing dependable behavior.



GREEN PHASE

Phone and vehicle access
(90 days to 365 days)

Residents begin full-time work with a strategic partner and apply new habits in daily life.

Months 4–12: work, life and recovery in practice

Residents take on more independence while continuing to live within a structured, supportive community.

MONTHS 4–12

01 — **Work and responsibility**

Residents apply the routines and behavior changes from the first 90 days while working full time and managing everyday responsibilities.

02 — **Home and daily life**

Residents earn greater housing independence as they advance through the program. Many homes are located on strategic partner farms.

03 — **Recovery support**

Weekly program meetings maintain the therapeutic community. Residents continue clinical appointments and case management while building connection to a 12-step community.



The next nine months turn new routines into daily practice.

Greater autonomy gives residents real-world practice while their support system remains in place.

Current program outcomes



Clinical outcomes

40

Enrolled in IOP reached an outcome.

28

Completed IOP

10

Currently Enrolled

70%

Completion rate

In-house IOP began in 2026. We continue strengthening long-term follow-up.

Workforce outcomes

150+

School of Horsemanship graduations since 2022

99%

Placed into full-time positions upon completion

Long-term outcomes

44

Legacy graduates

38

Maintained stable housing after graduation

How the components reinforce change

The therapeutic community remains the core method. Clinical care and workforce development extend what residents can address and practice.



THERAPEUTIC COMMUNITY

Daily behavior change through peer feedback, cause and effect, structure and earned trust

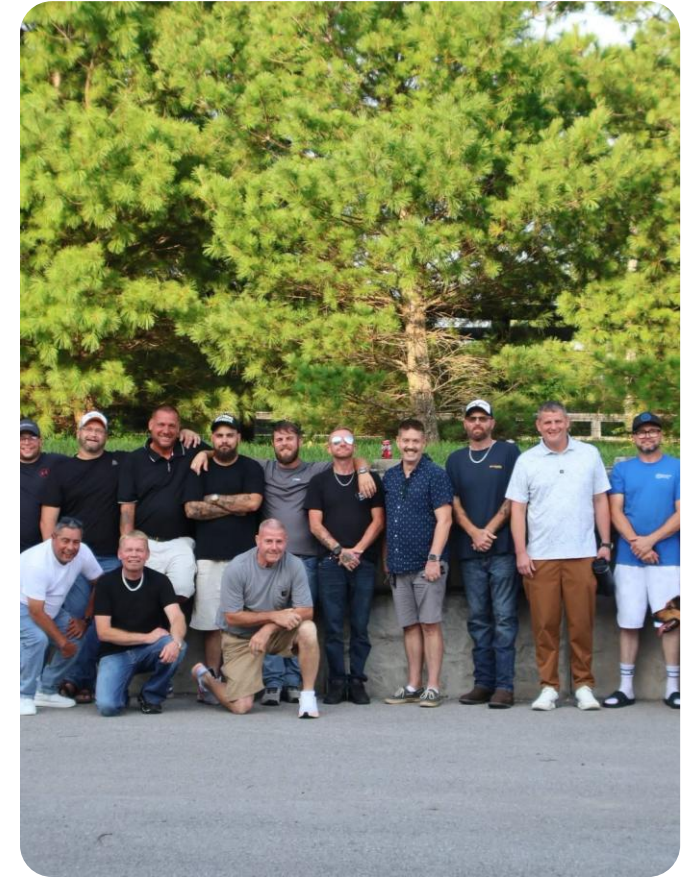
CLINICAL CARE

Treats substance use and underlying mental health needs. Case management connects residents with services beyond the peer community.

EQUINE WORKFORCE

Builds purpose, confidence and agency, while creating a career path. Paid training connects recovery with consistent work habits, accountability and financial stability

Residents bring clinical insight and work experience back into the community, where they practice new behavior every day.



One resident's experience

Equine knowledge became a way to lead, contribute and support the recovery of others

01 **Arrival**

Alcohol use had disrupted his life. He lost his job at a prestigious barn due to his drinking. He presented in delirium tremors and was immediately referred to emergency room. After completing detox, he was admitted to the program.

02 **Engagement**

He completed IOP, focused on recovery and shared his industry knowledge with peers.

03 **Leaders**

Reasonable accommodations helped him contribute as a peer mentor despite physical limitations and multiple surgical procedures.

04 **Today**

He works part time for Stable Recovery, and part time in the thoroughbred industry. He has become a beacon of hope to our residents and an ambassador for recovery within the industry.





“I've won some big races in my life, and accepted those trophies, but getting that banner for being a Stable Recovery legacy graduate and seeing it hung in the Preston House was the most amazing thing.”

Program fit and limitations



Best fit

Residents must engage in recovery, participate in clinical care and live within a structured peer community. They must remain open to equine work and clear expectations.

Barriers and limitations

Equine work can be physically demanding, and the industry will not fit every person. We assess each applicant individually and provide reasonable accommodations when feasible.

Safe housing, clinical care, accountable community and meaningful work support long-term recovery.

