



Healthy minds, healthy lives, healthy communities

Dear Grant Reviewers,

The purpose of the communicate is to support the Medicine Horse application for a grant for its youth program. Over the past two years, Mental Health Partners has had the opportunity to develop a unique program for some of our school-age clients who are struggling with mental health challenges at school and at home. As a result of a generous contribution from a donor, MHP was able to partner with Medicine Horse to design a group focused on providing services to 7-10 years old and families(as needed). The program allowed youngsters to have positive shared experiences that increased their resilience, self-awareness and self-confidence. Working with horses gave them a unique opportunity that clearly boosted their confidence and taught them about how to be in a relationship with other beings. The teacher of one first-grader with separation anxiety increased participation in class and emotional regulation. Another 1st grader noticeably increased her communication and emotional expression using the horse experience to relay her need. These are incredibly valuable life-lessons that will have a positive impact on them forever.

The staff at Medicine Horse are experts in this therapeutic approach with youth. Equally... if not more... important, they are kind, caring, compassionate, and patient. They skillfully guide both the students and animals to establish a kind of irreplaceable and inimitable experience that has both qualitative and quantitative results.

We are delighted to support Medicine Horse's work.

Respectfully,

Cindy Cohagen
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