



Get involved by becoming a...

### HorsePower Mentor

An encourager for at risk youth. 2 hours per week for 7 weeks. Pre-requisites: At least 21 years old. Attend HorsePower Volunteer Training Class.

### HorsePower HorseHandler

Prepare horses before each session and stay through class to assist instructors and students with horses. 2 hours per week for 7 weeks. Pre-requisites: At least 14 years old. Attend HorsePower Volunteer Training Class.

Want to give something other than time?

### Become a Corporate Partner!

Your partnership allows HorsePower to help meet the needs of some of the most vulnerable youth in our city.

### Provide Student Scholarships

Help cover program expenses for students. Actual Cost: \$53 per student per class (\$375 per session). Fees Charged: \$35/student/class (\$245/session)

**Donate Supplies and/or labor!** We have an ongoing list of needs. For a current listing, email [HorsepowerELP@gmail.com](mailto:HorsepowerELP@gmail.com) or visit [horsepowerkids.org](http://horsepowerkids.org)

[www.horsepowerkids.org](http://www.horsepowerkids.org)

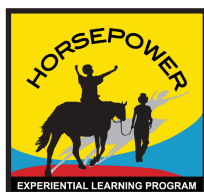
Email • [HorsepowerELP@gmail.com](mailto:HorsepowerELP@gmail.com)

Program Instructor/Volunteer Coordinator  
Shannon Gammon, 816.868.4609  
Natural Lifemanship Trained; CCHI Certified;  
EAGALA Trained; EAL Trained  
CPR & First Aid Certified

Program Instructor | Nancy Leslie, 816.462.5989  
CCHI Certified, PATH Certified,  
CPR & First Aid Certified

Program Instructor | Katie Shellenberger  
Natural Lifemanship Trained; CPR & First Aid Certified

Program Instructor | Emily Schmidt  
Provisionally Licensed Professional Counselor; National  
Certified Counselor; Natural Lifemanship Trained



Donations can be made to HorsePower and are tax deductible to the fullest extent allowed by law.

Donations can be accepted via Facebook and PayPal



@HorsePowerKids



HorsePower Experiential Learning Program

Located at Rising Star Ranch  
in Lee's Summit, MO

Mailing Address:  
HorsePower Experiential Learning Program  
PO Box 15 | Lone Jack, MO 64070

# HorsePower Experiential Learning



## HorsePower Experiential Learning Program

Offering relational HELP to youth at risk by developing essential life coping skills in an equine facilitated, ranch environment.

[www.horsepowerkids.org](http://www.horsepowerkids.org)

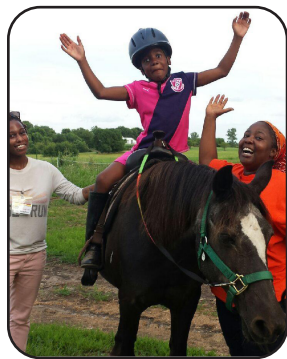


@HorsePowerKids

# HorsePower Experiential Learning Program

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## What is HorsePower?



**A unique equine-facilitated, hands-on, learning program for youth at risk.**

Youth who have hopes and dreams for their lives but due to circumstances have developed emotional or behavioral

challenges. Many of the students have limited success in relationships with people but are open to horses.

"Being able to connect with Starbeth has helped me know that the world has not forgotten me. Knowing that there are people who still care about others and are kind even without knowing anything about the person helps to answer many questions that I had."

- HorsePower Student

Sessions are limited to five students who attend a 90 minute session per week for seven weeks. Each student is paired with a mentor who is along side the participant to encourage and support their efforts as they begin to connect with the horse.



"I've really seen improvement in Jane. Before HorsePower she had to sleep in my room, now she sleeps in her own room! Thank you!"

- Guardian of HorsePower Student

## HorsePower's Goal

**To enable children and adolescents to experience and practice various "life-coping skills" through equine facilitated experiential learning.**

The skills include: Respect; Trust; Goal-Setting; Communication; Boundary-Setting; Empathy; and Good Decision-Making. Students experience and practice the skills so they can understand and then use them at their homes, schools and communities thereby becoming a confident and successful member of society.



## Why HorsePower Works

**The students are given goals, responsibilities, and are asked to reach outside of themselves. This is where an amazing transformation occurs. Through work with the horse, and a mentor's encouragement, they gain self-confidence, trust and respect.**

Students see horses as very powerful but are intrigued by their beauty. Students experience frustrations and successes in pursuit of their goals. Instructors and mentors assist students in a non-confrontational way, in understanding how their behavior, attitude and communication style solicits wanted/unwanted responses from the horse and/or human on their "team" and discuss alternative techniques. This technique is designed to promote self-reflection which is solidified by the horse, which tends to mirror the student's attitudes. The horse functions exquisitely in this role, as the horse's personality is one of total honesty, as well as forgiveness.



Thank you so much for all you have done for our son. He really responded to the instruction and loved Besomé. He has made strides in maturity over the past 6 weeks and learned some valuable lessons. For the first time in his life he recognized what a controlling attitude and controlling behaviors look like and how they affect the people, and in this case the animals around him. When Besomé refused to cooperate because he was upset and demanding her to do as he wanted was a real eye opener for him. Being around horses seems to have a calming affect for him and proved to be an excellent addition to his weekly therapy.

- Adoptive Parent of HorsePower Student