

# HEALING REINS

## HOLIDAY NEWSLETTER



### SAVE THE DATE!

**Diamonds & Dust  
May 14, 2022**

Mark your calendars and save the date because our in-person fundraiser, Diamonds & Dust: Picnic in Our Paddock, is just a few short months away!

**Diamonds & Dust: Picnic in Our Paddock** is more than just a picnic fundraiser on our beautiful 20 acre property. This is the first time that we will bring our participants, volunteers, staff, and donors together in one place. **This picnic fundraiser is an opportunity to come together to celebrate and support Healing Reins.**

### Arrival of the Arena Kit!

We are excited to announce that our new indoor arena kit that we purchased over the summer has arrived on site and is ready to be pieced together!

A new arena will help us eliminate the ever-growing waitlists for each of our services and will create additional indoor space to shelter our year-round participants from the long winters and cold springs here in Central Oregon.

We continue to work tirelessly to fulfil our mission for our community: To Heal with Horses by offering horse-centered therapies and experiences that bring strength, confidence and joy to Central Oregonians of all ages and abilities. We know that horses have the power to heal and we passionately believe that anyone can benefit from working with them in a variety of capacities. That is why we offer so many unique services to the community.

With the addition of a second covered arena, we will be able to address our community's growing demand for more mental health and special needs specific services, and by creating affordable therapeutic resources for our growing population.

When you donate to Healing Reins' 2nd Indoor Arena project, you are helping us achieve immediate impacts by funding our incoming construction and permitting costs to build the new arena. Your support will make a huge impact in ensuring that Healing Reins is able to double our equine assisted services to Central Oregonians in the coming years.

## Affordable Mental Health Services



This year has been a big one for Equine Assisted Mental Health (EAMH) at Healing Reins. We established our own in-house mental health clinic, which not only allows us to have better control of the experience and outcomes for our clients, but also allows Healing Reins to finally accept and bill insurances for the very first time!

The ability to bill insurance for mental health services has dramatically increased the number of Central Oregonians that we are able to serve weekly. Through our newly established clinic, Healing Reins is partnering with the OSU-Cascades 2022 Master's Degree in Counseling program to provide alternative mental health therapy at a fraction of the cost with a goal to never have to turn people away because of an inability to pay.

We know that not everyone responds to clinical mental health in an office setting and that is exactly why Equine Assisted Mental Health works! It is an experiential therapy that allows clients to get outside, and interact with their therapist and their horse. Our "diamond modality" pairs the client with not only a therapist and a horse, but also engages an equine specialist whose sole responsibility is to manage safe interactions with our healing herd members. Therapists are able to connect at a deeper level with the participants by integrating the ability to walk and talk, explore the ranch, and to develop a bond with a horse for therapeutic gain. Horses are living biofeedback machines that help clients stay present, reduce anxiety, and have fun! We witness daily how effective this kind of therapy can be, and we are proud to be able to offer affordable EAMH services to Central Oregonians. We encourage our community to learn more about this service and meet our therapy team by visiting [healingreins.org](https://healingreins.org).

### Give Back This Holiday Season

To encourage charitable giving during the pandemic, the CARES Act has created a number of tax incentives, including an "above the line" universal deduction of \$300 for cash charitable contributions in 2021. You can claim this deduction on your tax return next year without itemizing.

During the holiday season, Healing Reins is participating in the Central Oregon Gives event. Donate \$25 or more to Healing Reins and win prizes from local sponsors! Your donations ensure that Central Oregon's most vulnerable children, teens, adults, and families are able to find hope and healing through equine-assisted, evidence-based, and nationally accredited services and therapies.

To show your support, donate to Healing Reins using your phone to scan the QR code!



### Heroes Horsemanship

We are honored to offer free horsemanship sessions to veterans, active duty military, first-responders and their families. Sessions are facilitated by Bryan Mitchell, a local Army combat veteran.

To learn more or sign up for sessions on our website, [healingreins.org](https://healingreins.org).

**Available dates include:**  
1/7/2022, 4:00-6:00pm  
1/8/2022, 1:00-3:00pm