



**2021
ANNUAL
REPORT**



Medicine Horse
Horses Helping Humans

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a year in review

NATALIE LONGHINI EXECUTIVE DIRECTOR

Reflecting on 2021, I'm proud of the many accomplishments we achieved, especially as we were still bumping along amidst a pandemic. I'm glad to say that we were able to help more people in 2021 than at any other time in our history, all while keeping staff and participants safe. We put an emphasis on strengthening existing partnerships, and we also began several new partnerships. Through these partnerships, Medicine Horse was able to extend our reach to many different communities and provide more mental health and wellness groups, in addition to our core offerings. You can see the list of our partner agencies on the back page of this report.

In 2021, we hired a new therapist and development director, and we added several talented volunteers who've all made positive impacts on our organization. Our new team members were critical in our ability to see more clients, overachieve our fundraising goals and expand our visibility within the community. Please visit our website therapy and staff page to learn more about our incredible team. In the fall of 2021, Colorado Girl Scout Troop 3010 built a therapy garden at Medicine Horse, complete with benches, bird/bee houses and a horse statue for our clients to work in and it's been a popular addition to those working on property. And I'd be remiss if I didn't mention our newest therapy herd member, Mack! He came to us

via grant funding from the Hagen Foundation and we are grateful for his help and the Foundation's generosity.

A recurring theme we heard in 2021 was the joy of getting together with friends and family in the outdoors. That joyful feeling resounded at our annual fundraiser in September, as we danced under the stars to popular local talent, Hazel Miller and The Collective. A great time was had by all, and we exceeded our fundraising goals for that event (and for the year)! Thanks to everyone who joined us and supported us in 2021; your generosity is so very appreciated!

Going into 2022, we plan to continue reaching out to new agency partners and to develop our existing partnerships as we focus on expanding our reach to those in need. As I write this letter, Medicine Horse is wrapping up 8 free group sessions (20+ hours) for more than 40 different families and individuals who were impacted by the Boulder County Marshall Fire in December 2021. We are inspired by their strength and resiliency. If you're interested in learning more about these groups, both 9News and Fox31 ran segments regarding the groups, and you can watch those clips on the Medicine Horse YouTube channel.

Onward!





MEDICINE HORSE CORE PROGRAMS

HEALING THROUGH THE
EMPATHETIC POWER OF THE HORSE



HORSES FOR HEROES

A half-day workshop designed for first responders and frontline healthcare workers to come together and focus on healing themselves. It's no surprise that those who take care of us typically live in the fight or flight response area of their brain and have a tough time decompressing. During this retreat workshop, they have an opportunity to relax, release tension, and find the space to process the overwhelming emotions from taking care of the critically ill or injured.

STABLE HANDS

A 6-week group for both caregivers and their veterans offered through our partnership with the Rocky Mountain Regional VA Medical Center. 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 lonely and tiring, and like there's no space to relax, have fun, or take time to themselves. We offer a chance for caregivers and veterans to find some space, slow down, take time to breathe, and be taken care of. Our herd of therapy horses shows them how to be in the moment, connect, and receive.


"The caregiver program that my Mom & I took part in at Medicine Horse was amazing, healing, and transformative. Words really cannot describe how it positively impacted our lives. We will take the wonderful experience forward with us and cherish it forever."

~ 2021 Stable Hands Group Participant

RAINBOW WRANGLERS

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. While working with our therapy horse herd, the teens 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 also offers teens a chance to learn skills for working safely with horses as well as a safe place to connect with other teens in the LGBTQ+ community where they can be themselves more authentically and build lasting friendships.



"Breast cancer support groups are a dime a dozen. There are so many out there, but none offer the unique and fulfilling experience that Medicine Horse offered to me."

~ Liz de Roche
Wholeness with Horses Participant

WHOLENESS WITH HORSES

A 6-week support group 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 our body again.

JUST SAY WHOA (NOW KNOWN AS 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. Participants are supported by our team as they learn to identify feelings, express emotions and needs, and apply leadership skills. They explore what it means to have empathy for themselves and others, to have fun, and to build relationships with other teens while the horses teach them how to connect safely and with confidence-and finally-that it's possible to be okay.

OPERATION BE HERD

Through our partnership with the Boulder Veterans Center, we offer an 8-week equine-assisted therapy program for veterans of all military branches.

We partner veterans with horses to bring a unique approach to emotional and relationship healing. By observing and interacting with horses, veterans engage in activities that teach mindfulness, regulation, and healthy communication.

"I was dealing with a lot of anxiety at the start of the 8 week class. I feel like the anxiety is much more manageable than it was 8 weeks ago."

~ 2021 Operation Be Herd Participant



COMMUNITY IMPACT



2021 Populations Served



Breast Cancer Survivors
Veterans
LGBTQIA Youth and Adults
Marginalized/Underserved Youth
Community Mindful Meditation
Children's Grief Support
Caregivers
Substance Abuse Recovery

"The trauma that often comes with a breast cancer diagnosis and treatment is frequently under reported and much less frequently addressed. Medicine Horse manages to provide the much needed emotional healing that humans so often can't provide on their own, and the staff are skilled at connecting women and facilitating the healing that groups can do. This is one of the few programs that women repeatedly ask, 'When are they doing it again and how many times can I attend?'"

*~ Nanna Bo Christensen, Oncology Nurse Navigator
Boulder Community Health*

100

FREE SCHOLARSHIPS AND
INDIVIDUAL SESSIONS

150

INDIVIDUAL GROUPS

918

TOTAL THERAPY SESSIONS

1785

HOURS OF EQUINE-
ASSISTED PSYCHOTHERAPY

Youth Programs

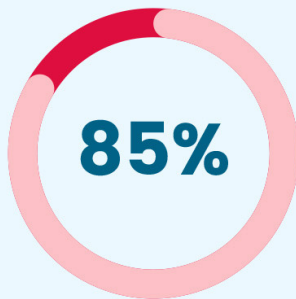
Insight into youth self-esteem and self-efficacy after participation in a Medicine Horse youth program

"I left with more self love than I came with."

- a youth participant

Overall, youth who participated in Rainbow Wranglers, Gender Identity, or Just Say Woah (Giddy Up) finished the programs feeling more confident in their abilities and could more easily find value in themselves.

After participating in a Medicine Horse youth program...



of youth participants believe they can obtain outcomes that are important to them.



9 in 10 or 90% of youth participants recognize that they have a number of good qualities.

Across all programs, the average self esteem of youth was higher after participation.

Rainbow Wranglers
change in self-esteem

+10%

Just Say Woah
change in self-esteem

+10%

Gender-Identity
change in self-esteem

+9%

Adult Programs

Highlights of outcomes for adults after participating in a Medicine Horse therapy program

Wholeness with Horses

- +20% increase in Emotional Well-Being (on the Functional Assessment of Chronic Illness Therapy scale)
- +11% increase in Functional Well-Being (FACIT scale)
- +16% increase in self-esteem
- +19% increase in self-efficacy

After participation, members said things like...

"I had no idea the group would help me calm my energy as much as it did."

"I learned to exhale; being in the moment working to relax and calm my nervous system."

Operation Be Herd

- +27% increase in solid support system
- +12% increase in coping skills

After being a part of OBH, one participant said,

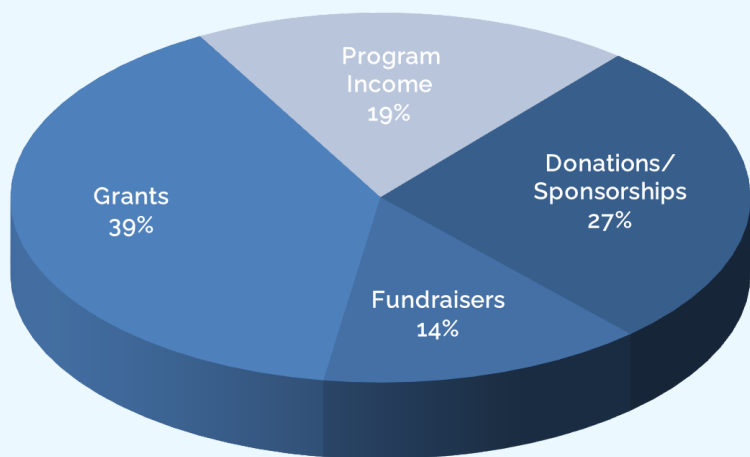
"I was dealing with a lot of anxiety at the start of the group. I feel like the anxiety is much more manageable than it was after 8 weeks."



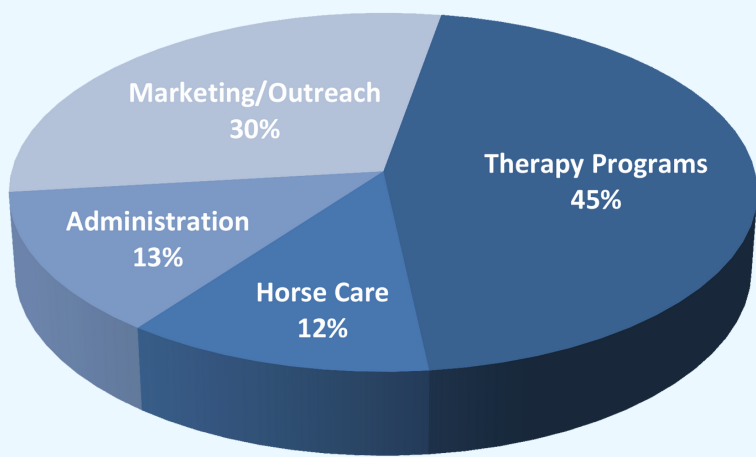
Financial Activity Summary

INCOME			
Program Income	\$	40,839	
Donations/Sponsorships		57,548	
Fundraisers		30,234	
Grants		83,669	
Total Income	\$	212,290	
EXPENSES			
Therapy Program Costs	\$	73,268	
Horse Care		19,250	
Administration		20,872	
Marketing/Outreach		47,693	
Total Expenses	\$	161,083	
Net Addition to Unrestricted Funds	\$	51,207	

Sources of Income



Expense Details



Our mission to save lives through the empathetic power of the horse would not be possible without the generosity of these local businesses.

Thank You!

Barn Dance Fundraiser Sponsors



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STRIVE
PSYCHOTHERAPY



NEW HARBOR
FINANCIAL GROUP



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Two Sole Sisters
Two Spruce Farm
Von's Colorado

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.



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

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