

HAHA QUARTERLY

HARNESSING THE POWER OF HORSES TO TRANSFORM THE HUMAN SPIRIT

EQUUS BELLATOR: HORSE WARRIOR

Our mission at HAHA is to harness the power of horses to transform the human spirit. In the spirit of this mission, we are expanding our services to address the needs and experiences of first responders and members of the armed forces. We are calling this program Equus Bellator, Latin for "Horse Warrior."

As many of you may know, the daily experiences of first responders and members of the armed forces result in high rates of depression, post-traumatic stress, and suicidal ideation. Our Equus Bellator program will address these mental and behavioral health issues by working to improve the clients' inter- and intra-personal relationships, mindfulness, coping skills, body awareness, and self-regulation. Working with our equine partners promotes immediate cause-and-effect responses requiring the use of mindful coping skills, self-regulation, and awareness of our impact on others.

We anticipate piloting this program with four clients beginning in June 2019. After three months, we hope to start with the second group of clients. Typically HAHA clients spend 12 months in our program, but we see Equus Bellator as a program

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that can adjust to the needs of the responders who participate. Some clients may spend just three months with us; others may choose to continue on with individual, group, or family therapy.

As we prepare for this program, we will be seeking out volunteers who have experience as first responders or members of the armed forces. We will be reaching out to community leaders in Shawnee County to spread awareness of this new program and hope that you spread the word as well. We are excited about the opportunity to give back to the people who have given of themselves for us. Stay tuned for more info.

NEW THERAPIST: MANDY NESTLER

Mandy has been working in human services for 20 years. Prior to earning her bachelor's degree, Mandy worked with individuals with developmental disabilities in educational, vocational, and residential settings. In 2008, Mandy graduated from Nebraska Wesleyan University with degrees in Social Work and in Sociology/Anthropology. As an LBSW, Mandy's work centered around providing early childhood development and parenting support and education to families experiencing a multitude of challenges using home visits. It was during this time that Mandy recognized the unique benefits of working with individuals and families outside of an office and in the reality of their home environments and everyday life. This is one of the many reasons Mandy looks forward to offering in-home therapy to HAHA clients and their families.



Mandy & Heidi

In 2018, Mandy graduated from The University of Kansas with a master's degree in Social Work. A couple of months prior to graduation, Mandy began volunteering at HAHA to gain experience about equine-facilitated psychotherapy due to her belief in the power of the animal-human connection and interest in animal-assisted therapy. Mandy was amazed by what she witnessed, felt at home, and was overjoyed when the opportunity to work towards her clinical license at HAHA under the supervision of Chris Moran was presented.

Mandy's experience and interests center around working with individuals and families who have experienced trauma. Mandy is passionate about trauma-informed care and believes in the use of experiential therapy to incorporate the mind, body, and spirit in the therapeutic process.

We're delighted to welcome Mandy on board and value her gift of offering in-home visits.



WELCOME TO THE OFFICE

Work on the new office wrapped up in January, and we made use of the space on many days when it was too cold outside to work with our equine partners.

Thank you to Brett Sidesinger and all those who pitched in to construct and decorate the space!

HOPS & HORSES FOR HEROES

The first annual Hops & Horses for Heroes fundraiser is scheduled! This event is an opportunity for the Topeka community to learn more about HAHA and the new Equus Bellator program while playing outdoor games, tasting beer, eating great food, and winning prizes. We're delighted to partner with Happy Basset to make this event happen, and we hope to see you there!



WHEN: Saturday, June 22, 2019
4:00-9:00 PM

WHERE: Happy Basset, 6044 SW 29th St, Topeka, KS 66614

COST: \$5 suggested donation

DETAILS:

- Happy Bassett beer
- Food truck(s)
- Yard games
- Charity Bingo
- Live music from Evolution
- Prizes for First Responders & Vets

IN MEMORIAM: BUDDY



We said goodbye to Buddy, one of HAHA's newer equine partners, on Sunday, March 17, after he suffered a mortal injury. His owner, Marley Dinwiddie, as well as HAHA staff, were there to say goodbye, and he went peacefully and was surrounded by love. We are thankful for the time he gave to us and will miss his strong opinions and goofy faces.

UPCOMING DATES

UPCOMING BARN BREAKS

APR 29-MAY 4

JULY 1-6

MAY THE FOURTH BE WITH US
MAY 4 (CLEANING/TRAINING)