

PASS HF 261

EQUINE-EXPERIENTIAL THERAPY FOR FIRST RESPONDERS

BI-PARTISAN SUPPORT, PROVEN EFFECTIVE RESULTS



ABIJAH'S on the BACKSIDE

OFF TRACK THOROUGHBREDS FOR MENTAL HEALTH

THE BILL

An appropriation that will allow Abijah's licensed master level mental health providers to facilitate mental health equine experiential therapy to first responders suffering from job related trauma and post-traumatic stress disorder.

WHAT IS ABIJAH'S?

Founded in 2021, Abijah's uses experiential equine therapy to support the mental health of first responders, military, stable workers, and beyond. It provides a purposeful second career for our off-track thoroughbreds.

WHO IT HELPS



PEACE OFFICERS



EMS & DISPATCH



FULL-TIME FIREFIGHTERS



VOLUNTEER FIREFIGHTERS



PARAMEDICS & EMTs

WHY ITS NEEDED

TRADITIONAL TALK THERAPY DOESN'T WORK FOR MANY PEOPLE WHO TRY IT.

Unlike traditional talk therapy, experiential equine therapy does not force responders to recount past traumas. It is researched-back and has proven effective results, especially with first responder and military populations.

30%

OF FIRST RESPONDERS & MILITARY EXPERIENCES MENTAL HEALTH DISORDERS

125-300

POLICE OFFICERS DIE BY SUICIDE EVERY YEAR

First responder shortages are plaguing every community in Minnesota. With the amount of trauma first responders see its no wonder.

2-3

TRAUMAS EXPERIENCED BY AN AVERAGE PERSON IN THEIR LIFETIME

180+

TRAUMAS EXPERIENCED BY AVERAGE LAW ENFORCEMENT OFFICERS & FIRST RESPONDERS DURING THEIR CAREER

Mental health help is a proven way to improve retention.

MENTALLY WELL OFFICERS AND FIRST RESPONDERS SERVE THEIR COMMUNITIES WITH MORE COMPASSION AND DIGNITY.

WHAT WE'VE BEEN ABLE TO ACCOMPLISH



I've made the decision to go back into Law Enforcement and back to the St. Anthony Police Department, and will resume as a Patrol Officer starting soon. My healing journey through Abijah's, ... [has] made it possible for me to heal, and see the world clearly again, recentring my relationship with Christ as well. **PTSD is not a life sentence, and certainly not a death sentence.** I got help, and will continue to lean into my support system. This decision was made together with my Wife and Children. I was hurt, angry, afraid, confused, and felt unloved and unappreciated at work, by the community, and largely forgotten, and I couldn't have been more wrong. Thank you to all whom have supported and loved me through it all, I couldn't have done this without you.

- Kiel, Abijah's Program Participant

106

TOTAL NUMBER OF FIRST RESPONDERS SERVED

1100

TOTAL NUMBER OF SESSIONS

102

TOTAL NUMBER WHO HAVE REMAINED IN ACTIVE DUTY

17

TOTAL NUMBER OF DEPARTMENTS SERVED

Abijah's removes every barrier for first responders seeking mental health and wellness support

NO COST if HF 261 is passed

FULL ANONYMITY – Abijah's works outside the confines of insurance reporting requirements, providing an added level of confidentiality for first responders who may fear mental health stigma

NO DIAGNOSIS – The goal of our program is to work towards wellness, not necessarily a label or diagnosis.

NO EXPLANATIONS – The Abijah's model does not need first responders to recount the details of past traumas, only to be present and open to transformation.

ABIJAH'S HAS THE SUPPORT OF

