



*Explore, Experience, Embrace*



# Enhancing Well-being Through Outdoor and Horse Experiences

Jane Tyson  
Greenwell Foundation  
Board of Trustees

May 17, 2024

# The Greenwell Foundation, Inc.

**Greenwell Foundation is a 501 (C) nonprofit organization operating at the Greenwell State Park in Hollywood, MD**

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**Our mission is to provide educational, therapeutic, and recreational programs for people with and without disabilities. We offer inclusive programs focused on positive recreational and therapeutic outcomes**

- Established in 1966 by John Philip Greenwell, Jr, to support his vision of making the outdoors accessible to everyone. He and his sister donated their farmland to the state of Maryland in 1971, stipulating that it be used as a public park
- Maryland later purchased an adjoining property to create the present-day 596-acre park, located along the lower Patuxent River
- The park is managed in a unique partnership between the Greenwell Foundation and the Maryland Department of Natural Resources (DNR)
- Since 1997, the Greenwell Foundation has provided therapeutic equestrian and inclusive programs designed to "Open the Outdoors"

# Our Experience & Staff

- 25+ years of experience providing nature-based therapeutic and recreational programming for individuals with and without disabilities
  - Program participants include those with intellectual and developmental challenges, individuals with physical handicaps, veterans, at-risk youth, pre-K/Head Start, and the general public
- We're not "one size fits all"
  - Our instructors work as a team, sharing and collaborating to create the best outcome for participants
  - We listen to and work with participants to identify the right program type
  - Therapeutic programs are individualized
  - We work with community-based organizations and businesses to achieve their specific goals
  - We cater to individuals who want to learn horsemanship, kayaking, and take trail rides
- Our horses are carefully selected and trained to work with individuals with special needs and varied skills
- We practice industry-leading best practices and certification standards
- Lead instructors are certified in their area of specialty



# Our Programs

“Open The Outdoors” - Hiking, Kayaking, Field Trips, Watershed Heroes

Environmental Education

Equestrian Programs and Instruction

- Recreational riding
- Adaptive riding
- Equine-Assisted Services (EAS)
- Trail Rides

Summer Camp – Fishing, Equestrian, Nature Camps

Veterans Programming

Therapeutic Retreats

- With Equine-Assisted Activities and Therapy (EAAT)



*Time spent outdoors allows us to unplug from technology*

# Social-Emotional Benefits

Build confidence and self-esteem

Increase emotional awareness and empathy

Improve impulse control and distress tolerance

Develop self-trust and trust in others

Learn to adapt and better problem-solve

Opportunities for socialization

Ease stress, anxiety, and depression

# Physical Benefits

Increased strength/endurance

Improve balance, posture, and motor skills

Sensory stimulation

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*A 2013 study of veterans who participated in Heroes on the Water (HOW) kayak fishing programs experienced a reduction in PTSD symptoms: 78% in overall stress; 77% in hypervigilance; and 63% in avoidance behavior*

*Interacting with horses helps individuals build confidence and emotional awareness. Riding builds strength, muscle tone, and improves balance.*

*Multiple studies show that horseback riding and ground-based horse connections provide positive outcomes for riders and their families.*

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# Program Recommendations

	Recreational Therapy	Equine Assisted Activities & Therapy	Environmental Education	General Therapeutic Activities	Outdoor Recreation	Equestrian Programs & Instruction
Able/Disabled Veterans	✓	✓		✓	✓	✓
Able/Disabled Civilian Adults	✓	✓		✓	✓	✓
At-risk Youth	✓	✓	✓	✓	✓	
Able/Disabled Children	✓		✓	✓	✓	✓
Pre-K Children			✓		✓	
General Public			✓		✓	✓

### **GWF Retreat Program**

- New This Year: Partnership between licensed mental health therapists and Greenwell Staff
- Full-day therapeutic and recreational program for veterans, with and without disabilities
- Program operates from Greenwell’s accessible, Francis Knott Lodge at the Greenwell State Park and includes time spent outdoors enjoying our programs, such as hiking, equestrian, kayaking, and fishing

# Please Join Us.....

## Greenwell Foundation Open House

May 30, 2024, 10 AM - 1 PM  
Greenwell State Park  
25450 Rosedale Manor  
Hollywood, MD  
<https://greenwellfoundation.org>



RSVP by May 23:  
(301) 373-9775  
<mailto:gwfprogramassistant@gmail.com>

*Come, Meet our Team and enjoy demonstrations of our programs:*

- *Equestrian*
- *Kayaking*
- *Watershed Heroes Environmental Experience*