



Calendar for February showing dates 1-28

Sunday, February 6, 2022

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Equine program helps with recovery, jobs

By Tammy Shaw Wednesday, January 19, 2022 at 1:00 am (Updated: January 19, 1:01 am)

Equine program helps with recovery, jobs



Photo submitted

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Submitted by HorseSensing

Since arriving in Shelbyville in 2019 and opening its state-of-the-art equine facility last year, HorseSensing has served Shelbyville with a variety of impactful events involving horses, licensed therapists, accomplished horse trainers/educators and volunteers, according to a news release.

In 2021 it hosted 19 events for veterans, men and women recovering from addictions, and first responders.

Its last event of the year was for women in recovery from addictions and hosted 34 women from Isiah house and Shelbyville.

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Healing

"These are healing days with lessons in self-care and horse care," company officials said in a news release. Participants learn professional level horse skills from Phillip Crittendon and Bill Field with the therapeutic support of licensed psychologist and certified equine therapist Dr. Sally Broder and her husband, David Broder. Dr. Broder also supervises interns getting their hours for psychology licensing.

First responders

Dr. Broder and her husband came upon the scene of the fatal accident on Elmburg Road recently and were shown what first responders encounter too often in their daily work. They waited until the sheriff's office and the emergency services came before leaving.

"What these men and women go through every day stays with them. If HorseSensing can help to give them some relief through the horses we are honored to be able to try," she said.

Sheriff Mark Moore and his wife Jennifer brought their daughter and their grandchildren to the First Responders day. Shelby County Judge-Executive Dan Ison and his wife Debbie Holloway also came as well as a firefighter and other law enforcement personnel.

Recovery

Friday, Jan. 14 was another day for women in recovery from addictions. These events are always capped with a 12-step meeting called the "No Horsing Around" group.

Emotions flowed as women talked about regret and loss due to their addictions and then about the hope they feel now that they are in recovery.

Dr. Broder shared a bit of her own story of addiction that ended for her more than 33 years ago when she got sober through AA. Dr. Broder said she feels it is vital to share her own story with others so they can know it is possible for them.

On Friday, Jan. 21 HorseSensing will host men in recovery from addiction and David Broder will facilitate the recovery meeting.

Grooming and certification

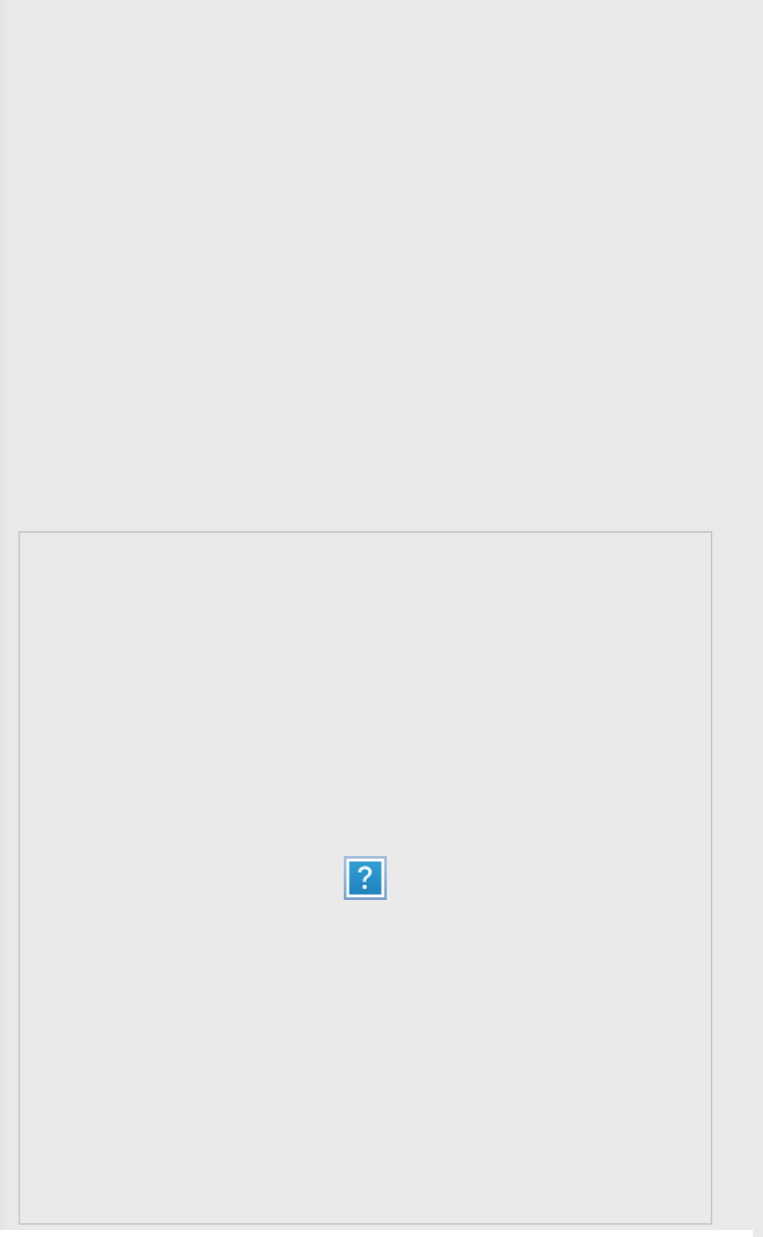
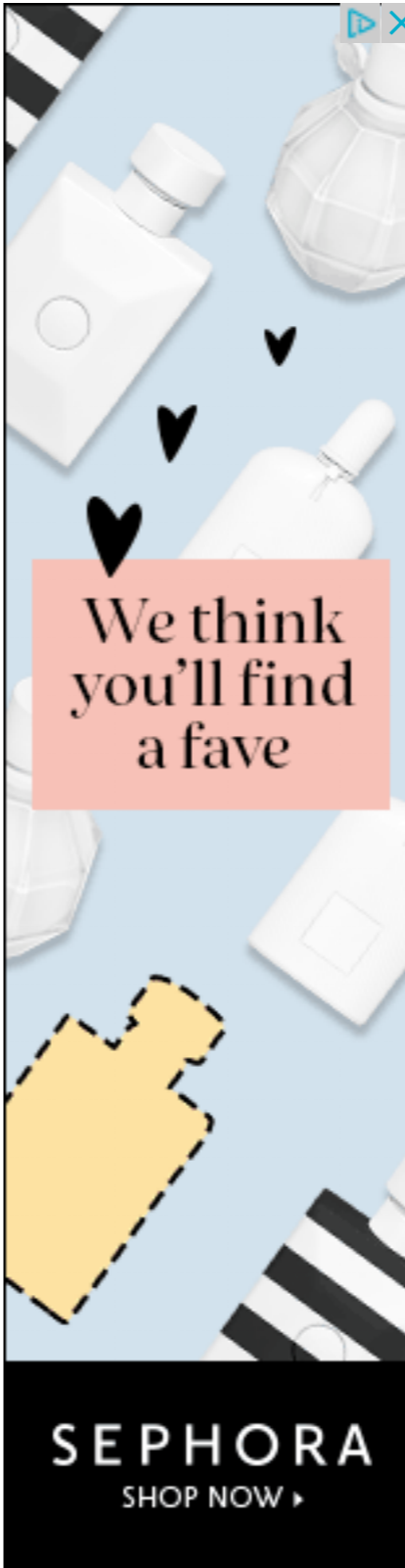
HorseSensing's residential HS Grooming Education, Certification and Job Placement Program currently has two female veterans and room for two more. The house (previously featured in the Sentinel-News) is a beautiful healing setting for individuals to live in while they learn the skills they will use in their future career in the horse industry.

Growing

HorseSensing is growing, and working to expand to help more veterans, people in recovery, first responders and others. With another house in construction, the company can use help from the community in the form of volunteers. HorseSensing can use any retired carpenters, plumbers or electricians to bring this next house to move-in ready. Program volunteers are also always welcome and needed. Volunteer Rena Elswick has been there since the beginning while Debbie Holloway and Debbie Maclain just started.

Coming up

Coming up are Veterans Horse Activity days on Feb. 21 and March 12 and a Gold Star Family day on March 26. The HS Grooming (and housing) program is ongoing. All HorseSensing programs are free. HorseSensing is a 501c3 nonprofit, relying on grants and donations to support their programs. If you would like to help you may send a check to HorseSensing at 270 Bagdad Road, Shelbyville, Ky 40065, reach out by phone at 650-776-4313 or email Dr. Broder at drsallybroder@gmail.com.



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