



VIEWS FROM THE STABLE #1

Opinions & Ideas from **Triple H Equitherapy** on Horses and People

A Special Memorial Day Message...

On May 29th, many of us will enjoy the Memorial Day holiday in the company of families and friends as we honor loved ones who sacrificed their lives while preserving our freedom. It's also a day to remember all the courageous men and women who have served in the military, defending our country when they were called to war and keeping us strong in peacetime.

Because May is also national Mental Health Awareness Month, Memorial Day—as every day—is a good day to think about the more than 23 million American Veterans who have returned from war, often to face their most difficult battles. For many Veterans, a horrendous after-effect of war is PTSD.

HORSE POWER HEALS

Mental Health Awareness Month offers an opportunity to educate organizations and individuals about treatment options and to make sure that people know recovery is possible.

One exciting treatment option is Equine Facilitated Psychotherapy (EFP). Triple H Equitherapy Center's mental health program for Veterans and their families offers EFP. The healing power of trained therapy horses makes a huge difference in the lives of Veterans with PTSD and other mental health issues such as depression and traumatic brain injuries (TBI). Veterans from all eras have participated in this program with positive outcomes.

EFP is a unique treatment for Veterans with mental health issues that is not widely available in the Triple H service area, which includes Bexar and surrounding Hill Country counties. In fact, Triple H Equitherapy is the only nonprofit, fully accredited Professional Association of Therapeutic Horsemanship International (PATH, Int'l.) Premier Accredited Center in this region. This means that the professional excellence of equine therapy at Triple H meets the highest industry standards for effectiveness and safety.

Triple H's therapy team includes licensed professional counselors, instructors certified by PATH, Int'l., and trained volunteers.

The most important members of Triple H's therapy team are our horses. They use their unique characteristics to meet the individual needs of Veterans who have mental challenges. That relationship and connection with a beautiful animal often provides the healing breakthrough the Veteran needs.

"I was in a lot of pain but this experience with the horses, staff, and bonding experience was fantastic. I love the smell of the horses and the smell gets me through the week. This experience has probably saved my family and my life. I have the horses to look forward to each week. Thanks!"

Veteran with PTSD, participating in Triple H's "Horse Power for Veteran's program"

"Post Traumatic Stress Disorder (PTSD) can occur after someone goes through a traumatic event like combat, assault, or disaster. If the reactions don't go away over time or disrupt your life, you may have PTSD...PTSD treatment can turn your life around.

*National Center for PTSD
www.ptsd.va.gov*

WHAT CAN YOU DO TO HELP?

You can contact Triple H Equitherapy in the lovely Hill Country in Pipe Creek Texas.

Self-referrals are perfectly acceptable and are often the way that Veterans reach us. Veterans are welcome to simply call Triple H and ask questions. You may certainly start with us! No endless red-tape. No waiting months for an appointment.

“Spending time with the therapy horses at Triple H has given me a reason to leave my house. It has offered me an opportunity to channel my emotions into something productive, educational, and fun! I have more confidence in myself from the skills I’ve learned at the ranch. That confidence has helped me do things that I would have found too challenging before.

Veteran with PTSD participating in Triple H’s “Horse Power for Veterans” program

Equine therapy, as an adjunct to primary mental health care, has a remarkable track record for providing healing for Veterans with mental health disabilities, especially PTSD and TBI. Often, equine therapy works much better and quicker than traditional, institutionalized treatment. Veterans need and deserve the opportunity to benefit from this life changing therapy that offers healing and health.

Help a Vet today. Help connect him or her to a horse. Sometimes that’s all it takes to connect that Vet back into the world!

HERE ARE 5 MORE THINGS YOU CAN DO TO HELP:

5 Things You Can Do to Help a Vet with PTSD*

1. Familiarize yourself with PTSD treatment options.

Two types of treatment have been shown to be effective for treating PTSD: counseling and medication. In recent years, researchers have dramatically increased our understanding of what causes PTSD and how to treat it. Familiarize yourself with what’s available so you can talk with your loved one about treatment options.

2. Encourage your loved one to talk with other Veterans who have experienced trauma or mental health challenges.

Professional support from your local VA can include working with Peer Specialists and participating in counseling for family members or group therapy sessions. A Peer Specialist is a person with a mental health condition who has been trained and certified to help others overcome their mental health challenges.

3. Explore these resources for Veterans experiencing PTSD.

If the Veteran in your life is ready to take the next step in dealing with PTSD, finding a trained professional is a great idea. Support is available near you, whether you prefer to connect with a counselor, your local VA medical center or Vet Center, or a spiritual or religious advisor. Receiving treatment as soon as possible can keep symptoms from getting worse — and can shed new light on how to manage PTSD symptoms.

4. Reach out to Coaching into Care. It’s free and confidential.

Speaking with a loved one about treatment for PTSD can be a difficult conversation to start, but Coaching into Care can help. It’s a service that works with family members and friends to help Veterans get the mental health treatment they’ve earned. Reach out today at 1-888-823-7458, or find more information at <http://www.mirecc.va.gov/coaching/>

Trauma is usually inflicted on us by humans. With PTSD, that pain gets generalized out to all humans. A relationship with a gentle horse removes all potential of pain or trauma. Horses are non-threatening and safe. It is a beneficent relationship; a situation where the client has compassionate power in a relationship without fear. There is power by compassion & grace rather than by aggression and exertion. Horses cause us all, PTSD clients especially, to come home to ourselves and be comfortable in our skin.

Dr. Roberta Jones, M.D., Psychiatrist, Triple H. Advisory Board Member

* The five things you can do are quoted extensively from maketheconnection.net. This is an online resource by the U.S. Department of Veteran’s Affairs

5. Share self-help strategies.

Encourage Veterans in your life who have PTSD to work a few general self-care practices into their daily routine. There are many self-help tools available for managing PTSD symptoms, including many at the VA which are free.

Again, if you need additional information, help or contact information for any of these 5 points, please go online to the VA's "Make the Connection" at <https://maketheconnection.net/>

For more information about Triple H Equithérapie Center and the healing power of horses, check out our website at www.triple-h.org or call us at 830-510-9515.

"Out of suffering have emerged the strongest souls; the most massive characters are seared with scars."

Khalil Gibran

Amy Anderson is the intern to Janette Tappe, the Clinical Director for Triple H. Amy says, "Three things that are impactful on our Clients struggling with PTSD stress are:

1. They learn a sense of calm from their horses.

2. The relationship they build with their horse; how to trust again, how to trust what comes next.

3. The sense of camaraderie when working with other vets, horses & volunteers."

*Amy Anderson, NCC,
LPC Intern
Licensed
Professional
Counselor Intern
Supervisor:
Jeannette D. Tappe,
NCC, LPC*



Triple H Equithérapie Center
WHERE HORSE POWER HEALS

791 Backhaus Road
Pipe Creek, Texas 78063
830-510-9515
www.triple-h.org
www.facebook.com/triplehdream