

Hinds' Feet Farm - Huntersville & Asheville, NC

With its roots in the clubhouse model for mental health, the Hinds' Feet Farm Day Program is a unique, member-driven program that focuses on re-engaging our members in their mutual interests and meaningful pursuits post-injury in a warm, loving and supportive group environment. Essentially a health and wellness model, our members and staff plan and direct each month's activities, making sure that each month there are activities that focus on all aspects of health and wellness – mind, body and spirit.

Both our locations in Huntersville and Asheville Day Programs are open Mondays – Thursdays from 9:00am to 2:00pm year round.

In Huntersville, Hinds' Feet Farm entered into a contract with PBH, the LME (Local Management Entity) which manages all mental health programs and facilities in Cabarrus, Rowan, Davidson, Union and Stanly counties, enabling residents of those counties to attend our Huntersville program.

Well's Fargo recently awarded Hinds' Feet Farm a generous grant to enable us to provide scholarships for veterans who have sustained brain injuries while on active duty! Please contact our main office at (704) 992-1424 for more information on this exciting scholarship program.

How Much does it Cost to Attend?

For members who live within the Mecklenburg, PBH, Western Highlands Network or Smoky Mountain Center's catchment areas (counties) and qualify for services, our service may be reimbursed by the LME. For individuals who live outside those counties, Hinds' Feet Farm has a generous sliding scale fee to determine an individual's daily cost to attend.

For more information, or to download the current program schedules, please visit www.HindsFeetFarm.org, or contact our main office at (704) 992-1424.

Program Successes and Benefits!

Since the majority of our members have been living with their injuries for many years in some cases, we measure success and progress differently than traditional, medically-based programs. Not everything we see improve in our member's lives can be measured medically. Are our members happier? Are they healthier? Are they less awkward or uncomfortable in social environments? Do our members feel better about their lives and their futures once joining Hinds' Feet Farm?

We have experienced our members improving in areas both expected and unexpected.

- Improved stamina and ambulation: We have an active program with many physically based activities.
- Improved social behaviors: We do all of our activities as a group, and often peers are the best monitors of proper social behavior!
- Improved attitudes/happiness: Members feel better about themselves when surrounded by a peer group that understands what they are going through and when they feel they are engaged in meaningful activities.
- Improved speech, especially aphasia: While speech is not something we work on directly, it should not come as a surprise that a member's speech improves over time in a highly interactive and talkative group environment.

How can I get Involved? While each program, Huntersville and Asheville, operate the same type of program under the same guidelines and strategy, they are each unique in their own special ways due to the participation and interests of each group of members!

Each program offers several FREE orientation days for potential members and their families! It's important to us that everyone feel our program is a good fit for each member and where they are in their life post-injury. We find that individuals get the most out of our programs when they are actively engaged and want to participate! For more information, please contact our main office at (704) 992-1424 and we will direct your information to one of our Program Directors to schedule a visit!