



# SADDLES FOR SOLDIERS



## Our Program

Overall Goal: To reduce the suicide rate in US Veterans

Short Term goal: to provide a safe place for reintegration, healing, and learning

**Program Parameters:** Saddles for Soldiers was created at SHRC to give veterans help to heal from trauma through Equine Assisted Activities and Therapies (EAAT). Because of the often co-current maladies of this population, primarily substance abuse, post-traumatic stress disorder and/or traumatic brain injury, SFS believes that treatment needs to be multi-faceted including CBT (utilizing Seeking Safety manual), providing ongoing 12-step meetings for substance abuse, and offering experiential therapy with emphasis on EAAT.

### **Program Elements & Restrictions:**

- Small Session size (2-10 participants)
- Meetings every other week on Wednesday from 10-12. Will expand to other days as needed.
- An open AA meeting at 9am Wednesdays for those who would like to attend
- No charge to participating US veterans
- Veterans from all branches of military service, combat or non-combat, from any time period.
- Handicap accessible facility to accommodate physically disabled veterans
- Weight limitation: approx. 200lbs to ride. No limitations for ground work.
- Professional instructors and mental health practitioners

### **Benefits to Participants:**

- **Mind:** we provide comprehensive mental care for societal reintegration, communication, sobriety, and life-skills.
- **Body:** we offer riding, physical therapy, and traditional workouts in an outdoor setting, which incorporates team building, mentoring, and learning new skills for empowerment and self-efficacy. Our facility is designed to be accessible for people with disabilities.
- **Economic Empowerment:** we have staff working in higher education able to facilitate a unique learning experience through creative activities, including literacy and building business skills.
- **Engagement:** we have a referral system in place with advisories in the military, both active duty and veterans who are offering their services for mentoring, connections, and opportunities for growth and wellbeing through Saddles for Soldiers.