



**TRIO**  
THERAPY PARTNERS



**Empowering  
Lives**

**A Case for  
Support for Our  
Equine-Assisted  
Services  
2024**



# Unbridling Therapy

## Empowerment Beyond Traditional Clinic Walls

In Eagle County, a rural mountain community, the need for effective therapy and behavioral health is on the rise. However, the availability of these specialized services remains limited and residents of our community face foregoing the therapy they need or traveling to Denver in search of rehabilitative services. This is a difficult and often unattainable choice for most individuals and families.

Trio Therapy Partners is filling this need, offering powerful and unique equine-assisted services right here in our own community. Equine-assisted services are a remarkable fusion of science and art, harnessing the inherent power of horses and the expertise of skilled therapists and instructors.



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**Let laughter echo through the air, let the dirt beneath your feet become a canvas of exploration.**

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At Trio Therapy Partners, therapy is taken outside the traditional clinical setting and into the transformative freedom of the natural environment. Therapy becomes a fun-filled adventure along majestic horses, where healing takes flight.

With your help, we have the power to revolutionize healing in Eagle County by offering progressive services that transcend the limitations of traditional clinical settings.



**Together, let's build a future where access to life-changing therapies is no longer a distant dream. Join us in this collective dream.**



**BOARD OF DIRECTORS:**

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## Who We Are

**Mission: Empowering Individuals and Families Through Unique Rehabilitative Services.**

Trio Therapy Partners takes an individual’s rehabilitation journey to the next level. Our mission is fueled by an unwavering passion for the use of equine movement and equine interactions to create high quality, effective therapy services that transform lives.

Trio Therapy Partners, established in 2014, is a non-profit organization founded by three like-minded women in Eagle County with a common desire to provide Equine-Assisted Services (EAS) to individuals facing physical, cognitive, and social-emotional challenges, regardless of their financial means.

After garnering support from a few key equine enthusiasts Trio launched a successful pilot program in the summer of 2014 and quickly established the need for EAS in our community and transitioned to a 501 (c) in 2018.

Since our inception, Trio has grown significantly. Trio’s journey began with seeing eight clients a week. Since then, the organization has experienced remarkable growth. Currently, Trio sees 40 clients a week between group and individual services, with three therapists and three different equine-assisted learning instructors.



# Who We Serve & Impact: 2023

## By The Numbers

- 600** sessions offered
- 432** individual contact hours during group sessions
- 100** clients served between group and individual appointments
- 90%** increase in number of sessions offered over the last three years
- 60** clients for group sessions
- 40** clients individual sessions
- 40** volunteers contributed over 2,000 hours
- 37** group sessions

## Who We Serve

- 90%** are children (under 18)
- 70%** were living with a physical and/or cognitive disability
- 65%** receive financial assistance
- 60%** are Latin X
- 25%** are living with a mental health challenge
- 15%** with a learning disability



## Accessibility: Breaking Down Barriers

Trio Therapy Partners is dedicated to making therapy accessible to all individuals, and breaks down financial barriers for both low-income and median-income families.

**To make our services accessible, our appointments are priced at \$125, significantly below Trio's actual cost of \$600 per appointment.**

We recognize the challenges faced by low and median-income households. Due to the soaring cost of health insurance costs in Colorado and lower-than-average or excluded reimbursement rate for the use of

animals in therapy, Trio subsidizes all therapy appointments and offers a sliding scale option. This reduces the financial burdens for parents caring for children with significant needs.

**Our goal is to ensure that every family in Eagle County can access high quality therapy options without financial or insurance barriers.**



At Trio, we don't just provide therapy

# We Revolutionize Lives

through the transformative power of equine movement and interaction.

**We believe deeply in the power of equine-assisted services and the therapeutic benefits of the natural barn environment.**

Trio operates out of the indoor equestrian facility in the Eagle County Fairgrounds complex, spending countless hours transporting our horses from a nearby property, and setting and striking 'our stage' each day. Trio is run by two of the original founders, supported by our board of directors and powered by our therapists, instructors, and a family of dedicated volunteers.

**Our deep commitment to the benefits of equine-assisted services is shown through the expansion of our group services.**

Trio's partnership with the Eagle County School District Special Education Department has evolved from offering summer support services to a select group of students to encompassing year-round group experiences for students with special needs.

Trio also collaborates Small Champions to provide services for youth who are challenged with a variety of cognitive and physical disabilities.

Mindful growth has been vital to our success. Our dedication to building a sustainable program, seeking opportunities for service expansion, increasing our client reach, improving fundraising efforts, and building our network of community and industry support has allowed us to grow while maintaining high-quality services.

**"Our child has gained more confidence, balance, pushing her comfort level. She used to be scared and now says she is having horse dreams!"**

**She has really enjoyed the connections, it makes her feel special, more confident and she is at peace with her horse. All of your volunteers are wonderful."**

- Mother of Trio Client



# Trio's Services

## Holistic Individualized Care and Empowering Interventions

Trio Therapy Partners provides occupational therapy (OT) and physical therapy (PT), mental health counseling, and equine-assisted learning (EAL) services through individual and group appointments. Our therapy appointments take place within the natural barn environment, where the casual atmosphere and welcoming presence of the horses create an ideal setting for transformative experiences.

Our staff of licensed therapists, counselors, and certified instructors set functional goals developed in partnership with our clients, targeting physical and cognitive skills, mood, behavioral regulation, and personal and social-emotional growth. Through personalized interventions, we support our clients in achieving these goals, fostering improved functioning and well-being.

**At Trio Therapy Partners, we believe holistic care and innovative interventions empower our clients to reach their full potential.**

Masters of all things equine, our providers skillfully create a nurturing and transformative space for individuals to embark on a journey of growth, healing, and personal empowerment.



## Our Services

### Equine Movement

Trio Therapy Partners specializes in the use of equine movement (hippotherapy) as a treatment tool.

### ■ Occupational Therapy

Occupational Therapy focuses on what an individual wants and needs to do in their daily life. OT intervention uses everyday activities (occupations) to promote an individual's health, well-being, and the ability to participate in the important and meaningful activities in their life.

### ■ Physical Therapy

Physical therapy specializes in the evaluation, assessment, and treatment of individuals with limitations in functional mobility.

### ■ Mental Health Counseling

Mental health counseling can help empower and educate individuals, families, and/or groups to help improve their emotional, psychological, and social well-being.

### ■ Equine-Assisted Learning Individual and Group

EAL is a non-therapy service where trained instructors (ESMHL) leverage experiential learning opportunities with horses and the equine environment to promote wellness. The focus of EAL can be used to enhance education, organizations, and personal development.

# Why Equine-Assisted Services: Bridging Science & Art

Equine-Assisted Services are a dynamic blend of science and art, harnessing the power of horses to facilitate profound change.

Integrating scientific principles, equine movement and equine interactions taps into the unique physiological and psychological responses that horses evoke in humans. The dynamic movement of the horse promotes muscle strength, coordination, and balance, providing a multi-faceted healing experience. The horse, acting as a dynamic biofeedback mechanism, reveals valuable insights into the client's moods. This unique interaction fosters a profound environment for rehabilitation and self-discovery.

**The horse becomes a co-facilitator**, a calm presence in our therapy sessions. The profound connection and joy that horses bring serve as incredible motivators for our patients.

With over 30 years of combined experience in occupational and physical therapy, Amanda and Lauren have found that the dynamic movement of the horse is one of the most effective treatment tools for addressing a multitude of impairments.



## Mental Health Service Expansion

Over the years, Trio's co-founders have witnessed the profound impact of horses on mental health. Recognizing its transformative effects, they knew it was crucial to expand Trio's services and started offering mental health counseling in 2020.



Amanda Moody, Trio Founder & Occupational Therapist

“I’ve been through years of education and hands-on experience in physical therapy, but nothing compares to the incredible results I’ve seen with equine movement. The profound impact horses have on our therapy outcomes is unmatched and I knew it was a need in our community.”

- Lauren Cremonese,  
Trio Founder and  
Doctor Physical Therapy





# Our Vision

**With your support, we are ready to embark on the next chapter of our organization's journey.**

Trio Therapy Partners is at a pivotal moment. Our current capacity, both with staffing and our allocated days at the Eagle County Fairgrounds complex, can no longer meet the demand for our services, leaving a growing waitlist of individuals in need.

**Our vision is clear—  
to secure land where our  
herd can thrive and support  
a facility that harnesses the  
healing power of the natural  
environment.**

We want to create more impact by securing a space that allows us to expand our services and serve more Eagle County residents. In addition, we never want to turn anyone away due to financial or insurance insecurity. Every community member deserves equal access.

Our vision will enable us to expand our client base, provide year-round programs, and broaden the scope of our services. By becoming a comprehensive care provider, we aim to alleviate the burdens of managing multiple therapy providers, offering a seamless experience for our community.

**Imagine a facility  
on ample acreage in Eagle  
County where a small herd of  
horses can reside in a barn and  
pasture settings. Here, indoor  
and outdoor therapy spaces  
would allow us to serve more  
community members from the  
Eagle River Valley on a year-  
round basis.**

**Ultimately, to have a facility  
and clinic that operates in the  
natural barn environment with  
skilled professional providers is  
our dream.**





# Support Us



## Help Support Trio Today

### Healing Helper (\$100 - \$499):

Supports therapy supplies and materials.

### Gallop Giver (\$500 - \$1,999):

Enables us to subsidize our therapy sessions so finances are never a barrier for someone to access our programs.

### Silver Stirrup (\$2,000 - \$4,999)

Funds our growing herd of 4-legged therapists.

### Trail Blazer Benefactors (\$5,000 +)

Donations in this category can have a significant impact on our long-term sustainability. They can support important projects such as securing land, constructing innovative facilities, and expanding our programs to better serve the community.

**Your support is essential** in helping us reach our vision of serving more residents in Eagle County and making a lasting impact on our community. Here are meaningful ways you can support our mission:

- **One-time or Annual Donations:** Your contribution, whether a one-time or annual donation, directly supports our programs and helps us provide vital therapies to those in need.
- **Monthly Donations:** Consider becoming a monthly donor and provide sustained support to Trio Therapy Partners. By committing to regular giving, you help fuel our mission, allowing us to plan and expand our services effectively.
- **Corporate Partner:** Join with other businesses and support Trio Therapy Partners. Demonstrate your commitment to our community's well-being and amplifying our reach.
- **In-kind Donations:** We welcome and appreciate donations of items or services that can directly benefit our organization. Your donation of items or services, such as therapy equipment or professional expertise, directly benefits Trio and enhances our ability to deliver high-quality services. Your in-kind support allows us to allocate more resources towards delivering high-quality therapies and enhancing our services.

We deeply appreciate donations of any amount and each contribution goes directly towards supporting Trio Therapy Partners' mission.

Together, we can create transformative change and improve the lives of individuals in Eagle County. Choose the way that resonates with you and join us in making a difference.

## Thank you for supporting Trio Therapy Partners!

Contact Lauren Cremonese at [lauren@triotherapypartners.com](mailto:lauren@triotherapypartners.com) see our equine-assisted services firsthand and learn how you can support us.

To donate, please visit [TrioTherapyPartners.org](http://TrioTherapyPartners.org)

