

Newsletter

2nd Quarter * 2020



Restoring hope. Transforming lives.



Message from Jackie...

COVID19: A worldwide health, economic, and mental health crisis.

Meanwhile, at the ranch.....

people are finding peace.

Peace in light of COVID 19

In March 2020, as our nation braced for a shutdown of historic importance, the rhythm of life at Peace Ranch continued. While all scheduled public events on the ranch were cancelled, new safety protocol was set in place to continue offering therapy services in preparation for the predicted mental health crisis. Peace Ranch opened for *crisis services only* the week of April 6th offering support for people of all ages dealing with issues like suicide, anxiety, and rage. One foster child struggling with night terrors and aggression, one Veteran's post combat stress reignited to a full blow up, one

woman's fear overwhelming her to a point of panic—these folks are finding peace at the ranch.

It's the beginning of June as I write and our schedule is full. Peace Ranch is the only on-site therapy service allowed by the Department of Health & Human Services for children in foster care and couples struggling with domestic violence. As I consider the work of the ranch over the last 10 years and all we have accomplished I am humbled to see our team and facility so perfectly prepared for this time. We are ready and honored to serve.

Veterans/Military

Peace Ranch has been approved to provide equine therapy for Veterans through the VA Community Care program. Veterans from all over the state will have access to Peace Ranch services through the VA by simply asking their primary doctor for a referral. We are excited about serving more Veterans in Northern Michigan.

Also, thanks to a federal grant to EAGALA, Veterans receiving services at Peace Ranch can also receive mileage reimbursement. Mileage reimbursement is provided for Veterans who qualify to participate in the grant program which includes 8 free sessions of EAGALA Model equine assisted therapy. Sessions may be individual, couple, or family therapy. Please visit the Military/Veterans page on our website at <https://www.peaceranchtc.com/active-military-veterans>

For more information or make an appointment email jan@peaceranchtc.org or text 231 499-4736

From the Horse's Mouth

Cowboy here.



As CEO of the Mini Pen, I'm responsible for the administration of the Mini Palace (our barn), Cocoa, Ladybug and our two alpacas Frankie and Rocky. It's not always an easy job but it's a job I am well suited for. Our equine team is working to help meet the human needs in our community.

Due to Covid19 we are all taking special precautions. People are asked to wait in their car until their appointment time. All buildings have been closed to eliminate contact with hard surfaces so all sessions are outdoors. Both our team members and our clients have been wearing masks and gloves. By taking extra precautions under my supervision we have been successful in protecting all of our human clients from illness and providing support through this difficult time.

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

This year, while annual public gatherings at Peace Ranch like Volunteer Orientation, Spring Farm Day, and Ezekiel Garden Day are canceled, volunteers continue to be at work. Daily horse chores, and with the arrival of spring, grounds, garden, and facility work are all being done by individuals in shifts or small groups. With all the mowing, weeding, and general upkeep on the ranch please consider giving an hour or two to help.

In addition to on-site help, Peace Ranch needs help with Office/Administration, Marketing, and Fundraising. Your help is needed year round so come join us and experience being part of the Peace Ranch volunteer community dedicated to helping our neighbors in need. For more information, please visit our website at www.peaceranchtc.com or email info@peaceranchtc.org.

Resilience in Times of Transition



"You can't wrap the world in cotton but you can wrap your own feet." Unknown

I've always liked this quote – it conveys the reality that we can't control what happens in the world but we can build a life that supports us for times of adversity. Resilient people aren't superhuman; they have learned what builds the capacity to respond under pressure and bounce back, including:

- Connection. It is key - forget the myth of the Super Hero – everyone needs a supportive herd.
- Meaningful purpose. This is the reason you get up in the morning (other than coffee).
- Restorative rhythm & simple structure. Balance work, rest, play, movement.

PEACE Ranch has abundant gifts to offer

in the arena of Resilience; the horses are living testimony of overcoming adversity and provide abundant opportunities for connection in a restorative natural setting.

In the past year, PEACE Ranch has extended these gifts to the community as well as individuals. Prior to Covid 19, we held Resiliency groups at the ranch with staff from Child & Family Services. This support continues with e-reminders of connection, self-care and celebration of the difficult work they do. Based on the success of this program and the challenges we presently face, we are offering Resiliency services to other organizations in the community, including child welfare, mental health and frontline workers. For more information about this program, contact Jan, jan@peaceranchtc.org.