

# FOCUSING ON ABILITIES SINCE 1975

## Introduction

Throughout America's history, our freedom has been bought and paid for by our brave men and women in the military. These service men, women, and their families have sacrificed so that we could enjoy the freedoms we all cherish. "TH Horses for Heroes" is designed to honor our service personnel's and veteran's commitments and sacrifices by "giving back," providing them with therapeutic services they have earned.

### Program Overview

"TH Horses for Heroes" is aligned with a nationwide program that was created in 2007 by the North American Riding for the Handicapped Association (NARHA) and the Veterans Administration (VA) to assist America's wounded service personnel and veterans. There are currently 31 programs in the United States. This will be the first program of its kind offered in the St. Louis area.

Program participants include wounded service personnel and veterans with challenges such as: head and spinal cord injuries, amputation, auditory and visual impairments, and Post Traumatic Stress Disorder.

### "Why Therapy With Horses?"

The benefits of therapeutic riding are well documented. Because the horse's gait is similar to the human walk, riding strengthens and supports the natural motion of the spine and pelvis. This repetitive motion helps balance, coordination, overall strength, and muscle tone as it gently mobilizes the joints. In addition, riding and interacting with the horse have been shown to foster self-confidence and enhance personal motivation. The freedom and independence riders experience astride a horse act as a catalyst for accomplishments and success in other areas of the riders' lives as well.

### About TH

Therapeutic Horsemanship (TH) is one of the nation's oldest and most respected therapeutic riding programs. Founded in 1975, TH provides award-winning equestrian therapy programs. Therapeutic Horsemanship is a 501(c)(3) not-for-profit organization and is nationally accredited by the North American Riding for the Handicapped Association (NARHA).

### Facts

- 1 horse can provide the same intervention as 35 pieces of therapy equipment.
- In addition to the "Horses For Heroes" Program, TH is providing therapy for individuals with but not limited to:
  - Autism • Cerebral Palsy • Down Syndrome • Spina Bifida
  - Multiple Sclerosis • ADHD • Depression • And more...



332 Stable Lane  
Wentzville, MO 63385

phone: 636-332-4940  
fax: 636-332-4941

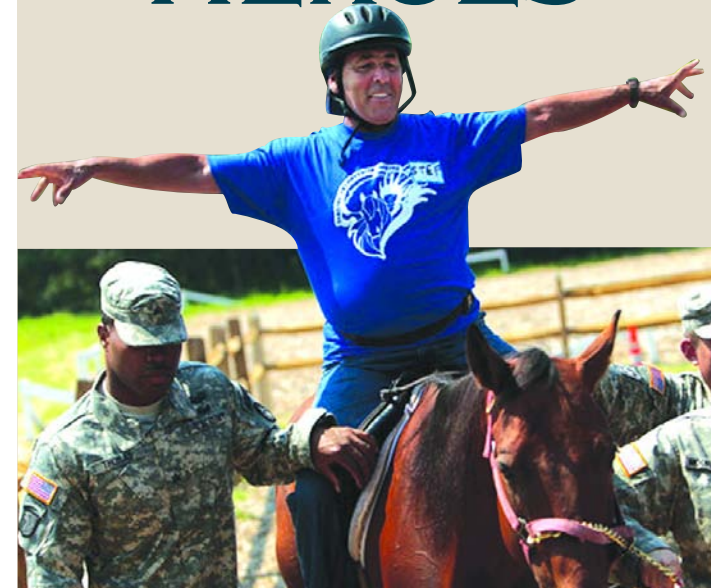
[www.thstl.org](http://www.thstl.org)



THERAPEUTIC  
HORSEMANSHIP

SERVING THE GREATER ST. LOUIS METROPOLITAN AREA

# TH HORSES FOR HEROES



"Horses lend us  
the wings we lack."

### Our Mission:

To assist America's wounded service personnel and veterans enhance/reestablish their lives by providing equine-assisted therapy programs for them and their family members.



# TH HORSES FOR HEROES



## Programs

“TH Horses for Heroes” provides an array of service offerings to align with the needs and desires of our riders and their families.

### *Hippotherapy*

(Literally "horse therapy" or "treatment with the help of the horse") Hippotherapy is an equine-assisted therapeutic approach to assist individuals in developing physical skills (increase balance and muscle control on and off the horse) and elevating self esteem through personal accomplishment. These sessions are conducted on an individual basis.

### *Bonding with Horses*

Bonding with horses is an equine-facilitated psychotherapy offering that provides an interactive approach for riders to address behavioral and emotional issues they may be facing. This offering is provided on an individual basis.

### *Sports Riding*

Sports riding focuses on developing horseback riding knowledge and skills. An assessment will be used to determine current skills, knowledge, and experience to establish an initial skill development plan. While the focus is on riding skills, therapeutic goals, where beneficial, are integrated into the activities. Sports Riding is conducted in small groups or as a private lesson.

### *Riders*

Riders can be either active service personnel or veterans with a disability such as head or spinal cord injuries, amputation of both upper and lower limbs, auditory and visual impairment, Post Traumatic Stress Disorder, and injuries or medical conditions not due to acts of war.

### *Gaitway Riding Program Lessons*

The Gaitway Riding Program provides a unique opportunity for family members to engage in riding lessons on their own or with other family members. Learning new skills, sharing experiences, and celebrating accomplishments will foster stronger relationships and create life-long memories. Potential activities include: horse safety, carriage driving, horse care, how to saddle your horse, and riding Western or English style. These lessons are offered on both an individual and small group basis.

### *Volunteers*

Volunteers are a critical element in the successful implementation of this program. "TH Horses For Heroes" is built on the very successful model of "soldiers helping soldiers." It leverages the camaraderie between service men and women to provide a healing environment for our riders. We need the support of active or veteran service members to assist with lessons.

Volunteers are the direct link between the instructor's or therapist's guidance to the rider and the achievement of personal therapy goals with the aid of the horse. TH will provide all volunteers the appropriate training; it is not necessary for our volunteers to have previous horse experience.

### *Donors*

Support from individuals, corporations, and foundations is needed to underwrite this program. If you are unable to volunteer but want to give back for the freedoms we enjoy, then contribute to this effort by hosting an event and donating the proceeds or by making a contribution to subsidize a rider.

