



ATRC OF THE MONTH:

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



HORSES ARE SPOOKY!

ACCORDING TO THE ARTICLE, "WHY HORSES SPOOK EASILY, PLUS TIPS TO HELP", PUBLISHED ON IHEARTHORSES.COM SEPTEMBER 19, 2020, "HORSES ARE HARDWIRED AS FIGHT OR FLIGHT PREY ANIMALS. IT IS HOW THEY HAVE SURVIVED FOR CENTURIES. THEY HAVE POWERFUL LEGS FOR FIGHTING, BUT THEY WOULD RATHER USE THEM FOR FLIGHT...ANYONE WHO HAS BEEN AROUND HORSES HAS STORIES OF HORSES SPOOKING, SOMETIMES FOR NO REASON AT ALL...THEY USE THEIR SENSES TO BE AWARE OF THEIR SURROUNDINGS CONSTANTLY. THEY CAN REACT FAR MORE QUICKLY THAN WE DO WHEN THEY FEEL DANGER...HORSES HAVE LARGE EYES ON THE SIDES OF THEIR HEADS. IT ALLOWS THEM TO SEE 360 DEGREES AROUND THEM, WITH A SMALL BLIND SPOT DIRECTLY IN FRONT OF THEM. ALTHOUGH THIS IS HELPFUL, THEIR EYES ARE WEAK COMPARED TO HUMANS WHEN IT COMES TO FOCUSING...HORSES ARE SMART, AND IT SHOWS BY HOW FAST THEY REACT, STOP, AND REEVALUATE A SITUATION. THIS IS HELPFUL TO US WHEN WE WANT TO DESENSITIZE THEM TO DIFFERENT STIMULI...IF THEY ARE SUBJECT TO THE SAME STIMULUS REPEATEDLY, THEY WILL LEARN TO ACCEPT THAT IT IS HARMLESS. THE THING TO REMEMBER IS THAT GETTING USED TO THE TARP WON'T GET THEM USED TO THE NEIGHBOR'S HOGS. WE HAVE TO SUBJECT THEM TO ALL KINDS OF STIMULI."

LAST MONTH, WE TALKED ABOUT HOW HORSES NEED TO BE SCHOOLED. PART OF THAT SCHOOLING PROCESS CENTERS AROUND DESENSITIZING THEM. TO LEARN MORE ABOUT DESENSITIZATION METHODS AND TIPS ON WHAT TO DO IF YOUR HORSE SPOOKS WHILE YOU ARE RIDING, CHECK OUT THE FOLLOWING WEBSITE:

<https://ihearthorses.com/why-horses-spook-easily-plus-tips-to-help/>



SPOOKY TIME



OCTOBER
AT THE FARM:



- 1-SPOOKY HORSES
- 2-VOLUNTEER OF THE MONTH
- 2-MEET GABI
- 3-NOT JUST ONE TRICK PONIES
- 4-TRUNK-OR-TREAT
- 5-PONY COSTUME CONTEST
- 6-MENTAL ILLNESS AWARENESS
- 7-DOMESTIC VIOLENCE AWARENESS
- 8-SHOUT OUTS



VOLUNTEER OF THE MONTH:



JENN MCKEOWN



Jenn started with ATRC over the summer. She helps out in the barn and with weekend lessons. She will be starting our Instructor in Training Program. We feel so lucky to have her enthusiasm and dedication at the farm!

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

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

My favorite part about volunteering at ATRC is seeing the kids smiling and happy when they arrive at the barn. I also love just being around the horses. Picking up poop is fun for me!

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

When I'm not at ATRC I love to stand up paddleboard with my chocolate labradoodle Ziggy. I also love to read, hike, and ride horses.

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

If I won a million dollars, I'd donate a lot of it to ATRC. Then I'd travel to Iceland and Dubai to go horseback riding.

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

My hero is Carly Fleischmann. Carly is on the spectrum and has trouble speaking. She learned how to communicate and express her feelings by typing on a computer. She's been on many talk shows and has a great sense of humor. I would love to hang out with her and tell jokes.

5. Why do you volunteer at ATRC?

I volunteer at ATRC because I think it's beautiful how horses are healing for people on the spectrum and / or with mental health problems. Seeing a child who is normally nonverbal speak or control the horse using body language is amazing. Whenever I, myself carry tension in my shoulders from stress or anxiety the horses will gently tap me with their head to say "Relax, friend!"

*"When I was a boy and I
would see scary things in the news,
my mother would say to me,
"Look for the helpers.
You will always find people
who are helping."*

-MR. ROGERS-

THANK YOU FOR ALL YOU DO!



A Warm Welcome!

**Meet Gabi, our new Instructor in Training!
She has been around horses her entire life,
spending summers at her mom's family farm
doing hay and taking care of the animals.**

**Her desire to become a PATH Instructor stems from
watching her two nephews, who both have autism,
grow and overcome many obstacles. She has worked at
a PATH facility for over two years, which contributed to
her passion for becoming an instructor. She likes to
spend her free time riding her horses and being outdoors
doing new adventures! She is looking forward to the
journey ahead and "making a difference, one by one".**

Welcome to the team, Gabi!





Our Horses Are Not Just One Trick Ponies!



Wicked Jane



Count Dusty



Tan the Mummy Man



Lukenstein



Matey Montana



Elusive Elsa





WITH THE HELP OF
STEPHANIE & LOGAN,
NICK & JACKIE, MISS KATE
REALLY HAULED A LOT OF HAY
TO MAKE THIS MAZE IN THE
ARENA COMPLETE WITH A
SCAVENGER HUNT.



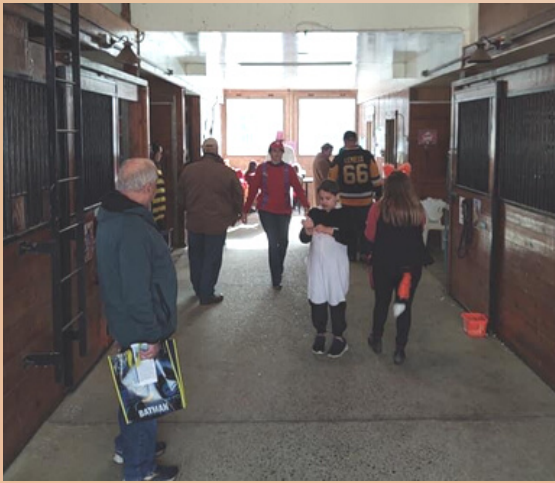
MISS KATE ALSO SET UP
A PUMPKIN BOWLING ALLEY,
A GHOST RING TOSS GAME, AND
A TRUNK OR TREAT WITH HER
FAMILY FOR ALL TO ENJOY!



"WE'RE ON THE EDGE OF
GREATNESS TURNING
DARKNESS TO LIGHT
WE'RE RIGHT BESIDE YOU
READY TO FIGHT."

FROM WARRIORS-SONG BY AALIYAH ROSE



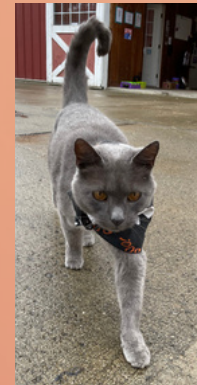


WE HAD AN OVERWHELMING TURNOUT FOR OUR FIRST TRUNK OR TREAT EVENT! EVERYONE ENJOYED THE GAMES AND PRIZES INSPIRED BY THE PONIES COSTUMES: WHICH WITCH, UNICORN BINGO, PIN THE HORN ON THE UNICORN, MUMMY BOWLING, COUNT ON ME, WALK THE PLANK, AND MONSTER SMASH.

LUKENSTEIN WON THE PONY COSTUME CONTEST. HE RECEIVE 8 VOTES, FOLLOWED BY ELUSIVE ELSA WITH 5 VOTES, TAN THE MUMMY MAN AND MATEY MONTANA TIED AT 4 VOTES, WICKED JANE AND COUNT DUSTY TIED WITH 3 VOTES.

CONGRATULATIONS TO MICHELLE B. FOR WINNING \$110 IN OUR FALL HARVEST 50/50 RAFFLE!

THANKS TO EVERYONE WHO SET UP A TRUNK, HELPED US TO PREPARE, ASSISTED WITH GAMES, DONATED FOOD OR DECORATIONS. YOU HELPED TO MAKE THIS EVENT A SMASHING SUCCESS!





Mental Illness Awareness Week (October 3rd-9th)

<https://www.nami.org>



TOGETHER
for Mental Health

Mental Health in New York



1 in 5 U.S. adults experience mental illness each year.



2,802,000 adults in New York have a mental health condition.

That's more than **10X** the population of Buffalo.

It is more important than ever to build a stronger mental health system that provides the care, support and services needed to help people build better lives.



More than half of Americans report that **COVID-19** has had a negative impact on their mental health.

In February 2021, **35.8% of adults in New York** reported symptoms of **anxiety or depression**. **20.2%** were unable to get needed counseling or therapy.



1 in 20 U.S. adults experience serious mental illness each year.

In New York, **591,000 adults** have a **serious mental illness**.



1 in 6 U.S. youth aged 6–17 experience a mental health disorder each year.

145,000 New Yorkers age 12–17 have depression.

New Yorkers struggle to get the help they need.



More than half of people with a mental health condition in the U.S. **did not receive any treatment** in the last year.

Of the **763,000 adults in New York** who **did not receive needed mental health care**, **36.1%** did not because of cost.

5.3% of people in the state are uninsured.



New Yorkers are over **10x more likely to be forced out-of-network** for mental health care than for primary health care — making it more difficult to find care and less affordable due to higher out-of-pocket costs.

4,102,718 people in New York live in a community that does not have enough mental health professionals.

**YOU ARE
NOT
ALONE**

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

**OCTOBER 10th
CELEBRATE WORLD
MENTAL HEALTH DAY**
and let everyone know that:

- Mental health is just as important as physical health
- Mental health deserves attention and care



Feeling Down?

Having Trouble Getting Out of Bed?
Our Horses Can Help!

For more information contact Lauren Longtoe
Certified Equine Specialist in Mental Health & Learning
Albany Therapeutic Riding Center
Volunteer@albanytherapeuticridingcenter.com
(518) 898-0742

*Together
We Can!*

#breakthestigma

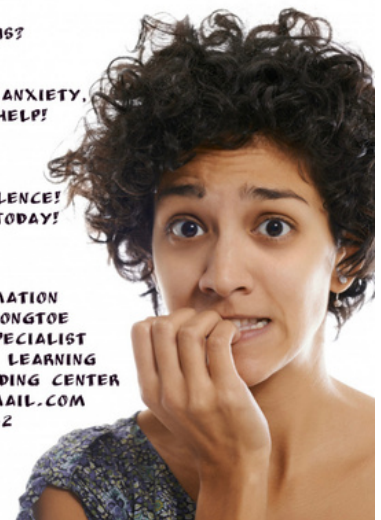


FEELING ANXIOUS?

IF YOU SUFFER FROM ANXIETY,
OUR HORSES CAN HELP!

DON'T SUFFER IN SILENCE!
REACH OUT TO US TODAY!

FOR MORE INFORMATION
CONTACT LAUREN LONGTOE
CERTIFIED EQUINE SPECIALIST
IN MENTAL HEALTH & LEARNING
ALBANY THERAPEUTIC RIDING CENTER
VOLUNTEER@ATRCOGMAIL.COM
(518) 898-0742



For more information about depression please visit:
<https://www.who.int/campaigns/world-mental-health-day/2021/campaign-materials>



Silence Hides Violence!



STOP
DOMESTIC
VIOLENCE!



THE VIOLENCE AT HOME SIGNAL FOR HELP



According to the Office for the Prevention of Domestic Violence (OPDV) website:

- "Domestic violence is described as "A PATTERN OF BEHAVIOR USED BY AN INDIVIDUAL TO ESTABLISH AND MAINTAIN POWER AND CONTROL OVER THEIR INTIMATE PARTNER."
- "The behavior includes abusive tactics, threats and actions that may or may not rise to the level of criminal behavior. The tactics may include physical, emotional, financial and sexual abuse."
- "Domestic violence can happen to anyone. It looks different in every relationship and no one experiences it in the same way. Although it may look different, there is always an underlying theme of control. When one person tries to control their intimate partner, that isn't love, it's abuse."
- "Domestic Violence Awareness Month is an opportunity to highlight this important issue and show survivors that they are not alone."

<https://opdv.ny.gov/about-domestic-violence>

NYS DOMESTIC AND SEXUAL VIOLENCE HOTLINE

800.942.6906

WHEN YOUR HOME ISN'T SAFE

TEXT. CALL. CHAT.

844.997.2121 800.942.6906 OPDV.NY.GOV

TEXT CONFIDENTIALLY WITH A DV/SA ADVOCATE

ACCESS REMOTE COUNSELING THROUGH YOUR LOCAL DV/SA PROGRAM.

CHAT PRIVATELY WITH DV/SA ADVOCATE ON A SECURE WEBSITE

ALL AVAILABLE 24 HOURS/DAY, 7 DAYS/WEEK

FOR YOUR SAFETY

- Call 911 if you are in immediate danger and the police will respond.
- Seek treatment at a hospital emergency department if needed. Hospitals are open and a safe place to go for medical care.
- Add NYS resource info (above) in your cell phone under a fake contact name to avoid suspicion.
- Create a code word for friends and family that will tell them you need help.
- Know the areas in your home with a lock on the door.
- Prepare a go-bag with important documents, medication and extra clothing.
- Tell your family and friends where you will flee if you need to leave urgently.
- Talk with your children about safety so they have a sense of acceptable situations.
- Advocates are available to help you days, evenings and weekends.

opdv.ny.gov

PHOTOGRAPH THIS INFORMATION FOR QUICK REFERENCE

Have you been traumatized by domestic violence?

We are here to help! Reach out today!

For more information contact Lauren Longtoe
Certified Equine Specialist in Mental Health & Learning

Albany Therapeutic Riding Center
LongtoeL@AlbanyTherapeuticRidingCenter.com
(518) 898-0742



Send a 'Shout Out' to someone special!
For a \$5 donation your message and photo will appear in our monthly newsletter!
For more information or to submit an entry contact Miss Taylor.

Celebrating October!



October 25th
Happy Birthday, Kara!
Lauren, Roxy & Slinky



October 28th
Happy Birthday, Lisa!
Lauren, Luke & Dusty

HAPPY HALLOWEEN

