

About NVTRP



Founded in 1980, NVTRP has a 40-year track record of providing equine-assisted services



NVTRP is accredited as a Premier Center and the instructors are all certified by the Professional Association of Therapeutic Horsemanship International (the leading trade association for the industry)



Using recognized best practices, staff pursue NVTRP's mission of helping people with disabilities, recovering service members and veterans, youth-at-risk, and others in need reach their highest potential



NVTRP owns a 17-acre farm in Clifton, VA, accessible to clients throughout the DMV area, and cares for a herd of 16 horses



The bonding that's happened between our military riders is pretty amazing. They joke with each other, and encourage each other, and push each other. They work really hard, but we laugh a lot, too... The fact that they're having so much fun makes it easier for me as an instructor to push them outside of their comfort zones ...It's been so rewarding to be part of their healing.



-Clarice Gutman, NVTRP Instructor



EQUINE-ASSISTED SERVICES FOR RECOVERING SERVICE MEMBERS AND VETERANS

WHY EQUINE-ASSISTED SERVICES WORK

Hypervigilance



Horses are prey animals. Like service members and veterans recovering from PTSD, they are hypervigilant. Trust must be earned.

Mirrors of Emotion



Horses are extremely intuitive. They immediately pick-up on a rider/handler's emotions; a rider/handler must come from a calm, controlled space in order to successfully work with a horse.

Honesty



Horses provide honest, non-judgmental feedback. This dynamic creates a safe place for service members and veterans to let their guard down and "be real."



For these reasons and more, horses offer a powerful modality for learning to trust others, building healthy relationship skills, and learning to regulate emotions, common goals for service members and veterans recovering from PTSD.

A rapidly growing body of evidence supports the effectiveness of equine-assisted services in helping service members and veterans recover from a range of physical and mental health issues, PTSD in particular.



.. the way sessions [at NVTRP] incorporate the issues I have with anxiety, depression and being around new people... it really shows me the vibe I am giving off. I think I'm saying, 'Hi, it's nice to meet you' and then the horse doesn't want to come next to me. I recognize that I really need to work on what's inside.

- Dionne, United States Navy Veteran (pictured above)



RECOVERING SERVICE MEMBER AND VETERAN PROGRAM AT NVTRP



2014

Formal program for recovering service members and veterans begins

thanks to a referral from the USO at Fort Belvoir to a major local military installation



2019

Number of sessions steadily growing,

304 sessions for recovering service members and veterans were completed



2020

Surge in number of service members and veterans self-referring since the on-set of COVID;

340 sessions are projected for 2020, despite a total shut-down for three months due to COVID



2021

Over 650 sessions are projected,
a 115% increase over 2019



Services provided include:

Therapeutic riding
Equine-assisted learning
Psychotherapy incorporating horses



Length of participation:

It ranges from an introductory ride only to a period of many months, depending on where clients are in their recovery



Effect on participants:

It encourages participants to go outside of their comfort zones to build skills and confidence in a safe, supportive environment, an experience hard to replicate in a traditional clinical setting



It was a long road to recovery and I think if we didn't have organizations like NVTRP, I don't know where we would be today. As we continued down the road to recovery, we, as a family, became stronger. We improved because we were able to learn how to bond together like we did with the horses!

-Sinaiyah, age 12

Sinaiyah and her family participate in on-going equine-assisted learning to support her father in his recovery from injuries sustained in Afghanistan, where he served with the United States Air Force.



FUNDING REQUEST

→ NVTRP must raise \$140,000 to fully fund the 2021 Equine-Assisted Services Program for Recovering Service Members and Veterans, an increase of \$70,000. Recovering service members and veterans pay no fees to participate in NVTRP's program, thanks to generous financial support from corporate, foundation, and individual donors.

→ Donor benefits include social media, web-site, e-mail, and newsletter promotion, networking opportunities, and customized experiences (i.e. corporate volunteer work days, small receptions with program participants).

→ You can donate using the attached form or on-line at nvtrp.org/military. For more information, please contact Development Director **Wendy Baird** at wbaird@nvtrp.org.

Special thanks to long-time funders

NORTHROP GRUMMAN

DP George & Company

Federal Acquisition Strategies, LLC

EQUINE-ASSISTED SERVICES FOR RECOVERING SERVICE MEMBERS AND VETERANS



Sponsorship Opportunities

1.

Who participates in the program?

Active duty service members and veterans from all branches of the military, recovering from a variety of physical and mental health issues participate at NVTRP.

2.

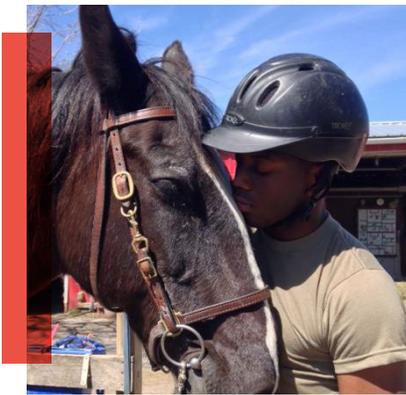
How do they find NVTRP?

They either self-refer, or come via our partnerships with local military installations. Sponsorships are allocated directly to this program, so that clients pay no fees to participate.

3.

How can I support the program?

You can make a tax-deductible donation to NVTRP by check or online at nvtrp.org/military



It's hard to boil down to just a few sentences why this program is so special. . . riding and working with horses has been life-changing, and I never would have dreamed I'd say that. . . Horses are all unique and you can translate what you learn from the interactions with the horses to your interactions with people. You have to be patient, and you have to expect that it's not going to go right all the time. . . Hands down, my hour at NVTRP is the highlight of my week.



- Bill, US Air Force, Retired

DONOR INFORMATION

SPONSOR NAME

MAILING ADDRESS

SPONSORSHIP AMOUNT

CONTACT NAME

PHONE

EMAIL

Donations can be made via check to NVTRP and mailed to 6429 Clifton Rd., Clifton, VA 20124 or online at nvtrp.org/military.

For more information contact NVTRP Development Director **Wendy Baird** at wbaird@nvtrp.org or (703) 764-0269.

Sponsorship Opportunities

FUNDING LEVELS

	DIAMOND (\$25,000+)	PLATINUM (\$10,000)	GOLD (\$5,000)	SILVER (\$2,500)	BRONZE (\$1,000)
VIP table for 8 at the annual Ride to Thrive Polo Classic, NVTRP's largest annual fundraiser	 	 	 	 	 
Hoofbeats for Heroes meet and greet with military					
Invitation to annual Chairman's Reception					
Sponsorship listing on the NVTRP website, social media outlets and newsletter to over 4,000 subscribers					
Sponsorship recognition page in the Ride to Thrive Polo Classic booklet					

Northern Virginia Therapeutic Riding Program is a 501 (c)(3) non-profit organization, tax id number 54-1897241. Sponsorships are tax-deductible to the extent allowable by law.



“ NVTRP’s services that I receive as a disabled veteran have inspired me to make a CFC [Combined Federal Campaign] donation from every paycheck of mine to NVTRP! It’s... the first time I’ve been able to financially afford to donate on a regular basis to an organization... This is the least that I can do for what you’ve given me. I’ve totally come out of my shell thanks to NVTRP! You all are amazing and I’m grateful and thankful for all of you.

- Carol, United States Coast Guard Veteran

