



USING THE POWER AND VIRTUE OF THE HORSE TO HEAL THE HUMAN SOUL

The Horse Power Veteran Program provides healing to Veterans and their families free of charge.

Our mission is to cultivate a community of comradery, support, and healing that allows for reintegration upon returning from service and/or providing experiential therapeutic interventions for both crisis intervention and long term mental health care.



SPONSOR A VETERAN or OUTPOST EXPERIENCE

Building Community & Providing Healing through Horses

HOW SPONSORSHIP WORKS & SPONSORSHIPS

In order to operate the program, we look for veteran sponsors to help pay for the sessions we provide. Our model consists of a Licensed Mental Health Professional and Certified Equine Specialist and, of course, a horse partner/therapist.

- » Sponsor a vet for 52 Sessions **\$8,320**
- » Sponsor a vet for 26 Sessions - **\$4,420**
- » Sponsor a vet for 12 Sessions - **\$2,160**
- » Sponsor a vet for 4 Sessions - **\$740**

Sponsors can choose a variety of therapy plans and/or special events that we provide throughout the year.

Sponsor an Event

Sponsors can choose to host an event or make a donation to help fund an event.

Learn more at

www.chayahministries.org and
www.hpequinetherapy.com

Examples of Events:

- » Skeet Shoot
- » Cornhole Tournament
- » 2 Day Outpost Experience
- » Golf Tournament
- » Family Fun Day on the Farm

Sponsor an Outpost Experience

- » Outpost Experience
(for 6-8 Veterans) **\$2880**

Includes food, fun, equine therapy, therapeutic riding, and more.

PTSD A PATH TO HEALING

There has been considerable research done specific to equine therapy for Veterans with PTSD and TBI that prove that there is significant lasting benefits to improve the social, emotional, and/or cognitive functions for those who participate in Equine Assisted Psychotherapy and Therapeutic Riding

KNOW THE SIGNS

Veterans in crisis may show behaviors that indicate a risk of self-harm. Know the warning signs:

- » Appearing sad or depressed most of the time
- » Hopelessness
- » Anxiety
- » Agitation
- » Sleeplessness
- » Mood swings;
- » Feeling suicidal
- » Feeling excessive guilt
- » Feeling shame
- » Feeling a sense of failure

If you or a loved one have these symptoms, please reach out the the Veteran's Crisis Line:

1-800-273-8255

LASTING RESULTS FOR IMPROVED QUALITY OF LIFE

Confidence:

The learning and mastery of a new (horsemanship) skill—enhances patients' confidence in their ability to tackle life with a new exuberance and resilience.

Self-Efficacy:

Learning communication skills to achieve harmony with a large animal promotes renewed feelings of efficacy replacing feelings of helplessness.

Self-Awareness:

Riding helps participants to regulate their emotions and feel more grounded. This is especially important to help rebuild their ability to connect with themselves and others.

Decreasing Isolation:

For many individuals with PTSD or other emotional/behavioral issues, there is a long-term or recent history of feeling rejected by, and different from, other people. Horses provide connection, develop trust and release the “feel good” hormones.

Communication:

Horses, as herd animals, communicate through non-verbal cues. When interacting with a

horse, a person is also sending nonverbal cues that the horse picks up on and responds to.

Trust:

Learning to trust an animal, such as a horse, aides in the development of trust for those whose ability to trust has been violated by difficult life experiences such as combat related trauma, physical or sexual abuse, abandonment, neglect, or other traumatic event.

Perspective:

Through grooming activities and other types of care for a specific horse, veterans are able to restore empathy, which translates into their human relationships, which in training, they are taught to ignore.

Anxiety Reduction:

Many studies of human-horse interaction indicate that contact with horses significantly reduces anxiety and other symptoms of PTSD.

More:

Anger Management
Self-Acceptance
Social Skills
Assertiveness
Boundaries: