

Growing Together at High Ridge Harmony Farm

Katherine and Maddie are both participants in the **Adults with Cognitive Disabilities Program** at High Ridge Harmony Farm. Katherine has been attending for about **two years** and has already shown incredible growth. Maddie is a newer participant, having joined the program just **two months ago** — but together, they've made remarkable progress.

From Challenges to Connection

At the beginning, both girls faced challenges with communication and emotional connection. Katherine tends to be quieter, while Maddie is more outspoken, which made it difficult for them to get on the same page.

However, with **time and patience**, they've learned to communicate and respond to each other's emotions. It's been amazing to watch them grow more confident — whether they're having a conversation, walking together after a session, or simply exchanging a smile. Their brief, early interactions have blossomed into a genuine friendship built on trust and mutual learning.

Teamwork with Olive

During a recent session, Katherine and Maddie worked together to groom our thoroughbred, **Olive**. Maddie handled the grooming tools while Katherine held the lead rope.

Together, they carefully read Olive's body language to determine if she was content, alert, or upset. Katherine would let Maddie know if Olive was pinning her ears, and Maddie would adjust her grooming accordingly. Their positive energy created a calm, relaxed atmosphere for both themselves and Olive.

When Maddie mentioned wanting to learn how to braid, Katherine called her over and showed her how to braid Olive's mane. It was incredible to watch them communicate, read each other's cues, and grow stronger as a team.

From Partners to Friends

Katherine and Maddie finished their session by working together to remove Olive's halter — a big step for Maddie, as it was her first time handling Olive in this way.

Their journey from hesitant partners to confident friends has been truly inspirational. We're so proud to see them building trust, confidence, and connection every day at High Ridge Harmony Farm.

Want to Learn More?

Discover how our programs support adults with cognitive disabilities, youth, veterans, and first responders. [Learn More](#)