

A silhouette of a cowboy on a horse, herding a large group of other horses across a field at sunset. The scene is bathed in a warm, golden light, with rolling hills in the background. The cowboy is in the center-right, holding a lasso. The horses are scattered across the foreground and middle ground, their forms dark against the bright sky.

# Rusty Old Ranch



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## Overview

The Rusty Old Ranch, Inc is a ranch-style oasis located in central Indiana with the purpose of serving **Veterans**, **First Responders** and **Disabled Children** throughout the state.

Here, participants will have opportunity to engage in a variety of programs assisting in areas including physical and creative therapy, mental health treatment, technical upskilling and temporary transitional housing.

**OUR MISSION:** To create an oasis where members' of disadvantaged communities across Indiana obtain access to resources that will aid them through their unique rehabilitating and refreshing journey to restoration.





# Problems to solve

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## Veterans:

- 1) Homelessness
- 2) Suicide
- 3) Physical therapy
- 4) Mental health assistance

2

## First Responders:

- 1) Mental health assistance
- 2) Line of duty PTSD
- 3) Suicide

3

## Disabled Youth:

- 1) Workforce hinderance
- 2) Mainstream education
- 3) Fun safe-space

4

## Family & Friends:

- 1) Restore faith in disadvantaged communities' service-oriented organizations across Indiana





# Our Program Offerings



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# Mental Health Assistance

## **Certified Mental Health Counseling:**

Our 5 full-time Mental Health Counselors are trained professionals who treat the cognitive, behavioral, and emotional aspects of mental health and substance use conditions. Our program will assist individuals suffering from anxiety, depression, suicide, PTSD and more.

Our goal is to apply a variety of techniques that **1) Promote** healthy lifestyles **2) Identify** personal stressors and levels of functions and **3) Preserve** and restore mental health





# Physical Fitness

## Certified physical therapy:

Our certified physical therapists are movement experts who improve quality of life through prescribed exercise, hands-on care, and patient education. Here, participants will work to restore functional movements, such as standing, walking, and moving different body parts.

## Certified Karate classes:

Our certified karate instructor is a 9th degree black belt, 6th Dan; only available to instructors who have been directly responsible for the teaching of students. Using defensive and counter-attacking body movements, participants will learn to honor their opponents and develop their character at the same time.





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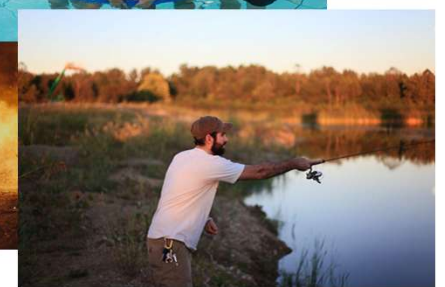
# Recreational Therapy

## Equine-assisted therapy:

Our specially trained horses and equestrians will guide you on your therapeutic journey through a range of treatments that involve activities with horses promote human physical and mental health

## Aquatic therapy:

Our year-round indoor swimming pool will host aquatic therapy exercise sessions for relaxation, fitness, physical rehabilitation, and other therapeutic benefit.



## Fishing therapy:

Our fishing experts guide participants in a therapy that's about taking time to unplug, mentally relax together, share a laugh, enjoy being outdoors all while learning a positive recreational skill



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# Creative Therapy

## **Certified Music therapy:**

Our credentialed professionals specialize in music therapy programs and will led participants in a clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship.

## **Certified Art therapy:**

Our professional therapist leds participants in art therapy through the uses art media, the creative process, and the resulting artwork as a therapeutic and healing process. This practice provides a useful tool that may help participants interpret, express, and resolve their emotions and thoughts.





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# Technical Upskilling

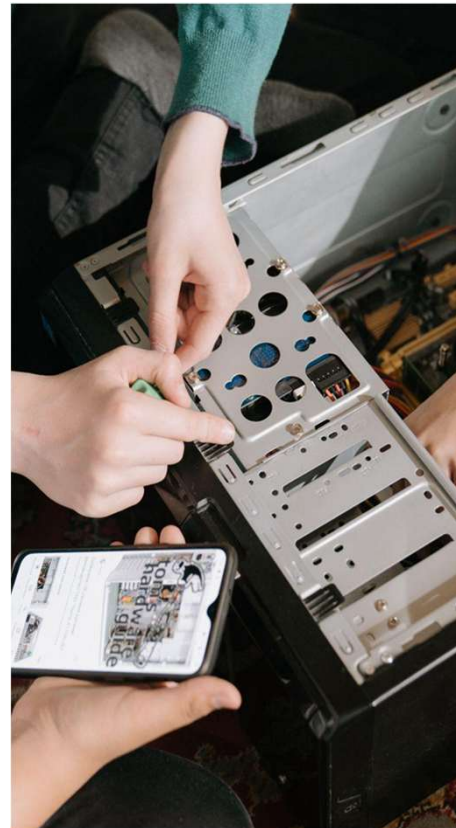
## Hardware engineering:

Our trained instructor is a hardware engineer who specializes in designing, developing, and testing new computers and devices. Participants will have hands-on training obtaining skills vital to hardware engineering and reverse hardware engineering.

## Woodworking:

Whether through guidance provided by staff or independent leisure, this engaging activity serves as a very effective distraction from negative thoughts and feelings.

Woodworking requires careful attention to detail, which means that it occupies your mind completely while you are doing it.





An Unfortunate Reality:

The global pandemic increased shortages of available in-person healthcare providers and limited access to therapeutic services.





# Our philosophy is simple...



Acquire clients



Gather support



Create impact



**Thank you.**

