



# Donor Facts

Established in September of 2016, Jester Park Equestrian Center (JPEC) partnered directly with the United States Department of Veterans Affairs (V.A.) with the initiative to implement equine-assisted psychotherapy programs that support our veterans. From this initiative, Horses Helping Heroes (H3) was developed.

## Horses Helping Heroes Equine Psychotherapy Program

Horses Helping Heroes serves veterans who are seeking support at the V.A. Domiciliary. H3 is a 4-week course as a part of the V.A.'s established Mental Health Residential Rehabilitation and Treatment Programs. Each week the veterans come to Jester Park Equestrian Center for three hours and participate in psychotherapy emphasizing building relationships, effective communication skills, and problem solving. We have seen great success in the programming and the V.A. has reported seeing less medication use, lowered anxiety, and a decrease of depression. H3 encourages participants to connect, empathize, and communicate with others. The bond they create with their horse and fellow participants is irreplaceable.

## Quick Stats

- As of April 2020, H3 has directly served 300+ veterans.
- The cost to send a single veteran through the 4-week Program is \$150.00.
- H3 serves up to 10 veterans per outpatient and in-patient programs. This capacity is established due to the V.A.'s policy of 10 veterans to every one recreational therapist.

## Future of Horses Helping Heroes

Additional opportunities for veterans, and their families, to get involved in equine-assisted psychotherapies is in high demand. With your financial support, hope to continue development of Horses Helping Heroes.

- Monthly funding requirements for an additional session of programming for outpatient veterans is \$1,500/month.
- To match our established H3 schedule of 10 sessions annually, the annual funding for a 2<sup>nd</sup> program is \$15,000/year.
- Provide a weekend outing or retreat-style programs that are targeted towards veterans, veteran families, and care providers.