

## ABOUT OUR HORSE MEDICINE PROGRAM

Yellowhawk is committed to the health and wellbeing of the Confederated Tribes of the Umatilla Indian Reservation (CTUIR) members and other eligible American Indians/Alaska Natives who rely on health services. Good health is the foundation upon which a strong community is built.

Our philosophy of the K'usiinmí Tawtnúkt "Horse Medicine" Program is to preserve horse tradition and culture through healing and support.

Our vision is to provide a program that incorporates CTUIR horse culture with our Yellowhawk Behavioral Health services. It is our ultimate vision to create a sustainable program for the people of the CTUIR. A program that will develop into a multi-activity facility that promotes horse heritage.

AFTER HOURS MEDICAL NURSING  
TELEPHONE ADVICE: 541.966.9830

Our vision is to aid our Tribal community to achieve optimal health through a culture of wellness. It is our mission to empower our Tribal community with opportunities to learn and experience healthy lifestyles.



## CONTACT US

46314 Timíne Way | PO Box 160  
Pendleton, OR 97801  
Main Line: 541.966.9830  
[www.yellowhawk.org](http://www.yellowhawk.org)

**DIRECT LINE**  
**541.240.8670**

**Callers with life-threatening emergencies, call 911 or visit the nearest emergency room immediately. When Yellowhawk is closed, service providers available are urgent care clinics located in the local or surrounding area.**

**For after hours assistance with a mental health crisis, please call 988 or contact Community Counseling Solutions at 541.240.8030 or text HELLO to 741741**

**Suicide and Crisis Lifeline**

**988**

# K'USIINMÍ TAWTNÚKT

*Horse Medicine*



**YELLOWHAWK**  
TRIBAL HEALTH CENTER



# K'USIINMÍ TAWTNÚKT ELIGIBILITY & PROCESS

The K'usiinmí Tawtnúkt "Horse Medicine" Program is available to eligible patients of Yellowhawk Tribal Health Center, Behavioral Health Department.

Qualified patients will work with a Chemical Dependency or Mental Health counselor to create a treatment plan together. This criteria will measure goals fitted to meet the needs of each patient. Participants must complete all required forms with counselor and submit to designated staff for review prior to the first session.

Horse Medicine is an 8-10 week (session) program and is suitable for individual or group sessions.

Program curriculum may include:

- CTUIR HORSE HISTORY
- HORSE SAFETY
- ARENA DUTIES
- HORSE ACTIVITIES

For more information, contact the Behavioral Health Department.

TO LEARN MORE ABOUT THE FOUNDATION OF THE  
HORSE MEDICINE PROGRAM:

BECOMINGONETHESPIRITOF THEHORSE.COM  
CLASSES ARE SEASONAL

## APRIL - NOVEMBER

# *Culture is*

# PREVENTION | RECOVERY | WELLNESS

# K'USIINMÍ TAWTNÚKT PROGRAM

K'usiinmí Tawtnúkt "Horse Medicine" involves engaging in various activities and tasks with a horse. These tasks may include walking (leading), grooming, and/or feeding horses. These activities will always be under the supervision of a Behavior Health staff member who is certified in Becoming One with the Spirit of the Horse, LLC, with Jon Eagle Sr.

Incorporating "Becoming One with the Spirit of the Horse," allows each encounter to aid in skill development as well as support individuals and families. This equine assisted learning is a unique experience that honors the spirit of the horse and their healing abilities. Becoming one with the spirit of the horse helps to improve creativity, problem solving ability, communication, teamwork and leadership skills.

K'usiinmí Tawtnúkt offers participants a way to seek relief from mental health/substance use disorders by spending time interacting and communicating with horses. Additionally, K'usiinmí Tawtnúkt is a way to connect people with horses that an attribute to cultural identity that may be, or has been, missing for individuals.

K'usiinmí Tawtnúkt provides activities to enhance experiential practices, such as:

- physical
- social
- emotional
- spirituality

The program also encourages participants to continue horsemanship in the avenues that are available to them.

