

RITE NOW @ ROP



This month, Uta Halee Academy has partnered with the Heartland Equine Therapeutic Riding Academy (HETRA) for our students to participate in equine therapy. Each week, a group of students were able to travel off-site and be paired with a horse. During these sessions, students practiced mindfulness strategies while learning how to properly work with the animals. Therapy sessions at HETRA are conducted by an Occupational Therapist who have been specifically trained to use the movement of the horse to facilitate improvements in their client. In addition, therapists use the horses to inspire emotional, cognitive, social, and physical growth through interactive and engaging activities with horses.

There are many benefits of Equine Assisted Activities such as, physical conditioning, an atmosphere of love and security, self-esteem, and sensory processing.

Although our students were initially nervous being around such big animals, they quickly adjusted and fell in love with the program and their horses. UHA is excited to continue this partnership this fall.