

**MEMORANDUM**  
OFFICE OF THE  
**BOARD OF SUPERVISORS**  
COUNTY OF PLACER

TO: Honorable Board of Supervisors

FROM: Jim Holmes, Supervisor, District 3

DATE: October 2, 2007

SUBJECT: REVENUE SHARING – Approve appropriation of \$250 in Revenue Sharing monies to the Riding High Equestrian Program *7<sup>th</sup> Annual Blue Jean Ball* as requested by Supervisor Holmes (\$250).

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**ACTION REQUESTED**

Approve appropriation of \$250 in Revenue Sharing monies to the Riding High Equestrian Program *7<sup>th</sup> Annual Blue Jean Ball* as requested by Supervisor Holmes (\$250).

**BACKGROUND/COMMUNITY BENEFITS:** In approving the following contributions, the Placer County Board of Supervisors finds that each and every approved contribution serves a public purpose by promoting the general welfare of the County and its inhabitants therefore a benefit results to the County.

The Board of Supervisors is being asked once again to approve appropriations to help fund the Riding High Equestrian Program *7<sup>th</sup> Annual Blue Jean Ball* being held October 7, 2007. The Riding High Equestrian Program is dedicated to improving the quality of life of individuals with emotional disabilities through equine assisted therapy. The funds designated towards this popular program will help defray the cost of this event and aid their mission to serve “at risk” youth and adults using equine assisted therapy in a safe and open environment.

**FISCAL IMPACT**

Funds are available in the Revenue Sharing budget.



## RIDING HIGH EQUESTRIAN PROGRAM

11685 Lorenson Road, Auburn, CA 95602

530-888-8891

### 7TH ANNUAL BLUE JEAN BALL

Blue Jeans, Boots & BBQ

October 7, 2007

4:00 - 8:00pm

Please come be with us at our beautiful 10 acre ranch and therapy center  
and enjoy.....

Hors D'oeuvres, Catered BBQ all you can eat

No Host Bar

Live Music & Dancing in our Barn!

Silent & Live Auction

### THIS IS AN INVITATION EVENT—INVITE A FRIEND

Need another invitation? Call us!

Call 530-888-8891 to R.S.V.P by September 30

Guest reservation \$45.00 per person

Proceeds to support our ability to provide services for  
youth and adults in need

*Help us grow our clients into flowers not weeds*

**Our mission is to serve “at risk” youth and adults using equine assisted  
therapy in a safe and open environment that helps transform lives.**

# RIDING HIGH EQUESTRIAN...A NON-PROFIT THERAPEUTIC PROGRAM

## WHAT IS RIDING HIGH?

Riding High Equestrian is a non-profit equestrian facilitated therapeutic program using the horse as a therapeutic mirror.



Riding High is dedicated to improving the quality of life of individuals with

emotional disabilities through Equine Assisted Therapy. The mission is to offer the benefits of equestrian facilitated therapy to clients in a manner that emphasizes the special needs and dignity of each individual. Riding High provides a safe and secure environment which challenges individuals to learn and grow.

The therapeutic session for each client is facilitated by a Marriage and Family Therapist (MFT), certified instructor, and assisted by trained support staff/volunteers. All horses with the program are trained and professionally screened for disposition and safety.

In working with the horses, participants develop confidence, self-esteem, pride in their accomplishments, interest in learning, and the ability to take responsibility.

The program is subsidized by grants and dependent on donations, volunteers, and discounted professional services.



## SAFETY FIRST

The horse and client are under constant supervision. No one is asked to exceed their comfort level. Our clients' performance often exceeds their expectations.

## ABOUT THE PROGRAM DIRECTOR

Honey Cowan is a registered nurse and licensed MFT. She developed the Riding High Equestrian Program as a unique way of reaching adolescents who have a history of failure in traditional systems.

## CONSULTATION

Participants are encouraged to have a personal therapist. Entry interview required.

## FEES

**Individual** – \$125 per 60 minute session. Sliding scale and limited scholarships are available based on need.

**Family** – \$125 per 60 minute session. Sliding scale and limited scholarships are available based on need.

**Team Building** – \$150 per 60 minute session, with a two hour minimum.



## RIDING HIGH STAFF

Honey Cowan – R.N., MFT #23590, C.R.S., FAPA, EAGALA Certified, NARHA Certified Riding Instructor in Training

Rennie Smith – MFTI Intern 41611

Terri Sears – LCSW #21895

Linda Dales – NARHA Certified Therapeutic Riding Instructor, EAGALA Certified

Kathleen Hoffman – NARHA Certified Riding Instructor, EAGALA Certified

## HOW YOU CAN HELP

Monetary donations in any amount are appreciated and are tax-deductible. We also welcome donated

professional services such as fundraising, grant writing, clerical, horse shoeing, veterinary services, and public relations. Donations of suitable horses, saddles and tack, feed, or even carrots are also much appreciated.



Volunteers who want

to help out in any way are welcome. If you like people and horses, this is a great opportunity to enjoy rewarding experiences with both!

## FOR MORE INFORMATION

To learn more about the Riding High Equestrian Program, call Honey Cowan, Director, at 530.888.8891 or Email [ridingHieq@aol.com](mailto:ridingHieq@aol.com).



# RIDING HIGH EQUESTRIAN PROGRAM

*Horses make magic*

Special thanks to:

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