

CODE 4: RMRT FIRST RESPONDERS PROGRAM™

ABOUT THE PROGRAM

Our program gives first responders a place to decompress by teaching them about horses and how to work with them both on the ground and in the saddle. It is not a therapy program and has been designed by first responders for first responders. This program is open to first responders and their spouses.

INSTRUCTORS

Carrie Antoine has been riding and working with horses for over 20 years. She came up with the idea for this program after seeing the positive effects that working with her horse had on her husband, a Denver Police Officer.

Cheryl Thompson has been involved with therapeutic riding for over 20 years. She loved the idea of the program and has been an instructor in it since its pilot phase. She is passionate about giving back to those who give so much.

PROGRAM SETTING

Our program is offered in a group setting for peer support. Each group is 2 hours, typically once a week but first responders are welcome to come to both groups if they would like/need. We break our calendar year into 8-10 week sessions with a 2 week barn break in between to give our horses a break. First responders are welcome to sign up for a whole session or they can pick and choose which weeks work best for them. We have a few first responders who have been with us session after session for several years.



GOALS

- 1) First and foremost, our goal is to give first responders a safe place where they don't think about their job for 2 hours.
- 2) We hope that in spreading the word about our program that we increase awareness among the general public about what first responders actually experience and increase understanding of the effects that that can have on them.
- 3) While this is not a therapy program, we hope that through peer support and increased self awareness from working with horses that we are able to help decrease the stigma surrounding therapy and mental health in the first responder community. Needing help or therapy does not mean you are too weak for your job, it simply means you are human.



PROGRAM SPONSORSHIP

Our goal is to offer this program at no cost to our first responders as a thank you for all that they do. We actively seek grants to help reach this goal.

\$430 per group

\$860 per week (2 groups)

\$6,880 for two groups for a full 8 week session

\$17,200 for two groups for half the year

\$34,400 for two groups for the full year



SPONSORSHIP BENEFITS

GOALS

Recognition on RMRT social media platforms

Recognition in RMRT newsletter

Logo/Name on Code 4 webpage of RMRT website



For more sponsorship or program information,
please contact Carrie
at
rmrt.carrie@gmail.com



ridingtherapy.org