



FREEDOM REINS

AT TREE HOUSE OF GREATER ST. LOUIS



Making a difference in the lives of our military service personnel and veterans and their families who have made and continue to make sacrifices so that we can enjoy the freedoms we all cherish ...



"I don't feel like I'm paralyzed when I'm up on the horse."

— Lt. Colonel Helen Horn

Why Therapy With Horses?

The benefits of therapeutic riding are well documented—one horse can provide the same intervention as 35 pieces of therapy equipment. Because the horse's gait is similar to the human walk, riding strengthens and supports the natural motion of the spine and pelvis. This repetitive motion helps balance, coordination, overall strength, and muscle tone as it gently mobilizes the joints. In addition, riding and interacting with the horse has been shown to foster self-confidence and enhance personal motivation. The freedom and independence riders experience astride a horse acts as a catalyst for accomplishments and success in other areas of the rider's life as well.

TH FREEDOM REINS PROGRAM

The TH Freedom Reins Program is designed to assist America's military personnel through equine assisted therapy. Specially trained instructors and therapists work with our therapy horses and these military men and women to create a supportive and empathetic environment so they may work on their own specific therapy, social, reintegration, and mental health goals. Depending on the individual's evaluation they may participate in group sessions or on an individual basis. Funding for participation in this program is available through the Wounded Warriors Project and the TREE House of Greater St. Louis (TH) Freedom Reins Scholarship Fund. The program is aligned with a nationwide program created in 2007 by the Professional Association of Therapeutic Horsemanship International (PATH).

WHO WE SERVE

The program serves service personnel and veterans with challenges such as head and spinal cord injuries, amputation, auditory and visual impairments, Post Traumatic Stress Disorder (PTSD), and Traumatic Brain Injury (TBI).

WHAT WE DO

TH Freedom Reins is a multi-dimensional therapeutic program using the horse as a tool to provide physical, occupational, speech, and mental health services. One-hour weekly sessions are specifically designed to provide each service personnel or veteran with physical and/or mental health support. Understanding the special circumstances surrounding each individual, these sessions may take place in a group or individual environment. Special six week group programs are available when aligned with specific military or veteran organizations.

OUR FACILITY

We are located on 88+ acres in Wentzville, Missouri. We have indoor and outdoor riding arenas and an expansive trail network, allowing for year-round programming.

For more information, contact us at:

TREE House of Greater St. Louis
332 Stable Lane, Wentzville, MO 63385
(636) 332-4940 www.thstl.org

