



# ABIJAH'S

OFF TRACK THOROUGHBREDS  
FOR MENTAL HEALTH

## Pass H.F. 506

*Equine-experiential therapy for first responders  
Bi-partisan support, proven-effective results*

### THE BILL

An appropriation that will allow Abijah's licensed master level mental health providers to facilitate mental health equine experiential therapy to first responders suffering from job-related trauma and post-traumatic stress disorder.

### What is Abijah's?

Founded in 2021, Abijah's uses experiential equine therapy to support the mental health of first responders, military, stable workers and beyond, and provides a purposeful second career for off-track thoroughbreds.

### Why it's needed

Traditional talk therapy doesn't work for many people who try it.

Unlike traditional talk therapy, experiential equine therapy does not force responders to recount past traumas. It is reserach-backed and has proven-effective results, especially with first responder and military populations.

### Who it helps



PEACE  
OFFICERS



FULL-TIME  
FIREFIGHTERS



VOLUNTEER  
FIREFIGHTERS



PARAMEDICS  
& EMTs

**30%**

OF FIRST RESPONDERS  
& MILITARY EXPERIENCE  
MENTAL HEALTH DISORDERS

**125-300**

POLICE OFFICERS  
DIE BY SUICIDE  
EVERY YEAR

First responder shortages are plaguing every community in Minnesota. With the amount of trauma first responders see, it's no wonder.

**2-3**

TRAUMAS EXPERIENCED  
BY AN AVERAGE PERSON  
IN THEIR LIFETIME

**180+**

TRAUMAS EXPERIENCED BY AVERAGE  
LAW ENFORCEMENT OFFICERS & FIRST  
RESPONDERS DURING THEIR CAREER

Mental health help is a proven way to improve retention.

***Mentally well officers and first responders serve their communities with more compassion and dignity.***

**LET'S HELP OUR HEROES!**

## What passing H.F. 506 will do:

# \$250,000

## 1,000

THERAPY SESSIONS

HELPS **50** FIRST RESPONDERS



# \$500,000

## 2,000

THERAPY SESSIONS

HELPS **100** FIRST RESPONDERS



+

expands our geographic reach to the North Metro with our partner facility in Forest Lake

# \$750,000+

## 3,000

THERAPY SESSIONS

HELPS **150** FIRST RESPONDERS



+

expands our geographic reach to Greater MN, including St. Cloud, Rochester and the Brainerd area

“The horses tend to play out physically what I’m feeling. I guess living vicariously through them allowed me to let it out, let it go. The Abijah’s program absolutely would be beneficial to first responders and veterans.”

— TODD SELLNER  
Assistant Fire Chief,  
Lakeville Fire Department

Abijah’s removes **every barrier** for first responders seeking mental health and wellness support:

**NO COST** if H.F. 506 is passed

**NO REPORTING** — Abijah’s works outside the confines of insurance reporting requirements, providing an added level of confidentiality for first responders who may fear mental health stigma.

**NO DIAGNOSIS** — The goal of our program is to work towards wellness, not necessarily a label or diagnosis.

**NO EXPLANATIONS** — The Abijah’s model does not need first responders to recount the details of past traumas, only to be present and open to transformation.

ABIJAH’S HAS THE SUPPORT OF

