

DEPARTMENT PRESIDENT SPECIAL PROJECT

The year our Department President has chose "**Freedom Ride**" as the Department President Special Project, working along side our State Commander Glenn Wright.

Freedom Ride has expanded its services to assist clients with mental health or well-being concerns.

These activities do not require riding or horsemanship, but rather offer the client a unique and experiential option for dealing with situations while promoting development and growth in an equine setting.

The program is structured around two basic categories, Equine Facilitated Learning (EFL) and Equine Facilitated Psychotherapy (EFP).

Clients work with credentialed mental health professional(s), an Equine Specialist, and selected horses in an individual or group program at the Freedom Ride facility.

ζ Promotes personal exploration of feelings and behaviors, leading up to a clinical interpretation of the explored feelings.

ζ Treatment goals and objectives are developed by the therapist in conjunction with the client which then becomes the focus of the session.

*"In riding a horse, we borrow freedom."
Helen Thomson*

EFL and EFP seek to help clients with a variety of needs which can include social skills, depression, anxiety, abuse, grief, life transitions, parenting difficulties, domestic violence, learning disabilities, behavioral problems, PTSD

WHY HORSES?

Like people, horses are herd-oriented (relationships) and have distinct roles within that herd. Horses are also prey animals and are distinctly aware of their surroundings. It is this characteristic that keeps them safe, helps them interact with other horses, and causes them to be excellent co-therapists. Most of the human interaction is non-verbal. Horses read this 93% of human behavior with impeccable accuracy. Most importantly, horses live in a behavior-based society.

HOW IT WORKS.

For each human being that is suffering from a loss or traumatic experience – the horses will take a fresh approach to what is needed most or lease by that person and their situation. The horses also help to keep us focused on the individuality of the healing process. While there is time for clients to reflect on what they learn, equine therapy is not a "talk therapy." Instead, the primary feedback is provided by the horse.

Department Awards

- ◆ Belmont: \$1.00 - \$499.00
- ◆ Preakness Stakes: \$500.00 - \$999.00
- ◆ Kentucky Derby: \$1000.00 – \$1599.00
- ◆ **TRIPLE CROWN: \$1600.00 Plus**

*Deadline for all Donations to get recognized at
June Convention will be May 15th*

*Pauline Riddle
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