

# LEAP News

LOWCOUNTRY EQUINE-ASSISTED PSYCHOTHERAPY, INC.

## 2<sup>ND</sup> ANNUAL LOUIS WOOD CLINIC



April 11, 2008  
7:00 to 9:00 PM

Mullet Hall  
Equestrian Center  
2662 Mullet Hall Rd  
Johns Island, SC

Admission \$25  
All proceeds go to LEAP!

*Learn Louis' unique methods for communicating better with your horse.*

For details, visit our website  
[www.LEAPinSC.Com](http://www.LEAPinSC.Com)

See Page 2 for details.

## LEAP Comes of Age in 2007

### *Grants, Referrals, Patient Successes & You!!*

In 2007, our community and friends showed their support for LEAP with a plethora of grants, referrals, and volunteer activities. Thanks to such generous commitment, LEAP was able to help many children and families get their lives back on track.

We received grants last year from The Junior League, The Exchange Club, and even the S.C. Budget and Control Board. Several community and private foundations also awarded substantial grants to LEAP, including Central Carolina Community Founda-

tion, Coastal Community Foundation, The Donaldson Charitable Trust, and Blackbaud.

Corporate contributions came from Walmart and Palmetto Ford.

Individual contributions were made by several hundred LEAP supporters who made cash contributions, attended LEAP events, and participated in LEAP fund-raising activities.

We are particularly appreciative of those who have so generously allowed LEAP to use their personal property for our treatment sites. Thanks to Bill and Mary Anne Luttrell in Huger and the Stewart Family on Johns Island.

During 2007, we conducted 405 EAP sessions with over 50 patients and families. Referrals came from MUSC, the Governor's Office of Continuum of Care, People Against Rape (PAR), and Palmetto Behavioral Health.

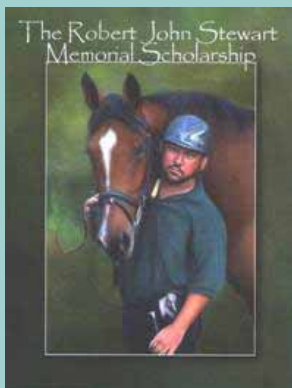
Thanks to everyone's support:

- ◆ A 12 year old boy was able to return to school.
- ◆ A young girl was able to quit self-inflicting wounds.
- ◆ A teenager who thought she would never be able to drive got her license.

Details on these and other LEAP success stories are continued on page 3 inside.

## LEAP Remembers a Special Friend

A great friend of horses, dogs, and LEAP — Bob Stewart — passed away just before Christmas. Bob and his wife, Pam, have generously allowed LEAP to use their beautiful farm on Johns Island to work with our patients. In his memory, his family has established the Robert John Stewart Memorial Scholarship Fund for the treatment of LEAP patients. Please see our website for details.



**Bob  
Stewart  
1966 - 2007**

# Letter from the founders...

## *LEAPING into Year Three*

2007 has galloped by and we've been busy seeing patients and cultivating new clinical relationships. Our name is getting out there and we've gotten referrals from a number of new sources. We are especially excited that the Continuum of Care, a part of the Governor's Office that arranges services for kids who have significant clinical needs, has found that the LEAP approach is helpful to their patients.

We enjoy seeing changes in kids who have been unsuccessful in previous treatments and respond so well to working with the horses. The changes we see are dramatic and life-altering. We feel privileged to have the opportunity to help them get back on track.

We had a wonderful event in May,



thanks to the efforts of Board Members Denise Sokolsky, Anne Frazier, and Dee Butler. The bucking bull was definitely entertaining! The food, provided by Dixieland Delights was awesome and Common Ground entertained us with their music. Many Thanks to David Epstein of Newsouth Brewery for keeping the beverages flowing!

Our grants in 2007 provided funds for close to 300 scholarship sessions. We're on our way for 2008, having already received grants from the Bakker Family Foundation and The Post and Courier for the upcoming year.

We are planning to expand our capabilities by establishing a third treatment team. Beth Matanaer, who has been our horse professional for the past two years just passed her licensing exam on her way to becoming a Licensed Professional Counselor. We look forward to having her lead her own treatment team, allowing us to bring LEAP's services to even more children, youth, adults and families who are in need.

Kathleen & Julie

## Join LEAP for an Evening of Learning & Entertainment



Louis Wood is returning on April 11 at Mullet Hall to once again treat the Lowcountry to his unique brand of inspirational speaking. Louis is an internationally recognized clinician who specializes in performance enhancement between equine athletes and riders. In a style reminiscent of Will Rogers, Louis explores key concepts of effective horsemanship and expands these concepts to help us better understand ourselves and the intricacies of human relationships. His communication skills

with the horses and riders so impressed the University of Virginia that in 1999 its Leadership Development Center began offering professional development programs based on Louis' clinic model. These include leadership, collaboration, communication, and interpersonal effectiveness as they apply to our work and personal lives. The cost of the clinic is \$25/person. Corporations or farms can purchase 5 tickets for \$100. A supper buffet will be available on the grounds. All proceeds will be donated to LEAP.

## LEAP Board Changes

Every year new board members join LEAP and, sadly, others retire. This year we have created a new Emeritus board level to honor those retiring board members who were instrumental in the founding of LEAP. Our charter Board Members Emeritus are Linda Vinson, Patricia Manigault, and Barbara

Vaughn. Our special thanks go to each of them. Without their support, LEAP would not have been possible. Thanks also to Anne Frazier for her service on the board in 2007.

We also want to welcome new board member, Sandra Condon. Sandra is a Nuclear Medicine Technologist and Restaurateur.

LEAP's board members for 2008 are:

Kathleen G. Broughan, Ph.D.  
Board Chairman  
Julie A. Lipovsky, Ph.D., ABPP  
Dee L. Butler, CPA, CPM  
Sandra Condon  
Nicholas Glover  
Denise Sokolsky

# Horse's Eye View: *Sugar*

I am a beautiful Palomino who enjoys taking a break from trail-riding to work with kids and families who are having a tough time in their lives. I am very easy to get along with, but I need an assertive touch and clear communication to understand what is expected of me.

Many of LEAP's patients have a hard time getting me going until they learn to communicate what they want in a way that I can understand. When they do, I enjoy following them around and helping them learn to be assertive and clear in their lives away from LEAP.



I'm a bit anxious, so I understand patients whose lives are dominated by fear. I've learned that facing what you're afraid of helps you to calm down and enjoy life. It's exciting when patients learn that too, because it lets them be more relaxed and more effective in school, at their jobs, and in their relationships. I'm glad to be a part of LEAP and it is really wonderful to see the changes that the kids, grown-ups, and families go through as they work with me and the other horses.

*Sugar*

## LEAP Pays Off for Lowcountry Children and Families

An 11 year old boy came to LEAP so painfully shy that he had no friends. He found it difficult to function in school due to his self-consciousness. Frequently he had violent outbursts that further alienated him from his classmates.

After 4 LEAP sessions Brian was playing soccer on a neighborhood team.



Over the next 6 months his concentration, ability to manage his feelings and deal with them appropriately improved dramatically, as did his grades.

Brian has a whole new outlook on the world - not a scary, threatening place - but a world of wonder and potential.



Shante, a 12 year old girl, came to LEAP after several hospitalizations following suicide attempts. She carried a major psychiatric diagnosis and had not made progress in past therapies due to her profound distrust of others.

She immediately bonded with a 'rescue' horse and her desire to help him develop trust enabled her to look at the painful aspects of her own past that kept her at risk.

She is now excelling in school and is excited about her future in a technical field.



Adam is a 14 year old male diagnosed with ADHD. He had difficulty focusing his attention in school and at home. He was disruptive in the classroom. Hyperactive, impulsive, frequently fighting. Defiant and uncooperative.



Adam was paired with a therapy horse that could be flighty and difficult if not handled with a calm, cool hand. As Adam learned to work effectively with Sammy, his aggressive behavior diminished quickly. Now he has the skills and resources to be a positive member of his school and family instead of a disruptive influence.

Maggie and Ellie are adolescent sisters who were removed from their home due to maternal abuse and neglect. Maggie was significantly depressed and Ellie was defiant and aggressive.

Their work with the LEAP therapists and horses helped them deal with the pain of their past, and allowed them to identify their strengths and potential.



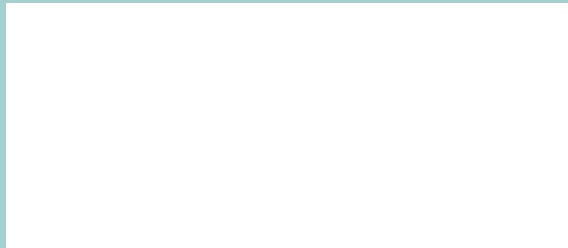
They are now looking toward the future with hope and enthusiasm.

*Please note: to protect the privacy of our patients, the names and photographs of the children are representative only.*

**LEAP Staff**  
 Founder & Exec. Director: Kathleen Broughan, PhD  
 Co-founder & Clinical Director: Julie Lipovsky, PhD, ABPP  
 General Manager: Nick Glover  
 Horse Professional: Beth Epstein  
 Webmaster: Nick Glover

**Board of Directors**  
 Kathleen G. Broughan, Ph.D. Board Chairman  
 Julie A. Lipovsky, Ph.D., ABPP  
 Dee L. Butler, CPA, CPM  
 Sandra Condon  
 Nicholas Glover  
 Denise Sokolsky

**Mission Statement:**  
 LEAP's mission is to provide, on a nonprofit basis, the unique benefits of equine-assisted psychotherapy and assessment to the South Carolina Lowcountry Communities, regardless of gender, socioeconomic status, race, or creed.



**Lowcountry Equine-Assisted Psychotherapy, Inc.**  
 P.O. Box 20310  
 Charleston, SC 29413

## Come join us for a Day of Discovery Mark your Calendar for April 5<sup>th</sup>

Do you want to learn more about equine-assisted psychotherapy? See it in person! Of course, we cannot invite you to attend actual sessions, so LEAP is hosting a Day of Discovery to demonstrate EAP first hand.

Please join us at the Huger facility on Saturday, April 5<sup>th</sup>, from 10 am until noon. We will be providing demonstrations of the actual work we do and will be giving you the chance to participate and experience the modality first hand.

No reservations are necessary. Please visit our website at LEAPinSC.com for directions.

## Do you want to be a Friend?

FRIENDS of LEAP is a new program of giving designed for individuals and companies. A donation of \$1,000 or more qualifies the donor for special opportunities, such as complimentary tickets to LEAP events, website links, and a yearly appreciation dinner.

Only through your generosity are we able to bring the unique benefits of LEAP therapy to the abused children and troubled families of the Lowcountry.

For more details about becoming a Friend of LEAP, visit our website at [www.LEAPinSC.com](http://www.LEAPinSC.com).

## Let me Help!

I would like to help LEAP by:

- Being a volunteer
- Donating funds for equipment  
Amount \_\_\_\_\_
- Donating funds for treatment  
Amount \_\_\_\_\_
- Contributing to the Robert John Stewart Memorial Scholarship Fund
- Hosting a fundraising event
- Becoming a FRIEND of LEAP
- Other \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Phone #: \_\_\_\_\_

E-mail : \_\_\_\_\_

- Yes, I would like to receive occasional LEAP News Briefs via e-mail.

**Return to: LEAP**  
 PO Box 20310  
 Charleston, SC 29413

Or e-mail us at: [LEAPinSC@comcast.net](mailto:LEAPinSC@comcast.net)

Visit our website at: [www.LEAPinSC.com](http://www.LEAPinSC.com)