

Accoras Commonwealth Psychosocial Support Program (CPSP)
8/10-14 Shaw Street, Yarrabilba QLD 4207
cpsp@inbox.com
(07) 3727 5022

Date: 12/01/2024

Glenys Woolcock
President
Horse Whispering Youth Program
Via email: glenys@hwyp.com.au

I welcome the opportunity to provide this testimony to Horse Whispering Youth Program (HWYP) in support of their future grant applications and fundraising endeavours.

I support HWYP's unique approach to addressing the diverse needs of youth & families. Their equine-assisted programs enhance the personal growth, well-being, and overall development of participants in a safe, natural, and outdoor environment.

I work at Accoras Commonwealth Psychosocial Program (CPSP) which is a brief intervention service that supports young people 7-17 around complex mental health concerns and/or difficulties with psychosocial functioning via an outreach model of care. I am writing this testimony as I have referred clients I have worked with to Horse Whispering Youth Program and have had clients report a benefit from the equine therapy format in supporting their emotional and mental wellbeing.

Enquiring about the program and referring clients to the program was made easy with support from administration staff whom I liaised with over the phone; program information and processes were outlined in a clear manner which supported me in providing an accurate outline of what my clients could expect from engaging with the program.

A client whom I referred to Horse Whispering Youth Program said they enjoyed the engagement with the horses and looked forward to attending every week. I observed how this had a positive impact on their emotional wellbeing and motivation.

In my experience, the 10-week early intervention program has proven highly capable in quickly engaging troubled youth, diverting them away from anti-social/ criminal behaviour, helping them to engage positively with others and build self-confidence and resilience. The program also works well with existing mental health services for youth and individuals requiring additional support from the community. I believe it to be a valuable service for the youth we work with.

Yours sincerely,

Jess Dawson
Mental Health Clinician
Accoras CPSP

