Therapeutic Horses of Saratoga (THS) — Public-Facing Event FAQ (as of 5.20.2026)

> This FAQ is designed for use at community events, festivals, and outreach tables. Keep it conversational and warm.

About THS

What is THS?

Therapeutic Horses of Saratoga (THS) is a 501(c)(3) nonprofit on a 27-acre farm in Saratoga Springs, NY. We provide safe, meaningful second careers for retired racehorses and share the horse–human connection to strengthen mental health and emotional wellness.

When was THS founded?

THS was founded in 2018 by Dr. Erin Christopher-Sisk.

What's your mission in one line?

Helping horses, healing humans.

Where are you located?

683 Route 29, Saratoga Springs, NY 12866.

Are you a registered nonprofit?

Yes — 501(c)(3), EIN **82-5164821**.

Our Impact

How many people did THS serve recently?

In **2025**, THS shared the horse–human connection with **940 individuals** through **127 programs** delivered with **30+ community partners**.

What kinds of programs are included in those 127?

A mix of HorsePlay sessions, educational field trips, volunteer service groups, corporate team building, and recreational experiences hosted at the farm.

Do you offer therapy?

Yes. **Equine-Assisted Psychotherapy (EAP)** is delivered by a **licensed mental health professional** together with a **certified equine specialist** in partnership with ECS Psychological Services. (Volunteers and visitors do not provide clinical services.)

Any recent therapy participation numbers?

165 individuals participated in EAP; **73** in *Freedom Rein* (grant-funded); **36** in *Community Connection* (grant-funded).

Horses & Care

What horses live at THS?

A mixed herd of Thoroughbreds and Standardbreds, plus two Saratoga Police Horses (one Belgian cross and one Shire). Ages range roughly **6–29**. (Herd count may change with arrivals/adoptions.)

How many horses and staff are on the farm?

We currently have **21** horses on our farm that are cared for by **13** staff members and over **125** volunteers.

What does "second career" mean?

Retired racehorses transition from the track to new roles as therapy partners and community ambassadors in a structured, safety-focused environment.

Are the horses ridden?

All of the horses at THS came to us because they have injuries or other disabilities that mean they can no longer be ridden.

Programs (Plain-English)

Equine-Assisted Psychotherapy (EAP): Clinical mental-health sessions with licensed clinicians and equine specialists at our farm.

HorsePlay: An interactive, one-hour hands-on horsemanship experience that builds self-awareness, confidence, and coping skills.

Team Building: Customized group experiences for businesses, schools, and teams — facilitated by counselors, equine specialists, and our therapy horses.

Military & Veteran Services: We support local providers offering Equine-Assisted Learning for Active Duty, Guard/Reserve, Veterans, and families.

Farm Experiences: Custom events — from serene farm tours to celebrations — designed to foster connection and well-being.

Get Involved

How can I volunteer?

We welcome gifts of time and talent across horse care, farm chores, events/outreach, office help, and special projects. Ask staff at the table or visit our website to start the onboarding process.

How can I donate?

Donations directly support horse care (feed, farrier, veterinary), training, programs, and farm upkeep — **every dollar makes a difference**.

What events are coming up at the farm?

Mention any events coming up (such as the annual fundraiser concert).

Practical Details

Booking & inquiries:

Direct people to contact THS via the website/email/phone listed on the site so we can handle intake and scheduling safely and appropriately.

Safety at the farm:

Horses are large, sensitive prey animals — all activities follow staff direction and posted safety protocols. Volunteers and guests should only interact with horses when trained staff are present.

Great One-Liners for the Booth

- "We help horses and heal humans."
- "Our retired racehorses continue meaningful second careers helping people."
- "Everyone is welcome — you can come as you are."

This sheet combines content from the Our Impact webpage, the 2026 Fact Sheet, and the Feb 2026 Volunteer Training presentation.