



TREEhouse
OF GREATER ST. LOUIS

Therapy Recreation Education Exploration





“Two years ago when Marissa started therapy at TREE House of Greater St. Louis, she wasn’t walking. Now, she can walk with little assistance... We can’t wait to see what she accomplishes next!”

—JAMIE CARR, MARISSA’S MOM





TREE HOUSE OF GREATER ST. LOUIS

Nestled on more than 88 acres in western St. Charles County, TREE House of Greater St. Louis is a unique and welcoming place where individuals with disabilities and their families can find acceptance, tackle mental and physical challenges, and express their spirit in a peaceful and natural setting.

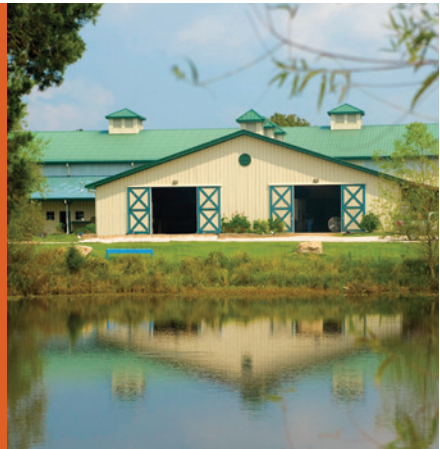
Founded in 1975 and formerly known as Therapeutic Horsemanship, TREE House is one of the oldest and most respected therapeutic riding centers in the United States. Programs serve clients from age 2 through adulthood who have physical, mental, emotional, social, and/or learning disabilities. These include autism, cerebral palsy, Down syndrome, muscular dystrophy, multiple sclerosis, epilepsy, mental and physical disabilities, traumatic brain injury, and more.

TREE House operates year-round and relies heavily on the support of volunteers to deliver programs and services that make a positive difference in the lives of individuals with disabilities in the greater St. Louis area.



MISSION:

*To improve the lives of
individuals with disabilities
and their families
through therapy, recreation,
education and exploration.*





EQUINE-ASSISTED THERAPY

TREE House's licensed occupational therapists, physical therapists, and speech-language pathologists help children and adults with disabilities reach their individual therapeutic goals by using horses in a variety of ways during clients' weekly therapy sessions. The unique treatment strategy of using the horse's movement, the social environment that TREE House naturally provides, and the client's motivation to interact with a horse is known as **Equine-Assisted Therapy, or Hippotherapy.**

During a client's initial evaluation, therapists incorporate the personal goals of the individual with input from parents/caregivers and medical professionals to create a specialized treatment plan that guides weekly progress. The program operates year-round.



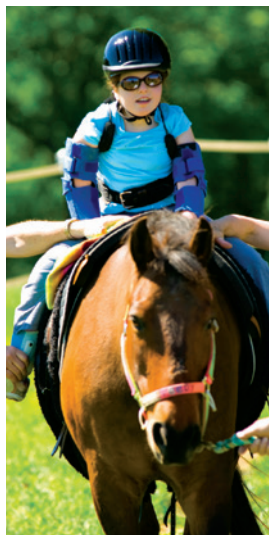
WHO CAN IT BENEFIT?

Ages: 2 and Up.
Children and adults.

Disabilities Served: A wide range that includes, but is not limited to, autism, cerebral palsy, Down syndrome, muscular dystrophy, multiple sclerosis, epilepsy, pervasive developmental delay, physical disabilities, and traumatic brain injury.

HOW DOES IT WORK?

The movement of the horse walking simulates the human walk and improves balance, flexibility, and muscle strength in all areas of the client's body. The horse also provides a rich sensory experience to help individuals regulate themselves so they are better able to focus and maintain attention in their daily lives. Enhancing communication skills can also be accomplished by using the horse because clients are encouraged to communicate with the horse verbally and nonverbally. Incorporating horse care activities, such as tacking, grooming, and feeding help build self-care skills, fine motor skills, motor coordination, and motor planning. In addition to all of the above, the positive bond that develops between the horse and rider often results in increased client self-esteem and confidence.



WHY CHOOSE TREE HOUSE?

TREE House has been a local and national leader in conducting research focused on equine-assisted therapy, increasing the popularity of equine-assisted therapy, and getting this treatment strategy recognized across the United States. TREE House has been recognized as a Premier Accredited Center through the Professional Association of Therapeutic Horsemanship International (PATH).

TREE House utilizes trained therapy horses as well as therapists who are experts in equine-assisted therapy. Skilled therapists are able to incorporate their knowledge and treatment strategies while also using the undeniable benefits of the horse to help clients make progress toward individual goals. Safety is a top priority at our facility. TREE House prides itself on doing what it takes to help each client and their family.

FOR MORE INFORMATION

For more information about our equine-assisted therapy program or to schedule an evaluation, please contact our Supervising Therapist at 636-332-4940 x. 220.



ADAPTIVE THERAPEUTIC RIDING

TREE House's Adaptive Therapeutic Riding program combines instruction in traditional horsemanship skills while overlapping concepts of physical and occupational therapy to help each client reach their personal goals. Goals might include increasing strength and endurance, improving balance, increasing attention span, addressing sensory issues, and building social or communication skills. The program is designed for individuals with disabilities ages 6 and up and is taught by PATH, Intl. certified riding instructors who are specially trained to work with individuals with disabilities.

Adaptive Therapeutic Riding gives individuals with disabilities a sense of independence and freedom. Up on the horse, they are just another rider, not a person with a disability. Their experiences and successes often lead to an increase in self-confidence. The bond clients develop with their horse becomes a real source of enjoyment and pride. The ultimate goal of Adaptive Therapeutic Riding is to help clients achieve personal goals and transfer these skills into their everyday lives — all while having fun!

Every participant undergoes an evaluation by an occupational therapist that assists in creating the personalized treatment plan that instructors use to guide weekly lessons. Many participants in this program work their way up to riding independently and some join TREE House's Competition Team and compete in external horseback riding competitions and events.



WHAT IS THE DIFFERENCE BETWEEN ADAPTIVE THERAPEUTIC RIDING AND EQUINE-ASSISTED THERAPY?

Equine-Assisted Therapy

- Focus is on physical, occupational, or speech therapy. Horse used as part of the treatment plan.
- Led by licensed physical, occupational, or speech-language pathologists
- Services are delivered one-on-one
- Can be billed to insurance as PT/OT/SLP services*

**Insurance coverage varies widely by plan. Staff will work with you to review your coverage and out-of-pocket costs.*

Adaptive Riding

- Focus on building horsemanship skills in addition to personal therapeutic goals
- Led by certified riding instructors
- May be held in small groups
- Services not billable to insurance

HOW DO I KNOW WHICH PROGRAM IS THE BEST FIT?

Every client has an initial evaluation. During this evaluation, which includes consultation with family members and/or caregivers, TREE House staff will determine the appropriate program placement for each client.

GAITWAY

TREE House's Gaitway Program teaches horseback riding and horsemanship skills to individuals without disabilities. This program helps TREE House create an inclusive community where individuals with and without disabilities can connect and share common experiences.



“Justin has not only learned great horsemanship skills at TREE House, but he has also had the opportunity to interact positively with peers with disabilities... He loves riding at TREE House.”

—SHANNON WALTERS,
JUSTIN'S MOM

TH FREEDOM REINS

“TH Freedom Reins” assists America’s military personnel through equine-assisted therapy. Participants include active service personnel, reservists, 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).



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. Clients may participate in group sessions or on an individual basis.



“My interactions with the horse have eased my anxiety levels and lessened my symptoms of Post Traumatic Stress Disorder.”

—ANGIE P., TH CLIENT AND VETERAN

EQUINE-ASSISTED MENTAL HEALTH PROGRAMS

TREE House’s equine-facilitated mental health and counseling programs provide an interactive approach for clients coping with behavioral and emotional issues. This experiential therapy process focuses on client goal achievement through interacting with horses in a variety of ways, ultimately helping clients develop positive patterns outside of the therapy session. This dynamic approach can be utilized to address a variety of concerns including stress, anxiety, eating disorders, improving social interactions, depression, team building, bullying, and improving self-esteem. These sessions are open to individuals, couples, families, groups, and partner organizations.



SUMMER CAMP

TREE House offers inclusionary summer camp opportunities for children from age 5 to 18 with and without disabilities. Licensed therapists and certified instructors lead all camps to ensure everyone is able to enjoy and participate in all of the activities. Camps run weekly from June through August. Full-day and half-day options are available.



“I was blown away by TREE House and what you do for all kids. Allie created such wonderful memories at camp this summer.”

—ELLEN CAFFEY, ALLIE'S MOM

Campers with and without horse experience are welcome. All campers enjoy hands-on activities with horses, including grooming, tacking, and riding. In addition, campers participate in a wide range of enrichment activities, such as water play, nature walks, music play, arts and crafts, and more!

TREE House also offers a beginning and advanced horse camp specifically for campers who have previous horse exposure or riding experience and want to focus on building or strengthening riding skills.

HOW TO GET INVOLVED

ENROLL IN A PROGRAM

If you are interested in finding out more about any of TREE House's programs, please visit our website at www.thstl.org or call our Program Director at 636-332-4940 x. 202. The registration packet and forms required for most programs are available for download from the website, but we are happy to answer any questions you may have.

VOLUNTEER

TREE House of Greater St. Louis relies heavily on the support of volunteers to keep our programs running. Most program volunteers start as sidewalkers, but other positions, including leader, horse handler, office and special event volunteers, are available.

Volunteers must be at least 14 years of age. No horse experience is necessary. Orientation and training occur at least twice a month. Email volunteer@thstl.org to get more information or visit www.thstl.org to download the volunteer application.

DONATE

To keep our programs affordable and accessible, TREE House only charges clients a fraction of the actual cost of programs and services. As such, we depend on the generous support of individuals, organizations, businesses, and foundations to fulfill our mission. TREE House is a 501(c)3 nonprofit.

EASY WAYS TO SUPPORT TREE HOUSE INCLUDE:

- ☐ Make a donation online at www.thstl.org.
- ☐ Sponsor and/or attend one of our special events, such as our annual Gala, Derby Day, TEE for the TREE Golf Tournament, or Polo Match.
- ☐ Like us on Facebook (www.facebook.com/thstl) or sign up on our website for our e-news to stay up-to-date on upcoming events.
- ☐ Make an in-kind donation to our program or one of our events. A wish list is available on our website.

THANK YOU

Thank you to everyone who helps us make a difference in the lives of the children, adults, and veterans with disabilities that we serve!



“The more people I meet from TREE House — staff, volunteers, and therapists — the more I continue to be impressed by the entire organization. The spirit of giving, both physical, emotional and mental, that permeates down to the very core of this center for rehabilitation and therapy is heartfelt and appreciated. They are professional and well-equipped while at the same time it never feels like a business or simply a treatment. It feels like a family who knows how to help those who need it.”

—CAROL DUMM, LINDSEY'S MOM



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