



HIGHHOPES

Horses and Humans Improving Lives

VETERANS' PROGRAMS



photography courtesy of Michael Fanelli

Veterans programs at High Hopes promote a sense of community - with other veterans, with staff and volunteers, and of course with our herd of horses. Horses, like the military, recognize that the safety of each one depends on the herd as a whole. By engaging with the horses, one another, and volunteers, veterans will find a "herd" in which they can thrive.

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Due to the generosity of our partners and donors
this program is offered at no charge to Veterans
and active service personnel.

Supported by:

[Thompson Family Foundation](#)

[Bingham Family Trust](#)

[High Hopes Donors' Scholarship Fund](#)



Who is The Equus Effect at High Hopes Program for?

This program is for you - whoever you are

This five-week program is based on extensive research into the horse-human bond. Through this program we help Veterans regain trust, respect and the willingness to collaborate with those they live and work with.

Horses reveal their thoughts and feelings with their body language and behavior. They do not ask, demand, or expect anything from us. They want to feel safe, comfortable, and get along with others in their "herd."

Being with horses is known to have a calming effect and to boost self-esteem. High Hopes' very special herd of horses are specifically chosen for their good nature, patience and willingness to interact with people of all ages.

- No Fee - thanks to our donors.
- 5-weeks | 3hrs per week.
- No riding - this is an unmounted program based in the principals of natural horsemanship.
- Lunch provided weeks 1 and 5.
- Accessible to those with special needs or abilities.
- No experience with horses needed.
- Facilitated by trained instructors

"I learned things about myself and my wife that I hadn't even thought of ..."

"There's something about the space those horses created that allowed me to understand things in a way I never did ..."

"When we left we were able to talk about so much stuff without getting upset ..." a US Army Veteran



Watch Mark's Story online
<https://www.highhopestr.org/marksstory>

How could the Equus Effect at High Hopes help me?

A peer-to-peer program which meets you wherever you are on your journey back to life at home, work and school.

Our facilitators, horses and a maximum of eight Veterans work as a team to rebuild healthy relationships with their families & communities.

No preparation needed! This unmounted program is designed to address the issues and concerns facing you when you arrive at the farm.

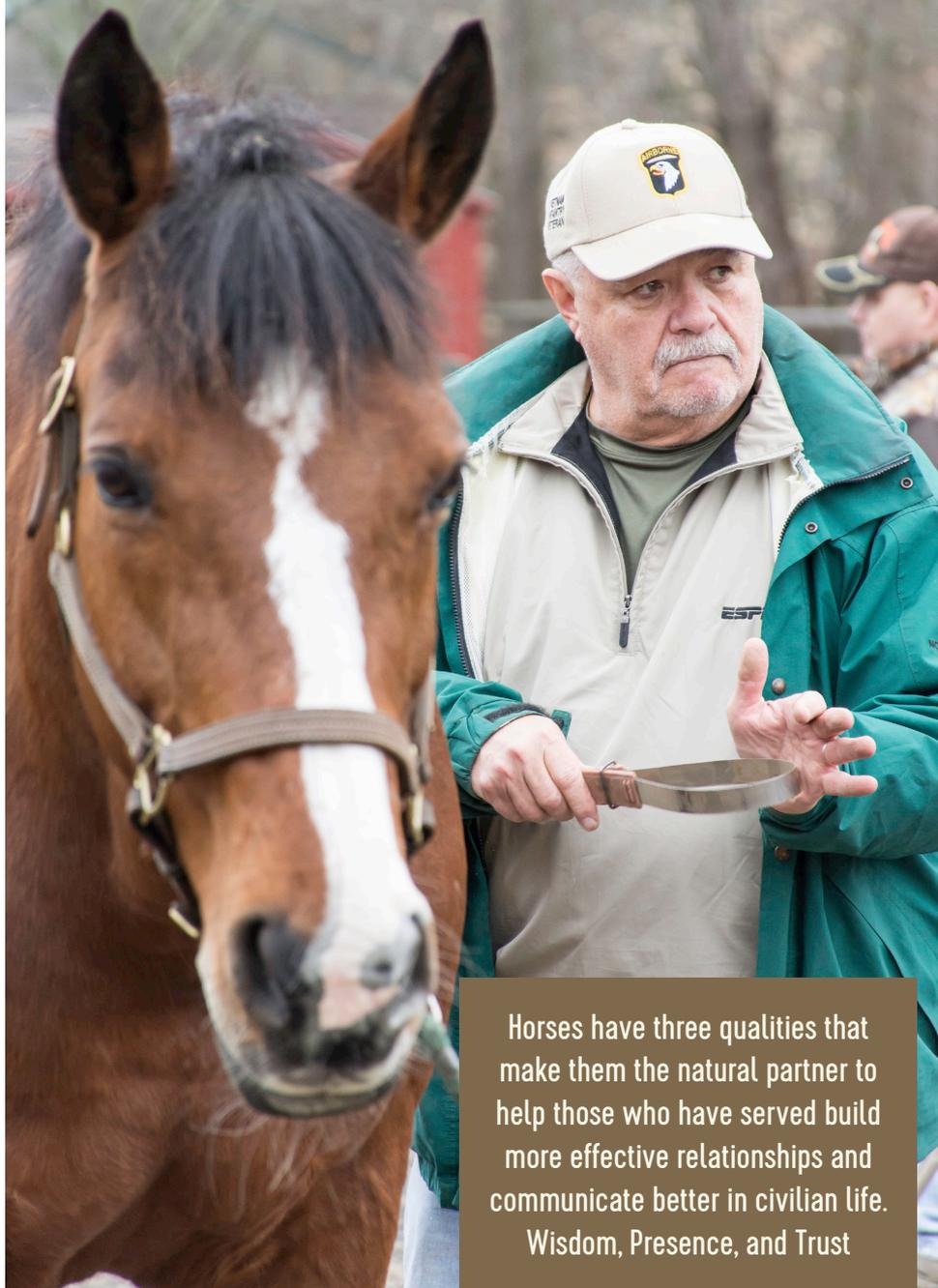
Through the principals of natural horsemanship, we and our equine partners demonstrate the power of using finesse vs. force and cooperation vs. control.

- Sleep better
- Think more clearly
- Increase self-awareness
- Communicate more effectively
- Set healthy boundaries
- Find a sense of peace
- Improve family relationships
- Build emotional resilience

Our professional staff has received extensive training on safety and the most effective teaching methods to reach all individuals.



The Natural Intervention



Horses have three qualities that make them the natural partner to help those who have served build more effective relationships and communicate better in civilian life.
Wisdom, Presence, and Trust

Learn the Wisdom of the Prey



Their existence for 55 million years has depended on the horse's ability to sense the heart rate, muscle tension and breathing of others from 30 feet away, and it has served them pretty well.

Because horses have a very small frontal lobe, they spend very little time worrying about the past or projecting into the future. Learning how they behave helps us develop a sense of calm, enhanced self-awareness, and teaches us coping skills.

There are No Hidden Agendas



How a horse feels is how a horse acts. Horses don't talk, so they can't lie about their feelings. They let us know exactly how they feel about the way we are interacting with them. However, they do so without judgment, malice or repercussion. A horse is a big, organic, biofeedback machine! Horses don't care where you live, or where you come from, they care about how you are with them right now.

They teach presence, honesty, and cooperation.

Building Transparent Trust



Horses are very clear about trust. Their nature as prey animals is to question the intentions of everything around them. They're wired to find the 'wolf in sheep's clothing' that we, as both predators and prey, try so hard to conceal. By identifying and responding to emotions, we learn to be more congruent. There is nothing more heartwarming or empowering than to gain the trust of an animal who's both very selective, and totally honest about whom they choose to follow ... especially when they have a choice.



Volunteering at High Hopes

Volunteering is a great way to connect with a vibrant community and our amazing herd of therapy horses. Volunteers support all aspects of High Hopes including horse care, assisting participants, and event planning.

Our volunteers demonstrate a commitment to education, teamwork, serving the community, leadership, and innovation. It is for these reasons that we have found that Veterans make great Volunteers!

Our staff and volunteers work together, forming a vital team that is essential to our participants' success. Individual reasons for volunteering may differ, but there is one thing that everyone has in common - the feeling that they are receiving back more than they give.

Our volunteer needs are many so whether your experience with horses is life-long or minimal, your willingness to give of yourself and your time is what we need.

P.O.C. Marie Manero 860.434.1974 x118 or highhopestr.org/prospective-volunteers/

"There is something about the outside of the horse,
that is good for the inside of a man."

Winston Churchill

HAVE YOU THOUGHT ABOUT VOLUNTEERING?
in our experience, veterans make fantastic volunteers