

## Overview of MVRU/School District Programming Partnership

- I. Let Em Ride** Theme based social-emotional learning presented in three separate activities to groups of 4 kids and their volunteer 'group leader'. For 12 3<sup>rd</sup>-6<sup>th</sup> grade students, referred primarily by the MVE school counselor. Five three hour sessions in fall and spring. Facilitated by MVRU horsemanship and mental health staff, in cooperation with MVE counselor.



- II. Let Em Stride** A Bridge Program for Let Em Ride Project based social-emotional learning, presented to 2 groups of 5 kids. One activity focuses on interactions/activities with equines. The other activity involves reflection and creative expression.

Designed to provide the following:

1. Continuous consistent connection, around horses, with *current* Let Em Ride students throughout the winter/early spring *non-riding* months
2. Provide opportunity for reflection and expression around Let Em Ride themes and focus around an expressive project



3. Introduce new children to the Let Em Ride culture\*

- III. After Care Enrichment** Project based social emotional exploration and learning, presented 2 groups of three 2<sup>nd</sup> graders. Activities designed to encourage interactions/activities with equines and each other.

Designed for students who regularly attend MVE's Aftercare Program, and may be eligible or recommended for Let Em Ride.

Facilitate compassionate interactions with one's self, one another, and our community via observation and engagement with horses.

- IV. 'Hony' Connections** 20-24 weeks, fall through late spring, as needed  
**Equine Assisted Activities** and instruction designed to motivate, engage, provide grounding and opportunity for emotional regulation, connections to education and behavior modification.

- **Private and Semi Private lessons for Children of Concern**

For kiddos with special needs including neurodiversity, mood disorders, or simply struggling with success/motivation in school. Referred primarily by school psychologist, counselor and/or special education department.



- **Open Barnyard** for children struggling with emotional regulation, social issues, and other challenges during the school day, needing a grounding alternative environment with animal contact.

## V. **Teen Mentoring.** From middle school, high school and ILC

### *Let' em ride and me*

*When I'm in the green fields facing everyone to connect  
In body and in mind.*

*there's a feeling of excitement and joy that washes over me to know an animal of such amazing power would  
grace us with the ability to connect to love to communicate.*

*It's an oasis in the dark times at least for me*

*it's also a place to expect the unexpected because everyone has their own minds.*

*It's full of fun and new experiences of the love of life and the people that I get to surround myself with who are  
learning to love and communicate*

*the end of the day it's a bit crazy*

*there's lots of energy and tired people.*

*That's what let 'em ride is to me.*

~Lily Arntsen

Let Em Ride alumni

Let Em Ride & Stride. Junior coach/mentor

### **Coming Up:**

MVRU is developing a pilot project, funded by grants from Confluence Health and Wenatchee Valley Medical Group, and All the Sky Foundation, to address the growing mental health crisis among local teens by cultivating skills of resiliency, mindfulness, communication, awareness, breathwork, and emotional regulation by working with horses. Program planning is underway with MVSD. Delivery planned for March-May 2024.