



## WHY A HORSE?

Working with and riding horses can help:

- Build confidence
- Improve coping skills
- Decrease isolation
- Teach assertiveness
- Build trust
- Increase self-control
- Improve social skills
- Gain strength & stamina

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## HORSES FOR HEROES

Equine facilitated therapeutic horsemanship program designed for all Veterans of any era.

“Autumn Trails Stable is a non-profit 501(c)3 organization that strives to help individuals in Springfield, Ohio & surrounding areas reach their full potential - physically, socially, cognitively & emotionally - through the use of Equine Assisted Activities & Therapies (EAAT) as well as promoting increased confidence & communication skills in those we serve.”

## YOUR SUPPORT MAKES IT HAPPEN

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We offer this program at no cost to our Veterans. We rely 100% on the generosity of the community to make this opportunity possible.

### Sponsor a Veteran Today!

- \$70 to support a Veteran for a 2 hour introductory class
- \$420 to support a Veteran for their first session of 6 weeks
- \$1,800 to support a Veteran for an entire year

100% of your donation\* will go directly to supporting Veterans.

\*Autumn Trails Stable is a 501(c)3 nonprofit organization. All contributions are tax exempt.

## VOLUNTEER

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- Are you active duty or a Veteran?
- Do you have 2 hours a week?

In addition to monetary support, we also need individuals who are able to volunteer their time to help the Veteran participants. These individuals need to be able to make a 2-3 hour weekly commitment for the 6 week session. If interested, please contact us at [info@autumntrailsstable.com](mailto:info@autumntrailsstable.com)

## WHAT DOES THE PROGRAM FOCUS ON?

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Our vision is to help Veterans heal and grow by restoring the wisdom of their mind, body and spirit through their interactions with horses, each other, and the natural world.

We work with a wide range of disabilities, such as:

- Post Traumatic Stress (PTSD)
- Military Sexual Trauma (MST)
- Traumatic Brain Injury (TBI)
- Spinal chord injury
- Depression
- Anxiety
- Amputees



Autumn Trails Stable does not treat or diagnosis participants. We utilize the power of the horse to facilitate learning and healing.

## DOES IT REALLY WORK?

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Several recent studies have evaluated the benefits of Equine Assisted Therapies (EAT) for Veterans:

A study in the published in the Canadian Military Journal found 87% of Veterans participating in EAT report very positive perceived benefit in relieving symptoms of PTSD and 100% report very positive perceived benefit of acquisition of coping skills.\*

A study published in the Journal of Rehabilitation Nursing done in conjunction with the Department of Veterans Affairs found riding improved balance, muscle strength, and self-esteem for the spinal chord injured.#

According to the Journal of the American Medical Association, EAT has been shown to be effective in treating patients, including combat Veterans, with PTSD, depression, dissociative disorders, and other chronic mental illnesses.

\*Duncan, C. R., Critchley, S., Marland, J. *Can Praxis: A Model of Equine Assisted Learning for PTSD*. Canadian Military Journal. Vol 14. No. 2. 2014.  
#Asselin, G., Penning, J. H., Ramanujam, S., Neri, S., Ward, C. *Therapeutic Horse Back Riding of a Spinal Cord Injured Veteran*. Rehabilitation Nursing. Vol. 37. Issue 6. 2012.