

# STARK COUNTY HONOR COURT



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HONORABLE TARYN HEATH- PRESIDING JUDGE

# CANTON MUSEUM OF ART

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- ART FOR HEALTH AND HEALING PROGRAM
  - “expressive therapy that utilizes the visual arts has proven itself as an indispensable tool in the field of mental health”

<https://www.cantonart.org/learn/artforhealthandhealingprogram>





# PEGASUS FARM-MILITARY FAMILY CENTER EQUESTRIAN THERAPY

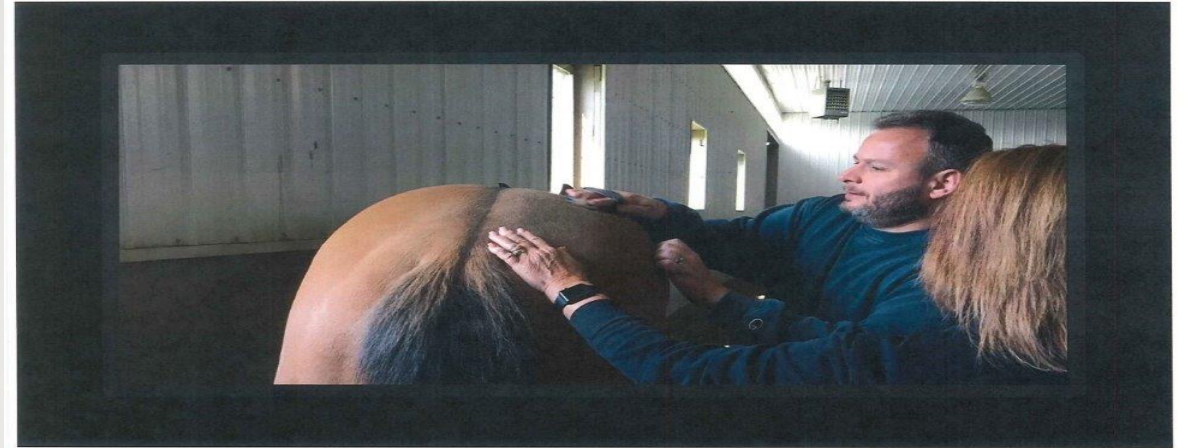
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- Holistically supports and empowers people with diverse needs through therapeutic equestrian programs



# MILITARY FAMILY CENTER - TEAM BUILDING AND INDIVIDUAL THERAPY

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[www.pegasusfarm.org](http://www.pegasusfarm.org) 330.935.2300





**SUPPORT AND CONNECTION FOR  
VETERANS, ACTIVE MILITARY, FIRST  
RESPONDERS AND THEIR FAMILIES.**

**Set on a serene horse farm, the Military Family Center provides encouragement and assistance through:**

- **Equestrian activities** that provide unique experiences helping participants build trust and self-esteem, learn coping skills, gain new knowledge, and create positive social networks.
- Access to professional **counseling services** on-site in the relaxed, pastoral setting of the farm.
- Individualized **exercise programs** offered by a certified professional to support overall wellness.
- Regular **family activities** and kids' programs.

**Staff:**

Tammi Gainer, MFC Program Director  
[tammi@pegasusfarm.org](mailto:tammi@pegasusfarm.org)

Missy Howard, MFC Family Events  
Coordinator  
[Missy@pegasusfarm.org](mailto:Missy@pegasusfarm.org)

# FREEDOM FARM AT WHISPERING GRACE FARM

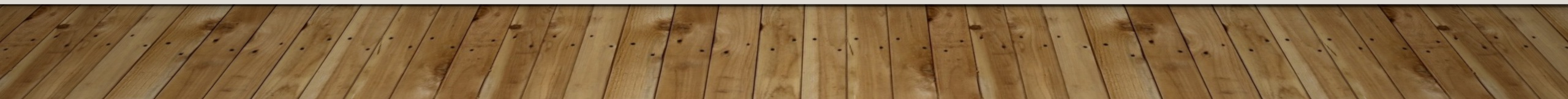
## SERVING VETERANS AND THEIR FAMILIES DAILY

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### Mission statement:

Whispering Grace Horses will provide the resources to rescue the equine, mentor the family and individuals seeking availability. The ability to offer hope for the entire family unit and also to individuals, as well as the entire community, provides an outreach opportunity creating a safe and positive environment.


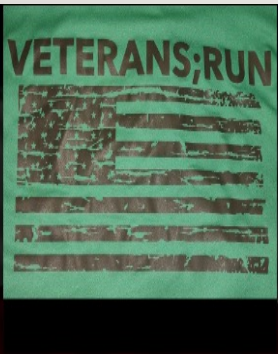


- Email:
- [marcia@whisperinggracehorses.org](mailto:marcia@whisperinggracehorses.org)
- Whispering Grace Horses
- 12882 Kimmens Road Southwest, Massillon, Ohio 44647, United States
- [\(330\) 265-5119](tel:3302655119)





# SAM CENTER SERVING AREA MILITARY, VETERANS, AND WIDOWS -

## VETERAN PROGRAMS

			
<b>Guitar Therapy</b> Certified music therapist Brenda Wise takes veterans on a journey from never playing the guitar to healing thru connections and playing.	<b>Veterans;Run</b> Veterans;Run focuses on connecting thru movement. Runners, joggers and walkers come together for activities.	<b>Paddle Board Yoga</b> Coming in September 2022! Paddleboard yoga is a free small group yoga program on water.	<b>Restorative Yoga</b> An eight-week program for veterans, their widows, and/or Gold Star family members. Next class begins September 21.

- GUITAR THERAPY- HEALING THROUGH CONNECTIONS
- VETERANS; RUN- FOCUSES ON CONNECTING THRU MOVEMENT
- PADDLE BOARD YOGA- THERAPEUTIC EXERCISE
- RESTORATIVE YOGA- RESTFUL, PASSIVE MEDIATION



# WARRIOR'S JOURNEY HOME-

MISSION IS TO PROVIDE SPIRITUAL HEALING AND SOUL REPAIR FROM THE INVISIBLE WOUNDS FOR VETERANS, FAMILIES AND THE COMMUNITY. IT TAKES A COMMUNITY TO HEAL THE INVISIBLE, MORAL INJURIES AND WOUNDS OF WAR.

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## FOUNDER/CEO JOHN SCHLEUP



### **Moral Injury & Soul Wound**

The term "Moral Injury" has been used to understand persistent and resistant unsettledness experienced by veterans of the uniformed services. Most discussion until now has been about Post Traumatic Stress Disorder (PTSD). PTSD is viewed correctly not as a disorder/illness, rather as a normal reaction to abnormal events. The moral injury component of PTSD is a betrayal of violating what is 'right'. For more information on this topic, check out our Recommended Reading section in Book



### **The Warrior's Path**

The Warrior's Path is a life-long journey and positive change of life style. The warrior's path is disciplined, caring, honorable, courageous, sacrificial, and distinguished. Veterans returning from active duty need the initiatory experience of transition from veteran to warrior and from the military to civilian life. Historically, this life transition was originally accomplished through the community, the guidance of elders, and ritual ceremony.



### **Service of Healing**

The weekly or bi-weekly meetings of WJH are called "Healing Circle". The Healing Circle is designed around the culture of the host organization. Some may use Native American ceremony while others use traditional religious practices. The common factor is the unique experience of the veteran and their family expressed through a sacred ritual through reconciliation and spiritual ceremonies. WJH is a non-political, non-sectarian group.

## HEALING CIRCLE

- Warriors Journey Home is dedicated to support and assist our veterans, their families, and our society during their military service and their return home. We offer a safe place for:
- Support
- Education
- Healing
- Reconciliation
- Networking
- Retreats



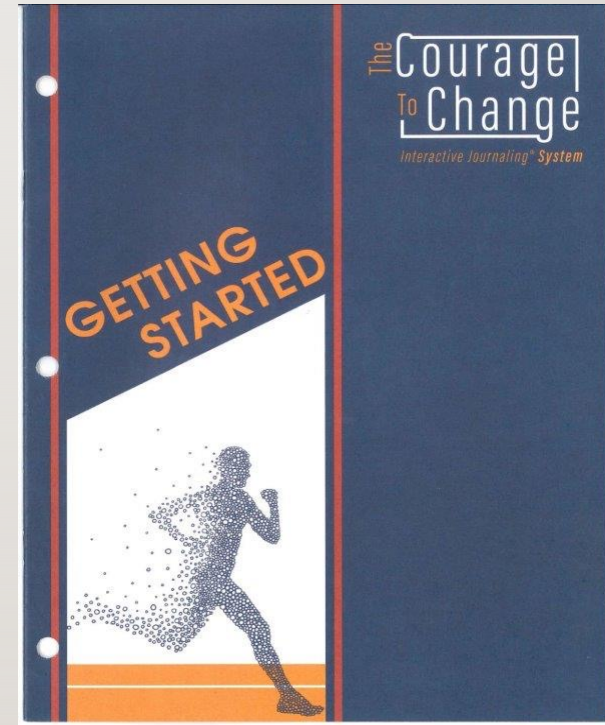




# THE COURAGE TO CHANGE- INTERACTIVE JOURNALING

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- The Courage to Change *Interactive Journaling*® System is an evidence-based supervision/case management model developed in collaboration with several United States Probation Offices.
- Through the use of this cognitive-behavioral *Interactive Journaling*® System and interaction with their support team, participants address their individual problem areas based on a criminogenic risk and needs assessment. Implementation is flexible and can be customized based on risk, responsivity and programming needs.
- By personalizing the information presented in the Journals to their own circumstances, participants will develop a record of their commitments and progress throughout probation and a roadmap to success in their efforts to make positive behavior change.



# ALTERNATIVE THERAPIES AT THE V.A

ALL CLASSES ARE HELD VIRTUALLY VIA VIDEO OR TELEPHONE.  
FOR MORE INFORMATION AND TO SIGN UP FOR OUR WHOLE HEALTH INTRODUCTION CLASS, PLEASE CONTACT A WHOLE HEALTH TEAM MEMBER AT **216-791-2300 EXT. 46572** TO REQUEST A SCHEDULED APPOINTMENT

## Whole Health Artful Living

Express what matters to you most.  
Virtually experience how art can enhance  
your health and well-being.



- Laughter Therapy (AATH) Association for Applied and Therapeutic Humor. Using humor through application to effect positive changes. It reduces stress, gives greater resilience, decreases depressive symptoms and increases the ability to tolerate pain more effectively. Think about the times you have heard a baby, a child or that friend/family member with the best laugh...think about the changes you feel in your body, your thoughts and your mood. You can check out more about this therapy at [aath.org](http://aath.org)
- Acupuncture
- Ayurveda: Treatment incorporates an individualized regimen such as diet, yoga, meditation, herbal preparations, dance/movement to treat mental health diagnosis.
- HeartMath/Biofeedback: Learning to control muscle tension and “involuntary” body functioning, such as heart rate and skin temperature, can be a path to reducing anxiety and mastering emotional regulation.

- **WHOLE HEALTH THRIVE** Call Whole Health at 216-791-2300 Ext. 46572

14 weeks to THRIVE

- Topics: Sleep | Nutrition | Mental Health & Happiness | Financial Health | Stress Reduction | Environmental Health | Healthy Relationships | Creativity | Sexual Health | Mindfulness | Spiritual Health | Work/Life Purpose

- **Virtual SMARTS Drawing Techniques**

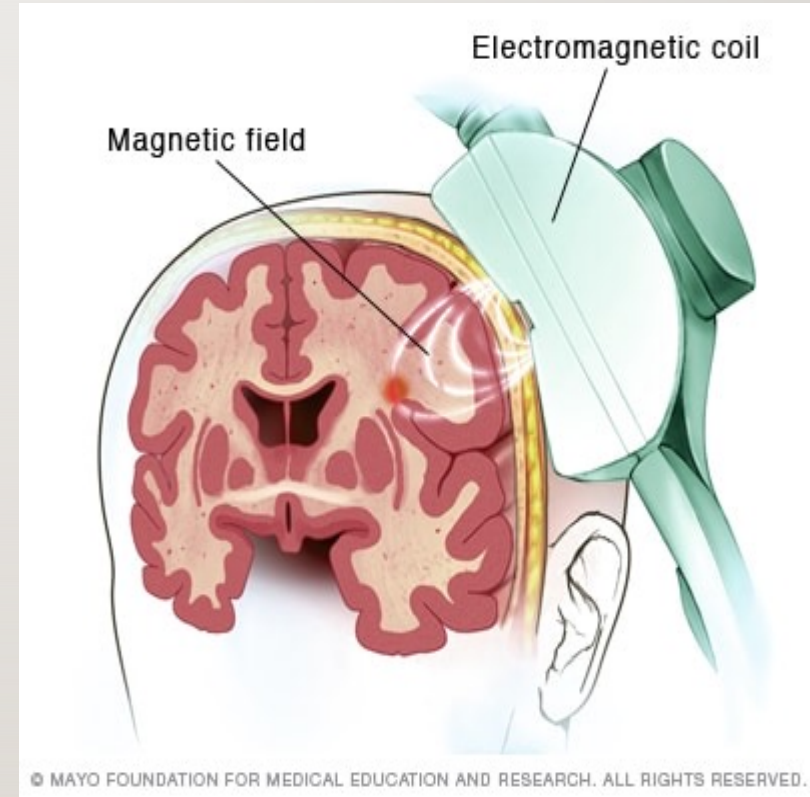
- Choose an aspect of the Circle of Whole Health that you would like to focus on. Work with the instructor to come up with an idea for a drawing that represents that aspect of health. Then draw under the direction of the instructor and receive feedback on drawing technique to bring your art to life.



# CONT'D ALTERNATIVE THERAPIES AT THE V.A.

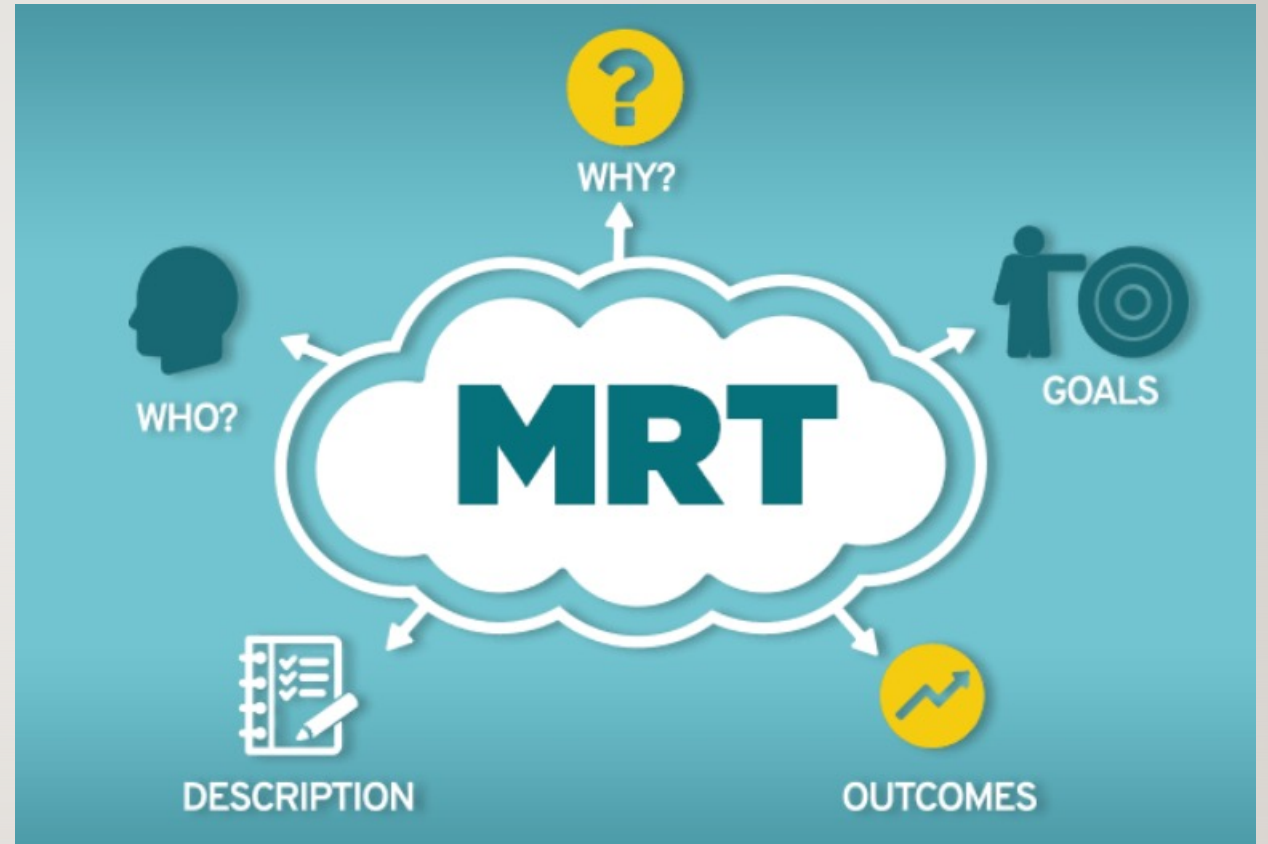
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- TRANSCRANIAL MAGNETIC STIMULATION-  
Meridian Services
- Transcranial magnetic stimulation (TMS) is a noninvasive procedure that uses magnetic fields to stimulate nerve cells in the brain to improve symptoms of depression. TMS is typically used when other depression treatments haven't been effective.
- This treatment for depression involves delivering repetitive magnetic pulses, so it's called repetitive TMS or rTMS.
  - <https://www.mayoclinic.org/tests-procedures/transcranial-magnetic-stimulation/about/pac-20384625>



# STARK COUNTY DAY REPORTING – MORAL RECONATION THERAPY (MRT) (HIGH RISK OFFENDERS)

- Clients in the program each have an MRT workbook — How To Escape Your Prison.
- Basic MRT has 12 steps, with a general written discussion of each step in the workbook, followed by the homework exercises and requirements





# MENTOR/PARTICIPANT FISHING FELLOWSHIP





# WARRIOR BEAT- DRUM THERAPY

NON-PROFIT CHARITY THAT USES PROFESSIONALLY FACILITATED DRUM THERAPY TO HELP US MILITARY VETERANS SUFFER FROM PTSD, ANXIETY, DEPRESSION, THOUGHTS OF SELF-HARM AND SUICIDE, SUBSTANCE ABUSE, AND OTHER MENTAL AND PHYSICAL CHALLENGES.

- FOUNDERS AND LEAD INSTRUCTOR OF WARRIOR BEAT:



**Trevor Meyer**

CEO and Co-Founder of Warrior Beat  
and Former US Navy Corpsman



**Benjamin Lehman**

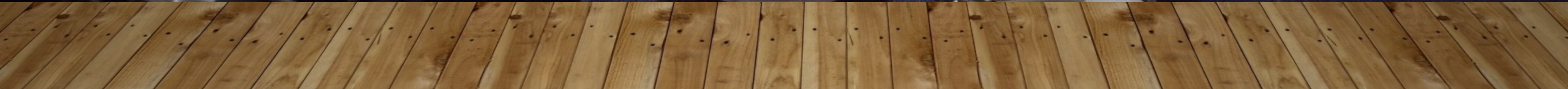
CCO and Co-Founder of Warrior Beat  
Benjamin has over three decades of



**Mike Reyes**

Lead Instructor, Musician and Army Sgt.  
1st Class (Ret.)







**THE COURT OF COMMON PLEAS  
STARK COUNTY, OHIO**



**TARYN L. HEATH**

JUDGE  
(330) 451-7708  
FAX (330) 451-7161

STARK COUNTY COURTHOUSE  
115 CENTRAL PLAZA NORTH  
CANTON, OHIO 44702  
Email: [JudgeHeath@starkcountyohio.gov](mailto:JudgeHeath@starkcountyohio.gov)