

June 29, 2016

Mr. Jerry Paulsen  
Founder & Executive Director  
Operation Horses and Heroes  
740 Cheyenne Lane  
Elgin, IL 60123

When my dear friend Jerry Paulsen first spoke to me about Operation Horses and Heroes and the benefits of horse therapy I was skeptical and afraid of horses. Sure, I had been to ranches and ridden horses but interacting with horses was a different proportion. Besides, what Soldier, born brave, willingly admits that he or she needs help?

Boy, was I wrong! I just completed the Operation Horses and Heroes program in Adrian, Michigan and it was everything I could have imagined and more!!! I learned that in trusting horses that I could trust myself and my fellow human beings. I learned that while some of us who served are broken, all of us are still brave! What a better place to have learned that than at Operation Horses and Heroes!

If you are considering other programs and other therapies I highly recommend you first start with Operation Horses and Heroes! The program is nurturing, supportive and HEALING! The dedicated staff and team of volunteers do everything possible to offer you the tools, techniques and resources you need to either start you on the path to recovery or help you climb that first hill. You aren't alone. Operation Horses and Heroes can help.

I wish you all the best in your therapy and in life!

Debra Gipson  
U.S. Army, CPT (ret)