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As we all know, 2020 has demanded that we change many of the things we take for granted. Someone I know suggested that we ‘unplug 2020 for 15 minutes, plug it back in and see if it reboots’. So we did just that, and came up with a way to be of service until things ‘got better’. As soon as CT gave us the green light to operate as an essential business, we expanded our offerings to include frontline health workers who — like those in uniform — suddenly found themselves in harm’s way to do their jobs.

Thanks to your incredible generosity, we were able to handle our fixed expenses, reconfigure our staff, and take advantage of offers from volunteers to help us run this program. We discovered that there are many parallels between health workers and uniformed professionals. Both feel an incredible sense of isolation and concern that no one really understands what they do. Both groups feel that no one knows what it’s like to work long hours without enough equipment, or appreciates the mental and emotional burdens of seeing people take their last breath alone.

As it turns out, the health workers we saw this year had no idea how upset they were about not feeling successful; about being on their own with patients who were not going to make it; and, about coming home and worrying about making their own friends and family sick. The toll these things took was a surprise to them — and to us.

Just as you have supported us, we and our horses were able to support these brave men and women as they revelled in the ability to connect with a big, soft animal who responds to touch with great appreciation. Horses hang in there for tears and releases of adrenaline — because as prey animals, it’s much safer for them to be around authenticity than hollow smiles.

We even had some veteran graduates who were anxious to help us work with these warriors of a different kind. It soon became very clear to us that right now, **we ALL need a ‘leg up’ to go back and fight another day.**

Thank you for your incredible support! We hope you will help us keep the lights on as we continue to see folks in our new covered space through these long winter months.

Sincerely,

Jane Strong
Co-founder, Executive Director

Our mission: To provide veterans and others in high-stress situations with essential tools to meet life’s challenges and build healthy relationships through purposeful engagement with horses.

The Equus Effect is a registered 501(c) (3) charitable organization. All donations are tax deductible.