



# OCTOBER 2020 NEWSLETTER



**Here at the Big Red Barn Retreat, we work to provide a place of healing for those most in need. We offer non-traditional services that allow our Active Duty Service Members, Veterans, and Spouses, to work through struggle that is in their lives.**

**If you are interested in learning more about what takes place at the Big Red Barn Retreat or how you can help, click the link below to visit our website.**

[Visit our website](#)

## WHO WE ARE:

*A place to provide healing to our nations military using non-traditional services.*



## WHAT WE DO:

### Yoga & Tai Chi:



*These classes help restore a feeling of well-being and confidence within the mind and body to help you feel better and live a full life. Through movement in conjunction with breathe, brings you into the present moment and not stuck in the past or fearful future.*

### EAP:



*Equine Assisted Psychotherapy uses an approach based on experience and doing. Participants have oportunities to find new solutions to the challenges in their lives.*

### Healing Art:



*Healing Art is a creative exploration of emotions and experiences among individuals with similar experiences to help digest life. It gives a voice to varied dimensions of one's inner self through art and helps gain appreciation of one's own strength and resilience.*

### Peer to Peer:



*These groups provide support in a way traditional mental health professionals can't by giving advice based on personal experience. It is these one-on-one, shoulder-to-shoulder interactions between participants that break down the barriers.*

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## **An Update on Yoga and Tai Chi**

Fall is finally here! As we work to accommodate with COVID-19 guidelines as well as the weather, some classes have changed times and locations. Registration will still be required. Click the link below to visit our Facebook for all registration links!

Monday, Mindful Movement with Jessica Smith **\*LOCATION CHANGE\***  
6:30 PM, **In-Studio**

Tuesday, iRest Yoga Nidra with Vicky Saye Henderson **\*TIME CHANGE\***  
**5:30 PM**, Pond Pavilion **\*Meet at Welcome Center\***

Wednesday, Tai Chi with Bill Patterson  
6:30 PM, BRBR Front Porch

Thursday, Flow & Restore Yoga with Liza Estes  
5:30 PM, In-Studio

Friday, Meditation Walk with Vicky Saye Henderson

[Registration Links](#)

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## Veteran Spotlight: Billy Britt



Billy was born in Dearborn, Michigan and moved to Lexington, SC with his sister and parents when he was 10. Growing up with a grandfather who served in the Navy, Billy always heard stories that were quite enticing to him and gave him a desire to serve. As a senior in high school, he had planned to work on diesel engines for the Marines,

however, after 9/11, he decided to change his MOS to infantry. Billy served in the 2nd battalion 2nd marines raiders in Iraq from 2002-2006. After his contract was up, he could no longer serve due to some injuries and came back home.

After leaving the service, he pursued a life long passion as an underwater welder. He worked on decommissioning hydroelectric dams, subsea construction, and repairs in the Gulf of Mexico oil field. After many years in that industry, he decided to hang up his dive hat and find a different way to serve. Billy moved back home to Lexington and started his own construction company, where they focus on hiring veterans and donating yearly percentages to local veteran organizations.

Billy found Warrior PATHH after learning that he needed to deal with some of the dark areas of his life. After completing his initial 7-day training at Bouldercrest, he felt a drive to help others find the tools to transform their lives, just as he had found the tools to transform his own. He began working for Bouldercrest where he was trained as a Warrior PATHH Guide for the Mobile Training Team.

Billy currently lives in Lexington, SC with his two dogs, Dixie and Reece. He has a few chickens and is looking to expand livestock in the future. Billy is excited to be a part of Warrior PATHH in his home state and in sharing this program that is full of passion and purpose, helping other gain the ability to turn their struggle into profound strength.

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## Straight from the Horses Mouth....

How does a horse tell you whether or not it likes what you are doing? Their feedback, once you learn to recognize it, is honest, genuine and immediate. Horses are amazing partners in this



work of Equine Assisted Psychotherapy and Learning.

In July, a group of six male veterans came together to address struggles with PTSD in the presence of horses. This group was funded by the VA Adaptive Sports Grant through Eagala (the Equine Assisted Growth & Learning Association) and the Big Red Barn Retreat. The men worked together to address topics such as emotional regulation, stress management, setting boundaries, anger management and forming healthy relationships. Significant changes were noted by the treatment team and the individual participants. Many of the Veterans commented on how they could see the lessons learned applying to other areas of their lives.



In the VA, the dropout rates for PTSD evidenced-based treatments are often 40-50% due to issues of tolerability (treatments **not** being acceptable) which means it is so important to identify treatments that **are** more acceptable to Veterans. All the veterans completed the program (8 group sessions) which is a significant indicator of the acceptability of this treatment modality. Our preliminary review of the assessments given to gauge program effectiveness showed an average decrease of 19.7% in PTSD symptoms. All participants reported very high treatment satisfaction.

Equine Assisted Psychotherapy is a distinctive approach to professional mental health treatment designed to empower clients through psychological and physical experiences. The model prescribes a hands-on approach where clients are given the space to project and analyze their situation, make connections, and find their own solutions. The Veteran, with the support of professional facilitators, is allowed time to reflect on the therapeutic process and find application to their life. Since the participant's solutions are personally and individually experienced and founded on his/her intellectual understanding, they tend to be deeper, more profound, and longer lasting.

If you are interested in finding out more about individual or group opportunities, please contact Stephanie Bowman Czeresko at [stephanie@thebigredbarnretreat.org](mailto:stephanie@thebigredbarnretreat.org) or (803) 556-9379.

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**Warrior PATHH is THIS month! Our Leon Irons Lodge is getting the final touches as we prepare for participants to stay on-site. Look through some photos below for an inside look of the guest rooms.....**





Welcome to the Charleston Room!! Each detail found in this room represents the lavishness of Charleston. In Charleston's history, the interiors of homes were opulent and stylish. This room indulges in the history of Charleston's décor with a deep warmth that comes with southern hospitality.



Drivers.... Start Your Engines!! In this room, the theme is based on NASCAR and Formula One Racing. NASCAR is the number one spectator sport in the United States and the second most popular televised sport broadcast worldwide. Formula One continues to thrill people with its fast paced races worldwide. This room allows you to experience a state's fan favorite.... Car Racing!





Welcome to the Hunt Country Room!! South Carolina is home to five hunts located across the state. This room has deep green colors with many stunning photos of horses to represent what Hunt Country is. Here in this room, you will be brought into the world of North American fox hunting that comes with a beautiful scenery and an enjoyable day.



South Carolina is home to every military branch which brings us into the Patriotic Room!! Represented in the Patriotic Room are colors and images that reflect the Army, Navy, Marines, and other branches of the military. While being in this room, you will feel the importance of the military that is represented so strongly in South Carolina.





Welcome to the Gullah Room!! Are you wondering what Gullah is? Gullah is a group of people who are descendants from Africa that reside in the low country of South Carolina. Gullah depictions are lively in content, rich in color, and dedicated to preserving the Gullah heritage, which is all found right here in this room.



South Carolina is not complete without the beach!! Stretching for 187 miles along the Atlantic lies South Carolina's stunning, white sandy beaches. With a stunning mural and many tones of blue, this room represents all that we love about South Carolina.

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**As a way of honoring a loved one who served in the armed forces and help support our newest Warrior PATHH program, each room shown above will be available to name.**

**That way, the participants in the Warrior PATHH program will feel both the connection to the sacrifice and honor of previous heroes, more importantly the**

**memory of your loved one will live on in the hearts of those attending the program.**

**Along with the outside placard identifying the name of the room, inside will be a photo with a story of your loved one and their time in service.**

**If you are interested in naming a room, please contact [info@thebigredbarnretreat.org](mailto:info@thebigredbarnretreat.org) for more information!**



The Big Red Barn Retreat  
[www.thebigredbarnretreat.org](http://www.thebigredbarnretreat.org) | 803.716.9097  
[info@thebigredbarnretreat.org](mailto:info@thebigredbarnretreat.org)

