

2022 Annual Report Fiscal Year September 2021 - August 2022



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.



horses to benefit individuals emotionally, mentally, and behaviorally

A Letter From Our Board Chair & Executive Director

For NCEFT, fiscal year 2022 was a year of progress, hope, and change. We continued to grow new programs and serve the rapidly expanding, diverse population of people in need. We regularly heard the words magical, peaceful, and healing from clients who described their experiences at the Center. From the young child suffering from debilitating pain laughing as she settled onto her horse, to the combat veteran who calmed his mind through grooming a horse, to the adolescent with severe anxiety who left a mental health workshop session feeling light and uplifted — we are grateful to have witnessed the positive impact of the work at NCEFT which has been nothing short of remarkable.

We are proud of the fact that we served all who qualified for services regardless of socio-economic status. We also continued our commitment always to serve veterans and first responders free of charge. We have witnessed unparalleled professionalism, creativity, and flexibility by our NCEFT team. The dedicated support of our Board, staff, volunteers — and all of you, our faithful donors — has made this possible.

We celebrated many accomplishments and new beginnings, but it was also a year laced with obstacles. As we look ahead to 2023 and beyond, we look forward to continuing to build our programs to serve more people and to strengthen our relationship with you and our community. When you open your hearts with generosity, you become part of our family. We can only deliver horses, hope, and healing with your help.

We are ever grateful for your unwavering dedication to our mission, and with dramatic rising costs and a sharply growing demand for services, the Center needs your help and financial support more than ever.

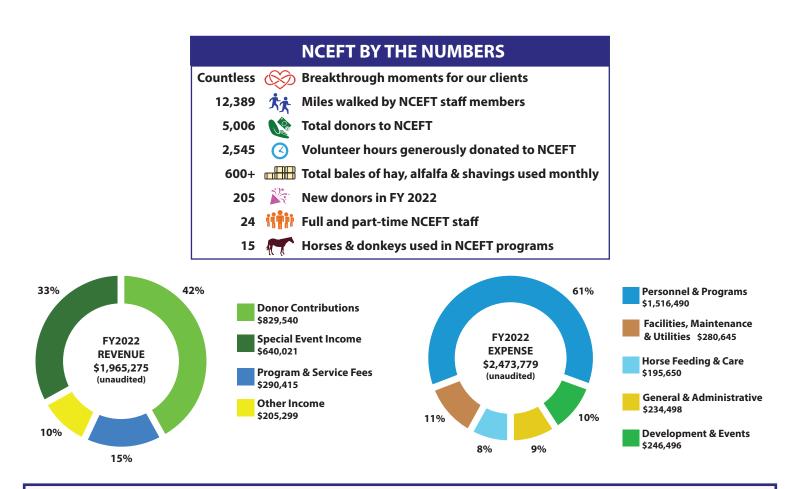
With Gratitude and Appreciation,

Casey Terribilini, D.C. NCEFT Board Chair

Nancy Contro, LCSW NCEFT Executive Director

©2022 National Center for Equine Facilitated Therapy. This report reflects unaudited financials for Fiscal Year 2022 including all donations made between September 1, 2021 – August 31, 2022. 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 with questions or to update your contact information or mailing preferences.

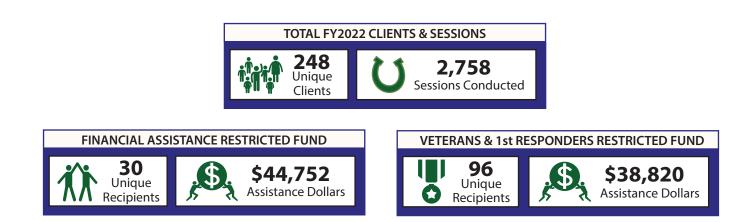
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FY2022 Financials (September 1, 2021 - August 31, 2022)

For NCEFT, Fiscal Year 2022 presented unique and difficult challenges. The organization wrestled with growing important programs and with creating a path to return to pre-COVID client numbers, all amid an economic climate of steeply rising costs. NCEFT did not meet its budgeted program revenue goals due in large part to the continued effects of COVID variants impacting the ability to complete as many program sessions as anticipated. Also during this time, NCEFT's expenses increased due to a fourfold increase in fire and workers' compensation insurance fees and a sharp rise in horse expenses primarily due to fuel, hay, lumber, and shavings cost increases, among other expenses. Donation & Special Event Revenue was up over the prior fiscal year, due primarily to holding the Heroes & Horses, Jewels & Jeans Gala in November 2021, the first large scale special event held since 2019.

The main lessons learned this past year were that it takes time to bounce back from a pandemic and resume programming at full capacity and to realize the new potential of our Mental Health & Resilience programming. It is also important to continue to help the community learn about these new services and build the same steady flow of clientele as we have with our other programs. To help address this challenge and tap into potential new client sources, we have expanded our community partnerships and have successfully implemented programs which are steadily gaining momentum with very positive results.



Physical & Occupational Therapy

Physical and Occupational Therapy is conducted in our outdoor arena incorporating a horse's dynamic movement into treatment plans. Therapists 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 FY2022, we delivered 1,329 Therapy sessions to 63 clients. We made significant progress in returning to pre-COVID census numbers, and welcomed two new therapists to our team.

LEARN MORE: NCEFT.ORG/SERVICES/EAT



IN

THEIR OWN WORDS

"I can't say enough good things about NCEFT. For the last six years they have supported my son physically and emotionally, building his skills with steady assurance and good humor, supporting him through his ups and downs, and always alert to finding a constructive path. This kind of dedication and purpose is exceptional, heartwarming, and hopeful." -- Parent of a Therapy Client

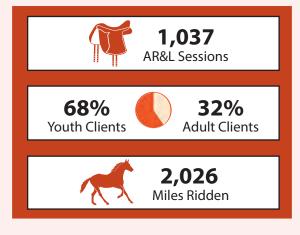
Adaptive Recreation & Learning

Adaptive Recreation & Learning programs include an array of activities that have a common focus: utilizing horses to provide physical, social, and emotional benefits and learning to participants, all adapted to meet each individual's needs. Programs include:

- Adaptive Riding
- Horsemanship Academy
- Special Education School Program
- Happy Trails Camp
- **Employment Skills Internship**
- Spring Fling Riding Showcase

In FY2022, we delivered 1,037 Adaptive Recreation & Learning sessions to 79 clients.

LEARN MORE: NCEFT.ORG/SERVICES/ADAPTIVE-RIDING



IN THEIR **OWN** WORDS

"First time ever touching a horse in my life! Very cool experience, I'll be back."

--- Veteran Client, Horsemanship Academy Program

"Camp was absolutely magical for my son. He experienced so much in a relatively short time...The staff were very patient, empathetic, and genuine with the campers. Thanks so much for offering this very special camp to our kids." -- Parent of a Happy Trails Camper





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. Programs Include:

- Mental Health & Resilience Workshops
- Walk-N-Talk one-on-one individual sessions
- Group mental health sessions
- Group decompression sessions for first responders

In FY2022, we held 392 MHR Program sessions serving 106 clients.

LEARN MORE AT: NCEFT.ORG/SERVICES/EAP



IN THEIR OWN WORDS

"I liked the visualization technique. It was incredibly effective at reducing my stress level." -- First Responder Participant

"I have shared some home problems and that really helped me because other people have similar issues so that made me feel like I am not the only one going through a hard time." --- STEPS Workshop Participant (middle school student)



Volunteers at NCEFT

Volunteers are central to NCEFT operations. We 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.

LEARN MORE AT: NCEFT.ORG/GIVING/VOLUNTEER



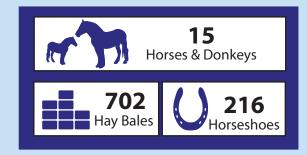


NCEFT Equines

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 FY2022, NCEFT welcomed Mac, a Quarter horse gelding, to our herd.

LEARN MORE AT: NCEFT.ORG/ABOUT/HORSES



FY2022 Monetary & In-Kind Donors

The list below recognizes all donations dated 9/1/2021 to 8/31/2022. Thank you to all our donors. Every gift makes a difference. Every effort has been made for accuracy. Contact development@nceft.org with any questions or discrepancies.

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NCEFT FISCAL YEAR 2022 ANNUAL REPORT

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As of November 2022

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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 gift made to NCEFT makes a profound difference. On behalf of the Board & staff, thank you for supporting NCEFT in our mission.