

Newsletter

1st Quarter * 2020



Restoring hope. Transforming lives.



Message from Jackie...

"Great things are done by a series of small things brought together." Vincent Van Gogh

ALL we have accomplished is a compilation of a million great ideas, the sum of thousands of volunteer hours, and hundreds of thousands of donated dollars. Many thanks to all who have invested time, talent, and resources toward the development of Peace Ranch. By God's grace we will continue to do great things together in this new decade and for many to come.

Peace Ranch Celebrates 10 Yrs.

Looking back it's amazing how far we've come. Our vision began to help children who were victims of abuse and neglect with horses who had experienced difficulty, using a new therapy model called "Eagala"*. In 2010 there was little known about how horses could help improve people's mental health. In 2011 Peace Ranch held the first Animal Assisted Therapy Day to introduce the different ways animals were helping people in our community. In 2012 we opened our covered arena and in 2013 saw the start of veteran's services at Peace Ranch. In 2016 we added the Volunteer Cabin and in 2018 Peer Support services came aboard.

Today most people are aware of the broad range of horse assisted services that can help people with trauma. Eagala has become the gold standard worldwide for Equine Assisted Psychotherapy and Peace Ranch is the largest provider in Northern Michigan. The excitement continues as The Impact Center for Growth & Healing opened in 2019 at Peace Ranch offering a new integrated therapy model combining equine with art and music. This new model, based on advances in neuroscience, will likely be the subject of on-site research in our near future.

*Equine Assisted Growth and Learning Association <https://www.eagala.org/>

Veterans/Military

Hello, my name is Shaun Smith, I served in the MIARNG from 2000-2009 as a military police officer. I have done several stateside deployments including Operation Noble Eagle 2002-2003 and Operation Vigilant Relief 2005 (in support of hurricane Katrina relief) and one overseas deployment to Iraq 2006-2007.

After being discharged I did several stints of inpatient therapy at Battle Creek VA and other therapies for the next several years. It wasn't until moving to Houghton Lake and starting Eagala therapy services at Peace Ranch in 2015 that my life started to improve. After therapy I slowly transitioned and became more active at the ranch, first as a volunteer, then a Veteran mentor, and finally got to a point where I completed training to become a Michigan Certified Peer Support Specialist so I could help others. Call, text, or email any time for information or if you'd like a tour. (248) 935-9069

Shaun.Smith22@hotmail.com

From the Horse's Mouth

My name is Jasmine. I came to Peace Ranch on Dec. 26, 2019 with my friends Storm and Lucky. We moved to Traverse City a little over a year ago from Ohio. A few months later our owner died, the farm changed hands and so did we. Our new owners didn't know how to care for us. We were struggling to stay warm and got thinner. Things were bad when a couple days before Christmas some folks brought us hay and a big tub filled with water. A few days later those folks came and took us to Peace Ranch.

Volunteers feed us special food three times a day. We got nice coats to help keep us warm. Mine is blue! We got our teeth done, feet trimmed and have lots of hay and all the water we want to drink. Thanks to all the people who have helped, things are really looking up and we are all grateful.

If you want to help Jasmine & her friends go to www.peaceranchtc.com



Our Mission is to provide Equine Assisted Psychotherapy and Learning to all in need.

Our Vision is to create a PEACE-ful experiential center, a therapeutic community dedicated to cultivate growth and learning to rehabilitate those who are ill or suffering that they may turn or return to productive living.



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Volunteer News

Looking for a fun way to give back to our community? Volunteerism is “the practice of providing time and skills for the benefit of other people and causes, rather than for financial benefit.” Our volunteer team gives of themselves so Counselors and Para-Professionals can offer cutting edge trauma treatment for Veterans, children & families in crisis and all in need. Since insurances will not pay, we can only do this with the generous support of our volunteers and donor community.

There are many exciting opportunities for you to get involved. Activities include Horse Care, Grounds Maintenance, Farm and Garden, Fundraising, Office/Administration, Marketing, Event Planning and Assistance, and Construction to name just a few. We need help year round

so come join us and experience being part of the Peace Ranch volunteer community and help our neighbors in need. For more information, please visit our website at www.peaceranchtc.com or email info@peaceranchtc.org.



Peace Program Primer

‘It’s so peaceful here’ –we hear this almost daily at Peace Ranch. This peaceful welcome sets the stage for a client’s experience as an integral part of Equine Assisted Psychotherapy (EAP) and Equine Assisted Learning (EAL) programs. Both programs are experiential – clients (body and mind) are actively engaged in exploring or problem solving. It’s like the difference between reading your car manual about changing your tire or practicing changing your tire with a supportive, knowledgeable team. Which would give you more confidence if you were stuck on a remote road without cell service? Experiential opportunities work at a deep level and have application far beyond the task at hand to build competence and confidence.

Each therapy team consists of a mental health practitioner, an equine specialist with 6,000+ hours of horse experience and (of course) the amazing horses. Areas of expertise include: combat trauma, sexual trauma, abuse and neglect, grief, depression and anxiety. Sessions are offered in individual, couple, family and group format.

Educational opportunities reach from volunteer based-like *Hug & Groom* for all in the community to professional based-like *Healing from the Bottom Up* for parents and mental health professionals learning how to help those dealing with trauma. Want to know more? Visit our website at www.peaceranchtc.com or contact jan@peaceranchtc.org or 231.499.4736.