STATE COMMANDER'S SPECIAL PROJECT:

Saratoga WarHorse Foundation

Saratoga WarHorse is a non-profit 501(c)(3) organization founded by Bob Nevins, a Vietnam veteran assisting veterans who are suffering from invisible, psychological wounds by providing a confidential, peer-to-peer, action-based, equine-assisted experience that initiates immediate and long lasting empowering changes.

Saratoga WarHorse provides a new experience with a focus on post-traumatic stress and suicide prevention that is vastly different approach from traditional talk therapy. The unique and powerful approach of Saratoga WarHorse has been described by veterans as "life-changing beyond words." As of June 2017, Saratoga WarHorse is approaching 700 veteran graduates.

Facts and Questions (FAQ's)

1. *What is the criteria to attend?*

The Saratoga WarHorse Program is geared towards veterans struggling with symptoms that include PTSD, suicidal ideation, anxiety, sleeplessness, nightmares, anger issues and related symptoms.

2. *Does Saratoga WarHorse accept veterans from all eras and conflicts?*

Yes. Veterans are accepted from all conflicts who have served in any capacity in the military whether they have been deployed or not.

3. *What is the cost of the Program for participants?*

There is no cost to any veteran. As a 501(c)(3), the Foundation covers the cost of transportation, lodging and meals for all veterans who come through the program through donations made to the Saratoga WarHorse Foundation.

4. *How long is the program and where is it located?*

The Saratoga WarHorse Foundation offers a three (03) day program which includes travel to the Foundation facility in Saratoga Springs, N.Y. or Aiken, S.C., classroom instruction and hands on training with an equine instructor. The program also includes friendly and comfortable hotel accommodations, home cooked meals, community support, and peer-to-peer interactions in an emotionally safe environment.

5. *What type of follow-up does the foundation offer for veterans who have gone through the program?*

All veteran graduates receive a 30-day program evaluation following their experience at Saratoga WarHorse. They also receive a video and photos of their connection. A closed Facebook page specifically for Saratoga WarHorse graduates is also available. In addition, the Saratoga WarHorse website offers a "Resources" page for further support.

6. *How does one donate to the Commander's Special Project in support of the Saratoga WarHorse Foundation?*

Donation can be made directly to the program through the Department of NY by mailing all donations to: Department of NY Commander's Special Project
69 Sand Creek Road
Albany, NY 12205

Feedback

"I didn't want to leave the place because of how comfortable you all made us feel."

TJ

SARATOGA WarHorse

HELPING VETERANS. HELPING HORSES.

Saratoga WarHorse is a national nonprofit organization dedicated to helping veterans who are struggling with post-traumatic stress related to their military service. These "invisible wounds" typically stem from combat experiences or other types of trauma suffered during their time in the military.

AN EQUINE-ASSISTED PROGRAM LIKE NO OTHER

We call it **The Connection Process...** a series of carefully orchestrated interactions between the veteran and a retired Thoroughbred racehorse inside a round pen. With guidance from one of our coaches, the process advances until the horse feels safe enough to join the veteran at the center of the pen. At that moment, a transformative, emotional connection takes place. It's been compared to switching an emotional circuit breaker from *off* back to *on*... enabling the veteran to pursue a path of healing. *See some success stories on the back side >*

OPEN TO VETERANS & ACTIVE MILITARY

We accept veterans and active service members from all branches of the military, from anywhere in the U.S. and its territories—no matter when or for how long they served.

PARTICIPATION IS FREE

There is absolutely **no cost** to veterans. All expenses—including travel, meals and lodging—are paid for by contributions to Saratoga WarHorse Foundation.

THREE-DAY PROGRAM

We offer an action-based catalyst, not long-term talk therapy. Veterans spend three days at one of our locations to complete the program. Afterward, they receive a follow-up evaluation and video of their experience.

> GET HELP!

Saratoga WarHorse proudly serves veterans and active members of the military who are experiencing symptoms of post-traumatic stress—like depression, flashbacks or insomnia. Find out whether this program is right for you. Call or email us today.

518-886-8131 or info@saratogawarhorse.org

> SUPPORT Saratoga WarHorse!

The vital services we provide are funded solely by donations. Funds raised directly benefit veterans, active service members and retired racehorses. Please donate online or mail your gift.

Make checks payable to Saratoga WarHorse Foundation. Saratoga WarHorse Foundation is a 501(c)(3) nonprofit organization. Your donation is tax-deductible to the extent allowable by law.

www.SaratogaWarHorse.org/donate

Learn about other ways to support Saratoga WarHorse.

SaratogaWarHorse.org | 518-886-8131 | P.O. Box 461, Saratoga Springs, NY 12866

I can't forgive myself or believe that anyone (even God) could forgive me for the evil I have done...I felt everyone judging and condemning me. The pain and depression were so overwhelming, I had the gun to my head...I looked that horse in the eye, he looked back at me, and I saw nothing but acceptance and gratitude. For the first time, I felt forgiveness.

– Chuck

The enclosed Purple Heart medal was presented to me for wounds sustained in combat...I am presenting it to you as my way of showing just how much you have helped me in my healing process.

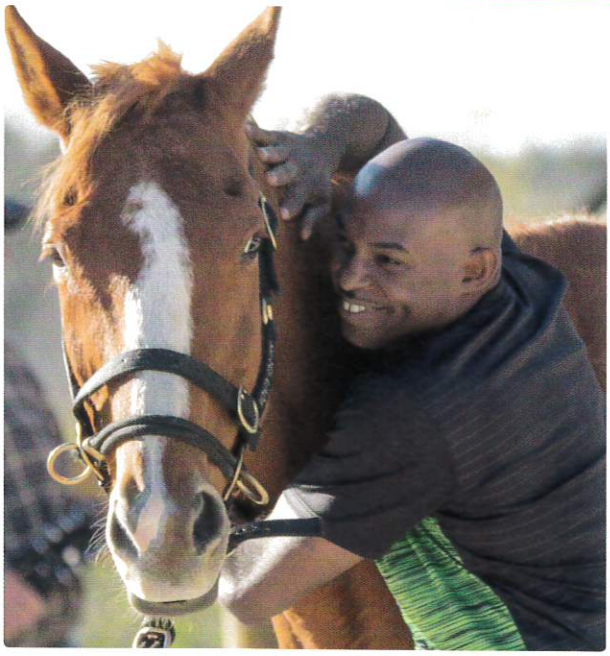
– Arturo

LIFE-CHANGING RESULTS FOR HUNDREDS OF VETERANS

To date, nearly 1,000 veterans and active service members have graduated from the Saratoga WarHorse program. An overwhelming majority of them report lasting, positive impacts. And through the program, the veterans give retired racehorses new purpose.

You saved my life. I am now full of peace and a calmness that I would never have thought possible after the pure hell of PTSD that I used to live with.

– Alison



> HOW YOUR SUPPORT HELPS!

$5,000 provides transportation for a class of six to attend our program.

$3,000 enables one veteran to experience the program.

$1,000 pays for our coaches to guide a class through the program.

$500 covers meals for a class of veterans.

$250 covers accommodations for one veteran.

$100 provides a class with personalized video footage of their experience.

Visit www.SaratogaWarHorse.org/donate