



## COMMUNITY SERVICE PROJECTS

Dear AIM-High Families,

We are pleased to share that this year's community Service project will involve equine-assisted activities and therapies at two local South Florida ranches/farms.



*Celebrating over 15 years of promoting mental health and personal growth, one stride at a time!*

Healing Hooves Psychotherapy (HHP) is a strength based Equine Assisted Activities and Therapies (EAAT) facility that offers clinical services as well as psycho-educational programs.

### **Equine Assisted Learning (EAL)**

Lessons are tailored to the group's age and makeup. Equine Assisted Learning (EAL) is an experiential educational approach for children and young adults that teaches life choices, coping skills, and social and communication skills. Horses provide an opportunity for participants to experience immediate feedback from their equine partner. EAL is a strength-based approach that promotes wellness and resilience. Participants learn to:

- Establish a connection with horses based on equine body language and behavior.
- Develop a relationship with a chosen equine partner based on mutual trust and respect.
- Build self-awareness and a positive self-image through interactions with the horse.
- Generalize skills out of the paddock and into school and home settings.

<http://www.therapybarn.org>



Horse and Petting Pal Interaction, Inc. (HAPPI Farm) is a non-profit organization that seeks to better the lives of others through interaction with a wide variety of animals. We reach out to many groups of people including disadvantaged children, youths at risk, seniors and military veterans. Many studies have shown this interaction to be emotionally and physically beneficial. Studies have also concluded it is an effective alternative education. HAPPI Farm operates strictly on the goodwill of the public.

<http://www.happifarm.org/>

Benefits of Animal-Assisted Learning & Equine Therapy:

- Reduces stress, anxiety and depression
- Develops memorization, concentration, behavior and cognitive skills
- Improves posture, balance, flexibility, muscle strength, motor coordination and endurance

While we will not be riding horses, we will engage in rewarding activities that include grooming, communication, and observing patients engaging in therapeutic services. We will meet varied specialists and



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learn about the many benefits of equine therapy for clients presenting with a myriad of conditions from Autism, Behavioral Disorders, Emotional/Mental Health Issues, and Developmental Delays.

During our visit we will give back by providing a Community Service at the farm and providing a boxed dinner.

Our partners are always in need and grateful for donations, if each student could review the list below and bring what they can. Thank you in advance for your involvement and generosity.

Consumable items for Humans/Horses:

- Bug spray with and without deet
- Avon Skin so Soft
- Sunscreen 50 SPF
- Instant cold packs
- Hand soap
- Head and Shoulders shampoo
- Band aids
- Small drinking cups
- Solo cups
- Kitchen towels



**We must have Volunteer/Registration/Liability forms for both farms completed and scanned to us by June 5<sup>th</sup> from all students attending AIM-High. Please scan and email to [cmiles0@nova.edu](mailto:cmiles0@nova.edu)**



HAPPI NSU 1  
volunteer applicatio



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*In 2010, NSU earned the prestigious, elective Carnegie Foundation Designation as a Community Engaged Institution in Outreach and Partnerships." NSU is identified as one of the top 20 universities dedicated to community service.*