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**Mission:** HETRA's mission is to improve the quality of life both physically and emotionally of adults and children of all ability levels through equine assisted activities.

HETRA's team of professionals include Occupational, Physical, and Mental Health Therapists, and 20 Professional Association of Therapeutic Horsemanship International Certified Riding Instructors as well as 2 Hippotherapy Clinical Specialist and 2 Equine Specialist in Mental Health and Learning (ESMHL) - (with an additional 11 completing the certification process). HETRA recruits, trains, and retains volunteers to fill over 200 weekly volunteer shifts to support daily, year round programming. Our programs include the following:

- Therapeutic Riding – participants learn horsemanship skills such as body position, reining and use of aids to direct the horse as independently as possible. Participants also enjoy the social, leisure and emotional benefits of interacting with their horse, instructor and volunteer team.
- Hippotherapy – Occupational or Physical Therapists specifically trained to use the movement of the horse to facilitate improvements in the participants overall function, activities of daily living, and independence.
- Therapeutic Carriage Driving – participants learn to control a horse while driving from a carriage with a Certified Therapeutic Carriage Driving Instructor. Participants also enjoy the social, leisure and emotional benefit of interacting with their horse, instructor and volunteer team.
- Equine Service for Veterans – this team approach, including an Occupational Therapist, Mental Health Therapist and a PATH Intl Certified Riding Instructor along with a team of primarily Veteran volunteers, work together to help Veterans improve their quality of life physically, mentally and socially through participation in ground, mounted or carriage driving activities.
- Day Camps – Participants explore ground and mounted activities learning more about horsemanship and horse care in a 2 hour extended program led by a PATH Intl Certified Riding Instructor. Camps are open to all ability levels and are a great inclusive experience. Varying camps include working with full size or miniature horses.
- Life Skills Program – The Life Skills Program moves beyond the equine riding program and focuses on skills such as following directions, staying on task, and sequencing activities all through real world experiences. Under the supervision of HETRA's staff, and assistance of the participant's job coaches, HETRA's Life Skills Program provides training experiences in the Tack Shack, and in the barn working on barn maintenance, tack cleaning, sanitizing toys and helmets, and other necessary tasks to serve HETRA participants.
- Equine Facilitated Learning and Mental Health: These group or one to one sessions are designed to develop specific skills sets such as leadership, communication, team work, self-confidence, self-esteem just to name a few. Mental Health sessions are conducted by Mental Health therapists as well as an Equine Specialist who work together to facilitate activities in partnership with the horse to assist individuals in addressing specific mental health issues and developing skills to assist in improving their quality of life.
- Specialty Programs – HETRA staff of Occupational, Physical, Mental Health Therapists; Professional Association of Therapeutic Horsemanship International Certified Equine Specialists, Riding and Carriage Driving Instructors, are open to collaborations. Collaborative events may include barn tours, grooming activities, horse related educational and recreational activities.

HETRA is Nebraska's only Professional Association of Therapeutic Horsemanship International (PATH, Intl.) Premier Accredited Center. HETRA programs enhance traditional methods of therapy and provide a stimulating therapeutic environment. Participants with a variety of disabilities are from various socioeconomic, gender, ethnic backgrounds, and range in age from two to adult. Participants and volunteers have originated from nineteen counties in Western Nebraska and Eastern Iowa.

More information can be found at [www.HETRA.org](http://www.HETRA.org). The "Participant" tab has a downloadable registration packet which contains a vast amount of information. Please contact [Edye@HETRA.org](mailto:Edye@HETRA.org) or [402-359-8830](tel:402-359-8830) for more information on how to become involved in one of HETRA's programs.