

# All-Together Tethered

Connecting the unconnected.

TetherAll promotes real-time digital check-ins, connecting patients to their health team in the spaces between visits.

## Highlights in this Edition:

- ▶ Customer focus groups can fuel breakthroughs in product development and innovation.
- ▶ Exploring the significant role of hope in reducing childhood anxiety.
- ▶ What is equine therapy and how did it become one of the hottest trends in therapy?
- ▶ The practice of Metta is a powerful antidote to self-doubt.

## From Ideas to Breakthroughs: Turning Customer Voices into TetherAll Innovations

*"When it comes to understanding the heartbeat of our clients and customers, there's nothing quite as valuable as a focus group exercise," reflects TryCycle's Clinical Director, Michelle Voegtle, M.Ed., LPC.*



These words encapsulate the essence of the approach. Earlier this month, the Clinical Director spearheaded two in-person focus group sessions in Connecticut. These sessions, far from scripted surveys, provided a platform for authentic conversations to unfold. Real people, each with their own unique journey, shared unfiltered feedback and thoughts, breathing life into the process.

Amidst these immersive sessions, a resounding sentiment echoed, highlighting the transformative impact of TetherAll on participants' recovery journeys. Central to this sentiment was the emphasis on self-awareness, empowered by the practice of daily check-ins.

The group's voices echoed in agreement, revealing how these consistent moments of introspection infused their days with heightened mindfulness.

As one participant revealed, *"It makes me aware of how I'm feeling and my actions throughout the day."*

*"I feel TetherAll is safe and that I can be honest."*  
- Anonymous Client, New Britain, CT

Clients consistently expressed a strong sense of trust in the app, highlighting its ability to provide a secure and reliable environment. This trust forms the bedrock for fostering interactions that are both safe and candid, promoting open communication among users. What's more, clients' feedback on enhancing the app to better support their recovery journeys has paved the way for exciting things on the horizon, thanks to this valuable input!

## Unseen Battles: Nurturing Hope for Youth with Anxiety

*In the lives of children, unseen battles can be raging, significantly impacting their emotional well-being and daily functioning.*

Against the backdrop of ongoing global challenges, including heightened concerns about gun violence and the urgent need to address climate change, it's becoming increasingly clear that the well-being of our children is being affected.

Their reactions echo a sense of unease and worry, underscoring the importance of providing them with effective tools to navigate these challenging times. Central to this is the concept of hope - a powerful factor that can fortify children's mental resilience and set them apart from those who succumb easily.

Research underscores the substantial role hope plays in mitigating childhood anxiety. Children who possess a sense of hope exhibit an innate internal locus of control, viewing obstacles as temporary hurdles to be overcome. This mindset not only enhances their personal resilience but also fosters a propensity to extend assistance to others in need.

Despite its significance, it appears that the cultivation of hope often remains absent from mainstream strategies. However, there is a silver lining - hope is a skill that can be nurtured. Equipping children with effective strategies to navigate life's challenges can significantly bolster their capacity for hope.



## Healing through Hoofbeats: Bridging Hope and Wellness with Equine Therapy

*Equine therapy, also known as horse therapy or equine-assisted therapy, is riding the wave of becoming one of the hottest trends in therapeutic intervention.*

This innovative approach harnesses the incredible bond between humans and horses, offering a unique and effective way to supercharge emotional growth, boost mental well-being, and ignite personal development. For thousands of years, horses have been steadfast companions to humans, known for their majestic presence, gentle nature, and innate ability to sense emotions.

Emerging from historical roots, the practice of utilizing horseback riding for therapeutic purposes traces back to the days of Hippocrates, the Greek physician who first introduced the concept of hippotherapy - derived from the Greek term

“hippos,” meaning horse. In North America, the inception of therapeutic riding can be attributed to the Community Association for Riders with Disabilities (CARD) in 1969. Since the 1990s, equine-assisted therapies have witnessed significant adoption in mental health facilities, extending their benefits to foster psychological well-being and overall health improvements among individuals of all ages.



Equine therapy creates a haven where individuals can freely express themselves and work towards emotional and psychological healing, effectively addressing conditions such as anxiety, depression, post-traumatic stress disorder (PTSD), and other mental health disorders. The rhythmic movement of horseback riding releases endorphins, promoting relaxation and reducing stress, while the presence of horses fosters

emotional regulation, empathy, and social skills development, leading to improved overall well-being.

The relationship between humans and horses facilitates significant personal growth by fostering self-awareness, empathy, and emotional intelligence. Horses, attuned to people's emotions and intentions, respond in the moment through behaviors like body language, movement, and energy, creating a direct and nonjudgmental form of interaction. These exchanges offer metaphoric reflections of real-life scenarios, bolstering self-assurance and providing a distinctive opportunity for individuals to explore their inner emotions, gain valuable insights, and catalyze their journey of self-improvement and development.

*“It is a privilege to spend time with these amazing sentient beings daily. It is equally a privilege to share them with those who can benefit from their magical healing qualities. Just being in their presence is often enough for transformation to begin, as the horse has an electromagnetic field around their heart 5 times that of a humans.”*

- Susan Mitchell, Founder, President/Executive Director, US Horse Welfare and Rescue

Amidst this journey of healing, there are also equine programs designed to save people while saving horses, such as Us Horse Welfare and Rescue and Hoofprints in the Sand, which focuses on empowering and supporting those, especially veterans, suffering from traumatic brain injuries and post-traumatic stress disorder, as well as their families. These programs offer equine-assisted therapy and outdoor activities, along with rehabilitative and therapeutic healing programs, aiming to make a positive impact on the lives of those who have served.

## Cultivating Connection in Recovery through Metta

*In the intricate fabric of human existence, the sought-after oasis of happiness often remains out of grasp, especially for those contending with addiction and mental health challenges.*

In the complicated journey of human life, where maintaining mental health relies greatly upon the presence of meaningful connections, the pursuit of true happiness might appear distant, especially for those wrestling with addiction and mental health. Taking inspiration from ancient wisdom, the practice of “Metta” or lovingkindness, supported by pioneers like Sharon Salzberg and Jack Kornfield, highlights the importance of human connection. Originating from reflective practices in the East, Metta carries compassion that starts with self-care and spreads to include all living beings. This practice stands as a potent remedy against self-



doubt, fostering self-compassion and acceptance. It helps us understand our flaws, inherent worth, and ability to change. With Metta, we develop a deep connection to our common humanity, showing us how to treat ourselves as kindly as we would a dear friend in tough times. As this practice matures, its embrace widens to encompass not solely ourselves but also those who might have caused us pain, our beloved ones, and ultimately, every being. This expansive compassion effectively counters the isolation frequently intertwined with addiction and mental health adversities, nurturing a profound sense of interconnected belonging - an invaluable component of the path to recovery.