

## Foundation and Community Grant Partners

Arthur Getz Trust  
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 Ann DeNicola Trust  
 Cogswell Benevolent Trust  
 DCU for Kids  
 Derry Wolverines Dream Foundation  
 Eversource  
 Fuller Foundation  
 Granite United Way  
 Junior Service League of Concord  
 Lizzie Cheney Trust  
 New Hampshire Charitable Foundation  
 Norwin and Elizabeth Bean Foundation  
 Parker Nelson Foundation  
 Queen City Rotary Club  
 Rotary Club Nashua West  
 Samuel P. Hunt Foundation  
 St. Anselm College Road for Hope  
 State of NH Youth Empowerment Grant  
 Taylor Rose Foundation  
 TD Wealth Robin Colson Memorial Trust  
 WR Berkley Corporate Charitable Foundation

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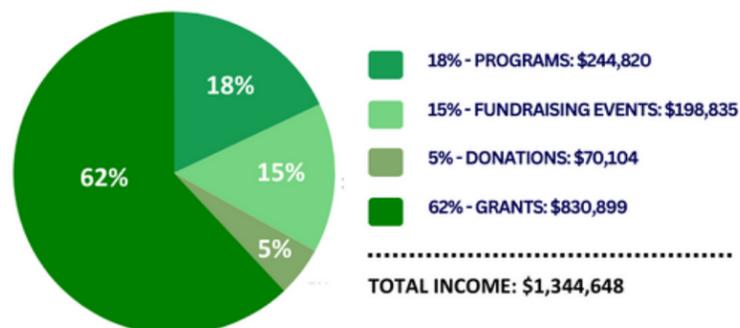
## Staff

Karen Kersting, Executive Director  
 Kristen McGraw, Program Director  
 Kathryn Conway, MarCom Director  
 Sara McCarthy, Grant Writer  
 Lauren Diener, Mounted Program Manager  
 Allison McCully, Unmounted Program Manager  
 Elizabeth Bernardi, Equine Operations Manager  
 Patti Sexton, Volunteer Coordinator  
 Audrey Vela, Mounted Program Assistant Manager  
 Tiffany MacNeil, Unmounted Program Assistant Manager  
 Elizabeth Cate, Part-time Instructor  
 Suzy Campbell, Part-time Instructor  
 Jan DiMarzio, Bingo Coordinator

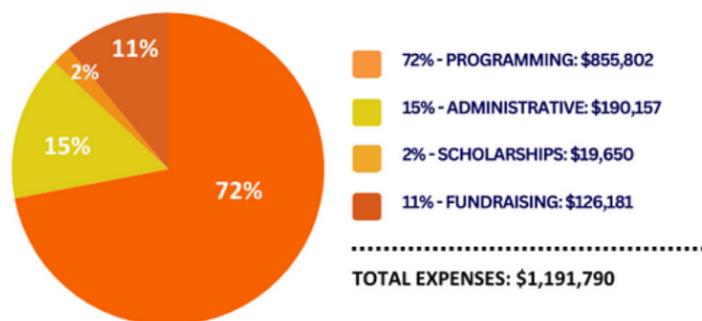
## FINANCIALS

July 1, 2022 - June 30, 2023

### INCOME



### EXPENSES



**17 Horses & Ponies**

**8 Full-Time Staff**

**5 Part-Time Staff**

**10 Board Members**

**576 Unduplicated Participants**

**192 Active Volunteers**



Celebrating  
**CONNECTION**

2022 - 2023 Annual Report

UpReach Therapeutic Equestrian Center



Executive Director  
Karen Kersting

Dear Friends and Supporters,  
UpReach has spent the last year focused on building connections; connections with horses, connections with community. We recognize that a strong connection is not built on grand gestures but on the small moments of love, kindness and compassion. How do we know it's working? When an 8 year old participating in Resilience Reins can say "I am worthy." When a veteran participant embraces the opportunity to share the horses grounding energy and relaxes with a moment of calm and stillness. When a partner agency reaches out to engage in ways to provide additional wrap around services to support a family in crisis.

Brené Brown defines connection as "the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship." Who doesn't want that.

This work doesn't happen by accident. It is thoughtful and intentional with a team of dedicated professionals who continue to learn and grow. Partnerships with other agencies fill gaps and leverage skills to enhance programming and outreach. Donors engage in deeper ways, not only to provide financial support but to improve and increase overall impact. Volunteers are an integral part of the UpReach team, vital to our success. Our horses are the heroes of all we do.

In a world fraught with isolation, mental health challenges, economic strife, and political divide, the barn is a place of refuge, a place where we can set everything aside and remind ourselves of all that is possible with connection. We thank you for your part in all we do!

*Karen*  
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## Working with horses and ponies "From the Ground"

UpReach Unmounted Programs are carefully crafted for youth, adults and families to connect with horses and ponies in a safe, welcoming and supportive environment.

Our robust program offerings are specifically designed to help aid in healing, build strength, develop confidence, forge resilience and foster empowerment.

We are pleased to be a trusted partner with organizations in the communities we serve to provide programming that helps people to thrive by offering high quality equine assisted services. These services have a positive impact on overall health and wellness for each participant, their family and the community in which they live, work and contribute. At UpReach, we believe that life really is better with horses.



*"When I'm with the horses, I feel peaceful inside. I have friends in my group and I feel safe. The barn is a good place to be, you learn lots of things that can help you everywhere in your life, not just when you're with horses. But the horses are still my favorite."  
-Youth Participant, Resilience Reins*

## In The Barn...



### Proudly Serving Those Who Served

*UpReach is dedicated to serving first responders and veterans programs to help enrich, heal, and improve the lives of those committed to serving our communities and our country.*

Partnerships with organizations such as The NH Veterans Administration, Manchester, Swim With a Mission, FORGE, Camp Resilience, and the Military and Veterans Suicide Prevention Council allow UpReach to offer equine-assisted services to first responders and veterans.

For many veterans, mental health programming that offers equine-assisted services as an alternative, or as an adjunct to more traditional therapies, has proven beneficial as they seek to improve their overall mental health and wellness, continue to heal, and build resilience.

*"My life has changed so much from being with the horses, professionals and volunteers at UpReach. I feel safe, seen, and happy when I am at the barn, and that seems to have carried into my daily life. UpReach is a wonderful, professional, effective place of healing."*

*-Veteran Program Participant*

### Offering Safety, Inclusion and Healing

*Utilizing a trauma-informed approach to offer a safe space for adults, children, and families to begin to heal from experiences that may have been traumatic.*

UpReach collaborates with local Adverse Childhood Experiences Response Teams (ACERT), Child Advocacy Centers, and other youth-serving organizations to provide services essential to aiding in recovery, building healthy coping mechanisms and communication skills for self advocacy.

Equine assisted services are effective in helping survivors cultivate feeling calm and relaxed as they build confidence, learn to establish boundaries, and effectively regulate emotions.

*"I love to come to the barn to be with the horses and ponies. They don't judge you for what you've been through. They just want you to make them feel safe and respected -the same as me. I like spending time with them, and with the other kids in my group."*

*-Youth Program Participant*



## On the Road...



### Building Awareness, Sharing the Joy

*Meeting participants where they are is part of all we do; sometimes we need to bring the ponies to the people.*

UpReach Mobile Programming provides expanded outreach to meet participants in their schools, communities and neighborhoods. We partnered with Merrimack County through the Equine Collaborative with Merrimack County (ECMC) to bring ponies and programs to adults and youth in Boscawen, Franklin, and surrounding towns.

Supporting the Sununu Youth Services Center with equine programming. Engaging children and families by bringing ponies to community events.

We are committed to building connections between people and horses to improve lives.

*"My kids looked forward to being with the ponies in Boscawen all week. They were excited to learn not only about taking care of ponies, but they got a kick out of how the ponies are able to take care of themselves too. I definitely noticed they were more relaxed and kinder to each other - the kids, not the ponies! LOL."*

*- Participant Parent*