

A Testimonial From Someone We Have Touched

2012 Testimonial from a parent

My family and I have been blessed to have had the opportunity to work with all of the amazing people at DISCOVERY RIDERS Therapeutic Riding program. My 11 year old son is a wonderfully challenging child, who has been diagnosed with ADHD and Bipolar Disorder. We have worked for the last 8 years with several medical doctors, psychiatrists, therapists, and counselors to properly diagnose and treat him so he can lead a happy, healthy life...However; therapeutic riding has changed his life dramatically. He began riding in November 2011. Riding has taught him not only to be aware of his own needs, but of others' needs – in this case, his horse. He has to focus on being on task, exerting control by showing the horse 'who is the boss, and other things, like being organized...It also builds his physical strength, strong posture, and lots of sensory input. During every lesson, he works on establishing healthy relationships with the other children with whom he rides...Building trust with the Discovery Riders people also substantially helps him in developing his interpersonal relationships.

I'm sure I could list at least 50 other therapeutic benefits of riding at Discovery Riders for him, but as a Mom, I see a little boy, who has never been able to participate successfully in team sports, participate fully for almost 3 months with the horses. I see him have the motivation to complete his school work and house work in order to go to the barn. When he gets 'stressed out' or starts having trouble at school, the first 'happy place' he can take his mind to is the barn with Rocky (his primary horse.) ...His self esteem is so much better because he is succeeding at riding.

Saying I am grateful doesn't even to begin to show the heartfelt gratitude we have for this opportunity. It has improved not just his life, but our life as a family. I hope many other children have this same opportunity, because it is something that neither medication nor traditional therapy has been able to provide to us.

Thank You.....



“Together”, we can make a difference. Be A “HERO” and Support the United Way Of Logan County

