

## Program Donations

Footprints of Hope Cross T Ranch is a 501 (c) (3) non-profit organization established in 2007.

This program is primarily supported through generous monetary donations received from community agencies and other individuals. Donations of items and volunteers are also needed at the ranch. If you are interested in contributing in some way, please let us know by checking a box below and sending this form to:

**Cross T Ranch**  
1428 Greensport Road  
Ohatchee, AL 36271  
(256) 490-2645 / (256) 892-9267  
www.footprintsofhope.com

All donations are 100% tax deductible.

- I would like to volunteer at the ranch.
- I would like to donate equipment or other items to the ranch.
- I would like to donate a monetary contribution.  
I am enclosing \$ \_\_\_\_\_  
In honor/ memory of \_\_\_\_\_
- I would like to receive more information about this program.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City ST Zip

\_\_\_\_\_  
Phone E-mail



### Animal Assisted Therapy

Equine Assisted psychotherapy is an emerging form of therapeutic intervention in which horses are used as tools for clients to gain self-understanding and emotional growth.

Equine Assisted Therapy is a type of animal assisted therapy, a field of mental health that recognizes the bond between animals and humans and the potential for emotional healing that can occur when a relationship is formed between two species.

*~Excerpt from www.animalassistedtherapy.com*

*~ Gaining self-understanding and  
emotional growth with horses ~*



## Footprints of Hope Cross T Ranch Therapeutic Farm Program

*“Helping to restore the emotional well being of  
at risk youth and adult individuals  
through the use of Equine Assisted Therapy.”*

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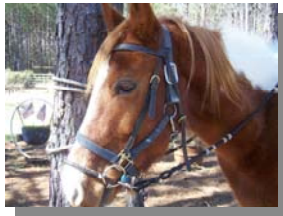



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## About the Program

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The Footprints of Hope Cross T Ranch is located in a serene and rustic environment in Ohatchee, Alabama. This natural setting allows clients to connect with horses and experience a special bond that facilitates the healing process for those who have suffered from emotional difficulties and those who have a behavioral or mental disability.



Our horses, facilities and equipment are carefully selected to provide a safe environment and to accommodate for a wide range of disabilities.

There are several horses on the ranch, some of which have been abused. Clients in the program can easily identify with these horses and feel more encouraged to overcome their own struggles and past experiences.

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## Program Benefits

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This program is available to children, adolescents, and adults. Some of the ways clients will benefit from this program include:

- **Promotes Mental/Emotional Well Being**- This program will help clients better deal with the emotional processing of unfortunate life events. It will also help to minimize anxiety and build self esteem.
- **Improves Physical Abilities**- Through interactions with the horses and other activities in the program, clients gain improved motor skills, balance, and hand-eye coordination.
- **Enhances Social Skills** - Through positive interactions with other group members, the clients' social skills, communication skills, and decision making skills are increased.
- **Provides Educational Training** - Clients will gain knowledge of concepts related to horses, the care taking of these animals, and problem solving strategies.
- **Encourages Motivation**- Through establishing a bond with the horse and the interactions with other group members, clients are encouraged to participate in group activities.

For more information or questions about this program, please contact the Footprints of Hope Cross T Ranch at:

**(256) 490-2645 or (256) 892-9267**

Visit our website at:

**[www.footprintsofhope.com](http://www.footprintsofhope.com)**

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## Program Staff

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**Reverend John and Mary Kay Tortoriello** are the Founders and the Executive Directors at the Footprints of Hope Cross T Ranch.



Both John and Mary Kay have obtained their Master's Degree in Marriage and Family Counseling. Mary Kay is certified as an Equine Specialist Professional and is a Certified Addictions Therapist. She currently works as a Therapist and a Chaplain with Mountain View Hospital. John is the Director of the Celebrate Recovery Program at Bellevue Methodist Church. Both have years of experience and a great passion for helping individuals recover from emotional, behavioral, and/or mental issues.



**Karen Herndon** is a volunteer therapist at Footprints of Hope and is also a Recreational Therapist with Mountain View Hospital. Her education and professional experience in Therapeutic Recreation enables her to effectively work with clients to provide them with a fun and stimulating environment.

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## Footprints of Hope Board of Directors

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John Tortoriello- Executive Director  
 Mary Kay Tortoriello- Executive Director  
 Karen Herndon  
 Joy Ballenger  
 Tony Zook  
 Eero Salomaa

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