

SUPPORT MEDICINE HORSE



Medicine Horse
Horses Helping Humans

Why Now?



- **According to Mental Health America 2023 Report, Colorado ranked at 30th place on overall mental health state.**
- Adults with any mental illness: 23.16% / 1,028,000 / ranked 35
- Adults with any mental illness who did not receive treatment: 55.50% / 570,000 / ranked 38
- Adults Reporting 14+ mentally unhealthy days a month who could not see a doctor due to costs: 23.13% / 133,747 / ranked: 31
- Youth with severe major depressive episode: 10.90 / 46,000 / ranked 22
- Youth with major depressive episode who did not receive mental health services: 34.40 / 20,000 / ranked 2
- Youth with private insurance that did not cover mental or emotional problems: 17.20% / 40,000 / ranked 49
- **Colorado is ranked at 26 place in access to mental health care**

Why Us?

- **At Medicine Horse we offer free of cost equine assisted therapy**
- Our programs are facilitated by licensed therapists
- Horses help our clients to understand how their thoughts, feelings, and behavior affect their relationships with people.
- A horse responds honestly to what the client is doing in the present, rather than what they did in the past or what they may do in the future.
- Once clients understand the things in a relationship for which they are responsible, they can make changes in themselves to improve their relationship with the horse, and then apply those same changes to more complex human interactions.
- **Often, people feel more comfortable with animals than people, which may allow the therapy to feel less intimidating**

How?

- You can donate
- Join our volunteer team
- Support us with in-kind donations
- Sponsor our therapy animals
- Purchase our team-building corporate program which supports our free programs. So when your corporation works with us, you're not only investing in your team, but you're also investing in your community.

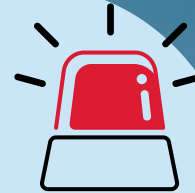
Contact us at development@medicinehorse.org



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Why Now?

- 76% of LGBTQ youth in Colorado reported experiencing symptoms of anxiety
- 60% of LGBTQ youth in Colorado reported experiencing symptoms of depression
- 45% of LGBTQ youth in Colorado seriously considered suicide in the past year
- 14% of LGBTQ youth in Colorado attempted suicide in the past year
- 60% of LGBTQ youth in Colorado who wanted mental health care in the past year were not able to get it
- 45% of youth who wanted mental health care and could not get it because they could not afford it



Why Us?

- **At Medicine Horse we offer free of cost equine assisted therapy**
- Our programs are facilitated by licensed therapists
- Horses help our clients to understand how their thoughts, feelings, and behavior affect their relationships.
- We have a group dedicated to LGBTQ+ youth
- The group offers teens a chance to learn skills for working safely with horses as well as provides a safe place to connect with other teens in the LGBTQ+ community where they can be themselves more authentically and build lasting friendships, with horses and humans!
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*2022 National Survey on LGBTQ Youth Mental Health Colorado / The Trevor Project

