Southern Reins
CENTER FOR EQUINE THERAPY
Changing lives . . . One ride at a time
Southern Reins Center for Equine Therapy was founded in July of 2015 to serve people with disabilities throughout the Mid-South.

Southern Reins offers therapeutic horseback riding, Hippotherapy, Unbridled Horsemanship, Making Strides Recreation Therapy, Silver Stirrups, equine assisted psychotherapy and Equine Services for Heroes.

**WE SERVE PARTICIPANTS WITH DISABILITIES RANGING FROM 3 TO 78 YEARS OLD**, with no upper limitation to age.

**WE SERVE A ROSTER OF MORE THAN 200 INDIVIDUALS**
who participate in sessions throughout the year.

Our program supports individuals with disabilities such as Down syndrome, autism, multiple sclerosis, traumatic brain injury, cerebral palsy, amputation, stroke, mental and physical disabilities, attention deficit disorder, and more.
We make the impossible **possible**, and encourage our participants to go as far as they can go, and to **dream big**!

Below are just a few of the milestones we have reached in just two years:

- Our program began in the fall of 2015 with 12 participants. We now serve **MORE THAN 200 PEOPLE WITH DISABILITIES**, and that number continues to grow.

- Southern Reins has trained **500 VOLUNTEERS** since our inception. For our 2018 Fall Session that served 94 participants each week, we relied on the support of an average of 165 volunteers weekly.

- We have developed **COMMUNITY PARTNERSHIPS** and programs with Youth Villages, SRVS, The Baddour Center, The Exceptional Foundation, InDev Memphis, Tiger Life, Alpha Omega Veterans Services, the Memphis VA Medical Center, and Trezevant Manor to work together to improve the quality of life for people with disabilities and veterans throughout the Mid-South.

- Southern Reins offers Occupational, Physical and Speech Language Pathology Therapy through our **HIPPOTHERAPY** program to support client therapy needs.

- We have **TWO CAMPUSES** to serve our community. Our Collierville Campus is our primary facility located in the heart of Memphis horse country in Collierville TN. Our DeSoto Campus is located in Hernando MS offering weekday therapeutic riding lessons.

- Southern Reins has **NO WAIT LIST**. We are growing with the need of the community and are dedicated to ensure that everyone who can benefit from our program has the ability to do so.

- **WE VALUE EVERY DOLLAR WE RECEIVE**. Because Southern Reins is debt-free, every penny of every dollar donated to our organization allows us to maintain and expand our mission outreach to grow; serving more participants and providing new and exciting equine-assisted programs to support our community.
Changing lives . . . One ride at a time.

Serving Our Community

Southern Reins provides service to residents of Shelby County, Tennessee, as well as Desoto and Marshall Counties in Mississippi.

Tennessee participants include residents of Bartlett, Collierville, Cordova, Germantown and Memphis.

Mississippi participants include residents of Byhalia, Hernando, Myrtle, Oakland, Nesbit, Olive Branch, Senatobia, Southaven and Walls.

Participant Diagnoses

- Anxiety
- ADD
- Autism
- Traumatic Brain Injury
- Cerebral Palsy
- Down syndrome
- Developmental delay
- Epilepsy
- Dementia
- PTSD
- Spina bifida
- Other

Our vision is to provide transformative experiences through equine assisted activities and therapies to serve the growing needs of the Mid-South community.

Benefits of Equine Therapy

Therapeutic riding uses equine-oriented activities for the purposes of contributing positively to the cognitive, physical, emotional and social well-being of people with disabilities.

Therapeutic riding provides benefits in the area of therapy, education, sport, and recreation and leisure.

Physically, the horse’s movement produces a 3-dimensional movement that closely resembles the normal human gait in the rider’s pelvis and trunk. This movement helps to strengthen muscles, improves muscle coordination and motor skills, improves balance, improves posture and increases endurance.

Socially and emotionally, therapeutic riding improves self-esteem, self-confidence, social and communication skills, relationship building and overcoming fear and anxiety.

Cognitively, the horse and rider is a strong motivator for participants to work on following multi-step directions, staying on task, counting, sequencing and processing verbal and physical input.
Southern Reins works closely with parents and caregivers to determine desired GOALS and OUTCOMES for each participant. To ensure the reward outweighs the risk, all participants must provide a physician’s referral indicating they are suitable to participate in our programs. All participants take part in an initial assessment to determine their initial level of physical ability, cognitive processing and communication. Lesson plans and progress notes are maintained by Southern Reins PATH, Intl. Certified Instructors for each participant to track progress and measure outcomes weekly. Short and long term goals are developed and used in the preparation of all weekly lesson plans.

Southern Reins conducts an annual survey to participant families and uses feedback to enhance program delivery, lesson plans and teaching techniques.

Program Goals and Objectives

- Our programs are designed to focus on the ability of our participants to enhance life skills and goals. We support and encourage each participant to help them go as far as they can go: physically, emotionally and cognitively.
- To ensure the continuity of the services we provide, we offer lessons throughout the year through sessions from 3 weeks up to 10 weeks in length.
- Through our equine assisted activities and therapies, we are honored to provide a program that creates strong and lasting bonds with our horses for people with disabilities, volunteers, donors and the Mid-South community as a whole.

Therapeutic riding is not a luxury or a pony ride . . .

It is a one-of-a-kind experience where riders become more confident, communicative, physically capable and emotionally re-connected. Often times it is the only therapy that works to enhance education and life skills, as well as quality of life for a person with a disability – and their families.

“Southern Reins has been a game changer for our family, and is one of the highlights of Parker’s week. It is the point of reference by which all other days are measured: “How many moons until I get to go back?”

Parker believes that riding his horse friend fuels his superpowers for the upcoming week! He gets to feel big, in control, and go fast. It is the one time during the week that he is unleashed from all of his emotional issues.

For one glorious hour, Parker gets to feel typical - and in that same hour, mom gets a glimpse of heaven.”

-Carolyn Brown, Parker’s mom

Evaluating and Measuring Outcomes

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Giving Southern Reins Center for Equine Therapy
A PERMANENT HOME WITH ROOM TO GROW

Our program has grown tremendously since its inception. In September of 2017 we launched our Capital Campaign to purchase our Collierville Campus located at 916 Billy Bryant Road in Collierville, Tennessee.

We closed on this remarkable equestrian facility in January of 2018. While we have already made strides toward capital improvements, we still have a long way to go. Many capital improvements are needed to meet the tremendous need for equine therapy in our community.

WE WOULD LOVE TO SHARE THIS NEW AND EXCITING JOURNEY WITH YOU THAT WILL ENABLE US TO SERVE THE MID-SOUTH COMMUNITY FOR GENERATIONS TO COME . . .
916 Billy Bryant Road in Collierville, TN

LOCATION FEATURES:
- 28 acres of gentle rolling pastures and woods that includes 6 turnout pastures
- 12-stall barn with wash rack, grooming bay, volunteer lounge and large tack room
- Covered riding arena to provide much needed shelter for our participants
- Main house to be used for offices, therapy rooms and meeting rooms
- First Tennessee Foundation Great Room ideal for hosting educational seminars and events

Our Case for Support
Southern Reins is a place where small victories are pivotal achievements. To continue to expand our mission outreach, we have developed a 2-Phase Capital Campaign to purchase our own property, and make capital improvements to our new home to better serve people with disabilities and severe hardship through the programs we offer.

This next chapter will be a giant step forward for our community.
This growth will enable us to offer more lesson days and sessions in various locations on the property, as well as opportunities to expand educational outreach and the development of new program initiatives.

Together, we can celebrate the champions inside all of our inspirational participants who work hard to be victorious despite their disability... often against incredible odds.
Capital Campaign

Changing lives... one ride at a time

Your Gift Will Last a Lifetime

Your investment in our Capital Campaign will ensure the sustainability of our program, and it will provide current and future participants the opportunity to achieve, aspire and amaze.

Children who use wheelchairs and walkers are able to walk tall in the saddle – looking down at everyone else atop their favorite therapy horse.

Riders with autism who do not want to touch or be touched reach willingly to gently pat their horse’s neck and mane – making a connection far beyond any words that can be spoken.

And for the girl with cerebral palsy, who was unable to brush her teeth or change her clothes, she is now able to do those small tasks we take for granted for the first time in her 21 years – just from riding a horse at Southern Reins.

These are just a few of the matchless moments that happen every day for our participants, and they define and drive us to follow our mission so that more people have the opportunity to dream big AND ACCOMPLISH MORE THAN THEY EVER IMAGINED.

Thank you for considering your support of our Capital Campaign. With your help, we will be one step closer to touching more lives in service of people with disabilities and hardship throughout our community.