

Grant Proposal

Helping Hooves Project! Helping Women with PTSD

Submitted to: various organizations

Date: NOW

**Maria Yraceburu, LLD
Spiritual Director/Minister/Program Coordinator
Yraceburu EarthWisdom
Mailing
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San Marcos, California 92078
Actual Location: Ramona, CA
505-414-1583**

Helping Hooves Project! Helping Women with PTSD

Project Abstract

Yracébûrû EarthWisdom, in Ramona, CA is seeking a grant to expand our Helping Hooves Project! program with the objective of helping women suffering from the symptoms of post-traumatic stress dysfunction (ptsd) and to provide training for those wishing to implement equine therapy as an eco-psychology practice. The objective is that by the end of the year the women will have arrived at a sense of self-esteem and will have improved their communication/relationship skills enough to be able to voice their needs and make decision based on what they need, and on behalf of their children should this apply. The Helping Hooves Project! program is based on the latest research on effective animal assisted therapies. Funding in the amount of \$16,504 is requested for animal maintenance, sessions and training.

Statement of Need

Yracébûrû EarthWisdom has worked for 40 years with women suffering from the ptsd of childhood incest survival, and according to Domestic Violence Statistics, statistics:

- Every 9 seconds in the US a woman is assaulted or beaten.
- Around the world, at least one in every three women has been beaten, coerced into sex or otherwise abused during her lifetime. Most often, the abuser is a member of her own family.
- Domestic violence is the leading cause of injury to women—more than car accidents, muggings, and rapes combined.
- Studies suggest that up to 10 million children witness some form of domestic violence annually.
- Nearly 1 in 5 teenage girls who have been in a relationship said a boyfriend threatened violence or self-harm if presented with a breakup.
- Everyday, in the US, more than three women are murdered by their husbands or boyfriends.
- Ninety-two percent of women surveyed listed reducing domestic violence and sexual assault as their top concern.
- Domestic violence victims lose nearly 8 million days of paid work per year in the US alone—the equivalent of 32,000 full-time jobs.
- Based on reports from 10 countries, between 55 percent and 95 percent of women who had been physically abused by their partners had never contacted non-governmental organizations, shelters, or the police for help.
- The costs of intimate partner violence in the US alone exceed \$5.8 billion per year: \$4.1 billion are for direct medical and health care services, while productivity losses account for nearly \$1.8 billion.
- Men who as children witnessed their parents' domestic violence were twice as likely to abuse their own wives than sons of nonviolent parents.

There is a complex mixture of factors that contribute to PTSD problems, including developmental and psychological factors, care giver and environmental influences, effects of trauma and abuse, mental illness and the impact of the service environment. Mental health services address the physical behavior as it is which allows for individuals to manipulate the system by portraying only evidence and information which they feel will serve them. The Helping Hooves Project utilizes horses to assist in exploring a deeper level of communication within each individual that brings out the core issues and shows daily behaviors and the belief systems that drive them. As these factors are explored in depth, participants respond with effective, non-coercive approaches to their common behavior issues.

Project Description

Equine therapy programs have been partnering with mental health agencies for more than 50 years. YEW's programs are an extension of other equine therapy programs using horses to facilitate healing because YEW focuses on the horse as an equal partner to the client. The horse is a social prey animal instinctively in tune to its natural environment. They react to their physical surroundings and perceive subtle shifts in energy, movement, and emotions. As part of this project, clients will have an opportunity to select a horse to work with. With this approach clients mirror their inner state because they usually pick horses representing their own personalities. Using ground exercises with a horse and client, the horse will immediately mirror back exactly what the human body language is telling it and amplify the energy, reflecting back one's inner state. This facilitates self-awareness in a deep and profound way because the horse has no expectations, prejudices, or motives. Each moment during this process the clients are able to open up and reveal themselves in a safe manner, observe their behavior, and receive direct and immediate feedback while uniting unconditionally with another living being. The self-discovery individuals experience with a horse provides them with more knowledge and accountability than if the knowledge had been presented by a therapist.

Equine Therapy

Using horses to assist individuals provides in-depth observations of the natural environment and reflections of self that serve as metaphors that offer practical applications. By developing sensitivity to a horse in the natural world, youth can enhance their life skills. Intimate contact with a powerful animal affords people a higher degree of empathy and awareness that can be transferred to others. The program will equally support community development for enhancement of their continuum of services for women and contribute to meeting the overall goal of the judicial initiative. This goal, as published by Cities with Concerns for Women in a 2003 study, says that community-based sanctions can reduce repeat traumatic abuse at lower cost to the community and with greater effect than incarceration due to substance abuse and mental health issues. High risk groups require comprehensive community services. Helping Hooves will support already existing community resources available for our women seeking assistance and children by

using horses to assist with personal growth, accountability, anger management and conflict resolution.

References

Selby, A., Smith-Osborne, A. (2012). A systematic review of effectiveness of complementary and adjunct therapies and interventions involving equines. *Health Psychology*. Advance online publication. doi: 10.1037/a0029188

Gorder, Pam Frost, (2014). Caring for Horses Eases Symptoms of Dementia. The Ohio State University News Room

Sinclair, Leslie (2011). Horses Join Therapy Sessions With Violence-Prone Patients. *Psychiatric News*

University of Kentucky College of Agriculture, Food, and Environment (2013). Horses Teaching Humans about Leadership. *The Horse*

Innes, Emma (2014). Why horsing around is good for you: Spending time around stables proven to reduce stress. *Mail Online*

Goals & Objectives

The key subjects to be addressed in this program are (1) women returning from the military, (2) women who will be identified by therapists, and (3) autistic, seniors and children in grades 4-8 enrolled in the San Diego County School District. This pilot program will initially take place in San Diego County, expand to other counties in CA, and then nationally as it works with strategies using horses to capitalize on our community's strengths and resilience to create positive change in their lives.

The women enrolled in this program will learn prevention and self-intervention techniques to decrease behavior problems, while increasing motivation, well-being, and self-confidence. Twenty-four women, in 3 cycles, will participate in the Helping Hooves pilot program to begin April 1, 2020 and run through August 2020. The women will be individually scheduled to receive a 7 hour session monthly for 5-months as they work through circles of self-awareness and accountability, developing relationships with the horses and themselves. All work will be on the ground, with women asked to participate in equine care and supportive peer mentoring and to document their personal experience. They will receive active equine counseling with training available to those who wish to learn this technique and make it part of a sustainable life plan.

In addition, an equal part of this program is a prevention component that will aim to heighten the awareness of children by providing more effective responses to their needs. During the traumatic events, people make decisions that affect their ability to transition in life. Women are more likely to make successful when they choose to return to school, be responsible in sexual activity and avoid excessive risks, like

driving under the influence of drugs and alcohol.

The curriculum for the women will take place monthly on the fourth-Saturday, with each scheduling their additional time in accordance. The goal of this prevention program is to identify the forward moving individuals and assist each one to harness the positive peer culture for the interest of the women, their families, and the community. Leaders enrolled in positive peer culture create a ripple effect and have a large impact on all individuals that they identify with.

Time Line

Activities	
Submit Grand Proposal	December, 2019
Expect Grant Notification	January, 2020
Women Introduction	February, 2020
Evaluation 1	March, 2020
Begin 5 month phase	April, 2020 – August, 2020
Evaluation 2	@ completion of 5-month series
Prepare Results Report	September, 2020

Budget

The budget includes funds for Animal maintenance, as well as items utilized in our sessions (ie notebooks, mud boots, etc), and graduation event. This will provide assistance to 48 women. Individually scheduled sessions will give women the greatest flexibility in time management for their current lifestyle needs.

	\$
Animal Maintenance (food & medical)	\$7095
Tack Maintenance & Repair	\$709
Materials for Course Work	\$1,500
Graduation Celebration	\$1,200
Total	\$10,504

Evaluation

Standardized evaluations will be conducted at the start of the Helping Hooves Project! program and again at the end of the cycles to determine overall improved behavior, anger management, outlook to education and changes in accountability, effective communication, and relationship improvement with peers, family, educators and self.

Agency Discription

Yraceburu EarthWisdom was established in 2001 in San Diego, California, and now

bases out of Ramona, California, to provide services for people to reconnect with the earth, for women in need, and community at large. The not for profit eco-spiritual organization (church) is governed by a 10-member Council. (Please see appendices for tax verification letter and list of governing council.) Maria Yraceburu, YEW Spiritual Director and founder, has received global awards for her volunteer services with special needs. In 2002, YEW launched its first HeartFire Program to usher individuals through the eco-psychological healing of PTSD, and has now adapted this program to incorporate the equine therapy experience. The organization continues to expand its programs to assist individuals in developing the life skills necessary to assist them in reaching their highest potential, finding occupational skills, and providing training for those wishing to further this important work and achieve viable income. The goal of the Helping Hooves pilot program is to offer individual and family strengthening and support services, and become part of a task force to promote community involvement in mental health and domestic violence issues.

Appendix

- NonProfit Letter
- Letter of Support
- Vertrains Health Administration Article
- Annual Report
- Program Mailer
- Council Members

INTERNAL REVENUE SERVICE
P. O. BOX 2508
CINCINNATI, OH 45201

DEPARTMENT OF THE TREASURY

Date: JUL 18 2014

YRACEBURU EARTHWISDOM
119 MIRA SOL DR
LAS VEGAS, NM 87701

Employer Identification Number
27-2067821
DLN:
17053135337023
Contact Person:
CUSTOMER SERVICE ID# 31954
Contact Telephone Number:
(877) 829-5500
Accounting Period Ending:
October 31
Public Charity Status:
170 (b) (1) (A) (vi)
Form 990 Required:
Yes
Effective Date of Exemption:
March 9, 2010
Contribution Deductibility:
Yes
Addendum Applies:
No

Dear Applicant:

We are pleased to inform you that upon review of your application for tax exempt status we have determined that you are exempt from Federal income tax under section 501(c)(3) of the Internal Revenue Code. Contributions to you are deductible under section 170 of the Code. You are also qualified to receive tax deductible bequests, devises, transfers or gifts under section 2055, 2106 or 2522 of the Code. Because this letter could help resolve any questions regarding your exempt status, you should keep it in your permanent records.

Organizations exempt under section 501(c)(3) of the Code are further classified as either public charities or private foundations. We determined that you are a public charity under the Code section(s) listed in the heading of this letter.

For important information about your responsibilities as a tax-exempt organization, go to www.irs.gov/charities. Enter "4221-PC" in the search bar to view Publication 4221-PC, Compliance Guide for 501(c)(3) Public Charities, which describes your recordkeeping, reporting, and disclosure requirements.

Sincerely,



Director, Exempt Organizations

Letter 947

CONGRESS OF THE UNITED STATES

**DELEGATION OFFICE
STATE OF NEW MEXICO
HART SENATE OFFICE BUILDING
WASHINGTON, DC 20510
(202) 631-2322**

September 11, 2015

Dr. Maria Yraceburu
119 Mira Sol Drive
Las Vegas, NM 87701

Dear Dr. Yraceburu:

In response to your request for assistance in identifying sources of funding the programs operated by your spiritual church, we have identified areas of possible support and have compiled the enclosed information for your review. Please note that we have included program descriptions about private foundations. We do not expect that all of these resources will be suited for your project, but we have included those which we feel may offer possible funding opportunities or other relevant information. We encourage you to carefully review the information and contact those organizations or program directors which you feel may offer the best possibility of assistance.

We hope this information will be helpful to you and we wish you success in this endeavor. If we can be of further assistance to you, please do not hesitate to contact us.

Sincerely,



Tom Udall
United States Senator



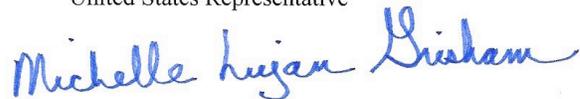
Stevan Pearce
United States Representative



Martin Heinrich
United States Senator



Ben Ray Luján
United States Representative



Michelle Lujan Grisham
United States Representative

I AM A...

Select One

- Health Benefits
- Conditions & Treatments
- Wellness Programs
- Locations
- Research
- Special Groups
- Careers, Job Help & Training
- About VHA

QUICK LINKS

Zip Code

Health Programs

Protect Your Health

A-Z Health Topics



Veterans Crisis Line
1-800-273-8255 PRESS 1



My healthvet
My Health, My Care: 24/7 Online Access to VA

VA » [Health Care](#) » Inside Veterans Health

Veterans Health Administration

Reining in PTSD with Equestrian Therapy



Army Veteran Larry Opitz spends some time with his favorite horse, Kris, at Strongwater Farm in Tewksbury, Mass. PHOTO BY BOB WHITAKER, [LOWELL SUN](#). USED WITH PERMISSION.

by **Tom Cramer, VA Staff Writer**
Thursday, September 18, 2014

A horse is a horse, of course, of course ... except, perhaps, when he's also your therapist.

"Interaction with an animal just makes you feel more relaxed," said Joe Grimard, a recreational therapist at the [Edith Nourse Rogers Memorial Veterans Hospital](#) in Bedford, Mass. "You're connecting with an animal, a living thing and that's all you're focused on. You're no longer focusing on yourself, or your problems."

Each week, Grimard drives four to six Veterans out to nearby Strongwater Farm, where they get to ride horses for free. Family members of Veterans are also welcome.

"These guys are in the 90-day treatment program at our domiciliary," said Grimard, a Navy Veteran. "So it's good for them to get away from the hospital now and then and do something different.

"It's my job to get these guys back out into the community, doing healthy things," he added. "They need to know they have alternatives to the lifestyles that landed them in trouble before."

Just Relax

Grimard said the whole idea is to provide Veterans with relaxing, positive experiences.

"A lot of these guys have anxiety," he said. "They have traumatic memories, so we want them creating new, pleasant memories to replace the not-so-pleasant

SHARE

ones. This is a peaceful place. When I bring them out here, I don't tell them I'm taking them to therapy. I just tell them, 'I'm bringing you out here so you can enjoy life a little.'

"Once they get around a horse, they start to loosen up," he continued. "You can see them begin to relax. You can see their self-esteem and their confidence building. Gradually you can see them becoming the person they were before all that stuff happened to them."

Grimard said he's now seeing an increasing number of younger Veterans — those who served in Iraq and Afghanistan — expressing an interest in visiting the horse farm.

"They're very physical, very enthusiastic," he said. "They just jump right on the horse without a second thought. It doesn't matter whether you're dealing with posttraumatic stress, addiction or family problems, coming out here is just a fun, cool thing to do."

“I feel like I have a friendship with the staff here at the Bedford VA. Without them, I would have been dead years ago.”

— Larry Opitz

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An Apple a Day

"Some of the guys, they'll come out with a bag of apples," Grimard said. "They want to feed the horses, so a staff member teaches them how to feed an apple to a horse without losing any fingers. And if they don't want to ride, they can sit in the sun, or talk to the staff out here. The staff is really friendly. They'll teach you how to approach your horse, how to brush your horse down, where to stand and where not to stand when you're near the horse." (Helpful Hint: never stand behind a horse. Just don't.)

"Our staff is very accommodating, very low key, very down to earth," said Patti Lessard, program director at the non-profit, 800-acre horse farm. "We provide the environment and the four-legged partners and the Veterans take it from there. They become one with the animal they're working with, so in a sense the horse becomes the therapist. All you're thinking about is grooming your horse, riding your horse, building a relationship with that horse."

"You're very engaged," she added, "and you become very clear. The horse is your new buddy, your new partner, another member of your support system. Horses are intelligent, intuitive animals; they have a sixth sense. They can read where you're at."

Air Force Veteran Theresa Mickelwait couldn't agree more.

In The Moment

"Horses, like people, are sentient beings," Mickelwait noted. "Each one is different; each one has its own personality. The first time we went out to the farm I talked to a horse named Big Red. He was very friendly, but he had no problem invading your body space. He liked to go into your pockets to search for snacks. He was like a hyperactive little kid. He was a handful, but I liked him."

Mickelwait recently completed her treatment program at the Bedford VA and will soon be working full-time and living in her own apartment in Boston. Recently, she won a scholarship that will enable her to take a writing course at the

University of Boston.

The Air Force Veteran said her experience at Strongwater Farm was a memorable step on her road to recovery.

"Riding was the best part for me," she observed. "I like to ride. I find it relaxing, because I'm focused on my horse. It's an 'in-the-moment' sort of thing. You're doing nothing but being with that animal."

"Sometimes I won't even ride," said Army Veteran Larry Opitz, another recent graduate of the Bedford VA's residential treatment program. "Sometimes I just like walking around the barns, or walking through the pastures. It gets you away from everybody. You can do a little soul searching."

"I grew up raising horses, so I truly understand and appreciate the impact this program has on our Veterans."

— Christine Croteau, Hospital Director, Bedford VA
Medical Center

Getting Back Out Into Life

Opitz said he wasn't quite sure what to expect on his very first visit to the horse farm. But he soon found out.

"When I went up there, all my anxiety was gone," he said. "It's dead quiet, except every now and then you can hear a horse whinny. They'll whinny when someone's grooming them, because they love it when you groom them. I'd love it too, if someone was scratching my back."

Opitz said he still goes out to Strongwater Farm every Wednesday to help out. He said he wants other Veterans recovering at the Bedford VA to experience the same sense of peace he feels when he's grooming his favorite horse (a big Belgian Quarter Cross named Kris), or walking through a quiet pasture, or simply sitting in the sun, watching other Veterans ride their horses.

"It's about getting these guys back out into life," he said. "A lot of these guys haven't been on a horse...never. But now they tell me they can't wait to go back. They're like a bunch of school kids."

In an effort to pay it forward, Opitz said he hopes to somehow raise the \$500,000 Strongwater Farm needs to build a much needed indoor riding arena.

"That way the Veterans can come here year-round, even when it's raining," he said.

For more information on how VA is helping Veterans with PTSD, visit www.ptsd.va.gov



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Veterans Crisis Line:
1-800-273-8255 (Press 1)

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Apply for Benefits
Apply for Health Care

RESOURCES

Careers at VA
eBenefits Employment Center

ADMINISTRATION

Veterans Health Administration
Veterans Benefits

Yraceburu EarthWisdom Governing Council

Our Council plays an important role in our community.

We are proud of the breadth and depth of the group, each council member is actively involved in the success of Yraceburu EarthWisdom.



Maria Yraceburu. LLD

Minister/Spiritual Director, Founder Yraceburu EarthWisdom
Author, ceremonialist, native American idealist, Prayermaker
Sedona Journal - Horse guardian – Las Vegas, New Mexico



Lynda Yraceburu

Council Chair
Gypsy Traditional Healer, CMT, Cardiovascular X-Ray
Technologist
EarthSpirit Photographern Horse guardian – Las Vegas, New
Mexico



Dr. Katherine Suzuki-Reith

Resident Physician in Otolaryngology - Head & Neck Surgery at
University of Rochester Medical Center - Rochester, New York
Medical Practice - Rochester, NY



Veronicah Cohen

Passion Fruit Project
President & Board Member
Compass & Love Warrior
Metaphysician



Yolanda Martinez

Apache/Hispanic born Singer & master Drummer, winner of numerous NAMMYS (Native American Music Awards) over the last ten years. – Germantown, MD



Steven Egan

Yraceburu EarthWisdom, Operations Manager
Buddhist Studies Department, Administrative Assistant,
Oxfordshire - United Kingdom



Kahuna Leilani Birely

Hawaiian Kahuna & Dianic Priestess, Founder of Daughters of the Goddess - San Francisco Bay Area

LeahRose Farber

Passion Fruit Project
Treasurer
Firebrand
Communications Ninja



Erika Derkas Ph.D.

Professor of Sociology and Women's Studies Co-director
Women's studies program. New Mexico Highlands University

Why do They do it?

For centuries, indigenous people from around the world have lived in community as an expression of unity in earth values. Spirituality and service to the community are the most basic qualities. In traditional earth culture, spirituality is a core element. The lives of individuals are based not on competition, but on cooperation, for peace is only possible when humanity works together.

- Respect is the beginning of value
- Build trust through action, not words only
- Engage in building relationship, recognition and respect
- Assure participation by all

This is why we ALL do it.