

OUR PROGRAM

Founded in 2006, Reins of H.O.P.E.'s mission is to provide a safe positive and professional therapeutic equine experience to at-risk youth, active duty military, veterans, reservists and their families. Our goal is to improve mental health and coping skills and building resiliency in individuals, families, and in the communities in which they live and work.



REINS of H.O.P.E. Humans and Horses Healing Together



(805) 633-9199
www.ReinsOfHopeVC.org

TWO SIGNATURE PROGRAMS

Fostering Hope Youth Services and H.O.P.E. for Warriors, offer Equine-Assisted Psychotherapy (EAP) at no cost, in confidential group and individual clinical sessions at our serene and secluded Ojai ranch, and at partnering ranch facilities in Santa Barbara, Santa Ynez and Malibu. Our services are offered Monday through Saturday from sunup to sundown.



WHAT IS EAP?

EAP is an alternative, evidence-based and solutions-based therapeutic modality found to assist participants in ways unique and often superior to the more passive counseling formats that many clients are resistant to. We have found it particularly effective in treating the effects of trauma and issues of transition, grief, anger and trust. EAP uses the unique qualities and sensitivities of the horse and engages clients experientially and somatically in a safe, peaceful, secluded and outdoor setting. Because horses are prey and herd animals, they are highly-attuned to subliminal energy and hyper-alert to their environment, similar to those suffering from PTSD. Within sessions, our horses mirror clients' fears, frustrations, stress and relationship problems. With the aid of the therapeutic team of horses, therapist and equine specialist, clients learn to understand their own internal processes more readily than with hours of talk.

All staff members are trained and certified by EAAGALA(Equine Assisted Growth and Learning Association) and is recognized as an EAAGALA Military Provider and EAAGALA Distinguished Member.

SERVICES: All Sessions are

conducted by a Licensed Mental Health Professional, Certified Equine Specialist and two or more horses.

Our Programs reinforce and develop:

- Trust
- Boundaries
- Respect
- Communication
- Assertiveness
- Problem Solving
- Responsibility
- Healthy Coping
- Confidence
- Relationship Skills

EAP addresses a variety of mental health and human development issues including: Behavioral Issues, Depression, Anxiety, Substance Abuse, PTSD, Sexual Trauma, Suicidal Issues, Bullying, and Team Building.

To learn more or to schedule a session:

(805) 633-9199

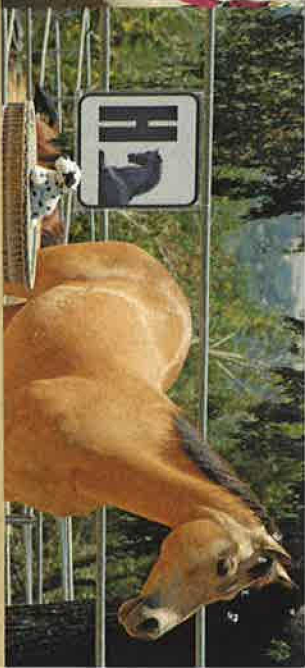
reinsoft.o.p.e.ojai@gmail.com

www.reinsoftopevc.org



WHY HORSES?

Horses live in the present moment as prey animals that recover quickly from threatening situations, and they do not judge. Through specifically designed activities the horses are catalysts to insights and metaphors revealing patterns of thoughts and behaviors. With these characteristics of the horse along with traditional talk therapy the answer was found to solve a community's mental health issues. Through Equine Assisted Therapy we empower clients and provide an opportunity to practice new ways of being in the arena that can be transferred to their daily lives.



Reins of H.O.P.E.
Humans and Horses Healing Together



Improving mental health for
individuals by empowering and
building resilience through Equine
Assisted Psychotherapy



Want to know how you can support Reins of H.O.P.E.'s mission and visi

- Volunteer
- Become a Barn Angel
- Choose ROH as your charity at www.smile.amazon.com while shopping
- Join ROH FlipGive Team at www.flipgive.com
- Share what we do with family and friends
- Donate to support our mission
- * 30.00 - Feeds a horse for a week
- * 50.00 - Provides supplements for the herd for a month
- * 90.00 - Pays for a mental health professional for an hour session
- * 450.00 - Provides hoof care for all 6 therapy horses per month
- * 500.00 - Pays for a 2-hour group session for up to 20 homeless veterans
- * 900.00 - Allows 10 foster youth a 3-hour camp with equine and art thera

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ROH is a local 501(c)(3) that offers Equine Assisted Psychotherapy at no to the underserved populations within the community.