

13 April 2015

Mr. Jerry Paulsen
President
Operation Horses and Heroes
Elgin, IL 60123

Mr. Paulsen,

This letter is in regards to Operation Horses and Heroes Equine Therapy. I am a veteran and my wife is currently on active duty. We were both in the program in March in Illinois. I was hesitant at first to participate in the program as I did not know how horses pertained to dealing with stress. However, after going through the program I learned how horses deal with anxiety and how it relates to humans. This program is excellent for those who are unsure how to channel their stress and need to learn tools to cope outside a clinical situation.

I would highly recommend this program to all active duty or veteran as an alternative means of therapy as it would be a benefit to their personal situation and give them greater confidence.

Thank you and everyone at your organization and to all the wonderful volunteers and their support.

Michael Desch
U.S. Army Veteran