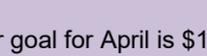


SPRING HAS SPRUNG



WSU Students share their love at SCR

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Donate securely through our website with any debit/credit card

Our goal for April is \$1800

COMING UP

Will we get our indoor arena this spring?



Koenig has set up his Lucy/Charlie Brown 5¢ psychiatrist stand. But we're going to see if we can do better! **Grants are written, engineering plans and permits secured, fingers crossed!**

SCR must raise \$102,000 of additional funds through grants this year to build our indoor workspace and fence that area in – which means **we are depending on public donations and fundraisers to cover much of our normal overhead costs.**

Having a fully functional facility that is income producing will mean that we are less reliant on grants and donations in the future!

"Leading With Horses" is a truly innovative platform for mental health professionals to utilize while engaging with clients in family and youth counseling. Our Equine Facilitated Psychotherapy is a *non-riding* program, in an alternative environment to talk therapy that fosters social, emotional, and behavioral growth.

In order to maximize our impact on the Spokane community, our platform is open to all licensed mental health professionals, including counselors at school districts and universities. This is a therapy that the health industry is excited about, but could not otherwise offer.

It is our belief that creative learning environments will put kids and young adults on the path to becoming tomorrow's forward thinkers, innovators, and leaders.



Sorry, we don't take walk-ins. You will have to schedule with my assistant.

LEADING WITH HORSES

This photo sums up why animal assisted therapies work. It is an alternative environment to conventional talk therapy.



Animals naturally reach a deep emotional state in humans. They are completely non-judgmental, provide instant acceptance, instant loyalty, and put you in an authoritative position.

You might be surprised to know that there are many similarities between the horse's herd dynamics and a human's family and social structure. Enough that in observing and understanding horse behavior and body language helps people learn how others feel and how certain behaviors impact others. Yet, it's different enough that it's safe for people to feel they are being judged, nor are they judging and criticizing the horse. It's a safe place.

Through collaborative efforts of trained equine handlers at SCR and licensed therapists in the Spokane community, we bring a fresh approach to addressing a multitude of issues effecting families and youth such as depression, trauma, PTSD, anti-bullying and suicide prevention. The goal of the program is to provide therapy to, and encourage emotional growth within, the entire family rather than just treating an individual.

As a result of prolonged drug use and isolation, many people with addictions and mental health issues are emotionally underdeveloped. They may have difficulty relating or getting close to other people, yet manage to establish close bonds with horses and other animals.

It is a well-known fact that domestic animals such as dogs, cats, birds, and horses, reduce stress, anxiety, and depression, ease loneliness, encourage exercise and playfulness. A simple act of petting an animal with "good intent" relaxes the animal and releases feel-good endorphins in you, reducing your heart rate and blood pressure.

According to a 1997 study at the University of Michigan School of Nursing, observing animals in nature can teach valuable characteristics like patience, and help restore mental energy. Taking care of an animal can also teach responsibility and stimulate feelings of trust, openness, and companionship.

For more information about our program, visit our website; www.secondchanceranch.org

Donate



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THANK YOU For your support of the Second Chance Ranch Team and Herd.

Every dollar donated and every word you pass on is what makes all of this possible.

Second Chance Ranch is a 501c3 nonprofit Corporation
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