



ATRC OF THE MONTH:

A NEWSLETTER FOR THE FAMILIES, FOLLOWERS, AND SUPPORTERS OF ALBANY THERAPEUTIC RIDING CENTER.



STIGMAFREE-ME

THE NEED TO ELIMINATE STIGMA IS NOTHING NEW. FIFTEEN YEARS AGO, A U.S. SURGEON GENERAL'S REPORT ON MENTAL HEALTH—THE FIRST AND ONLY ONE TO DATE—IDENTIFIED STIGMA AS A PUBLIC HEALTH CONCERN THAT LEADS PEOPLES TO "AVOID LIVING, SOCIALIZING OR WORKING WITH, RENTING TO, OR EMPLOYING" INDIVIDUALS WITH MENTAL ILLNESS. THANKS TO STIGMA, PEOPLE LIVING WITH MENTAL HEALTH CONDITIONS ARE:

ALIENATED AND SEEN AS "OTHERS."

PERCEIVED AS DANGEROUS.

SEEN AS IRRESPONSIBLE OR UNABLE TO MAKE THEIR OWN DECISIONS.

LESS LIKELY TO BE HIRED.

LESS LIKELY TO GET SAFE HOUSING.

MORE LIKELY TO BE CRIMINALIZED THAN OFFERED HEALTH CARE SERVICES.

AFRAID OF REJECTION TO THE POINT THAT THEY DON'T ALWAYS PURSUE OPPORTUNITIES.

MANY PEOPLE LIVING WITH MENTAL HEALTH CONDITIONS DON'T FEEL COMFORTABLE TALKING TO THEIR FRIENDS AND FAMILY ABOUT WHAT THEY'RE DEALING WITH. THOSE LIVING WITH A MENTAL HEALTH CONDITION DON'T WANT IT ANY MORE THAN A PERSON WOULD WANT A BROKEN LEG. BUT FOCUSED THOUGHT AND EFFORT CAN'T MAKE DEPRESSION GO AWAY, JUST AS FOCUSING ON HEALING WON'T FIX A SHATTERED BONE.

EVEN WORSE, INDIVIDUALS LIVING WITH MENTAL ILLNESS OFTEN INTERNALIZE THE STIGMA THAT EXISTS IN OUR CULTURE, DAMAGING HOPES FOR RECOVERY. SOME DON'T SEEK TREATMENT FROM A MENTAL HEALTH PROFESSIONAL. THEIR CONDITIONS WORSEN BECAUSE THEY AREN'T RECEIVING THE SUPPORT AND CARE THEY NEED TO RECOVER. AND TOO OFTEN PEOPLE TAKE THEIR OWN LIVES BECAUSE THEY AREN'T TOLD BY ANYONE THAT THEY'RE NOT ALONE, THEY CAN RECOVER AND THERE IS HOPE.

TO CHANGE THIS HARMFUL STATUS QUO, NAMI IS ASKING EVERYONE TO TAKE OUR STIGMAFREE PLEDGE.

BUILDING A MOVEMENT FOR CHANGE WILL REQUIRE COMMITMENTS FROM INDIVIDUALS, BUSINESSES, ORGANIZATIONS, CAMPUSES AND CHURCHES, AS WELL AS OTHERS.

ONCE YOU'VE TAKEN THE PLEDGE, CONSIDER ALL THE WAYS YOU CAN LIVE STIGMAFREE IN YOUR DAILY LIFE.

MAYBE YOU CAN BEGIN BY BEING AWARE OF THE LANGUAGE YOU USE OR BY CHOOSING TO BE OPEN OR BY DECIDING TO LEARN MORE ABOUT MENTAL ILLNESS.

EVERY DAY BRINGS NEW HOPE. EVERY DAY, WE HAVE AN OPPORTUNITY TO HELP CREATE BROADER UNDERSTANDING OF MENTAL HEALTH, OVERCOME STEREOTYPES AND BREAK DOWN BARRIERS. WE CAN ALL DO A LITTLE BIT MORE EACH DAY TO ELIMINATE STIGMA AND REPLACE IT WITH HELP AND HOPE.

SO, HELP NAMI SPREAD THE WORD. TAKE THE STIGMAFREE PLEDGE AND ENCOURAGE YOUR FAMILY AND FRIENDS TO DO THE SAME. THIS INITIATIVE, THIS MOVEMENT IS OUR ATTEMPT TO REVERSE THE HARMFUL EFFECTS OF STIGMA. SO, WHEN YOU HEAR SOMEONE USING STIGMATIZING LANGUAGE, CORRECT THEM. IF YOU SEE SOMEONE USING MISLEADING STEREOTYPES, EDUCATE THEM. AND NEVER FORGET TO SEE PEOPLE FOR WHO THEY ARE, NOT FOR HOW THEY ACT DURING THEIR DARKEST DAYS.

TOGETHER, WE WILL TURN THE TIDE ON STIGMA BY SPREADING AWARENESS, SUPPORT AND UNDERSTANDING FOR EVERY PERSON WHO EXPERIENCES MENTAL ILLNESS. TOGETHER, WE CAN MAKE A DIFFERENCE FOR THE BETTER.

[HTTPS://WWW.NAMI.ORG/GET-INVOLVED/PLEDGE-TO-BE-STIGMAFREE/STIGMAFREE-ME](https://www.nami.org/get-involved/pledge-to-be-stigmafree/stigmafree-me)

IF SOMEONE IS

falling behind in life, you don't have to remind them. Believe me, they already know. If someone is unhealthy, they know. If someone is failing at work, they know. If someone is struggling in their relationships, with money, with self-image, they know. It's what consumes their thoughts each day. What you need to do for those who are struggling is not to reprimand, but encourage. Tell them what's good about their lives, show them the potential that you see. Love them where they are. When we can't see clearly for ourselves, we need others to speak greatness over us. People don't need you to tell them what's wrong with their lives, they already know. They need you to reassure them that they can still make it right.

Brianne Wiest



MAY
AT THE FARM:



There is hope and understanding.
Change the way the world sees mental health.

stigmafree

- 1-STIGMAFREE ME
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TOGETHER
for Mental Health

PATH
INTERNATIONAL
Professional Association of Therapeutic
Horsemanship International

Mental health is an incredibly important part of overall health.

With a growing number of Americans experiencing mental health symptoms, we need to join together to advocate for improving our nation's mental health care system.

For more information about our mental health programs contact our Director of Mental Health Services:

Lauren Longtoe, CTRI, ESMHL at LongtoeL@AlbanyTherapeuticRidingCenter.com



VOLUNTEER OF THE MONTH:

JOAN PETRAMALE

Joan is a retired Social Worker. She started volunteering with ATRC in August 2021. She helps out as a horse leader during lessons. She is super reliable and has been especially helpful to Miss Kate during the last few months of her pregnancy. We are happy to have her on our team!

*To get to know Joan a little better,
we asked her a few questions...*

1. What is your favorite part about volunteering at ATRC?

I have so many favorite parts about being at ATRC. Being able to interact with so many different types and ages of people is so enriching. I also really enjoy getting to know each of the horses and adjusting to their different personalities. My other favorite thing is that I'm learning so much from Kate, Taylor, and Lauren in terms of equine assisted therapy; as a retired therapist myself and a lifelong lover of horses, I find that I am able to use some of my own skill set and feed my passion for equines!

2. When you're not at ATRC what do you like to do?

When I'm not at ATRC, I love to read, crochet, work out, and be active in my parish.

3. If you won a million dollars, what would you do with it?

If I won a million dollars, I hope I would be brave enough to give a generous portion for the hungry, some to our 3 sons, and some for rescued horses and dogs and cats too.

4. If you could meet your hero, who would it be and why?

Meet my hero? This is a tough one. It is my husband, Joe, who passed away. He was a man of character, virtue and courage. He loved me unconditionally, and taught me how to be a more loving person. He was such a wonderful father and best friend husband.

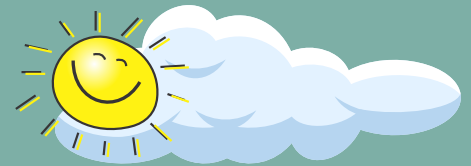
5. Why do you volunteer at ATRC?

I volunteer at ATRC for several reasons. First of all I have a strong belief in giving back to the community, since I have been given so much. Secondly my time there feeds my passion for horses and my passion for social work. I think that I get so much more from my time here at ATRC than I give! I am so very thankful to be a part of this family!

*"No one is more cherished
in this world
than someone
who lightens the burden
of another."*

- AUTHOR UNKNOWN -

THANK YOU FOR ALL YOU DO!



Save The Date!

ATRC invites you to our

2nd Annual Open House

Saturday, July 23, 2022 🐾 Noon to 3pm

Food,
scavenger hunt
and more!

Take a tour of our facility and
meet our horses and
farm animals!

ALBANY THERAPEUTIC RIDING
CENTER, INC. PRESENTS

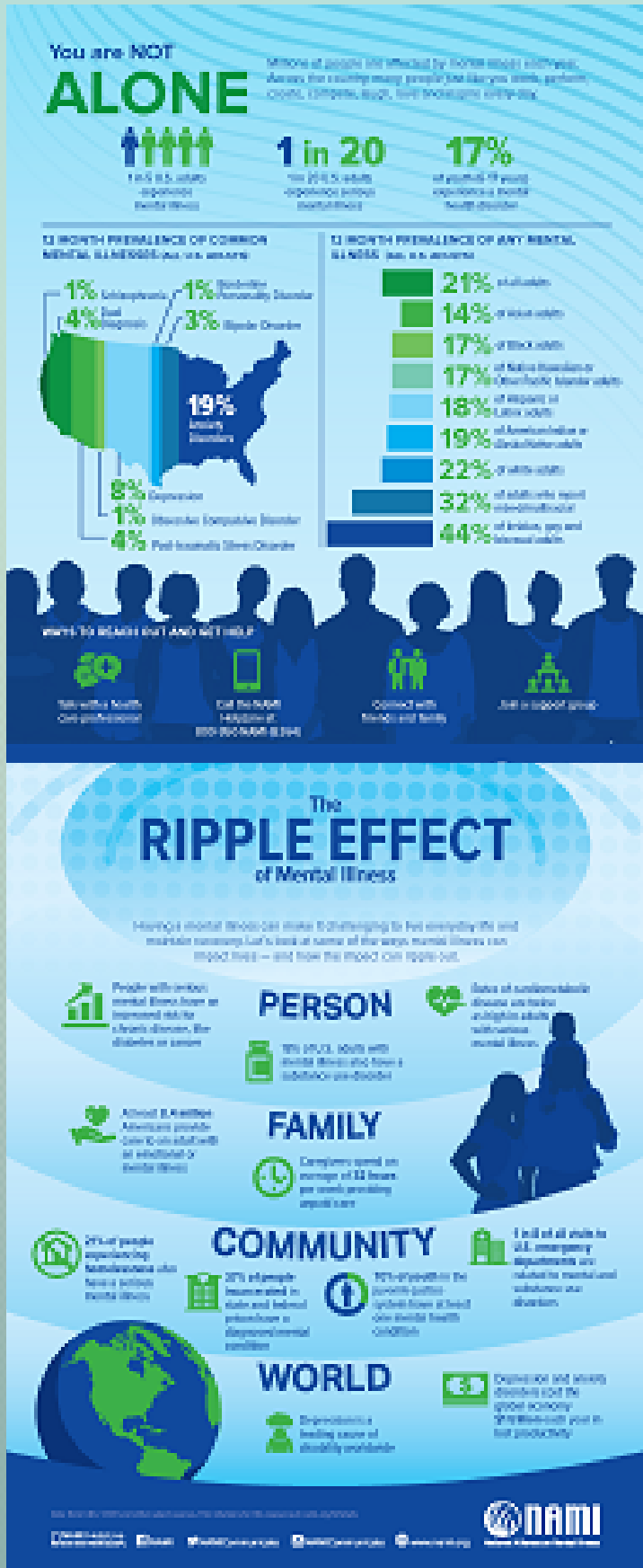
Second Annual Pints for Ponies Pub Crawl

Saturday, July 16th 4pm-7pm
Ballston Spa, NY

*Save The
Date!*

Please contact us at
fundraising@albanytherapeuticridingcenter.com
to register! More information to come soon!

May Is National Mental Health Month



MENTAL HEALTH MONTH RAISES AWARENESS OF TRAUMA AND THE IMPACT IT CAN HAVE ON THE PHYSICAL, EMOTIONAL, AND MENTAL WELL-BEING OF CHILDREN, FAMILIES, AND COMMUNITIES. MENTAL HEALTH MONTH WAS ESTABLISHED IN 1949 TO INCREASE AWARENESS OF THE IMPORTANCE OF MENTAL HEALTH AND WELLNESS IN AMERICANS' LIVES, AND TO CELEBRATE RECOVERY FROM MENTAL ILLNESS. MENTAL HEALTH IS ESSENTIAL FOR A PERSON'S OVERALL HEALTH. PREVENTION WORKS, TREATMENT IS EFFECTIVE, AND PEOPLE CAN RECOVER FROM MENTAL DISORDERS AND LIVE FULL AND PRODUCTIVE LIVES.

OVER THE PAST 20 YEARS, THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION AND OTHERS WITHIN THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES AND ACROSS THE FEDERAL GOVERNMENT, THE PUBLIC HEALTH COMMUNITY, AND THE GENERAL PUBLIC HAVE MADE EFFORTS TO INCREASE THE IMPORTANCE OF UNDERSTANDING BOTH PREVENTION AND TREATMENT OF MENTAL HEALTH PROBLEMS. THESE EFFORTS HAVE SIGNIFICANTLY IMPROVED THE OUTLOOK FOR THOSE AFFECTED BY MENTAL ILLNESSES.

SUCCESSFUL EFFORTS THAT HAVE RAISED AWARENESS ABOUT THE IMPORTANCE OF MENTAL HEALTH AND PROMOTED ACCEPTANCE, SUPPORT, PREVENTION AND RECOVERY FROM THESE MENTAL HEALTH CONDITIONS INCLUDE:

THE AFFORDABLE CARE ACT EXPANDS HEALTH INSURANCE COVERAGE TO APPROXIMATELY 30 MILLION AMERICANS BY 2016, AND AN ESTIMATED 11 MILLION OF THESE NEWLY ELIGIBLE BENEFICIARIES WILL HAVE SUBSTANCE ABUSE AND/OR MENTAL HEALTH SERVICE NEEDS.

THE COMMUNITY MENTAL HEALTH SERVICES BLOCK GRANT PROVIDES FINANCIAL ASSISTANCE TO STATES AND TERRITORIES TO CARRY OUT STATE PLANS TO OFFER COMPREHENSIVE COMMUNITY-BASED MENTAL HEALTH SERVICES AND EVIDENCE-BASED PRACTICES TO ADULTS WITH SERIOUS MENTAL ILLNESSES AND CHILDREN WITH SERIOUS EMOTIONAL DISTURBANCES.

MENTAL HEALTH PARITY AND ADDICTION EQUITY ACT OF 2008 ELIMINATES THE PRACTICE OF UNEQUAL HEALTH TREATMENT AND IMPROVES ACCESS TO MUCH NEEDED MENTAL HEALTH AND SUBSTANCE USE DISORDER TREATMENT SERVICES THROUGH MORE EQUITABLE INSURANCE COVERAGE.

THE GARRETT LEE SMITH STATE/TRIBAL SUICIDE PREVENTION PROGRAM FACILITATES COORDINATION ACROSS GOVERNMENT AGENCIES AND THE PRIVATE SECTOR IN THE DEVELOPMENT, IMPLEMENTATION, AND EVALUATION OF YOUTH SUICIDE PREVENTION AND EARLY INTERVENTION PLANS AMONG YOUTH-SERVING INSTITUTIONS, SUCH AS SCHOOLS, EDUCATIONAL INSTITUTIONS, JUVENILE JUSTICE SYSTEMS, SUBSTANCE ABUSE PROGRAMS, PRIMARY CARE, MENTAL HEALTH PROGRAMS, FOSTER CARE SYSTEMS, AND OTHER ORGANIZATIONS.

MENTAL HEALTH MONTH GIVES ALL OF US A VALUABLE OPPORTUNITY TO CELEBRATE THE TREMENDOUS STRIDES THIS NATION HAS MADE IN PROMOTING MENTAL HEALTH AND INCREASING THE PUBLIC'S KNOWLEDGE THAT EFFECTIVE SERVICES AND SUPPORT ARE AVAILABLE.

Warning Signs And Symptoms Of Mental Illness

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness.

Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:



Excessive worrying or fear
 Feeling excessively sad or low
 Confused thinking or problems concentrating and learning
 Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
 Prolonged or strong feelings of irritability or anger
 Avoiding friends and social activities
 Difficulties understanding or relating to other people
 Changes in sleeping habits or feeling tired and low energy
 Changes in eating habits such as increased hunger or lack of appetite
 Changes in sex drive



Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
 Inability to perceive changes in one's own feelings, behavior or personality (“lack of insight” or anosognosia)
 Overuse of substances like alcohol or drugs
 Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing “aches and pains”)
 Thinking about suicide
 Inability to carry out daily activities or handle daily problems and stress
 An intense fear of weight gain or concern with appearance

Mental health conditions can also begin to develop in young children. Because they're still learning how to identify and talk about thoughts and emotions, their most obvious symptoms are behavioral. Symptoms in children may include the following:



Changes in school performance
 Excessive worry or anxiety, for instance fighting to avoid bed or school
 Hyperactive behavior
 Frequent nightmares
 Frequent disobedience or aggression
 Frequent temper tantrums



Where To Get Help

Don't be afraid to reach out if you or someone you know needs help. Learning all you can about mental health is an important first step.
 Reach out to your health insurance, primary care doctor or state/county mental health authority for more resources.
 Contact the NAMI HelpLine to find out what services and supports are available in your community.
 If you or someone you know needs help now, you should immediately call the National Suicide Prevention Lifeline at 1-800-273-8255 or call 911.

Receiving A Diagnosis

Knowing warning signs can help let you know if you need to speak to a professional. For many people, getting an accurate diagnosis is the first step in a treatment plan.

Unlike diabetes or cancer, there is no medical test that can accurately diagnose mental illness. A mental health professional will use the Diagnostic and Statistical Manual of Mental Disorders, published by the American Psychiatric Association, to assess symptoms and make a diagnosis. The manual lists criteria including feelings and behaviors and time limits in order to be officially classified as a mental health condition.

After diagnosis, a health care provider can help develop a treatment plan that could include medication, therapy or other lifestyle changes.

Finding Treatment

Getting a diagnosis is just the first step; knowing your own preferences and goals is also important. Treatments for mental illness vary by diagnosis and by person. There's no “one size fits all” treatment. Treatment options can include medication, counseling (therapy), social support and education.

<https://www.nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms>

<https://youtu.be/zt4s0jWwV3M>

Managing Stress

Everyone experiences stress. Sometimes it can help you focus and get the task at hand done. But when stress is frequent and intense, it can strain your body and make it impossible to function. Finding effective ways to deal is crucial to living well.

How Stress Affects You

Stress affects your entire body, mentally as well as physically. Some common signs include:

Headaches
Trouble sleeping
Jaw pain
Changes in appetite
Frequent mood swings
Difficulty concentrating
Feeling overwhelmed



When experiencing long-term stress, your brain is exposed to increased levels of a hormone called cortisol. This exposure weakens your immune system, making it easier for you to get sick.

Stress can contribute to worsening symptoms of your mental illness. For example, in schizophrenia, it can encourage hallucinations and delusions, while in bipolar disorder, it can trigger episodes of both mania and depression. Knowing what situations cause it is the first step in coping with this very common experience.



When You Are Most Vulnerable To Stress

People are most susceptible to stress when they are:

Not getting enough sleep
Not having a network of support
Experiencing a major life change
(such as moving, the death of a loved one, starting a new job, having a child or getting married)
Experiencing poor physical health
Not eating well



Everyone has his own threshold. Certain things that may upset you out might not even make one of your friends raise an eyebrow. Some people are affected when they experience large crowds and noisy environments, while others react to silence and free time.

Ways To Reduce Stress

Developing a personalized approach to reducing stress can help you manage your mental health condition and improve your quality of life. Once you've learned what your triggers are, experiment with coping strategies. Some common ones include:

Accept your needs. Recognize what your triggers are. What situations make you feel physically and mentally agitated? Once you know this, you can avoid them when it's reasonable to, and to cope when you can't.

Manage your time. Prioritizing your activities can help you use your time well. Making a day-to-day schedule helps ensure you don't feel overwhelmed by everyday tasks and deadlines.

Practice relaxation. Deep breathing, meditation and progressive muscle relaxation are good ways to calm yourself. Taking a break to refocus can have benefits beyond the immediate moment.

Exercise daily. Schedule time to walk outside, bike or join a dance class. Whatever you do, make sure it's fun. Daily exercise naturally produces stress-relieving hormones in your body and improves your overall physical health.

Set aside time for yourself. Schedule something that makes you feel good. It might be reading a book, go to the movies, get a massage or take your dog for a walk.

Eat well. Eating unprocessed foods, like whole grains, vegetables, and fresh fruit is the foundation for a healthy body and mind. Eating well can also help stabilize your mood.

Get enough sleep. Symptoms of some mental health conditions, like mania in bipolar disorder, can be triggered by getting too little sleep.

Avoid alcohol and drugs. They don't actually reduce stress: in fact, they often worsen it. If you're struggling with substance abuse, educate yourself and get help.

Talk to someone. Whether to friends, family, a counselor or a support group, airing out and talking can help. Consider attending a NAMI Connection Recovery Support Group.

Getting Help

If the steps you've taken aren't working, it may be time to share with your mental health professional. He or she can help you pinpoint specific events that trigger you and help you create an action plan to change them.



Equine Therapy: Horses Helping With Mental Heal

Written By Rowena McDavid
(Article Copied From: Mental Health News Sep. 21)



Horses have had many uses throughout history, but equine therapy is one of the many incredible things horses can do. From war veterans to those with disabilities, horses are here to help with mental health!

Horses are well known for their many amazing abilities. However, their therapeutic talents are some of the most mesmerizing. Not only do they help with the healing process, they also promote trust, courage and freedom. Needless to say, equine therapy has huge benefits that everyone can take advantage of.

Earlier this month, we saw many war veterans return from Afghanistan. Many of these soldiers have experienced extreme tragedy and suffer from post-traumatic stress disorder. Some of these vets have chosen equine therapy as their preferred treatment.

Additionally, throughout the COVID-19 pandemic, many frontline workers have chosen equine therapy to relieve stress and improve mental health. Not only is this type of therapy generally cheaper than many regular treatments, it also has the potential to be completely life changing.

Equine Therapy

Equine therapy is an umbrella term that covers a range of treatments that all involve activities with horses. This therapy is different from sitting in a doctor's office because it involves physical activity and developing relationships between person and horse.

Origins & History

Horse therapy is also known as equine-assisted therapy (EAT) and its origins date back to ancient Greece. In the 1960s therapeutic riding was introduced to Canada and America by riders who claimed that it helped them recover from illness and injury. This type of therapy has been recognized and highly revered for its amazing affects on mental health.

Many people who choose equine-assisted therapy suffer from mental illness and disabilities. Not only does it promote trust between human and animal, it helps with communication, impulse control, social skills and perspective. Along with horses, dogs and cats have also been used for therapy. However, horses have the ability to mirror the feelings of their handler which helps provide immediate feedback to the rider.

How Does Horse Therapy Work?

Therapists say that the rhythm of a horse can help stimulate muscles, the spine and brain. Equine therapy assists with motor skills, balance, coordination, rehabilitation and promotes trust. There are several forms of horse therapy as well. Some people prefer to stay on the ground and they choose to take on activities like grooming, feeding, walking and petting. However, those who choose to get on the horse can do obstacle courses, trotting, carriage driving and more.

Who Can Use Equine Therapy?

Anyone seeking an alternative to regular therapy treatments can choose equine therapy. However, there are some individuals who especially thrive through horse therapy.

PTSD Sufferers - Veterans, trauma patients, first respondents, and domestic abuse survivors for example can benefit from horse therapy.

Movement Disorders - The cadence of the horse benefits those with movement disorders like cerebral palsy.

Autism - Riding can be a type of escape from the overwhelming day-to-day that many people with autism experience. Those who deal with sensory overload can often find relief through equine therapy.

Mood Disorders - Horse back riding helps to improve mood and enhance relaxation which helps those living with anxiety and depression. Additionally, this type of therapy helps with anger management and grief.

At-Risk Youth - Many equine-assisted therapy clinics offer programs for at-risk youth. Especially for kids at risk of substance abuse or in need of recovery.

Alternative For Talk Therapy - For many people, speaking to a doctor can be extremely difficult. For these individuals, horses come in useful because there is little to no talking involved. The relationship between person and horse doesn't need words.

Benefits Of Equine Therapy

These gentle giants offer a calming energy that helps almost anyone feel at ease when in their presence. Despite their size, horses have huge amounts of empathy that surrounds them. Here are just some of the many benefits from equine therapy.

Reduced Anxiety & Depression

Equine-assisted therapy helps to decrease the negative symptoms associated with anxiety and depression. It helps us to escape intrusive thoughts that can then send us into a spiral of anxiety, depression and panic. Many participants report feeling relieved and having a greater mental wellbeing after only 6 months of horse back riding.

Increased Trust

Horses are herd animals and are very attuned to the emotions of others. They often take on the emotions of those around them. For people who have difficulties trusting others, this type of therapy can help them build bonds and relationships much easier. It encourages them to address their fears and take control of a situation.

Increase Confidence and Self-Esteem

These are big animals, being able to even just be around one often takes a level of courage and bravery. Being around horses and riding them can increase confidence and improve self-esteem. Learning to lead these animals around can encourage action taking and allows us to address our fears.

Improving Communication Skills

Equine-assisted therapy helps us build our communication skills in both verbal and non-verbal ways. When riding a horse we receive positive or negative feedback instantly. This then inspires quick thinking and communication that builds assertiveness and engagement.

Overcoming Negative, Self-Sabotaging Thoughts

Horses are very sensitive and they often take on the emotions of their handlers or riders. When we are stressed or having negative thoughts, the horse in turn may also feel stressed. This helps us with these self-sabotaging thoughts by removing our selves from inside our heads and onto the horse. We learn to take accountability and problem solve when we are riding.

Bottom Line

Equine therapy offers an alternative to traditional mental or physical health treatments. It offers unconditional acceptance and an unspoken bond between human and animal. Riding horses allows us to escape our inner thoughts to focus on communicating with the horse. It is especially useful for those who are seeking non-verbal therapy treatments.

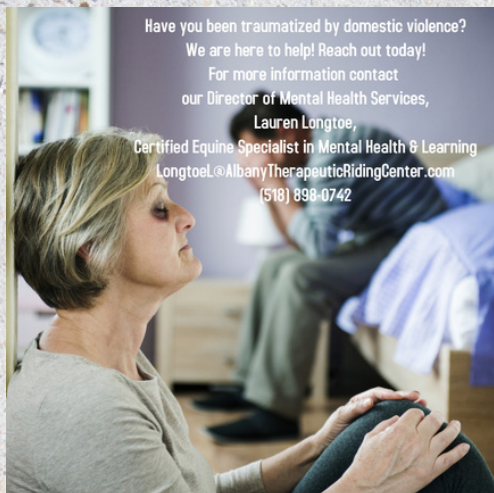
When looking for a horse therapist, ask questions about the treatment before enrolling. Look for credentials, expertise and testimonials that prove their trustworthiness.



MENTAL HEALTH



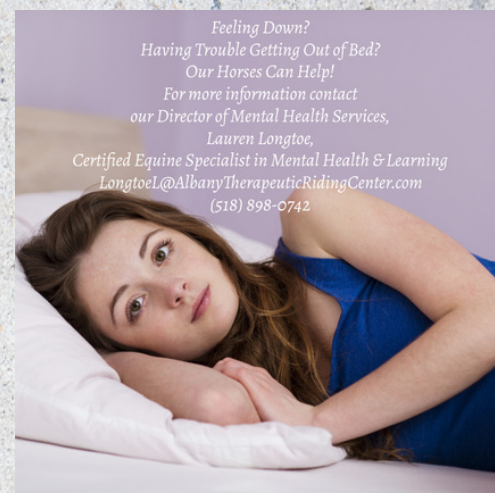
Your Mental Health Is Important To Us!
Our Programs Can Help With: Anxiety, Bereavement, Depression, Substance Use, Trauma



Have you been traumatized by domestic violence?
 We are here to help! Reach out today!
 For more information contact
 our Director of Mental Health Services,
 Lauren Longtoe,
 Certified Equine Specialist in Mental Health & Learning
 LongtoeL@AlbanyTherapeuticRidingCenter.com
 (518) 898-0742



**FEELING ANXIOUS?
 DON'T SUFFER IN SILENCE!**
**OUR HORSES CAN HELP!
 REACH OUT TO US TODAY!**
ALBANY THERAPEUTIC RIDING CENTER
 FOR MORE INFORMATION
 PLEASE CONTACT
 LAUREN LONGTOE
 DIRECTOR OF MENTAL HEALTH SERVICES,
 CERTIFIED EQUINE SPECIALIST
 IN MENTAL HEALTH & LEARNING
 LONGTOEL@ALBANYTHERAPEUTICRIDINGCENTER.COM
 (518) 898-0742



Feeling Down?
 Having Trouble Getting Out of Bed?
 Our Horses Can Help!
 For more information contact
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 (518) 898-0742



You don't have to go down the road to recovery alone!
 Let us help you along your journey to sobriety!
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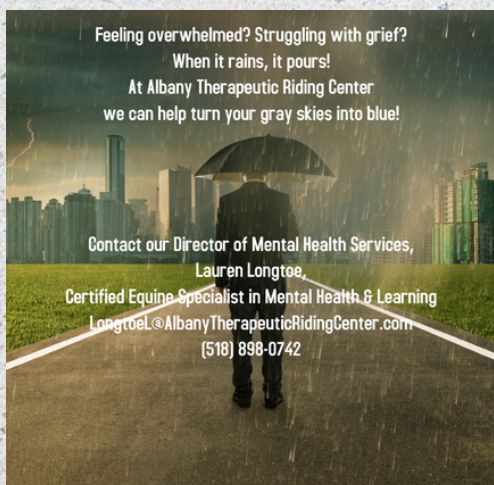
Why Horses?



Why Us?
 We offer mounted and unmounted
 ground lessons by Certified
 Therapeutic Riding Instructors who
 are PATH certified Equine Specialists
 in Mental Health and Learning

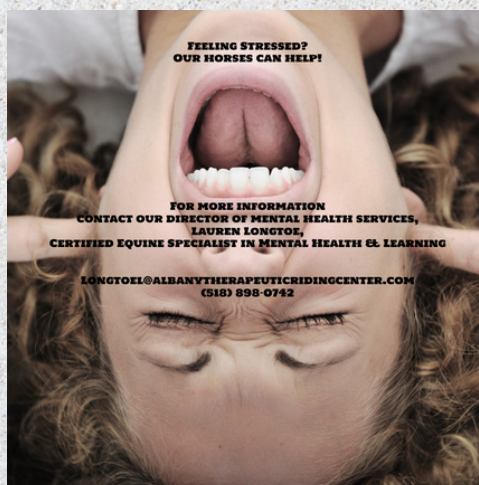


Issues With Alcohol?
 Instead of reaching for the bottle, reach out to us!
 For more information contact
 our Director of Mental Health Services,
 Lauren Longtoe,
 Certified Equine Specialist in Mental Health & Learning
 LongtoeL@AlbanyTherapeuticRidingCenter.com
 (518) 898-0742



Feeling overwhelmed? Struggling with grief?
 When it rains, it pours!
 At Albany Therapeutic Riding Center
 we can help turn your gray skies into blue!

Contact our Director of Mental Health Services,
 Lauren Longtoe,
 Certified Equine Specialist in Mental Health & Learning
 LongtoeL@AlbanyTherapeuticRidingCenter.com
 (518) 898-0742



**FEELING STRESSED?
 OUR HORSES CAN HELP!**
 FOR MORE INFORMATION
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 LONGTOEL@ALBANYTHERAPEUTICRIDINGCENTER.COM
 (518) 898-0742



Freedom Isn't Free!
 Calling All Veterans...
 Are You Suffering From Anxiety, Depression,
 Addiction, PTSD?
 We're Here To Help!
 Contact our Director of Mental Health Services,
 Lauren Longtoe,
 Certified Equine Specialist in Mental Health & Learning
 LongtoeL@AlbanyTherapeuticRidingCenter.com
 (518) 898-0742

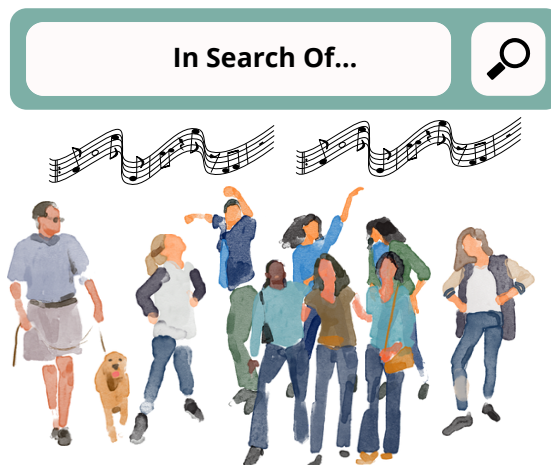


Send a 'Shout Out' to someone special!
For a \$10 donation your message and photo will appear in our monthly newsletter!
For more information or to submit an entry contact Miss Taylor.

Celebrating May!



May 24th
Happy An-neigh-versary, Miss Kate!
One Year With ATRC



Looking for animated, encouraging and patient people to spend time with me three to four hours one day a week to take me to the park for a walk, out for lunch or for a dish of chocolate ice cream. I love music, animals, looking at photos of my family, facetimeing my mother and being outside.

I am a woman with down syndrome and am in my late 50's. I live in a community residence in the Guilderland area. I walk slow and process what you say slower than I used to. I have a great smile but I do not speak so I nod or point to indicate what I want. I am eager to get moving, see things around me and go places.

If you are interested in spending time together please contact my sister Karen at ksolomon99@gmail.com or 518 879-4001. Reimbursement for your time is available.