

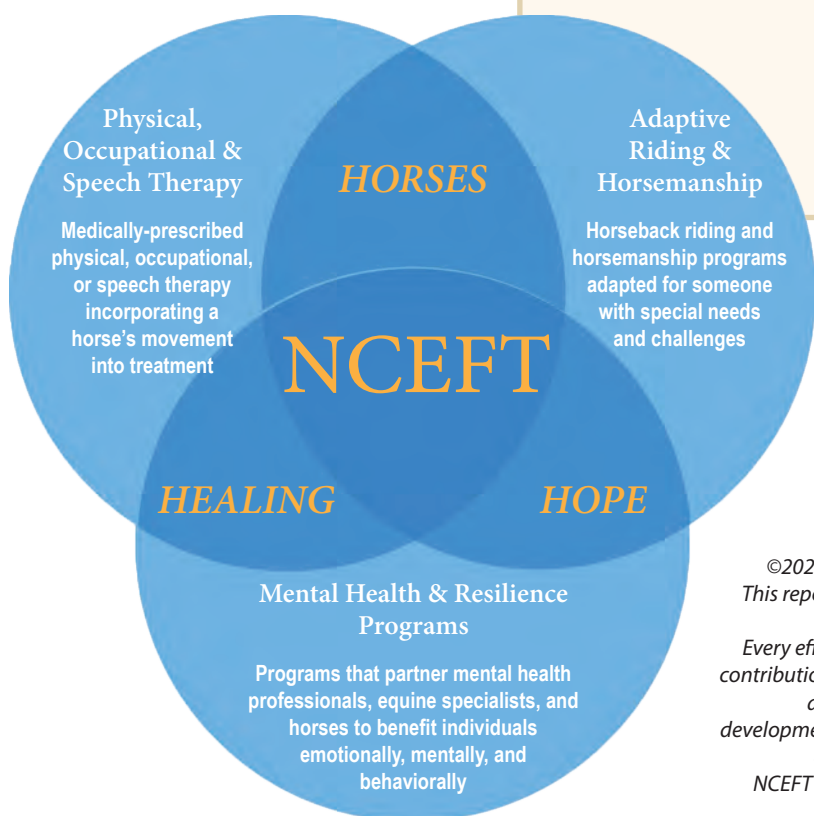
# 2021 Annual Report

Fiscal Year September 2020 - August 2021



## Mission Statement

NCEFT is dedicated to helping children, adults, and military veterans with special needs reach beyond their boundaries through equine-assisted therapies, education, and research.



## A Letter From Our Board Chair

In 2021, NCEFT celebrated 50 years of helping people with special needs. Despite another year of challenges and transformational change, we continued to grow new programs and thrive as an organization. The dedicated support of our Board, staff, volunteers — and all of you — has made this possible.

In my 27 years at NCEFT, I never imagined the kind of demands our Center would face in fiscal years 2020 and 2021. I also never anticipated the true depth of gratitude I feel for our donors' unwavering dedication to our mission.

I continue to applaud the mutual respect among and between the Board, staff and volunteers — an essential aspect of the organization's excellence. Especially during this past year, I have witnessed unparalleled professionalism, creativity, and flexibility by our NCEFT team.

As we look forward to 2022 and beyond, I know that our commitment to our clients, our teams, and our community will remain steadfast.

Again, thank you for your support of NCEFT. When you open your hearts with generosity, you become part of our family. We can only deliver horses, hope, and healing with your help.

Sincerely,

Casey Terribilini, D.C.  
NCEFT Board Chair

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This report reflects unaudited financials for Fiscal Year 2021, September 1, 2020 – August 31, 2021.  
Every effort has been made to accurately reflect all financial contributions received during this period. If we have erred, please accept our sincere apology, and contact us at [development@nceft.org](mailto:development@nceft.org) with questions as well as to update your contact information or mailing preferences.  
NCEFT is a 501(c)(3) California public benefit corporation.  
Tax ID# 94-2378104.



## Physical & Occupational Therapy



Therapy is the heart of NCEFT programming. Physical and Occupational Therapists conduct sessions in our outdoor arena incorporating a horse's dynamic movement into treatment plans. They also use our indoor clinic to practice traditional modalities. Therapy is not horseback riding; rather, it is intense rehabilitation that produces measurable therapeutic results and requires a physician's prescription. A horse's movement engages sensory, neuromotor, and cognitive systems to promote functional outcomes such as improved core strength, balance, and sensory integration to improve quality of life.

In FY2021, the number of Therapy sessions delivered was significantly impacted by staffing changes as well as COVID protocols and restrictions. As these restrictions ease, we expect growth in these sessions. We are also actively hiring more therapists, in particular a speech-language pathologist, with the goal of increased session capacity in FY2022.

LEARN MORE: [NCEFT.ORG/SERVICES/EAT](https://nceft.org/services/eat)



**1,069**  
Therapy Sessions

**2,672,500** Steps Taken



**2-67**  
Patient Age Range



### IN THEIR OWN WORDS

*"NCEFT combines all of the best things; terrific and challenging physical and occupational therapies, amazing and gentle horses, and incredible people, all there to help patients like my daughter who need more than just participation in a physical activity. They need help to gain new abilities or rediscover those lost by illness or injury. At NCEFT, she has gained strength, balance, and coordination and had the magical opportunity to spend time with some amazing horses and the people who care for them and train them."*

-- Physical Therapy Patient Parent

## Adaptive Riding & Horsemanship



Adaptive Riding is recreational horseback riding and horsemanship programs adapted to meet the individual needs of a child or adult with special needs. AR provides a unique combination of physical and emotional benefits. For clients with limited mobility or difficulty connecting with others, adaptive riding offers an opportunity to participate in a sport, engage with others, and gain self-confidence. Sessions include individual and group riding lessons, ground-based horsemanship sessions, and group programs for Veterans.

The number of FY2021 AR sessions delivered was reduced due to COVID. We anticipate being able to conduct more sessions in FY2022, including the launch of our newest program, Horsemanship Academy, a ten-week, unmounted group program which develops fundamental horsemanship skills and fosters the powerful relationships individuals can build with horses.

LEARN MORE: [NCEFT.ORG/SERVICES/ADAPTIVE-RIDING](https://nceft.org/services/adaptive-riding)



**515**  
AR Sessions

**59%**

Riders Age 6-17



**41%**

Riders Age 18-61



**1,250**  
Miles Ridden

### IN THEIR OWN WORDS

*"Our daughter has been riding at NCEFT for several years now. It has had a huge impact on her core strength -- she could barely even sit on the horse when she started, and now she rides comfortably for half an hour at a stretch. Our daughter adores the trainers, volunteers, and the horses. NCEFT is a magical place that offers children like ours a very special experience."*

-- Adaptive Riding Client Parent

## Mental Health & Resilience Programs



NCEFT's Mental Health & Resilience Programs address mental health, emotional, and behavioral needs. Led by licensed mental health practitioner(s) and often an equine expert and peer mentor, these sessions use ground-based horse interactions to facilitate growth and change. Activities with horses are specifically designed to expand awareness, improve communication, ease distress, and build self-esteem.

In FY2021, our MHR Programs gained momentum with the transition from pilot to permanent status. Strides Workshops were held for adolescents, and Healing With the Herd Workshops were held for women experiencing cancer. In FY2022, we plan further program expansion to include one-on-one sessions and workshops for other populations.

LEARN MORE AT: [NCEFT.ORG/SERVICES/EAP](https://nceft.org/services/eap)



**220**  
Sessions Provided



**29**  
Program Participants



**4**  
Resilience Workshops Held

### IN THEIR OWN WORDS

*"Before coming here, I was very anxious all the time about school. I learned a lot about myself and really feel like I've grown as a person. I'm really proud of myself because I took a step forward into a new chapter in my life. I love the horses and people at NCEFT."* -- Strides Workshop Participant

*"I was a little apprehensive about the idea of being in a group, but every day when I came for sessions, it stayed with me the whole day. My family could see the difference in me. It helped relax and be more present in the rest of my life and more focused on what matters."* -- HWTH Workshop Participant

## Additional Programming



NCEFT offers a variety of other programs, including:

- **Happy Trails Camp** is a week-long summer day camp for NCEFT clients and their siblings. In FY2021, NCEFT joyfully held camp for 15 campers with over 20 volunteer Buddy Counselors and staff.
- **Special Education School Program** provides outdoor educational learning for children in special education classes. In FY2021 due to COVID restrictions, we hosted one class during the school year.
- **Employment Skills Internship** is a 10-week job skills internship for high schoolers from diverse communities. In FY2021, we piloted this program, with plans for continuation in FY2022.
- **Diversity/Community Outreach** is a multi-week program for students from underserved communities. In FY2021, we piloted this program in partnership with St. Francis Center in Redwood City.
- **Spring Fling Riding Showcase** the annual riding showcase for clients was canceled in FY2021 due to COVID.

LEARN MORE: [NCEFT.ORG/SERVICES/HAPPY TRAILS CAMP](https://nceft.org/services/happy-trails-camp)  
[NCEFT.ORG/SERVICES/SCHOOL-PROGRAMS](https://nceft.org/services/school-programs)  
[NCEFT.ORG/CAREERS/ESI](https://nceft.org/careers/esi)



**141**  
Other Program Sessions



**515**  
Water Balloons Tossed at Camp



**6**  
Special Ed Students Hosted

### IN THEIR OWN WORDS

*"You have no idea the impact the [NCEFT Special Education School] program has had on our schools. We've struggled throughout the years getting District support, but thanks to the NCEFT staff and understanding teachers...we've kept coming back year after year."*

-- Faculty Member at San Mateo School District



## Volunteers at NCEFT



Volunteers continue to be central to our operations and programs at NCEFT. Quite simply, NCEFT can only function with the dedicated volunteers who generously donate thousands of hours of service to us. Every volunteer moment invested in NCEFT is valued, appreciated, and meaningful. We welcome individuals, organizations, and corporate teams at NCEFT. Most volunteers are Side Walkers - integral members of our treatment teams, maintaining client safety at all times. Over 20 young adult volunteers work at Happy Trails Camp as Buddy Counselors and program staff. Others assist with keeping our 12-acre facility looking beautiful as well as supporting special events, such as our annual Horses and Heroes, Jewels & Jeans Gala or the Spring Fling Riding Showcase.

In FY2021, we were pleased to welcome back our volunteer corps, including several corporate volunteer groups, once COVID restrictions eased.

LEARN MORE AT: [NCEFT.ORG/GIVING/VOLUNTEER](https://nceft.org/giving/volunteer)



**1,676**  
Volunteer Hours Logged



**10-86**  
Volunteer Age Range



**61**  
Individual Volunteers

### IN THEIR OWN WORDS

*"I love my time spent at NCEFT, pure and simple! It is my second family! As a volunteer for a few years now, I can see the beauty of the horses' spirit and the connection with the clients. The patient and skilled therapists, in conjunction with the experienced horse handlers, provide a world of help and hope for the challenged children and adults... The communication between the horse, the handler, the therapist, the patient, and the side walkers is the pinnacle of success with NCEFT!"*

-- NCEFT Side Walker Volunteer

## NCEFT Equines



NCEFT's equines are essential members of our program teams. Each horse is unique in both personality and movement, and each one has the special quality of connecting with people.

During FY2021, NCEFT welcomed Nugget and Pistol as well as Ocho, a miniature horse, to our herd. Ocho is learning to pull a cart, so Roxy, our eldest miniature horse, can enjoy full retirement.

LEARN MORE AT: [NCEFT.ORG/ABOUT/HORSES](https://nceft.org/about/horses)



**15**  
Horses & Donkeys



**680**  
Hay Bales



**208**  
Horseshoes

## NCEFT Facilities



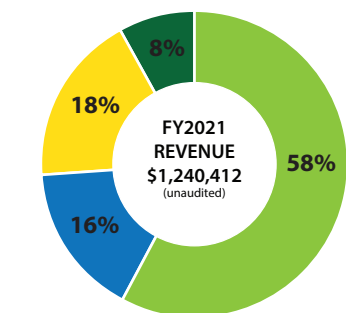
Our 12-acre Woodside property has been carefully adapted for people with special needs, offering a tranquil setting for clients and respite for families and caregivers. Home to our horses, offices, arenas, and clinic, the property features a fully-restored 1920's dairy barn. We cannot imagine a more peaceful place for rehabilitation and riding.

During FY2021, we completed two major facility projects and upgrades. The first was building out our helmet room to convert the underutilized space into offices for our Development Department and the Mental Health & Resilience Director, alleviating crowded office space in our main building. The second project was a massive drainage retrenching project across our entire property above our horses' stall/paddocks. Thanks to the generosity of Express Plumbing and proceeds from our FY 2021 Spring Fundraising Campaign, this project was completed well ahead of the inclement rain events in the late fall and saved NCEFT from what surely would have been catastrophic flooding damage to our upper property.

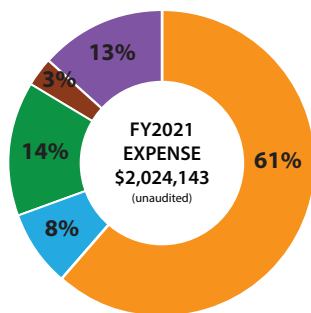
# FY2021 Financials (September 1, 2020 - August 31, 2021)

Fiscal year 2021 was another year of challenge and change for NCEFT, both positive and negative. The external constraints of COVID dominated the year, resulting in the marked reduction of program sessions delivered (and, therefore, associated revenue) and the cancellation of several events, such as our annual Heroes and Horses, Jewels & Jean Gala major fundraiser in the fall of 2020 and the Spring Fling Riding Showcase in the spring of 2021. However, this difficult environment served as the catalyst for the development of new programs and events: the Rising Above Virtual Event & Online Auction, Mental Health & Resilience Workshops, and other virtual offerings (Mindfulness webinars and the NCEFT Live Series). Additionally, FY2021 brought staffing changes. We on-boarded a new Volunteer Coordinator, an Occupational Therapist, and a Mental Health & Resilience Program Director. While year-over-year revenues were down, expenses were nearly constant due to the fixed nature of the majority of expenditures (personnel, horses, and facilities), resulting in an overall loss in net income in FY2021.

As we move through FY2022, we will continue not only to face the challenges brought on by the pandemic, but also potential developments in new and expanded programming. Now more than ever NCEFT must rely on the generous support of our community to enable us to bring hope and healing to so many. Every single gift makes a difference. On behalf of the Board and staff, thank you for supporting NCEFT in our mission.



- ◆ Donor Contributions \$716,007
- ◆ Program & Service Fees \$201,472
- ◆ Other Income \$225,675
- ◆ Special Virtual Event Income \$97,257



- ◆ Personnel & Programs \$1,238,307
- ◆ Horse Feeding & Care \$162,840
- ◆ Facilities, Maintenance & Utilities \$286,928
- ◆ Development & Events \$63,181
- ◆ General, Administrative & Depreciation \$272,886

## FINANCIAL ASSISTANCE RESTRICTED FUND



**14**  
Unique  
Recipients



**\$29,650**  
Assistance Dollars

## VETERANS & 1st RESPONDERS RESTRICTED FUND



**8**  
Unique  
Recipients



**\$17,790**  
Assistance Dollars

## FY2021 Monetary & In-Kind Donors

The list below recognizes all donations dated 9/1/2020 to 8/31/2021. Thank you to all our donors. Every gift makes a difference. Every effort has been made for accuracy. Contact [development@nceft.org](mailto:development@nceft.org) with any questions or discrepancies.

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Donya Maiorino  
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Jen Werbe  
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## 2021 NCEFT ANNUAL REPORT

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As of February 2022

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Skylar Assaf, Horse Handler  
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As of February 2022

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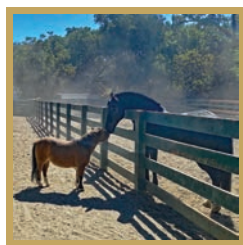
As of February 2022

Harvey J. Cohen, MD, PhD












#### IN MEMORIAM

Larry E. Pelzner  
1942-2021  
NCEFT Board Member,  
Champion & Friend



### NCEFT BY THE NUMBERS

Countless		Breakthrough moments for our patients and clients
175,000+		San Mateo, San Francisco & Santa Clara County residents w/disabilities
1,945		Therapy and program sessions NCEFT provided in FY2021
4,636		Individual, foundation, organization, government & corporate donors
1,676		Volunteer hours generously given to NCEFT in FY2021
2,299		Facebook page likes
600+		Total bales of hay, alfalfa & shavings used monthly
20		Full and part-time NCEFT staff
15		Horses & donkeys used in NCEFT programs