

# Where healing becomes heritage.



Nature-based retreats. Practical skills. Family connection. Equine therapy.

Benjamin Foskey | Founder

Development proposal • September 2026

# Support for the return to everyday life

A retreat can create space to practice what daily life demands: healthy routines, meaningful connection, useful skills, and a next step.

- Adults in recovery: structure and support alongside ongoing care.
- Veterans: community, purpose, and reintegration support.
- Families and chosen support people: clearer communication and boundaries.

*Family's Friend is designed to complement treatment and community support.*

# A connected experience

- Nature: trails, gardens, quiet reflection, and shared meals.
- Skills: routines, budgeting, vocational direction, and boundaries.
- Equine experiences: optional therapy and learning with qualified providers.
- Family: consent-based participation and practical support conversations.
- Continuity: a 30-day plan and proposed follow-up at 7, 30, and 90 days.

# Horses have a place in the plan

Planned equine therapy pairs an appropriately licensed mental health professional with a qualified equine specialist. Educational horse activities are identified separately as equine-assisted learning.

- Begin with an established partner and ground-based sessions.
- Explore presence, communication, boundaries, and choice.
- Provide observation and non-equine alternatives.
- Define horse welfare, staffing, accessibility, insurance, and emergency procedures before delivery.

No provider is confirmed, and no clinical outcome is guaranteed.

# One weekend. Six adults. Clear learning.

Friday evening: settle in, share a meal, establish agreements.

Saturday: life skills, optional equine session, communication, nature, and reflection.

Sunday: purpose, optional family workshop, integration plan, and departure.

*Leave with one achievable priority, two practices, and a map of support.*

A partner-hosted pilot can test the model before land ownership. Longer retreats remain a later option.

# \$15,000 for readiness and a pilot

| Proposed use                               | Allocation |
|--------------------------------------------|------------|
| Clinical facilitation + equine provider    | \$6,000    |
| Venue + meals + transport                  | \$4,300    |
| Insurance / legal + curriculum + follow-up | \$3,200    |
| Contingency                                | \$1,500    |
| TOTAL                                      | \$15,000   |

Illustrative planning allocation requiring quotes. Excludes land, construction, horse ownership, and a year-round team.

At \$200 per participant, six paid places yield \$1,200 gross revenue, leaving \$13,800 to fund. Break-even has not been demonstrated.

# Advance when the program is ready

- Months 1-3: confirm providers, venue, operating structure, quotes, and delivery requirements.
- Months 4-6: run a funded pilot when ready; review costs, safety, feedback, and follow-up.
- Months 7-9: refine and consider a second cohort if staffing and funding support it.
- Months 10-12: choose the next stage using evidence from delivery.

Planning windows only. No opening date, land acquisition, or committed funding is represented.

# A sanctuary built to last



Modest lodging, shared spaces, gardens, trails, and an appropriate setting for horses.

Concept illustration, not an acquired property. Earlier acreage options ranged from 10+ to 20-100 acres; site feasibility will guide the choice.

# Honest evidence. Responsible growth.

- Measure participation, completed plans, follow-up, participant feedback, and actual costs.
- Review people and horse welfare after every program.
- Use consent-based storytelling and transparent supporter reports.
- Set a separate campus budget with equine facilities, staffing, care, reserves, and site-specific quotes.

The original campus categories total \$819,950-\$1,169,950 after arithmetic correction. This unverified legacy estimate is incomplete for equine operations and is not a current fundraising target.

# Help make the next step possible

## We are seeking conversations with

Qualified equine and clinical providers • Retreat venues • Recovery and veteran-service partners • Prospective pilot sponsors

*Build the program carefully. Let the evidence guide the land and the legacy.*

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Development-stage proposal. No investment terms, financial return, tax deduction, clinical outcome, or lifetime access is promised. See the accompanying booklet for assumptions, references, and the detailed plan.