

Class of 2020: Equine Assisted Therapy Trail



The 2020 Leadership Charlevoix Class selected to build a Riding Sensory Trail for Northern Michigan Equine Therapy as this year's Community Service Project.

This sensory riding trail consists of a rich learning environment of woodland paths that consist of slopes, turns, varied footing, natural sights & sounds, and man-made activity stations. This integrated environment challenges clients' balance, stimulate their senses, and encourages reaching therapeutic goals. Activity Stations are therapeutic stopping points along the trail that offer clients the opportunity to see, hear, smell, touch, and talk about the items they encounter. This trail will give all the clients at NMET an option to get out of the arena and onto the trail with therapeutic activities to utilize.

This project was chosen by the 2020 LCC class for many reasons. The services provided encompass a variety of clients. Including but not limited to, physical and mental disabilities, autism, anxiety, depression, spinal cord injuries, stroke, veterans, at risk youth, and clients experiencing mental illness. The class was able to complete the project from marketing and fundraising to building the project as a class. Finally, because the programs offered by NMET are considered "alternative", services are not covered by health insurance. All costs to clients are out of pocket or by scholarship funds raised by NMET.

To learn more about Northern Michigan Equine Therapy, please visit: nmequine.org