



Medicine Horse
Horses Helping Humans

2020
Annual
Report



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Natalie Longhini

Business Manager
Nancy Hoopes

Volunteer Coordinator
Nikki Hodgson

Grant Writer
Emily Harkless

THERAPISTS

Clinical Supervisor
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Carina Kellenberger, LCSW, MSW, AASW
Stephanie McBride, MA
Alison McCabe, BA, BEd, GEP, MS

Therapy Interns
Francesca Bernardi
Casey Jorden
Ingvild Mikkelsen

BOARD OF DIRECTORS

Board Chair
Julie Lobdell

Secretary
Nancy Hoopes

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Mike Franklin

Members
Gennaro DeSantis
Emily Harkless
Nikki Hodgson
Natalie Longhini

Medicine Horse offers free and low-cost Equine Assisted Psychotherapy and Learning Sessions.

Our programs enhance the mental health
of individuals, couples, families, and groups
through interactions with horses.



MISSION

We save lives.
Healing through the empathetic
power of the horse.



VISION

A more connected, healthy, and
compassionate community.



VALUES

To heal through connection to
ourselves, our surroundings,
and others.

To transform human lives for the
better.

To respect and honor the
wisdom of the horse.

To serve diverse populations
respecting the dignity and value
of each individual.

Dear Medicine Horse Community,

Going into 2020 we had ambitious plans and great expectations. Just prior to the new year, we moved to a private boarding facility with significantly more space, we'd kicked off some new partnerships, and were planning to introduce new therapy groups. The global pandemic had a major impact on Medicine Horse as well as the rest of the world and we were fortunate to be able to quickly pivot and provide therapy virtually until our community restrictions loosened.

In early summer we were able to bring back individual clients for one-on-one sessions and soon thereafter added groups with a maximum of six participants. In June we converted grant funds to individual scholarships for marginalized youth. By the end of August we had returned to normal operations with smaller group sizes.

I'm extremely grateful for our team at Medicine Horse who jumped in, rolled up their sleeves, and got our mental health programs up and running as soon as it was safe to do so in-person at our facility.

Looking toward the new year, we are optimistic that we can ramp up in 2021 and add new programs and new community partnerships. There are a lot of exciting things on the horizon that will allow us to further expand our programs to more communities.



Natalie Longhini
Executive Director



Medicine Horse
Horses Helping Humans







WHOLENESS WITH HORSES

A program for women impacted by breast cancer, including those who have recently received a diagnosis, those undergoing treatment, and those who consider themselves survivors. Regardless of where she may be in the process, breast cancer changes a woman's life. Even the strongest among us may encounter fears about the future, depression, anxiety, and struggle to feel whole and comfortable with her body again. Horses can help.

MINDFUL MEDITATION WITH HORSES

Animals are mindfulness masters! These one & a half hour sessions are for people age 18 and older who want to slow down and connect with nature and horses in the here and now. Animals have much quieter minds than we do and they help us open our hearts and share compassion. During these sessions, participants explore connecting with themselves and the herd through the power of awareness, present moment clarity, and mindfulness.

RAINBOW WRANGLERS

This five-week group program is for LGBTQIA youth (ages 13-15) looking to learn more about the nature of the horse and while working with the herd, will also find new ways to identify and regulate their emotions and connect to themselves, others and the world around them. Beyond horse skills, this group provides methods that are designed to alleviate symptoms of depression and anxiety.



OPERATION BE HERD

Through our partnership with the Boulder Veterans Center, we offer an ongoing equine-assisted group therapy program for active service members and veterans of all military branches. Operation Be Herd partners vets with horses to bring a unique approach to emotional and relationship healing. By observing and interacting with horses, they engage in activities that teach mindfulness, regulation, and healthy communication.

EXPLORING GENDER IDENTITY

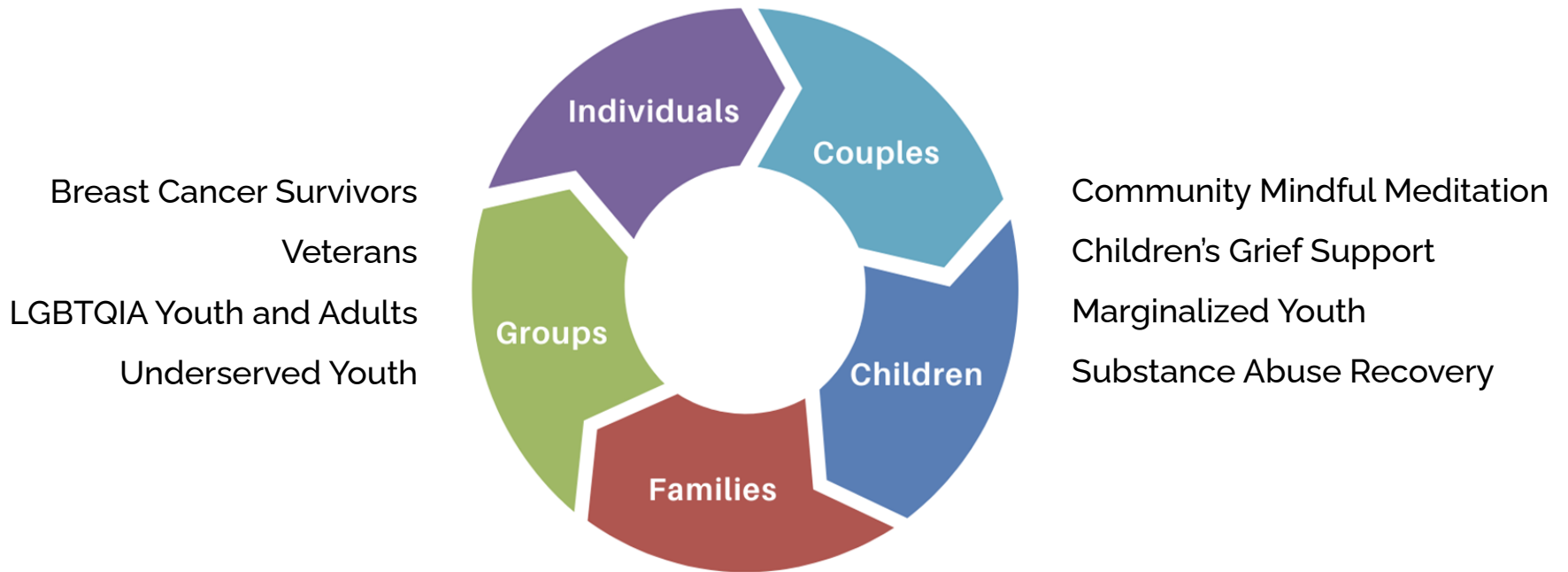
This group is for teens age 13 - 18 who are questioning their gender. It is designed to be suitable both for teens who are solid in their trans or non-binary gender identify, and for teens who are exploring and not yet committed to a particular gender identity. Partnering with horses, we explore the concepts of self-esteem, judgement of self and judgements held by others, and how to regulate and move through our own emotional states from a place of compassion.

JUST SAY WHOA

Geared toward underserved teens who are struggling with behaviors such as truancy, substance abuse, emotion regulation, and low self-esteem. Equine-assisted 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.

Community Impact

2020 Populations Served



1169

HOURS OF EQUINE
ASSISTED PSYCHOTHERAPY

794

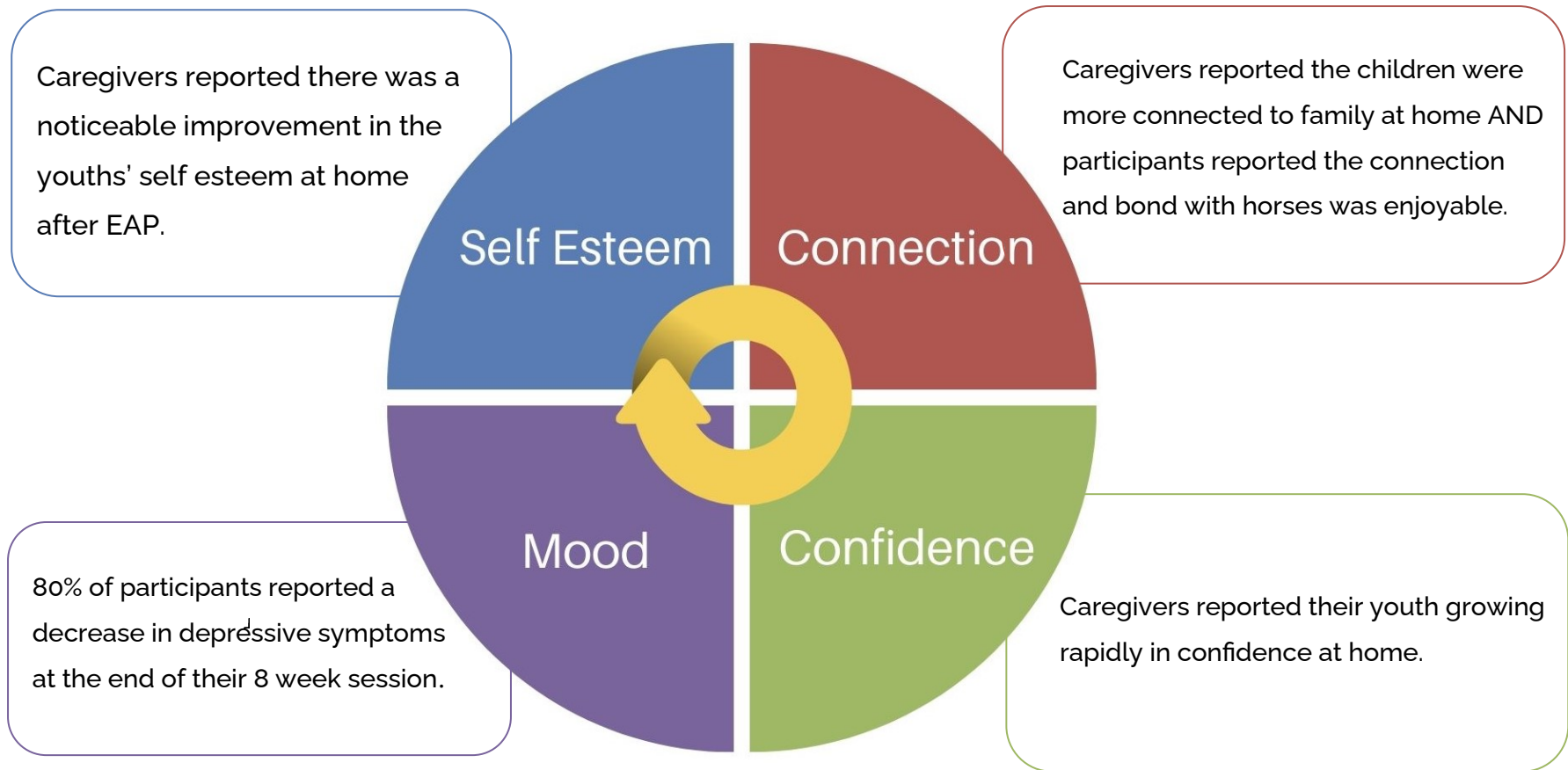
THERAPY
SESSIONS

52

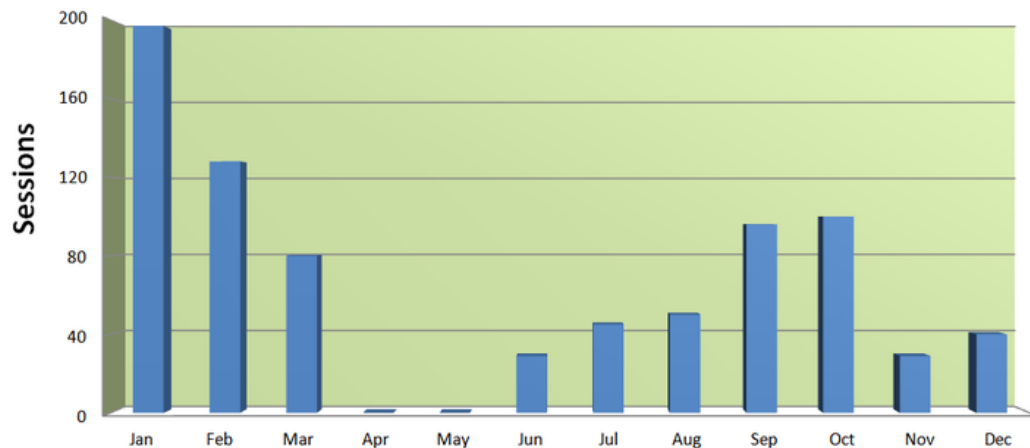
GROUPS
RUN

Community Impact

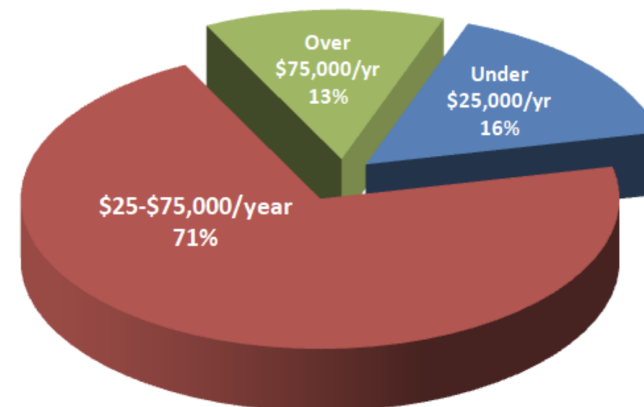
Summary of Mood Feelings Questionnaire™ Responses from 2020 Youth Scholarship Recipients



Medicine Horse Number of Sessions per Month 2020



Participant Income Levels Scholarship and Group Participants



Note: Median family income in Boulder County in 2019 was \$112,791



"I am so grateful for the Medicine Horse [board], directors, and equine therapists who have opened doors for our veterans from varying branches of the service, and varying conflicts, to participate in their equine therapy program. Collaborating with Medicine Horse has provided an opportunity for some of our nation's veterans to find some healing and acceptance in the community in a way they have found difficult since their discharge from the service."

Our veterans have found great benefit in being outside, slowing down, interacting with the horses and being present, as well as getting to know the equine therapists. This equine therapy group collaboration between our two agencies has afforded some of our nation's veterans with an opportunity they would not otherwise have been able to experience, if not for the generosity of Medicine Horse. Medicine Horse, we thank you for finding a way to honor our nation's veterans in a meaningful and heartfelt way."

Collette Archibald, LCSW
Director of the Boulder Vet Center

By The Numbers

FINANCIAL ACTIVITY SUMMARY

INCOME

Program Income	\$	23,836
Donations		23,869
Fundraisers		16,985
Grants		20,963
Sponsor a Horse		12,096
Boarding/Other		19,769

Total Income	\$	117,518
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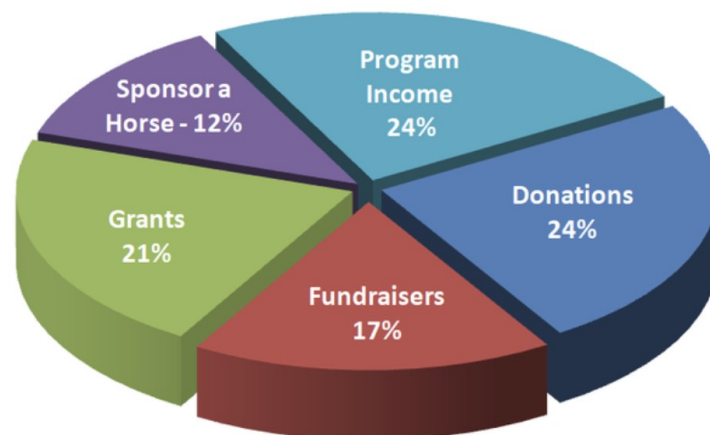
EXPENSE

Therapy Program Costs	\$	25,086
Horse Care		21,219
Stable Operations		30,994
Administration		16,776
Marketing/Outreach		25,069

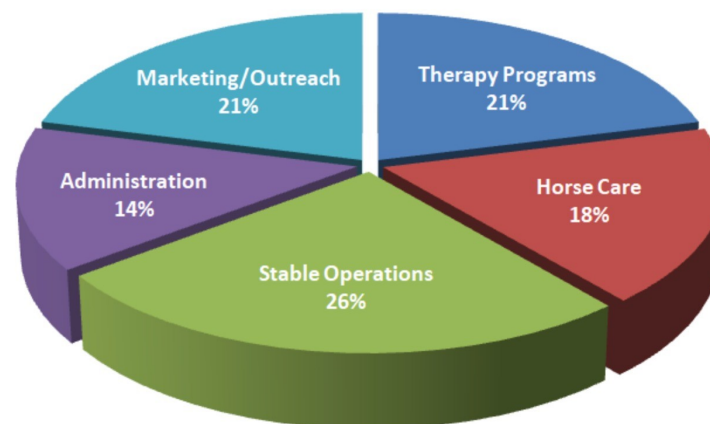
Total Expenses	\$	119,144
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Net Addition to Unrestricted Funds	\$	(1,626)
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Medicine Horse
Sources of Income - 2020



Medicine Horse
Expense Details - 2020



Community partnerships are important for a healthy and vibrant society and Medicine Horse works closely with partners (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.

Adams County

Boulder Autism

Boulder Community Services

Boulder Vets Center - VA

The Carousel of Happiness

City Wild

Imagine!

Out Boulder

Naropa University

Rose House

YES, Trans Youth Education & Support

Wolfpack Services

Our mission to save lives through the empathetic power of the horse would not be possible without the generosity of our many individual donors, local businesses, corporations and foundations. Thank you for your incredible support!

2 Are Better Than One

AdvancedLeather

Agent Yes Organizing Services

All Creatures Bodywork

Allure Nail Bar

AOI Sushi & Izakaya

ArtNaturals

Body Dynamics

Books of Discover

Boulder & Beyond Equine Veterinary

Boulder Community Health Foundation

Boulder Sports Physiotherapy

Brewing Market Coffee

Busey Brews

C Lazy U Ranch

Carob Gift Fund

City of Boulder

City of Boulder, Housing & Human Services

Crosscut Pizza

Dow Law Firm

Dragonfly Botanicals

EasyCare Inc.

Elements Massage Boulder

Elite Health Partners, LLC

Embrazio

Endo Brewery

eQuilter.com

Evie Photography

Figaro Esthetics

Finkle & Garf

Fringe Hair Studio

GolfTec Boulder

Happy Horse Tack

Hazel's Beverage World

Hemp your Pet

Hurdles Jewelers

Hygiene Feed & Supply

Ignite Adaptive Sports

Instill Harmony

John R. Woods Foundation

Kingman Estate

Knotted Root Brewery

Lunada Cantina

Mayer-Phillips Foundation

Momentum Boutique

Mount Sanitas Massage

Noodles & Co

Nurished Wellness

Open Door Foundation

PACT Organic Clothing

Perry's Shoe Shop

Piripi Restaurant

RE/MAX of Boulder

Salto Restaurant

Stam Chocolatier

Thalweg Designs

The Buff Restaurant

The Goff Financial Group

Tractor Supply Lafayette

Two Spruce Farms

Vaquero Leather Wear

West Winds Farm

Western Digital Foundation

Wild Blue Sports Acupuncture

Z Body Boutique

Zinke Hair Studio



Medicine Horse

Horses Helping Humans



Visit us online at medicinehorse.org to learn how you can get involved.

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