



Medicine Horse
Horses Helping Humans



2023 Annual Report

info@medicinehorse.org
www.medicinehorse.org

Our Mission

We Save Lives

Healing through the empathic power of the horse

Our Vision

A more connected, healthy and compassionate community

With the aid of our herd of therapy horses, we offer groups for veterans & active duty service members, teens in recovery from substance abuse, the LGBTQ+ community, individuals impacted by cancer, trauma & abuse survivors, underserved/marginalized youth, and more.

Horses, animals and nature, coupled with therapeutic expertise, makes what we do at Medicine Horse truly transformative.



Letter from the Executive Director

Dear Medicine Horse Community,

I am writing to share with you the 2023 annual report of Medicine Horse. It brings me great pleasure to reflect on our accomplishments and milestones achieved during this past year.

Mission Fulfillment: At the heart of our efforts lies our commitment to fulfilling our mission of saving lives through the empathic healing power of horses by providing equine therapy services to those in need. This year, we provided an impressive 1212 hours of free equine therapy, catering specifically to underserved demographics within our community, including veterans, BIPOC youth, at-risk youth and LGBTQ+ teens. The goal of our free programs is to remove traditional barriers to quality mental health services and to foster transformational experiences for those in our community who otherwise could not access our services.

Program Expansion: In 2023, we moved to a new property, expanded our herd, and laid the foundation for program expansion. We reached more communities, including Longmont and Weld County, through strategic partnerships and increased community support. We maintained key partnerships with the Boulder Vet Center, Mental Health Partners, Boulder Community Health, Out Boulder, and Thorne Nature. We established new partnerships with TGTHR, The Main St. School, The Weld Trust, and The Family Learning Center.

Impact Assessment: We conducted thorough impact assessments to measure the effectiveness of our programs. The results were overwhelmingly positive, with participants reporting improvements in emotional, and social well-being. These assessments underscored the importance of our mission and provided valuable insights for future program development.

Financial Stability: Thanks to the generosity of our donors and the hard work of our fundraising and grants team, we were able to maintain financial stability despite the economic uncertainties of the past year. This allowed us to continue delivering high-quality services without interruption, ensuring that those in need had access to the support they require. In addition to our signature programs this included over 300 hours of free individual therapy.



Community Engagement: Our organization actively engaged with the community through various outreach initiatives and events here at the ranch. By raising awareness about the benefits of equine therapy, we were able to foster greater understanding and support for our cause. Our presence at community events, workshops, and educational seminars helped us connect with individuals whose communities can benefit from our services.

Staff Appreciation: I also want to take this opportunity to express my deepest appreciation to our dedicated staff members for their tireless work and unwavering commitment to our mission. Their passion, professionalism, and dedication is the driving force behind our success. Whether it's providing direct care to our clients, managing administrative tasks, maintaining the health and well-being of our animals or fostering partnerships within the community, our staff consistently goes above and beyond to ensure that our programs run smoothly and effectively.

Volunteer Appreciation: I would like to express my heartfelt gratitude to all our volunteers who dedicated their time and energy to support our programs. Their unwavering commitment and passion have been instrumental in our success. Your contributions, from Horse Handling for therapy sessions, to helping with farm chores, to supporting our fundraising efforts and events have made a meaningful difference in the lives of those we serve.

Looking Ahead: We are excited to deepen our impact within the community by increasing our programming by 60% in 2024. Our new programs include supporting Weld County residents, cancer support groups, LGBTQ+ groups, and new partnerships. We will continue our meditation with horses program and our Gala will be on the ranch on September 7th. However, to achieve these goals, we recognize the need for continued support from all stakeholders. Whether it's through financial contributions, volunteerism, or advocacy, the support of our community, donors, partners, and volunteers is essential to our growth and success. Together, we can work towards creating a more inclusive and supportive community where everyone has access to the mental health resources they need to thrive.

Thank you for your continued support.

Corey Hollister
COREY HOLLISTER
EXECUTIVE DIRECTOR



Our Team

Corey Hollister

Executive
Director

Ania Wells

Development
Director

Anna Birman

Volunteer & Program
Coordinator

Therapy Team

Clinical Supervisor

Carina Kellenberger, LCSW, MSW, AASW

Licensed & Certified Equine Therapists

Alison McCabe, Hon., B.A., B.Ed., GEP, M.S (Q1-Q3)

Casey Jorden, MSW, SWC

Dana Schultz, AASW, LCSW

Sarah Nicholson, LPCC

Therapy Interns/Practicum Students

Avery Hynes

Michael Mahoney

Nicole Murry

Alex Robertson

Tara Thorpe

Jacob Tobey

Midnite Townsend



Board of Directors

Board President

Mike Franklin

Board Vice Chair

Julie Lobdell

Board Treasurer

Nancy Hoopes

Board Secretary & DEI Education Director

Clara Smith, PhD.

Members at Large

Natalie Longhini

Monique Price

Justin Brandenburg

Sorin Thomas



Our Services

What is Equine Therapy?

Equine Facilitated Therapy (EFT) and Learning (EFL) are unique approaches involving experiential therapeutic activities with horses, guided by a licensed therapist.

These methodologies are supported by numerous studies showing their efficacy with a variety of populations. Participants in equine-facilitated therapy and learning programs have reported experiencing numerous benefits including reduced symptoms of anxiety, depression, and PTSD, improved self-esteem and self-awareness, better communication, and increased overall wellbeing.



Our Services

At Medicine Horse, therapists and interns utilize EFP and EFL to foster connections and relationships with horses, ultimately exploring the significance of these bonds in personal and interpersonal contexts.



Signature Programs

Healing,
Learning, and
Growing
Together



Individual Therapy

Empowering
growth,
embracing
connection



Corporate Programs

Transform
Teams, Impact
your Community



Meditation with Horses

Meditate
Connect
Reflect
Heal

Our Programs



Rainbow Wranglers

LGBTQ+ Support Group

This group program is for LGBTQ+ teens ages 14-16 who are interested in learning more about horses and need support for anxiety and depression.

Giddy Up

Teen Peer Support Group

A group for high school-aged teens (ages 13-17) and their parents/caregivers to help improve communication and connected relationships.

Recovery Herd

Substance & Trauma Recovery

A program for teens that focuses on connection, relationship, and regulation that will support substance use and trauma recovery.

Collette Archibald, LCSW *Director of the Boulder Vet Center*

"Some of the things Veterans share about Medicine Horse are that they feel calmer, more connected to themselves and others, more hopeful and accepted, and less depressed or anxious. Medicine Horse is going beyond just saying thanks and doing something. They are showing these service members and Veterans that they are witnessed, heard, and valued in real and healing ways."

Wholeness with Horses

Breast Cancer Support Group

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

Operation Be Herd

Veteran Support Group

A group for veterans and active duty service members from all branches of the military.

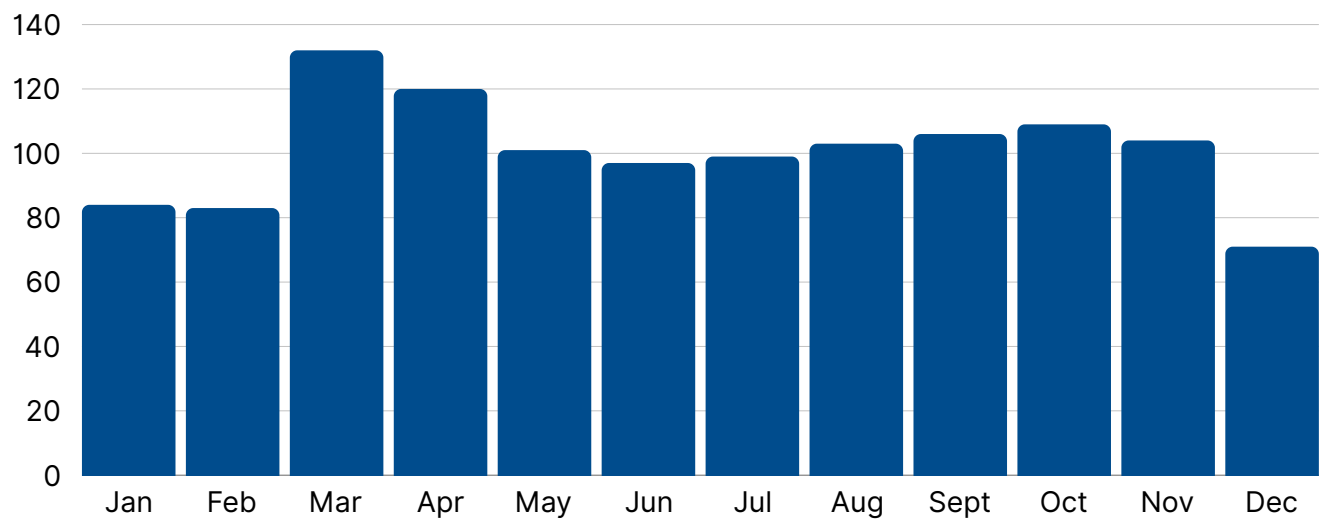
Connecting through Grief

Grief Support Group

A program that offers support for those who are experiencing grief due to loss. This group is recommended for adults 18+ and those who are six months out from their loss.

Community Impact

This chart shows the total hours per month of individual therapy sessions, signature group programs, and partner organization groups.



Populations Served

Women Impacted by Breast Cancer •
Veterans • LGBTQ+ Community •
Marginalized/Underserved Youth •
Grieving Adults • Substance Use and
Trauma Recovery • Boulder County
Probation

1212

Total Hours
of EFL & EFT

935

Total
Individual
Therapy Hours

313

Individual
Scholarships/
Intern Therapy
Sessions

182

Signature
Group
Therapy Hours

95

Partner
Organization
Group
Sessions

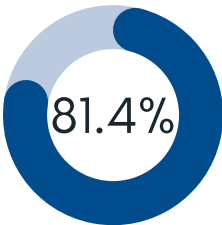
Youth Programs Statistics

In 2023, Medicine Horse completed three rounds of 6-week Rainbow Wrangler sessions, three rounds of 6-week Giddy Up sessions, and one 3-week Recovery Herd session, serving 55 youths in total.

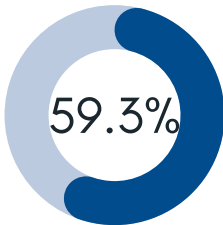


“My favorite thing about this program was using horses and other animals to explore boundaries and emotions”

-A Youth Participant

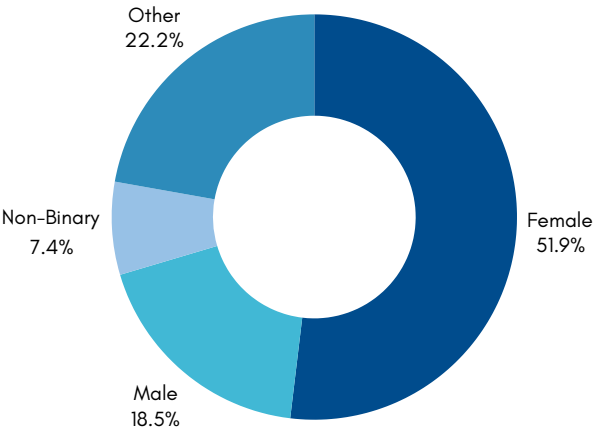


81.48% of youth reported higher self-esteem by the end of the 6-week programs



59.3% of youth reported feeling depressed less often after the 6-week programs

Gender



33.3%

Racial/Ethnic Minority

- 66.7% White
- 11.1% Mixed race
- 7.4% Black or African-American
- 7.4% Chicana/o/e; Hispanic American, or Latina/o
- 7.4% I’m not sure or I don’t want to say

Adult Programs Statistics

In 2023, Medicine Horse completed three rounds of 6-week Wholeness with Horses Sessions, three rounds of 8-week Operation be Herd sessions, and one 6-week Connection through Grief session, serving 53 adults in total.

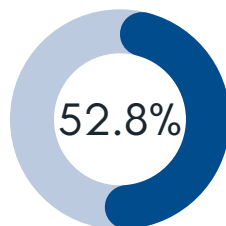


Words commonly used to describe the programs:

- Connection
- Peace
- Grounding
- Mindfulness
- Calm
- Relief
- Support
- Bonding
- Awareness
- Safe

"I was brought into mindfulness several times, and after spending time at the barn, noticing the smells, being with the animals, and riding! I felt long moments of calm and centeredness"

-Wholeness with Horses Group Participant



52.78% of adults reported in increase in mindfulness by the end of the programs

100% of participants indicated that they already have or will recommend the program to others

100% of veterans indicated that this group enabled them to build a stronger community of support

Volunteering

At Medicine Horse, we are incredibly grateful for the dedication and hard work of our volunteers. Their passion and commitment play a vital role in achieving our mission and making a positive impact in our community. This page is dedicated to honoring their contributions during 2023.



450+

Hours of Volunteering



Development committee

In 2023, at Medicine Horse, we inaugurated a Development Committee, a dynamic team composed of passionately devoted volunteers, staff, and board members. This group meets once a month, bringing together their skills, insights, and dedication to propel our mission forward.

Despite their meetings being monthly, the members engage in continuous efforts, working behind the scenes to ensure the prosperity and success of Medicine Horse. Their strategic initiatives, from fundraising campaigns to community engagement programs, are fundamental to our growth and ability to serve. The Development Committee's commitment to excellence and their pursuit of advancing our cause not only underscores the spirit of volunteerism but also significantly amplifies the impact of Medicine Horse on the lives of those we aim to help.



Makayla Quinonez

Retail Manager First Interstate Bank

"Our team had a wonderful day volunteering with Medicine Horse. The staff was welcoming and engaging and they had a variety of projects for team members to pick from. It was great for us to get outside, be around the animals and support a wonderful community organization. I would definitely recommend a team volunteer day with Medicine Horse."

Community Partners



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.

Partners and Sponsors

- Boulder Community Health
- Thorne Nature Experience
- Out Boulder County
- Family Learning Center
- Main St. School
- Mental Health Partners
- Antelope Recovery
- St. Vrain Valley Schools
- TGTHR
- TGYS
- Boys & Girls Club Metro Denver
- Petco Love
- The Weld Trust
- City of Longmont
- Boulder Community Services
- El Pomar Foundation
- Naropa University
- University of Denver
- Boulder Veteran Center
- Boulder County Probation
- Adams County
- Rocky Mtn. Crisis Partners

Financial Summary

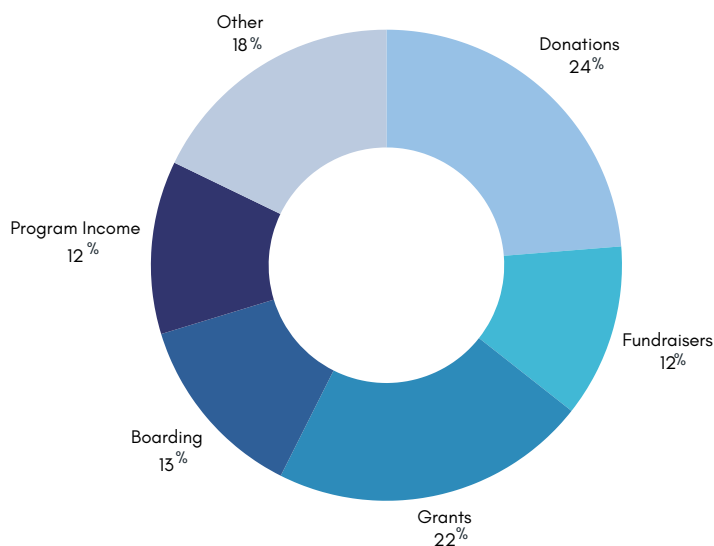
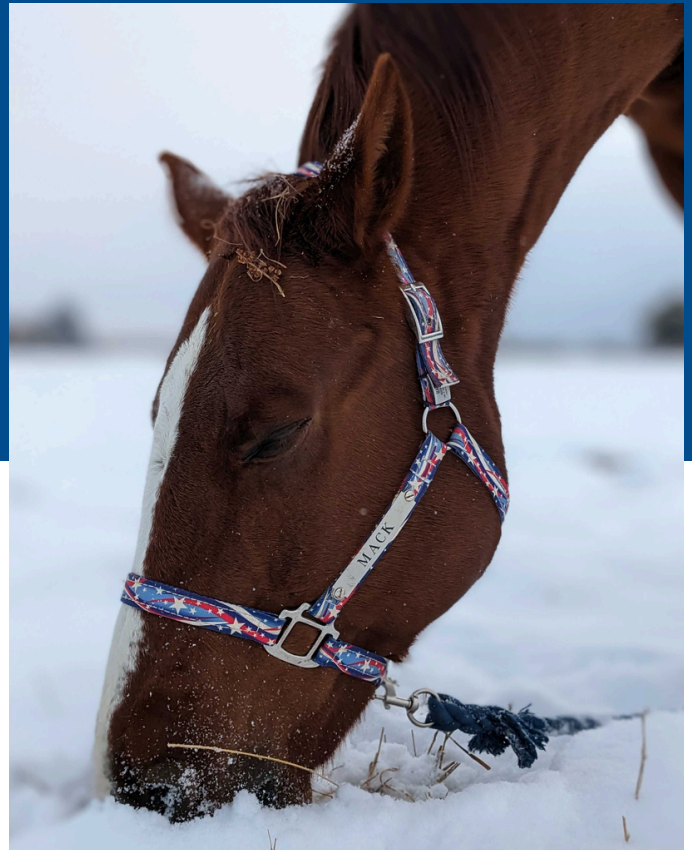
Sources of Income

Donations	\$	126,910
Fundraisers		61,011
Grants		114,096
Boarding		69,308
Program Income		63,348
Other Income		95,139
Total Income	\$	529,812

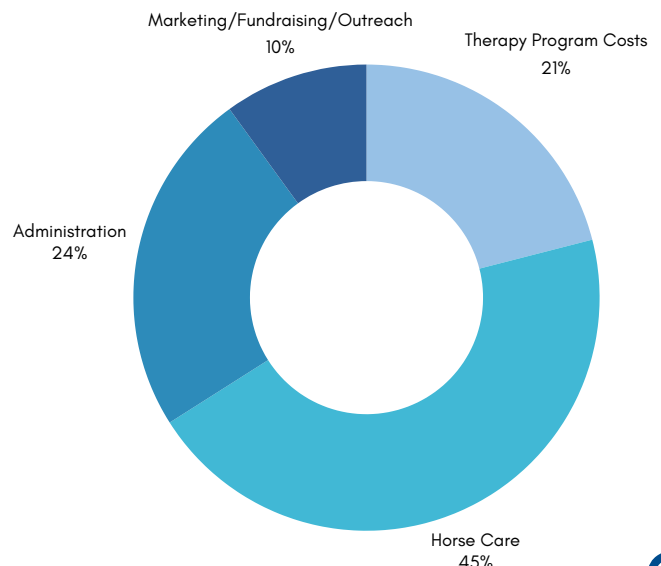
Expense Details

Therapy Program Costs	\$	103,466
Horse Care		224,695
Administration		121,130
Marketing/Fundraising/Outreach		48,225
Total Expenses		497,516

Net Addition to Unrestricted Funds \$ 32,296



Sources of Income



Expense Details

Join Us

The power of equine therapy lies in its ability to create positive and transformative experiences. With your support, we have witnessed the incredible impact on mental well-being, resilience, and hope in the faces of those we serve.

As we look ahead to 2024, we are excited to extend our reach and deepen our impact. Your continued support is instrumental in making this growth possible, allowing us to be a source of healing and support for even more individuals in our community.

We invite you to join us on this journey, whether through volunteering, spreading the word, or donating to our cause. Together, we can make a lasting impact on the lives of those who need it most.

Thank you for being an essential part of the Medicine Horse family! Here's to a year filled with growth, compassion, and positive change.



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