

# **WE CAN ALL BE HEROES IN OUR OWN LIVES**

## **WHAT IS HORSES HEALING HEARTS?**

Horses Healing Hearts is a not-for-profit organization dedicated to providing quality mental health services, personal growth and educational opportunities for children, utilizing horses. Horses Healing Hearts, or HHH, is committed to raising money to provide Equine Therapy for children who cannot otherwise afford it. HHH is also committed to providing rescue and rehabilitation opportunities for horses, by adopting and utilizing them in equine therapy sessions.

## **HOW DOES HORSES HEALING HEARTS BENEFIT CHILDREN?**

There are thousands of children within our community who do not have the needed resources (money or insurance) to pay for much needed therapy. These high-risk children, ages 6-18 are considered at risk for many reasons...some include low income, mental illness, behavior disorders, limited support system, single parent home, death of a parent or guardian, falling dramatically behind in school, substance abuse, eating disorders, self-injury, attention deficit disorders, history of physical, emotional or sexual abuse and many other childhood and adolescent challenges.

## **WHAT DOES HORSES HEALING HEARTS DO AT REINS OF CHANGE?**

Funding for HHH, a not-for-profit program, provides potentially life-altering positive experiences at Reins of Change. Scholarships are sometimes available through HHH for children and adolescents to participate in Equine Assisted Psychotherapy, a form of experiential therapy that utilizes the unique personalities and herd behaviors of horses. Equine Assisted Psychotherapy can be used for individual, group or family settings... to help the child or adolescent learn to handle difficult situations in a more positive way. There is never enough funding for all of the children who so desperately need and request these services! We welcome any donations to assist us with this challenge. Your tax-deductible donations or assistance with grants could potentially change a child's life forever!

Funding for HHH is sometimes used to provide, or offset costs for, therapeutic field trips for schools wishing to enrich the lives of children and adolescents with behavioral or emotional mental health needs. This is a great way to give the children a one-time experience that can help them to see their situations from a different perspective, the eyes of a horse! Donations determine the availability for field trip scholarships.

Residential treatment programs and group homes may also benefit from the services provided at Reins of Change. Many of these programs do not have the necessary funding to utilize this valuable and effective therapy tool. Scholarships are sometimes used to offset the costs to provide these programs at significantly reduced rates.

## **IS MY DONATION TAX-DEDUCTIBLE?**

Yes, Horses Healing Hearts is a not-for-profit program, a registered 501(c)3 organization. Donations to the Horses Healing Hearts Program at Reins of Change are used to provide opportunities for children and adolescents who cannot afford Equine Assisted Psychotherapy. You are also welcome to direct your donations to a particular service, population, sponsor a child, a group or even a horse!