

You can help us get to the Heart of the Matter...

NW Hearts United



Equine Facilitation Services

Why sponsor a youth struggling with trauma recovery, substance use, or mental health challenges?

Your Support Can Change their Life.

When you sponsor a struggling youth, you're helping to ensure they can grow and heal from their traumatic experiences, cope with life's daily challenges, and learn to be a contributing member of our community.

In fact consider these statistics, in 2022 in our participating youth, approximately 30% showed suicidal ideation, 60% were diagnosed with spectrum disorders, 85% with anxiety, and 54% with depression, 25% struggling with substance use, 29% of our clients were BIPOC, and about 48% identified as LGBTQ+, with these numbers only increasing in 2023 so far.



Uniting Hearts...After just 3 sessions, this 10-year-old young lady's mom shared that *"one of the main goals of equine (facilitated) therapy was to help bring down her nervous system to a place where she could connect her mind and body. Both for the sake of getting some peace for her and also to start the recoveries of her early trauma that is having such a negative impact on her mental health. I don't know how it's working so fast, but it's definitely working. When she's escalated and we're working on creating a safe space in her mind, she has started saying Whiskey (horse in photo) is there with her helping keep her safe."*

The truly touching thing to share is that she has only ever met Whiskey over this fence. She has never led him or stood close beside him or "worked" with him in any way- which has been too overwhelming for her so far. She has just shared space and FELT his connection to her and it is already changing everything!

Healing from childhood trauma is really just this simple and we feel honored and humbled by it every day.

NW Hearts United has been changing the game for trauma recovery and mental wellness since 2015. We are especially successful with clients such as at-risk youth where conventional therapy feels too intimidating, unapproachable, or overwhelming. Most of our clients come from low-income families, with **85% of them qualifying for full or partial scholarships to be able to afford our services.**

When words fail, horses can still speak to our hearts. For 2023, as we feel the profound lasting impact of the pandemic, **we are dedicated to continuing to EXPAND** the number of services we provide to youth and families who have been adversely affected by life's consequences and who are unable to meet those consequences without assistance... one heart at a time.

One Heart Sponsorship Program

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Sponsorship Opportunities

Your gift of either a monthly or one time contribution will bring hope and healing to a sponsored youth's life. Through your sponsorship, you'll help NW Hearts United enhance a youth's entire life through equine facilitated trauma-focused counseling and family/caregiver support.

Annual Sponsorship:

\$3000 ensures various youth benefit. This level supports 24 individual counseling sessions for one or more youth, family sessions, or 15 group counseling/wellness sessions.

\$1500 supports 12 individual counseling sessions for one youth or multiple youth experiences.

Monthly Sponsorship: \$125/month – one youth receive 12 individual counseling sessions or family sessions this year.

CONNECT Sponsorship: \$150/month or \$1800 annually– up to 8 youth receive 8 group counseling/wellness sessions. These are community collaborative groups for issues such as trauma recovery and mental health interventions.

JOURNEY Sponsorship: \$225/month or \$2700 annually– supports 8 youth struggling with substance use for 12 weekly group sessions.

*While we do not release any identifiable information about our clients, you will be kept informed of the exact benefit of your gift.

Our hope is that, with your support, no community youth in need will go without care for their mental health needs.

When you sponsor a youth's mental health, you're not only helping to support them as they grow and learn, your support gets combined with the support of other sponsors and community contributions – ultimately helping NW Hearts United ensure that all youth are receiving the life-changing benefits of sponsorship.

The power of sponsorship creates growth and healing that ripples throughout the youth's lives, their families' lives and our entire community. Your sponsorship provides equine facilitated counseling and wellness services for clients by professional clinical teams at NW Hearts United locations throughout the entire Upper Puget Sound region.

Together we can transform lives One Heart at a time! Sign Up Today!

Send your payment to NW Hearts United PO Box 56 Deming, WA 98244, visit our website

www.nwheartsunited.org, or

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