



Medicine Horse
Horses Helping Humans

**2022
ANNUAL
REPORT**

Staff

Executive Directors

Natalie Longhini Q1 - Q3

Corey Hollister Q4

Business Manager

Nancy Hoopes

Development Director

Natalee Roeder

Operations Manager

Anna Wells

Volunteer Coordinators

Courtney Nix - Events

Nikki Hodgson - Horse Hands Team

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Casey Jorden, MSW, SWC

Sarah Nicholson, LPCC

Therapy Interns

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Board of Directors

Board Chair

Mike Franklin

Vice Chair

Julie Lobdell

Secretary & DEI Director

Clara Smith, PhD

Treasurer

Nancy Hoopes

Members at Large

Justin Brandenburg

Gennaro DeSantis

Nikki Hodgson

Natalie Longhini

Christa Mayer

Monique Price

Executive Summary 2022

Corey Hollister

Friends of Medicine Horse,

With just over three months under my belt as Executive Director, I must begin by expressing my gratitude for our amazing Medicine Horse community. The commitment and dedication from staff, volunteers, our therapy team, the board, and our supporters has been truly heartwarming. It is thanks to all of you that our work is possible.

2022 was an amazing year that saw us achieve a nearly 30% increase in both clients served and total number of group therapy sessions, as well as an almost 40% increase in scholarships for individual sessions. Our core programs such as Operation Be Herd, Rainbow Wranglers, Wholeness with Horses and Stable Hands remained strong, and we were able to be proactive in meeting the needs of our community by supporting families impacted by the Marshall Fire and running groups for parents of children suffering from addiction and mental health challenges. Finally, we continue to have a strong network of partner organizations who believe in the impact of equine-facilitated psychotherapy and partner with us to run groups for their clients and communities.

The year culminated with the move to our new home at Papillion Ranch where we will be able to spread our wings even wider by expanding our programming and creating new opportunities for our community to come together. It has taken a little time to get the facilities and operations to where we want them, but everything is coming together quickly and we are ready (and excited) for the new year and things to come. Stay tuned for ways to continue to connect with and support us and, again, my deepest gratitude for the community that we have. You are our champions!



Signature Programs 2022

Rainbow Wranglers

Rainbow Wranglers is a 6-week program for LGBTQ+ youth aged 13-16 who are interested in learning more about horses and need support for depression and anxiety. Working with horses offers a unique opportunity to learn and grow because of how sensitive and responsive they are to subtle cues, body language, and emotions. No horse experience needed.

While working with our horse herd, the teens will learn how to identify, express, and regulate their emotions without judgment or pressure and practice safe and sustainable ways to connect with themselves, others, and the world around them. These skills and experiences have been shown to decrease symptoms of depression and anxiety as the teens learn that they can meet challenges effectively and take risks.

The group offers teens a chance to learn skills for working safely with horses as well as provides a safe place to connect with other teens in the LGBTQ+ community where they can be themselves more authentically and build lasting friendships, with horses and humans!

Wholeness with Horses

A support group for women impacted by breast cancer, including those who have recently received a diagnosis, those who are undergoing treatment, and those who consider themselves survivors.

Regardless of where she may be in the process, breast cancer changes a woman's life. Sharing experiences with others who understand, finding a community with the herd, and connecting with each other helps to process those changes. Through our six weeks together, the horses offer their presence, care, and sensitivity, as well as a chance to create a healing and authentic relationship, as we support each other on our journey to wholeness. This program is funded through a generous grant from Boulder Community Health.





Operation Be Herd

Through our partnership with the Boulder Veterans Center, we offer an 8-week equine-facilitated learning program for veterans and active duty service members from all branches.

This powerful program changes lives by partnering with horses and creating time and space for veterans to connect with each other, find peace in the outdoors, and learn about themselves from our herd members. By observing and interacting with horses, veterans report that they have experienced an increase in self-awareness, learned how to manage difficult emotions and experiences, and had more direct and clear communication skills.



Giddy Up

A 6-week group for teens who are having a hard time with feeling okay at school or with friends or family or showing up with confidence. Struggles are normal, but sometimes those struggles are too much, and ways of dealing with struggles or escaping them that seem to make sense-substances, overeating or not eating, checking out, or other ways to try to feel better-don't always turn out well or help.

Whatever that is, this group is a place for connecting with other teens who are in the same place and who understand and with our horses and team. We will help teens to be more aware of what's going on, how to talk about it, and how to use skills to feel better. The horses teach us all how to connect safely and with confidence - and finally - that it's possible to be okay.

Participants are supported by our team as they learn to identify feelings, express emotions and needs, and apply leadership skills. They will explore what it means to have empathy for themselves and others, to have fun, and to build relationships with other teens.



Stable Hands

Caregivers give of themselves every day to support those who need them. It can be fulfilling, and a way to show love, care, and devotion to loved ones. It can also feel like a lot. It can feel lonely and tiring, and like there's no space to relax, have fun, or take time to ourselves.

Stable Hands is a 6-week group, offered through our partnership with the Rocky Mountain Regional VA Medical Center, where there's a chance to find some space. A group for both caregivers and veterans, we offer a chance to take the time to breathe, slow down, and be taken care of. Our herd of therapy horses show them how to *BE* in the moment, connect, and receive. Our team of therapists supports them and others who understand their struggles to share the burden, let go of what's tough, and take a moment to themselves.

The experience through Medicine Horse has been extremely beneficial to our clientele. Many of these individuals are engaged in several hours of traditional outpatient talk therapies. Each of the participants that have come out to Medicine horse have commented on just how impactful their experience with equine therapy has been for them. They find that they have a new found confidence existing inside of them. While trust is often unsafe and foreign to this population, many have been able to build bonds with the horses that feels safe and secure. The approach of equine therapy is like none other and these individuals have come out of this with love, connection and hope. The therapists do a great job of providing a safe, comfortable space for everyone to open up and be present.

*Allison Dunn
Boulder County Probation
DITT Team Lead
Drug Court/Female Specific Unit Probation Officer*

Horses for LatinX Youth

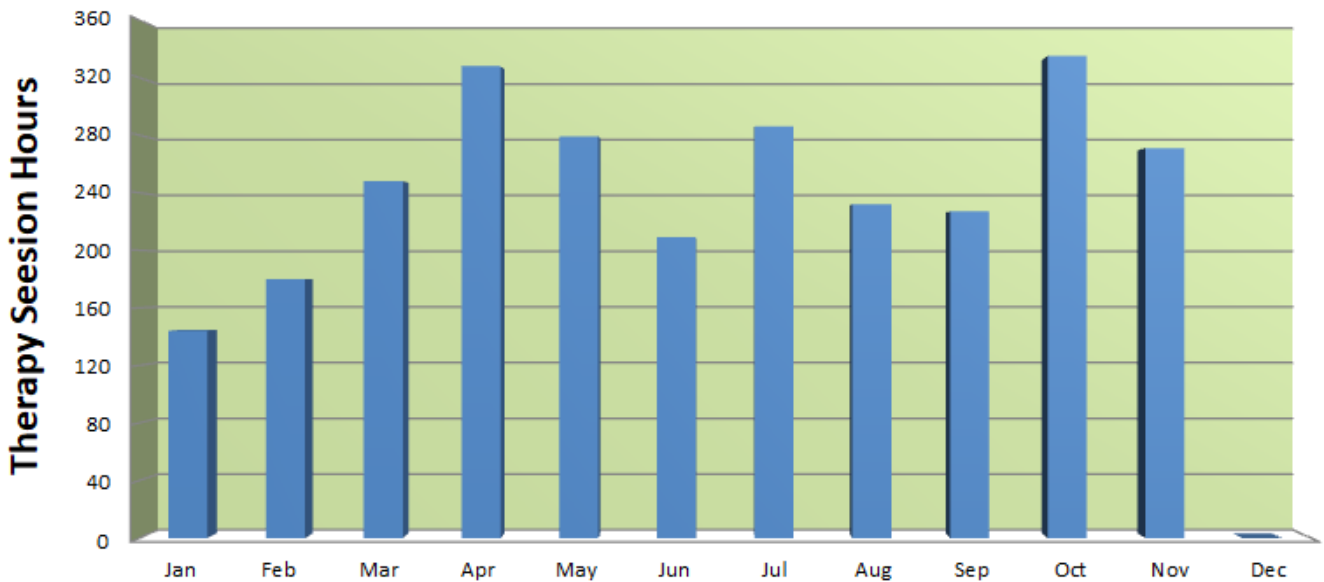
A 6-week group designed for LatinX youth; to find time and space to explore the outdoors with their peers and learn new skills. Equine-facilitated psychotherapy activities are utilized to develop communication skills, increase emotional self-awareness, build connections, and learn boundary setting.

Participants are encouraged to identify feelings and explore positive expression of emotions and needs, develop leadership skills and a sense of appreciation and empathy for themselves and others. Youth in our groups experience improved self-esteem, feel less depressed, less anxiety and have told us that they felt they had an improved support system after the sessions ended.

Community Impact 2022

Populations Served

Women Impacted by Breast Cancer • Veterans • LGBTQ+ Youth & Adults
Marginalized/Underserved Youth • Grieving Adults • Caregivers
Substance Abuse Recovery • Community Mindfulness • Marshall Fire Victims
DUI Integrated Treatment Participants



137

Free Scholarships
and Individual Sessions

1154

Total Therapy Sessions
(group & individual)

160

Individual Groups

2266

Hours of Equine
Facilitated Psychotherapy

Youth Programs

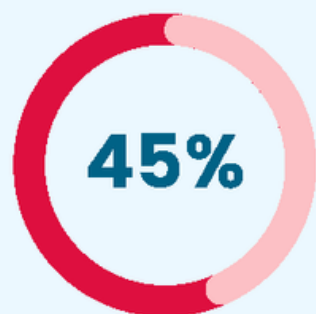
Our Mission:
We Save Lives.
Healing through the
empathic power of the horse

**"I like the people
and building
relationships with
the horses."**

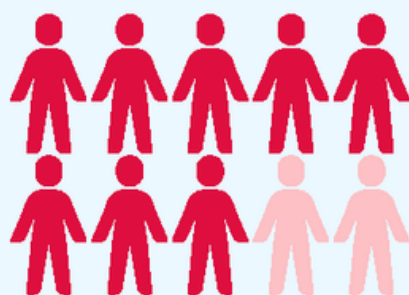
- a youth participant

Overall, youth who participated in Rainbow Wranglers and Giddy Up finished the programs feeling more confident in their abilities, could more easily find value in themselves, and experiencing less depression and anxiety.

After participating in a Medicine Horse youth program...



There was a 45% increase in youth believing they could accomplish difficult tasks.



8 in 10 of the youth indicated that building relationships was their favorite thing about the program.

**Across all programs, the young people
reported positive outcomes.**

Increase in self worth

+22%

Decrease in past 30 day depression

+9%

Decrease in past 30 day anxiety

+8%

Operation Be Herd

**Our Mission:
We Save Lives.
Healing through the
empathic power of the
horse**

This program creates space for veterans to connect with each other, find peace in the outdoors, learning about themselves through our herd.

When asked about their experience participants said...

- “I feel more calm and able to be more in touch with my feelings. It has been an amazing experience.”
- “I feel more solid and patient.”
- “Medicine Horse has become a place that gives me peace and a chance to disconnect from the rest of the world.”
- “This is quite a unique form of therapy, part group and part nature connecting, can be powerful.”

After participating in the Operation Be Herd group...



95% of veterans indicated that the group led to increased support and there was a 16% increase in community support with other veterans.

100% indicated that they already have or will recommend this program to other veterans, one stated “I Suggest as many veterans [as possible] enroll. They will benefit from the program.”

Words participants commonly used to describe the program were: peace, calm, connection, relaxation, grounded, centered, horse, scenery.

Wholeness with Horses

A group for those impacted by breast cancer to encourage hope and healing

**Our Mission:
We Save Lives.
Healing through the
empathic power of
the horse**

When asked what their favorite part of the program was, participants said...

- "Hearing from the other women, having a place to ask questions and put it all down, accessing my parasympathetic nervous system."
- "Talking with and getting to know other cancer patients."
- "Connection - with other people and the horses, learning how to calm myself."
- "The bonding with other cancer fighters without having to explain. In addition, the openness of the weekly staff."

After participating in the Wholeness With Horses group...



There was an increase in how satisfied women were in how they were coping with their illness.

+18%

An increase in Emotional Wellbeing

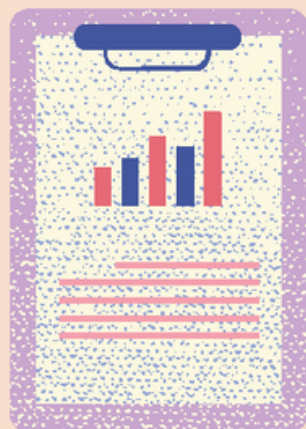
+21%

An increase in women accepting their illness

+19%

A decrease in anxiety

+28%



Financial Summary 2022

At Medicine Horse, we know that transparency leads to trust. Thus, we proudly and openly share our finances with our supporters and the general public.

Sources of Income

Donations	\$	141,554
Fundraisers		81,957
Grants		68,669
Program Income		40,839
Other Income		13,877
		<hr/>
Total Income	\$	346,896

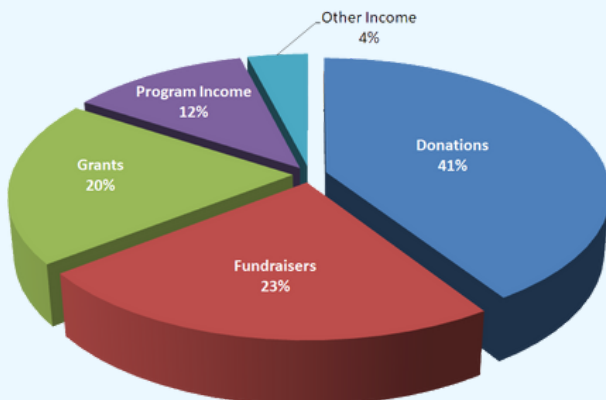
Expense Details

Therapy Program Costs	\$	82,567
Horse Care		49,963
Administration		67,713
Marketing/Fundraising/Outreach		38,011
		<hr/>
Total Expenses	\$	238,254

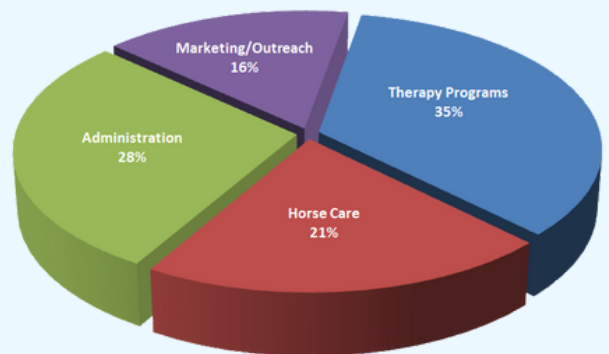
Net Addition to Unrestricted Funds \$ 108,642

At the end of the year, Medicine Horse had an unusually high cash balance. This was the result of a single large donation received at the end of the year. We expect to utilize these funds in 2023 to help expand our programs and to make further improvements to our new home.

Sources of Income



Expense Details



Thank You **Jammin' in June** Sponsors

2022

PRESENTING SPONSOR



PLATINUM



GOLD



Jeanne MacVicar

SILVER



COLLEGIATE
COACHING SERVICES

Robert VonEschen

FOOD & BEVERAGE



Special thanks to our Emcee Darius Johnson and 9News KUSA Denver

10th Mountain Whiskey & Spirits
1914 House
303 Running
Adrienne Sommers
Allure Nails
Brittany Steffensen, Open Air Equine
Canterbury Tack
Caprese Trattoria
Catherine DeGraaf
Charlotte Crowell
Colorado Tack
Copper Sky Distillery - Longmont
Danni MacStudios
Danny Chapparo
Dr. Meg Bacon
Dr. Pam Mahonen
Dragonfly Botanicals
Felicity Muench
Fox & Boulder Theater
Fox Hill Country Club
Heather Groff
Horizon Park Liquor
HOTWORX Boulder
Hurdles Jewelers

Hygiene Feed
Indochine
Inna Guseva
Jason Swann
Jenny Knight, Body Dynamics
Jenny Master
Jodi Marken
Justin Brandenburg
King Soopers
Lauren Harmon
Laurence Delaunay
Laurie Kaufman
Linda Lee
Little Bird (Niwot)
Little Herbal Apothecary
Marsha Steckling
McGukens
Meow Wolf
Michelle Green, The Well Healing Center
Mike and Deirdre Franklin
Mipsy Media
Monte Michener
Mountain Man Outdoor Store
Nancy Hoopes

Natalie Longhini
Outback Steakhouse
Pharmaca
Pica's
Piripi
Rabbit Brush
Ramon Schicchi
Raza Fresa
Robert Myers
Rocky Mt. Paddleboard
Ryan Henry Ward
Scott Lancashire
Spirit Horse Beads
Spirit Hound Distillers
Stacy Yip
Sugarbeet
Susan Domeracki
Tallgrass Spa
Taspens
Timbelier Gift Shop
Vaquero Leather
Whole Foods - Longmont
Wolfe and Mane

Community Partnerships 2022

Community partnerships are important for a healthy and vibrant society, and Medicine Horse works closely with other nonprofits and agencies to ensure we have diverse and effective offerings. Keeping our mission and vision in mind, our community partnerships are brought together through our joint efforts to assist those most challenged by inequities, marginalization, and important mental health issues.

