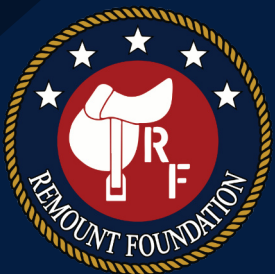


Since 2009,
Remount Foundation
has helped over

22,000

of America's Bravest and
their families recover from
trauma and return from the
brink of suicide.



REMOUNT FOUNDATION

Transforming active-duty military, veterans of all eras,
and their families through life changing programs

Case For Support

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RESOURCES

The USO says that suicide rates among active-duty military are at an all-time high since record keeping began after 9/11 and have been increasing at a steady and alarming rate.

According to the Watson Institute of Brown University, military death by suicide since 9/11 is listed at 4 times higher than deaths in combat operations.

The American Psychology Association says that veterans are 1.5x (50%) more likely to die by suicide than non-veterans.

Military Times says that soldiers are away from home now more than ever despite no major ongoing war.

The VA estimates that 30% of Vietnam veterans suffer from post traumatic-stress disorder, compared with 11 to 20% of Iraq and Afghanistan veterans.

The problem is alarming and growing

Suicide is ravaging our military communities. On an average day up to **17 veterans commit suicide**, and some days as high as **23**.

Although the military community makes up about 9% of the Colorado population, over **20%** of suicides in Colorado are amongst U.S. Service members and **28%** of suicides here in El Paso County, Colorado.

That is a **9% year-over-year increase** in the rate within our own active-duty warriors and veterans.

Remount Foundation addresses the mental health, substance abuse, trauma, and suicide crisis by providing a unique blend of prevention, recovery, and resiliency services and training.



Remount Foundation is uniquely suited to address the problem

At Remount, the healing transformation begins with a horse. Humans recognized early on that horses develop and maintain relationships with people. This difficult to define, yet undeniable, bond between horses and people encompasses life's physical, mental, and spiritual components. Remount Foundation recognized this reality and how that bond brought peace to those who were traumatized. Equine therapy is at the core of the Remount Method and our horses thrive in a unique environment where they live freely as a herd community on a beautiful 1,000-acre facility in the foothills of the Colorado Rocky Mountains.

Three core modules drive the healing process within the Remount Method: **Equine Assisted Philosophy (EAP)**, **Family Play Days**, and **HeartMath®**. These techniques bond the horse and human participant, with the horse as the facilitator. Groups, families, and individuals discover unique and memorable ways to relate and interact with the horse and their fellow participants as they "remount" their life.



Equine Assisted Philosophy (EAP)

We offer EAP in several formats including group events of 2-10 participants, and during tailored one-on-one peer mentorship sessions. A highly praised aspect of Remount's approach is its flexibility to meet each participant's discovery level for healing through various therapeutic exercises. The healing journey is not a "one size fits all" process.



Family Play Days

Remount Foundation Family Play Days with our horses utilizes nature and movement to encourage exploration, sensory stimulation, fine and gross motor skills development, and communication in equine-focused interaction and play for neurodiverse diagnoses and to mitigate a broad spectrum of life trauma.



HeartMath

A key component of our EAP exercises includes resilience-building using HeartMath techniques, which teach emotional and physiological self-regulation.

Learn more at
remountfoundation.org





51% of our EAP participants admit to **suicidal** ideation, intention, or attempts before starting with Remount Foundation

Our impact is saving lives

Since 2009, Remount Foundation has steadily increased the number of active-duty, veterans, and their family members served per year. From a humble beginning of 9 participants in that first year, the program grew exponentially to over 3,000 warriors annually. Remount is on target to reach 4,100 participants in 2024.

No other entity offers the unique attributes of a peer-to-peer community, the environment with horses living as a herd, and the breadth and scope of the Remount Foundation program (RF Method).

"Remount has had a profound impact on my mental health, observed over a few months. Prior to my first attendance I was finishing the process of divorce, which compounded my already depressed state

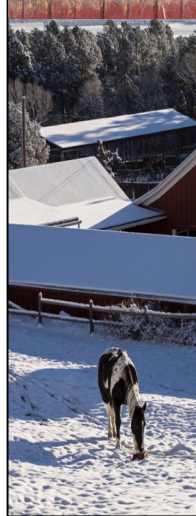
of mind. I realized that I had developed poor coping mechanisms from childhood trauma. Conventional therapy has been a poor avenue for me since I am already resourceful and tend to prefer intellectual conversations with peers. At times I felt that talk therapy was an echo chamber, which reinforced the emotional influence of my subconscious. One session was enough for my subconscious to register that I can feel fine in the moment - this created a change in my baseline mood; it became easier for my mind to let go of things that I obsessively held onto previously. You can know that you're depressed, along with the source of it, and still choose to do nothing due to the overwhelming feeling; take the negative feeling away and suddenly knowledge feels like clarity instead of shame."

Sean, Program Alum



"I came on good days and I came on bad days. But every time I connected with a horse, my perspective changed back to the truth about what is important and who I am. I genuinely don't know where I would be without Remount or the horses that changed my life forever."

Heather
Program Alumna



"The equine therapy programs through the Veteran Center with Remount is an enormously supportive and healing program. The horses provide an almost magical healing ability. If I had not gotten involved in this program, I probably wouldn't be around today. The RF program is that powerful."

Iraq/Afghanistan Veteran
Program Alum

Remount Foundation
logged more than
9,000
hours of volunteer
service in 2023



We are aided through our **volunteer model**

Our volunteers and many of our program participants help with cleaning stalls, fixing fences, and trail maintenance. We provide training and certification for our volunteers. Remount volunteers are passionate about our mission as all of them have a military background or connection. Many are alumni of the program. Here are a few comments from our volunteers.



I have had the privilege of being part of the Remount Foundation Volunteer team for the past four years. Prior to relocating to Colorado, I retired as a mental health provider & worked as a clinician in private practice for nearly 20 years. No one is in a better position to contrast the healing powers of clinical work versus that of Equine Assisted Philosophy. When it comes to treating severe traumas, such as PTSD, the natural healing powers of the horse are unsurpassed. Initially my clinical background made this reality a difficult thing to comprehend. But that changed after witnessing repeated successful outcomes & constantly getting feedback from participants who would say, 'I've tried every possible treatment, been on numerous medications, and worked with mental health providers; nothing has had the effect on my healing as my work with the horses.'

Toni
Remount Volunteer

"I am in my third-year volunteering with Remount Foundation. The results I've witnessed through working with horses and engaging Warriors continues to be incredible. As a military veteran myself with several years of combat and operational deployments, I personally have experienced the healing effect of horses."

Tom
Remount Volunteer



We are aided through our **partners**

From **grants** and **donations** to **endorsements** and **volunteer services**, are partners have enabled Remount Foundation to serve those who serve us and our great nation. Some of our partners include:



Leave no one behind

Responding to the **demand**

No cost to participants

Remount Foundation brings individuals, families, and groups together with horses to facilitate healing **FREE of charge**. The program relies upon the generous support of donors who believe in helping our nation's heroes find their path to hope and healing.



Last hope for healing

Our participants often come to us near the end of their resilience tether, having **lost hope** in their recovery and looking for a **last-chance source of healing** and purpose. **We need to be there for them**. The RF Method has proven itself as a viable pathway to finding peace just by the sheer number of America's Bravest and their families we've served—**over 16,000** and counting. With a target of **4,100** in 2024.

Increasing demand

We are at a pivotal moment in Remount Foundation's history. The increasing demand for our services has **outpaced our capabilities** to provide timely support to those in need. With an established program known by word-of-mouth and referrals to be the healing program that "just works," we are already on a significant growth trajectory. Military commanders tremendously value the services we provide. **Over 60% of our participants are active-duty military and there is no military funding provided for the work** of Remount Foundation. Recommendations and endorsements are growing. But we are challenged with the intake of new participants when the demand is **much greater** than our capabilities to respond. We need to bring our staffing, offices, equipment, and donor care infrastructure in alignment with the success of our program.

We can't do this alone.

We need your help rescuing and rebuilding the lives of America's Bravest and their families.

They need your help!



"She went on foreign soil, she went to war. But the bravest thing she did was when she asked for help."

- Cynthia S.
Mother of a Veteran



Help us help them

Remount's Sponsorship Program, "The Heart of Remount", and Major Donors initiatives supply the foundation for increasing our operations and expanding our impact. Your support will enable us to partner with more service members, veterans, and their families to recover from trauma and return from the brink of suicide. Your participation in these initiatives moves our mission forward by building the capacity of our programs, operations, and volunteers to respond to the growing need.

Sponsorship Programs

"The Heart of Remount" campaign presents the donor opportunities to partner with Remount Foundation on a monthly basis to provide sustainable funding. Three core components of the RF Method (Program Participants, the Horse Herd, and the Volunteer Cadre) are presented along with the call to action for converting the viewer to a monthly recurring donor.

REMOUNT
WRANGLERS

\$25
Monthly
Helps Save Lives

"Hope is coming back because the horses teach me to slow down and see the good."
Remount Participant

REMOUNT
BRONCOS

\$50
Monthly
Helps Save Lives

"Of 2023 suicides in El Paso County alone, 28% were within the military community."
El Paso County Coroner Report

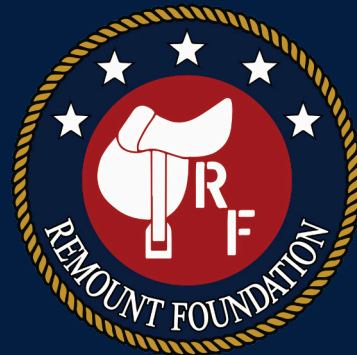
REMOUNT
POSSE

\$500
Monthly
Helps Save Lives

60% of our participants are active-duty military. Remount is a lifeline to all branches of service in Colorado.

Major Donors

Major donors are critical to our capital campaign for growth, expansion, and infrastructure development. If you are interested in becoming a strategic partner to help build Remount, please contact us for more information.



remountfoundation.org

Military, Veterans, First Responders & Their Families





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