

WE STRESS THE IMPORTANCE OF MENTAL HEALTH



WHO WE ARE

Operation HOPE is a mental health program founded by two clinical social workers, Sara Velez and Brooke Lichter. Both are EAGALA certified and trained to facilitate services that are equine based.

Services are available for anyone 11 years or older who has a history of mental health disorders. Sara and Brooke also tailor their services to first responders, veterans, and others who are at high-risk of trauma exposure.

In addition to Equine Assisted Psychotherapy, we now offer Telehealth and Ecotherapy sessions.

They operate out of two locations in Monmouth County, all of which are sanctuary farms for equine animals.

CONTACT US

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OPERATION HOPE

Equine-Assisted Psychotherapy
Mental Health Organization
Monmouth County, NJ



H.O.P.E

Hold On, Pain Ends



HOW DOES IT WORK?

By engaging with the therapeutic team, consisting of a mental health professional and a horse professional, we can impact and improve both the physiology (self-regulation) and the psychology (the patterns of thinking) of our clients, thereby creating lasting change well beyond the therapeutic benefits of simply being with animals.

Horses are social in nature, respond to non-verbal communication, and are extremely sensitive, therefore providing effective and immediate feedback.

We offer services that range from individual, one-on-one appointments to group, team-building exercises.



LOCATIONS

A portion of all Operation Hope's proceeds makes their way back to these sanctuary farms!

01

BlueMont Sanctuary
Colts Neck, NJ

A nonprofit rescue farm that specializes in rescuing, rehabilitating and providing a permanent home for horses and donkeys.

02

3 Sisters Rescue Farm
Freehold, NJ

A small rescue farm that is located on a small ranch known for rescuing abandoned horses.