

UPREACH HORSES

BUILD STRENGTH, CONFIDENCE, AND FOSTER INDEPENDENCE

When Lisa transfers out of her wheelchair onto the back of a horse, the visible indicator of her disability disappears. She's experiencing freedom of movement as she steers her horse out onto the trail, while building core strength and better posture. For Sean, brushing his pony builds fine and gross motor skills, which help him as he buttons his shirt and zips up his backpack to be ready for school.

BUILD TRUST, CONNECTION, AND EMPOWERMENT

Horses are honest and present; they respond openly without pretense. For Joseph and Abbigail, who are have experienced from trauma, the barn offers a safe and peaceful environment. While they build and regain trust establishing a healthy relationship with the ponies using strategies that can be transferred as they grow and build relationships with people.

HOLD SPACE, OFFER HOPE, AND TRANSFORM

Horses don't dwell on past mistakes or think about what might happen tomorrow. They remind us to be present in the moment. For John, who is in the initial stage of substance misuse recovery, the hour that he spends in the company of the horses is, in his own words: "the only time all week I don't think about using and I'm hopeful that I can build on that to find more ways to connect with things that will bring me a similar sense of calm and ... happiness."

TEACH PATIENCE, FORGIVENESS, AND ACCEPTANCE

Working with horses, building their trust and developing a positive relationship with them takes time. During that time, there may be setbacks and mis-steps. Horses are forgiving if your energy and intentions are good. They don't care what you look like, where you live, where you've been or who you know. If you're approaching your work with them with honesty, sincerity and kindness, chances are good that they will mirror all of that back to you.



FOUNDATION AND COMMUNITY GRANT PARTNERS

- Alexander Eastman Foundation
- Bedford Women's Club
- Citizens Wealth Management Grant - Arthur Getz Trust
- Cogswell Benevolent Trust
- DCU for Kids Foundation
- Fuller Foundation
- Granite United Way Youth Enrichment Partnership
- IPA Foundation
- Junior Service League of Concord
- Kiwanis Club of Manchester New Hampshire
- Lizzie Cheney Trust
- Manchester Lodge 146 BPOE of USA
- New Hampshire Charitable Foundation
- Northeast Credit Union
- Parkman Family Foundation
- PATH International, Inc. (Veteran Programming)
- Samuel P. Hunt Foundation
- State of New Hampshire – GOFFER Grant
- State of New Hampshire Empowering Youth Grant
- The Oleonda Jameson Trust
- The Robin Colson Memorial Foundation
- Saint Anselm College – Road for Hope

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*PATH International Certified

UPREACH THERAPEUTIC EQUESTRIAN CENTER

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2020-2021 ANNUAL REPORT

Connections



MESSAGE FROM THE EXECUTIVE DIRECTOR

During the past year, the staff and Board worked diligently to adapt to the many changes that the pandemic created. However, *one thing remained constant—the need for connection.*

We recognized that it was important to stay connected to our volunteers, clients, and community in order to remain relevant, ensure our financial stability, and provide the necessary and meaningful programming required to meet the needs of so many. ‘Community Drive Thru’ events ensured that even though services had been suspended, clients and volunteers could still meet and greet their beloved four-legged friends. Our ‘Caring Connections’ program was created specifically to provide one hour of respite for Frontline Health Care Workers, First Responders, Educators and Caregivers who were stretched beyond capacity. Finally, we continued to leverage our collaborations with other agencies and organizations to fill gaps and meet the needs of so many youth who were unable to be served in their traditional school and afterschool programs.

In a time where being socially distant was a health imperative, we were able to be a resource for children and families to feel a sense of normalcy for a short time.

Our services have always been focused on reducing anxiety, decreasing isolation, and improving health and well-being. Your steadfast support through the years positioned UpReach to be a valuable resource during a truly challenging time.

We look forward to continuing to improve lives with the power of the horse!



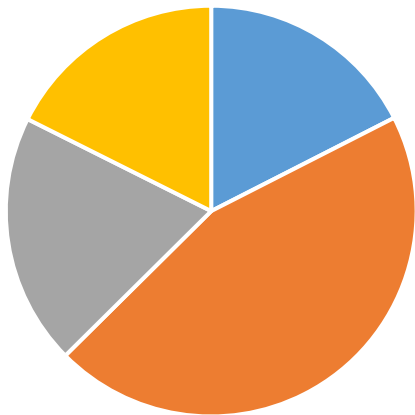
KAREN KERSTING, EXECUTIVE DIRECTOR
UPREACH THERAPEUTIC EQUESTRIAN CENTER, INC.

FINANCIALS: JULY 1, 2020 – JUNE 30, 2021

Revenue

Programs	\$171,612
Fundraising Events	\$442,127
Donations	\$194,396
Grants	\$172,694
Total Revenue	\$980,829

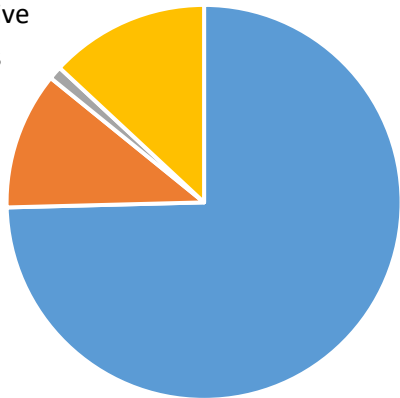
- 17% Programs
- 45% Fundraising
- 20% Donations
- 18% Grants



Expense

Programming	\$594,644
Administrative	\$ 89,687
Scholarships	\$ 8,687
Fundraising	\$104,161
Total Expenses	\$797,179

- 75% Programming
- 11% Administrative
- 1% Scholarships
- 13% Fundraising



COMMUNITY CONNECTIONS

Maintaining a connection with our participants and community remained a top priority. This summer, UpReach started the horse drive-through events. These events allowed people to safely visit the horses from their cars as they drove around the barn to see horses waiting for them at a socially-appropriate distance.

CARING CONNECTIONS



To help combat compassion fatigue during these very difficult times, we created the ‘Caring Connections’ program that offered individuals dealing with COVID each day the opportunity to relax, renew, and refresh. This complimentary program offered participants in small groups of colleagues from various organizations to spend one hour of wellness in the company of the horses and ponies at UpReach.

RENEWING CONNECTIONS
Participants

- 96 Veterans came to ‘Camp Resilience’
- 54 Youth and families joined ‘Resilience Reins’
- 41 Individuals participated in Therapeutic Riding, Therapeutic Driving, and Hippotherapy
- 18 Youth participated in ‘Cowboy Connections’
- 14 Individuals participated in the ‘Therapeutic Horse Experience’

Volunteers

67 Of the typical 130 weekly volunteers re-engaged to support equine-assisted activities and therapies, barn chores, facility maintenance, tack and equipment sterilizing.



54 Frontline Healthcare Workers, First Responders, Educators, and Caregivers

“The hour I spent with the ponies helped ground me. I was able to be fully present and enjoy time with my co-workers in a unique and beautiful setting, something that we have not been able to do for a very long time.” – Frontline Healthcare Worker



PARTNER CONNECTIONS

Working with horses provides opportunities to develop critical life skills, such as trust, communication, respect, honesty, and self-awareness.

- **Dismas Home, Avenues, and Gatehouse:** teamed up with UpReach to provide weekly programming.
- **Manchester Housing and Redevelopment Authority:** brought youth, 8 to 17, for programs in July & August
- **Granite YMCA, PACE Leadership Academy, and Mt. Prospect** partnered with UpReach for their at-risk teens to participate in ‘Fun at the Farm’ and ‘Five Roles of the Master Herder’ programs.