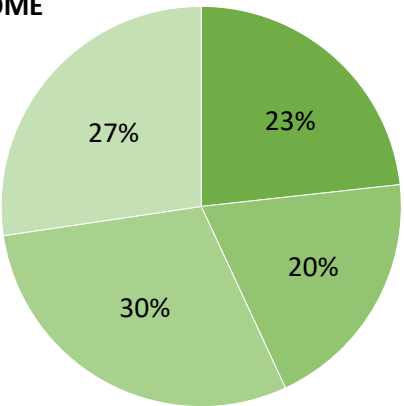


FINANCIALS

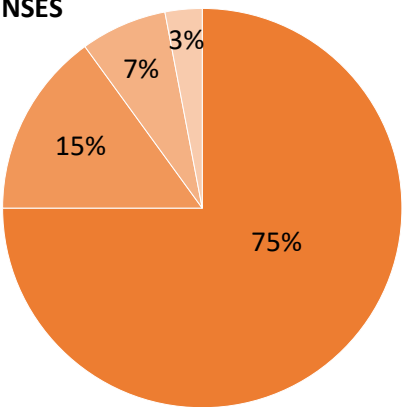
July 1, 2019 – June 30, 2020

INCOME



Programs	\$152,849
Fundraising	\$130,295
Donations	\$194,396
Grants	\$179,657
<b>Total Income</b>	<b>\$657,197</b>

EXPENSES



Programs	\$540,537
Fundraising	\$107,089
Administrative	\$ 51,502
Scholarships	\$ 18,010
<b>Total Expenses</b>	<b>\$717,138</b>



FOUNDATION AND COMMUNITY GRANT PARTNERS

- Amherst Junior Womens Club
- Bedford Women’s Club
- Citizens Wealth Management Grant  
Arthur Getz, Mary Louise Billings and Parker Nelson
- DCU for Kids Foundation
- Eversource
- Goffstown Rotary Club
- Granite United Way
- IPA Foundation
- Kings Daughter Benevolent Association
- Kiwanis Club of Manchester New Hampshire
- New Hampshire Charitable Foundation
- New Hampshire Motor Speedway Children’s Charities
- Norwin S. and Elizabeth N. Bean Foundation
- Parkman Family Foundation
- Parker Hannifin Foundation
- PATH International, Inc. (Veteran Programming)
- Samuel P. Hunt Foundation
- The Oleonda Jameson Trust
- Trust UW Fannie Moulton McLane
- Saint Anselm College – Road for Hope
- Wire Belt Company of America

BOARD OF DIRECTORS

- Karen Davis, President
- Lindsey Wiggin, Vice President
- Cathy McDonald, Treasurer
- Chris Eno, Secretary
- Dr. Matt Cobb
- Kathryn Conway
- Colleen Dichard
- Gino Guaraldi
- Judy LaForest
- Carla Nielsen
- Dan Silva

STAFF

- Karen Kersting, Executive Director
- Sara McCarthy, Development Director
- Kristen McGraw\*, Unmounted Programs Manager
- Lauren Diener\*, Mounted Programs Manager
- Allison McCully\*, Assistant Unmounted Programs
- Liz Devine\*, Barn Manager
- Beth Bernardi, Assistant Barn Manager
- Jan DiMarzio, Bingo Coordinator

\*PATH International Certified Instructor

UPREACH THERAPEUTIC EQUESTRIAN CENTER

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2019-2020 ANNUAL REPORT

BUILDING RESILIENCE







## EQUINE-ASSISTED ACTIVITIES AND THERAPIES (EAAT)

EAAT helps people work through the pain of traumatic life experiences. Participants find more internal resources than they knew they had, strengthen coping skills, practice asking for and receiving help, and begin to regain a sense of control. Responses to traumatic experiences vary, depending upon the individual and the situation. Developing a relationship with a horse is the first step in re-developing positive relationships with friends and loved ones.



LINDA DOUGLAS  
NH Coalition Against Domestic  
and Sexual Violence

## UPREACH VOLUNTEER COMMUNITY PARTNER OF THE YEAR

*"I love visiting the Resilience Reins Program at UpReach. The kids are always welcoming and presenting about Superheroes and trauma is my favorite thing to do. The kids love to talk about their own favorite superhero, and I get to talk about mine. All while we learn about how we can be resilient after experiencing hard times."* LINDA DOUGLAS



## FROM THE EXECUTIVE DIRECTOR

Merriam-Webster defines resilience as "an ability to recover from or adjust to misfortune or change". While UpReach has been providing curriculum-based programming specifically to assist youth and families build resilience, we had yet to comprehend how important those lessons would be for UpReach.

In July 2019, UpReach expanded unmounted programming, re-aligned and trained additional staff to support new initiatives and created a stable funding stream. We were excited about the new three-year strategic plan that had been thoughtfully crafted, and we were 'on a roll'.

March 2020 changed everything... or did it. After the initial shock of suddenly being closed, the first step was to stabilize funding and ensure that our highly-trained, valuable staff and our horses were secure. Given the 'financial grace' provided by your support, we recognized that while the pandemic changed the methods of how we do our work, the model of equine-assisted activities and therapies are now more important than ever. The power of the horse can build

resilience, reduce isolation, and improve overall mental health and well-being, especially during these times.

We were able to adapt our programs and services to align with the State of NH and CDC guidelines. We also expanded our partnerships with other agencies and organizations to fill gaps and address greater community needs. We accessed the CARES Act funding to ensure financial stability, while holding Drive Through Pony Visits at the barn to keep participants, volunteers, and families connected.

There is still much that we miss. We grieve for the many individuals who are unable to safely participate at this time, but are grateful for our staff, Board of Directors, and the fundamental work that has been going on for the last few years. Now we're in a position of strength to identify the changes needed, envision the work ahead, and stand in readiness to adapt, adjust and celebrate the strength that comes from resilience.

KAREN KERSTING, EXECUTIVE DIRECTOR  
UPREACH THERAPEUTIC EQUESTRIAN CENTER, INC.

## BUILDING RESILIENT INDIVIDUALS, FAMILIES, AND COMMUNITIES

UpReach is dedicated to empowering children and adults to build stronger and more resilient families and communities. Our programs help strengthen individuals to nurture the possibilities and construct a positive and more meaningful life. Empowered people build strong relationships, families, and communities by creating lasting connections. UpReach empowers individuals in the Greater Manchester, Concord, and Nashua communities through a variety of mounted and unmounted programs.

### THERAPEUTIC RIDING AND DRIVING PROGRAMS

*"I attribute so much of Peter's physical successes this year to the amazing team of volunteers and staff at UpReach. You cannot step into the facility without feeling the love they have for your child and their desire for your child to experience freedom. They have provided an experience I didn't know would ever happen."*

THERAPEUTIC RIDING PARTICIPANT PARENT

### EQUINE-ASSISTED TRAUMA INTERVENTION PROGRAMS FOR YOUTH AND FAMILIES

*"It is such a rare opportunity to be able to see such extraordinary growth for such a resilient group of kids who have been through experiences most of us cannot even imagine. When we meet for week one of the curriculum, they tend to be shy, nervous, and uncomfortable in this environment with new people. Over the course of seven weeks, we often see them transform into outgoing and highly engaged participants, many of whom can develop more permanent relationships with their peers in a way they never have before. It really is amazing to be a part of the process and to witness it unfold."*

ERIN HOIMES, LICSW

### PARTNERING WITH THE DISMAS HOME, GATEHOUSE, AND AVENUES RECOVERY CENTERS

*"Thank you for the opportunity to be with the horses."*

DISMAS HOME PARTICIPANT

### TEACHING LIFE SKILLS AND LEADERSHIP

*"Nothing compares to the therapy a horse can give! The simple action of getting to pat and be near a horse, had a profound impact on our Power Scholars girls this past summer. They had the opportunity to tour and visit, while learning about careers and program opportunities through our Youth Enrichment Partnership (YEP)."*

THE GRANITE YMCA

### WORKING WITH THE EQUINE IMMERSION PROGRAM AND CAMP RESILIENCE TO SUPPORT VETERANS AND THEIR FAMILIES

*"We are so thankful to partner with UpReach Therapeutic Equestrian Center to offer Equine-Assisted Learning retreats. The accredited staff at UpReach are so generous and caring, and our Veterans love these special retreats."*

CAMP RESILIENCE

