



Healing Hoof Steps

❖ Mental ❖ Emotional ❖ Behavioral Health Services



Healing Hoof Steps
3922 Jace Drive Crestview, Florida 32539
www.HealingHoofSteps.org
850-764-1005
Narissa@HealingHoofSteps.org

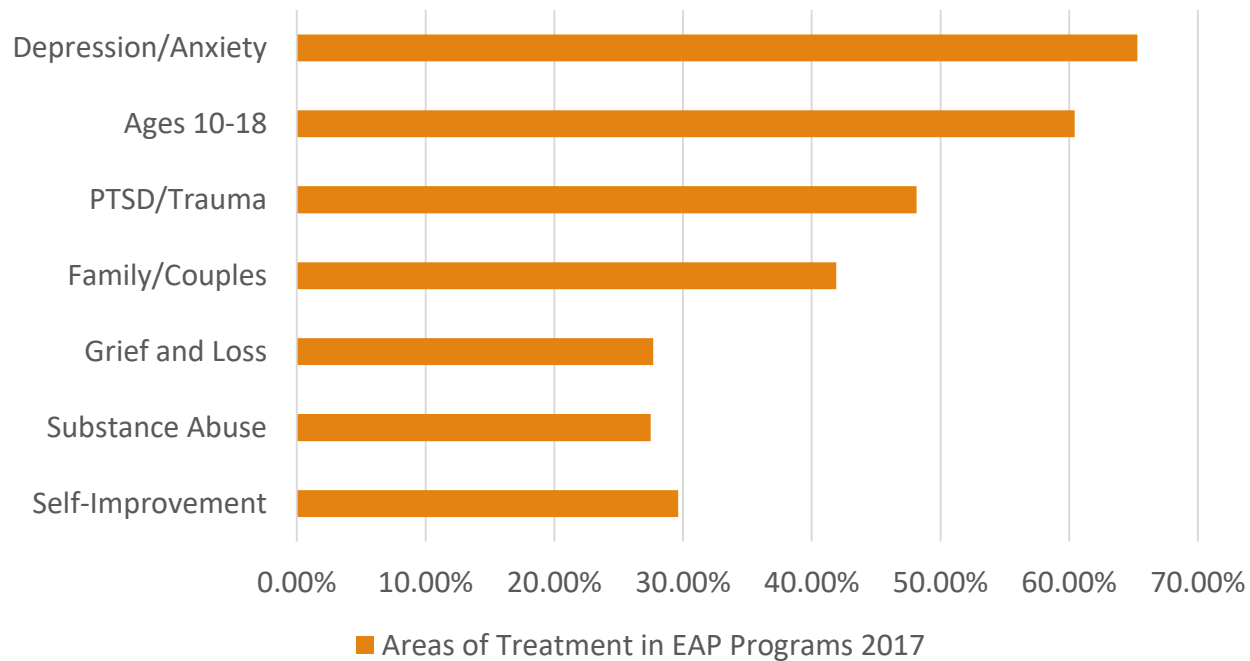


THE GLOBAL STANDARD FOR
SERVING THOSE WHO SERVE

Who benefits from Equine Assisted Therapy?

Areas of Treatment Performed in EAP Programs

2017



2017 EAGALA Impact Study
Results

Respondents: 506 US Programs & 135 International Programs

Total Clients Served: 49,174



Why Northwest Florida?

Florida ranks **49th** out of **50** States for mental Health Funding

The Florida average of **Adults who experience major depressive disorder: 17%. In Okaloosa County it's 20%.** That's nearly 40,000 residents based on the most recent census

On-going research programs continue to show positive results for P.T.S.D. victims and their families

Active duty military operations: Pensacola Naval Air Station, Hurlburt Field, Duke Field, Eglin AFB, Tyndall AFB

One of the largest **concentrated veterans** populations in the United States; **over 106,000**

Services Offered At Healing Hoof Steps



MANE POWER EVENTS
Corporate Team
Building Workshops



Veterans
Services



T.R.A.C.S. Program for
At-Risk youth



Personal Enrichment
Courses Fall 2018 Catalog



Couples
Workshops



Individuals Dealing with
Depression, Anxiety, PTSD



Women & Family
Services



First Responder
Services



On-Site Sessions at the
Okaloosa Regional
Detention Center



How it works.

Equine Assisted Psychotherapy/Learning



The EAGALA Method

Tandem Approach Responsibilities



The Global Standard for Equine Assisted
Psychotherapy & Personal Development™



Mental Health Provider

Client Emotional Safety

Client Session
Assessments

Client Confidentiality

EAGALA Certified Equine Specialist

Client Physical Safety

Provide MHP with Equine
Behavior observations to obtain
more in-depth assessments
from client

Client Confidentiality

Equine Assisted Psychotherapy/Learning

Tri-team approach

Horse as partner for emotional growth

Experiential ground activities

Not horsemanship or riding

Solution focused or short term approach

Works with metaphors

Process feelings, behaviors and patterns



Experiential Therapy- What Is It?

- ❖ Experiential Therapy is Therapy
- ❖ This isn't a form of play, and it's not a hobby
- ❖ The brain is a powerful recording instrument, but sometimes it suppresses memories
- ❖ The body will store those sensations, triggering memories that are stored in the subconscious
- ❖ There is little talking, but more experiencing, allowing us to work in both realms



Equine Assisted Therapies: In the arena with Veterans

Invisible Wounds:

- PTSD, TBI, Chronic Pain, MST

Treatment of Trauma

- PTSD
- Complex Trauma
- Moral Injury

Help build Resilience

Not talk therapy

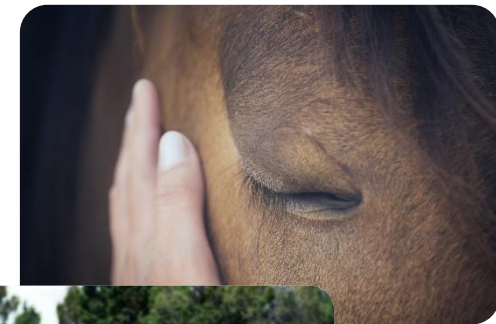
Additional options available for Treatment





Reasons we use the Horse

- Naturally intimidating to many, horses are large and powerful
- This creates an opportunity for some to overcome fear and develop confidence
- Working alongside a horse, in spite of those fears, creates confidence and provides wonderful insight when dealing with other intimidating and challenging situations in life
- Read and react to non verbal communication
- Confront behavior and attitudes
- Act as a metaphor for relationships
- To give the client honest feedback
- A place for the client to easily project





Benefits of Equine Therapy

- ✓ Confidence
- ✓ Self efficacy
- ✓ Communication
- ✓ Impulse modulation
- ✓ Social skills
- ✓ Assertiveness
- ✓ Anxiety reduction
- ✓ Boundaries
- ✓ Creative freedom





Upcoming Program Development



U.S. Department
of Veterans Affairs



Programs for
Individuals and Groups



2019 Certified
Community Partner



Hurlburt Field
Base Chaplains



Invisible Wounds Center at
Eglin AFB

The organizations above have met with Healing Hoof Steps and shown tremendous interest in our program. We are in the process of scheduling demonstration events OR they have already participated in a demonstration event at Healing Hoof Steps in 2018.

Fundraising Efforts

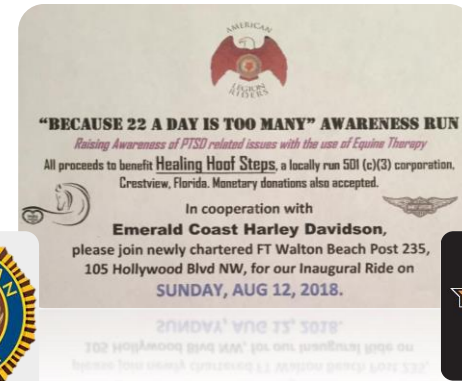


Support Wall Fundraiser

- 3 Levels of Sponsorship
- Full Color Metal Plate
- Business Logo & Dedication Space



- ✓ Crawfish For A Cause
- ✓ Various Events



American Legion Riders Post #235
Charity Annual Poker Run Fall 2019



Coming May 4, 2019!

Food. Entertainment. 145th Run For The Roses. Silent Auction. Derby King & Queen will be crowned!



Equine Related Jewelry for Donations
At Various Festivals and Events across
Okaloosa County

Goals For Fundraisers



Clear Span 60'x80' Covered Arena For Sessions

- Allows sessions to continue during inclement weather
- Allows for additional sessions to occur at one time
- Allows larger groups to be served
- Allow HHS to Host Certification trainings
- Minimizes risk for clients with sunlight sensitivity due to medications
- Minimizes risks for clients with temperature regulation issues
- Allows space for fundraising events for HHS and other local non-profits



From Wise Equipment in Crestview

Kubota MX5800HST 4WD Tractor & Attachments for Maintaining Covered Arena and Surrounding Pastures

- Front-end loader for heavy lifting
- Bale Spear for moving hay bales
- Mower for pasture maintenance
- Arena Drag for maintaining arena footing/floor

Wish List Donation Items/Assistance



- Land clearing services
- Lumber for construction of covered hay mangers
- Stones or brick pavers for Meditation Labyrinth construction
- Fundraising event locations
- Plastic barrels
- Video creation services/drone footage
- Opportunities to present to more groups and local entities such as the school board, law enforcement, EMS, City Councils, etc
- Share, share , share with your friends, family and co-workers about our programs



Phase #3

- Current house becomes therapist offices
- New residential home built



Phase #1

Phase #2B

- Additional Barn/Offices
- More Pasture

Phase #2A

- Covered Arena
- More Pasture

Healing Hoof Steps
3922 Jace Drive Crestview, Florida 32539
www.HealingHoofSteps.org
850-764-1005
Narissa@HealingHoofSteps.org



Thank you.

