



Welcome to the First Newsletter!

This is the first issue of the quarterly Hope and Healing Academy newsletter. In it you'll find spotlights that help you get to know our horses, staff, and volunteers. You can also find out about upcoming events and read stories of our favorite experiences from the quarter. We hope you enjoy this publication!

Therapeutic Goal Unlocked

We have an 11-year-old client who has been diagnosed with autistic spectrum disorder and attention deficit hyperactivity disorder. When he started with us, his vocalization was mostly noises, and he would often run around in his session. Through equine-facilitated psychotherapy, he has been able to lower his arousal and achieve the ability to calmly and quietly ride a horse for up to 40 minutes. He is beginning to ride independently and his verbalization has increased. Now he is able to have short conversations and he addresses the staff by name. He is more easily redirected and stays on task for longer periods of time. His therapist commented after the last session, "Just because someone's software doesn't work like everyone else's doesn't mean they can't learn, change and grow."

Support HAHA



Topeka Gives

June 6, 7A-6P
Fairlawn Plaza

Plan to attend Topeka Gives 2017, HAHA's main fundraising event this year. Stop by HAHA's booth between 7A and 6P to donate and learn more about equine-facilitated psychotherapy and how it helps bring healing to children and adults. Your donation will make a huge difference to the program. Learn more about the event on our website under Donate and on our Facebook Events page!



Every time you shop at Dillons, you could be supporting HAHA! Just create an online Dillons account and register your Dillons Plus card. Learn more about it on our website under Donate.

Next Quarter...

- April 29: K-State Barrel Racing Fundraiser
- May 17-23: Session Break
- May 20: Spring Cleaning at the Barn
- June 6: Topeka Gives Fundraiser
- First Aid & CPR certification for volunteers.
- Gaining a new therapy horse.

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Volunteer Spotlight: Sandra Hazlett



When did you begin volunteering at HAHA?

I've been volunteering since about October 2014.

How did you first hear about HAHA?

I think I initially heard about HAHA from a newspaper article or TV news spot. I then looked up their Web site and learned about volunteer opportunities.

What's your favorite part about volunteering?

My favorite part about volunteering is observing how the horses interact with the different personalities of the clients. Of course getting to know the clients and seeing how their confidence grows as they spend time with the horses is very interesting and rewarding.

What's your advice to a new volunteer?

Anyone interested in volunteering should come out and get involved. If you're not familiar with horse handling you'll have the opportunity to learn. If you're not interested in horse handling there are other activities you can be involved in. HAHA is a fun and rewarding place to spend your time.

Washburn Students



Katherine Jordan

Kat graduates in May with her BSW and is headed to the University of Denver for her MSW.



April Neff

April is graduating in May with her MSW and will be welcoming a new little cowboy into the world soon!



Danielle Oliva

Danielle is working on her MSW and will be interning with us through to the fall.

Thank you for your service, ladies!

More on Fundraising...

Projects

- **Indoor Arena:** Remove dirt, treat base layer with lime, add sand and magnesium sulfate, and repaint walls.
- **Client Sponsorships:** Raise funds for clients who cannot afford equine therapy fees (\$35 per session).
- **Horse Sponsorships:** Raise funds to assist in the cost of care for therapy horses.
- **Sensory Trails:** Develop additional sensory experiences for the trails.
- **Expand Buildings:** Create space for additional offices and a parent waiting room.

2017 Fundraising Goal

We hope to raise \$10,000 to expand the program.

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