



FOUNDATION FEATURE:

Share the Dream

SPONSOR A VETERAN

A recently published study confirmed what we in the horse industry have long known—that horses help people.

Findings from a research study funded by the Horses and Humans Research Foundation (HHRF) recently published in the *Military Medical Research Journal*, “Effects of Therapeutic Horseback Riding on Military Veteran’s Post-Traumatic Stress Disorder” showed that participants had a statistically significant decrease in PTSD scores after therapeutic horseback riding during a six-week study.

THERAPEUTIC IMPACT

The study showed:

- participants had a 66.7 percent likelihood of lower PTSD scores at three weeks.
- 87.7 percent likelihood of lower PTSD scores at six weeks.
- statistically and clinically significant decrease in PTSD scores after six weeks of therapeutic riding.

Large numbers of post-deployment U.S. veterans are diagnosed with post-traumatic stress disorder (PTSD) and/or traumatic brain injury (TBI), leading to an urgent need for effective interventions to reduce symptoms and increase veterans’ coping. PTSD includes anxiety, flashbacks and emotional numbing. The symptoms increase health care costs for stress-related illnesses and can make veterans’ civilian life difficult.



HELP THE NSBA FOUNDATION SUPPORT VETERANS

This study proves just one more reason why the NSBA Foundation’s support of Heroes On Horses classes held at the NSBA World Championship Show and the All American Quarter Horse Congress are so vital to helping this country’s veterans. Through the Foundation’s financial support, veterans can compete in the Heroes On Horses classes without an entry or stall fee.

SUPPORT VETERANS THROUGH THE FOUNDATION’S “SHARE THE DREAM” CAMPAIGN

- Help sponsor 90 riders in 90 days
- Runs March 1-May 31, 2018
- Sponsorships of any size are welcome
- Sponsorships offset the expenses for Equestrians With Disabilities and Heroes On Horses at NSBA World Show and the Congress.

Contact Lynn Campbell for more information: lcampbell@nsba.com. ■