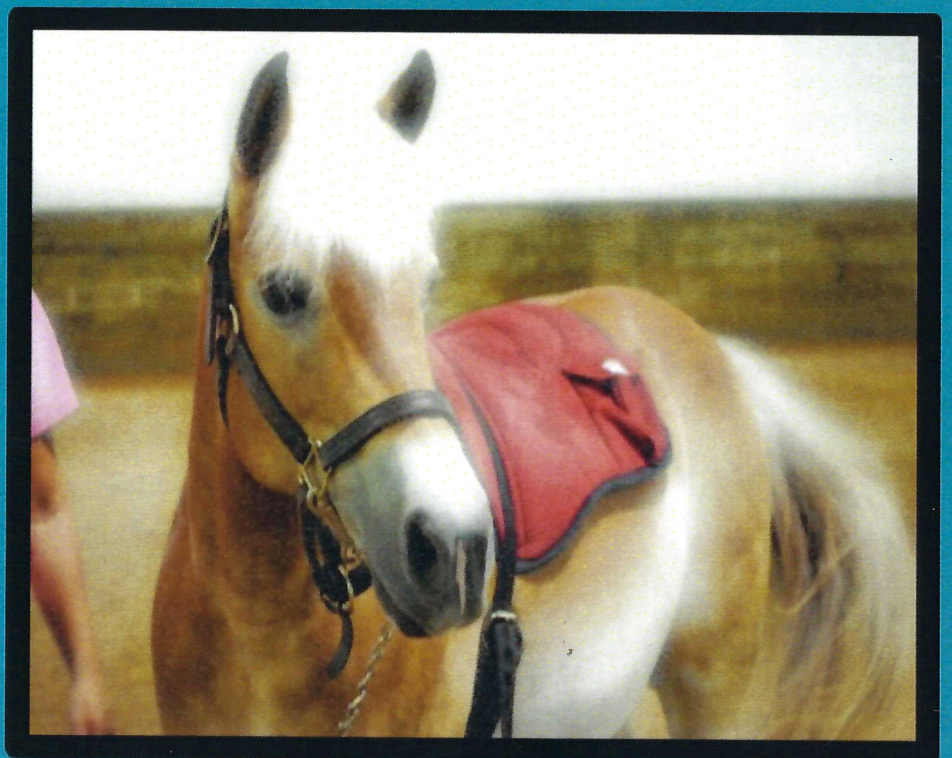


HOLD YOUR HORSES

2015-2016 Annual Report





Moving For Good – A Message From the Director

Hello Friends,

We are moving, again. These words evoke a lot of feelings; uncertainty and joy to name a few.

We spent an incredible year at Bel Farms, a beautiful facility where we rented space to continue our hippotherapy and equine facilitated psychotherapy providing 1,500 direct service hours. When we found out our lease would not be renewed we took a deep breath considering what moving again would mean to our organization and resources. Before we fully exhaled, opportunity knocked. This opportunity came in the offer of a loan to purchase our own home followed by Peter and Susan Hasselquist stepping forward to offer a facility in sale and part donation.

What a giant step forward for HYH! Owning our own home created fantastic opportunities for capacity building, new programming and driving our mission forward. It also presented increased fundraising challenges. HYH successfully raised funds in the past five years but this step forward would require us to double our efforts.

Standing at the edge of this moment we look to our clients and families for inspiration. Children bravely facing their physical and emotional challenges so they can live their dreams for the future. With gentle support they leaned into these challenges and often into the warm neck of a horse. Our team listened as young trauma survivors shared their stories of pain that no child should have to endure. We watched and guided as they welcomed the horses with excitement, at times expressed their dread of hard work and frequently uttered joy in their accomplishments.

The courageous stories of these young people explains why HYH moves forward to face its organizational challenges. With your help we will continue to serve our children and families improving lives through equine assisted therapies. We are doubling our efforts and hope you will join us and double your support. Welcome to our new home, we have moved for good.



Ellie Soderberg feeds Whisper with Janet following an occupational therapy session. Photo courtesy of Leila Navidi and the Star Tribune.

Janet Weisberg, MS OTR/L HPCS
Executive Director, Hold Your Horses

Board of Directors

Fred Krietzman, Esq, Board Chair
Debra Mounsey, Treasurer
Jennifer Andis, At Large
Jenny Peterson, At Large
Paige Olson, At Large
July Hugen, At Large

Special thanks to LDI for printing this report!

Executive Summary

Hold Your Horses (HYH) is a MN 501(c)3 nonprofit organization dedicated to improving quality of life for people with disabilities through individualized equine (horse) assisted therapy. Our services include hippotherapy and equine facilitated psychotherapy for people facing physical, emotional and social challenges in their daily lives. We also offer education, training and wellness for caregivers and professionals in the field. The power, calm and healing nature of the horse offers a compelling and effective alternative to clinic and classroom-based interventions.



Photo courtesy of Leila Navidi and the Star Tribune.

The multidisciplinary team at Hold Your Horses, led by founder and Executive Director Janet Weisberg, includes board certified therapists and a team of equine professionals, volunteers and small herd of exceptional therapy horses. Founded in 2006 as a private clinical practice the entity transitioned to become a nonprofit in 2010 in an effort to ensure affordable services for client families. Through intentional growth HYH developed its vision of multidisciplinary services in a natural, peaceful farm setting.

The People We Serve and What We Do

HYH happily serves children and young adults experiencing the challenge of living with disabilities and the caregivers and professionals who provide care in their daily lives.

Currently, we serve approximately 35 clients per week. With room to grow, we will easily double that number. Our services go deep, offering individualized care plans that create life changing outcomes for people with these and other disabilities. Addressing these needs, HYH offers three primary areas of service: hippotherapy, mental health services and education.



Photo courtesy of Leila Navidi and the Star Tribune.

The majority of children participating in hippotherapy at HYH live with cerebral palsy, traumatic brain injury, autism and neurologic disorders that impair performance of their daily life activities. These children benefit from occupational, physical and speech therapy in partnership with the horse that creates functional outcomes for engaging in daily life. Mental health clients benefit from equine facilitated psychotherapy specializing in trauma informed therapy, social and emotional learning and self regulation strategies for improvements in their daily lives. Education and wellness opportunities at HYH support best practices in the field of equine assisted services through research, education and training and recognizing the need for wellness opportunities for caregivers, case managers and social workers.



Helping Children with Hippotherapy – A Testimonial



One family shared three of their children with Hold Your Horses. Each of them benefitted from hippotherapy. The following tells their stories.

"You should try horse." It was Isaiah's first therapy team from the Early Intervention staff in our school. Our journey with Hold Your Horses started there, almost 10 yrs ago.

"My son Isaiah, 13 in September, is a spastic quadriplegic with very limited use of his right hand. We have seen how OT on the horse could strengthen his core, improve head and neck control, stretch his very tight hip muscles and produce an amazing smile. He now rides with Freedom Farm in a group session and participates in the games and tasks they are given with gusto. He is 75 pounds now, and we have seen how his growth will challenge him as his body gets heavier; but he can still sit up on the horse."



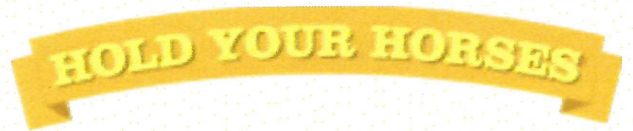
"My daughter Natalie, who turned a spunky 8 in April, is a spastic diplegic with hemiplegia. After a challenging start to her life with a heart condition on top of her Cerebral Palsy, Natalie is still amazing us all. She has experienced the trinity of therapy at Hold Your Horses, using their services of Speech, Physical Therapy and Occupational Therapy. Participating in these therapies on the horse enabled Natalie the body awareness, muscle strength and confidence to take her first steps just before her 5th birthday 3 years ago. She is now in cheerleading, walking around school without a walker and has a love of horses that has inspired her to be a rodeo barrel racer one day.



"Nathan, my youngest son, will be 6 in September. He was born hemiplegic with limited use of his right side. He adapted, and his left side quickly became strong enough for both. But there was a problem, his right leg, hand and arm were neglected. In 2015 Nathan spent one month in an intensive therapy called "Constraint Therapy." Casting his left arm, forced use of his right while being assisted by an occupational therapist one-on-one 6 hours a day 5-6 days a week. The improvements were dramatic, but the tough part is the follow up therapy with his clinical OT and PTs for 6 months. We ran into a problem: Nathan was tired of therapy. He refused, complained of illness before therapy and cried on the car rides there. **I called Janet and Hold your Horses filled the gap.**

We have seen an improvement in bilateral use of his hands, arms and legs. His strength in the right hand has improved so much I can't tell which hand I am holding. He also gained pelvic floor strength, improving his ability to hold his bladder. He recently completed a follow up evaluation. Quoting the therapist, "Nathan shows good retention of skills when compared to 6 months ago. He is showing improved coordination." She estimated he had retained over 70% of the skills he used, and they hope for 50%. Today, Nathan is playing soccer with his peers and causing lots of trouble...with both hands."

In fiscal year 2016, Hold Your Horses served approximately 100 individuals, logging 1500 direct service hours.



Mental Health Services – From our Clients



Mental health services are provided by Cairns Psychological Services in partnership with the team at Hold Your Horses. Individuals and groups benefit from trauma informed, equine facilitated psychotherapy lead by Molly DePrekel.

"Hold Your Horses is such a wonderful program. It's such a friendly and nurturing environment, and the staff is always so caring and kind."

"Animals don't judge you....horses will just listen to everything you have been through and they will not judge you."

"I have something to look forward to. I can be a little happier about going to therapy. I think therapy is for people that have problems. But I don't look at it like that when I come here."

Source: 2015 Wilder Research Program

Summary of Financial Position

HYH has operated in a position of financial strength for ten years. Through steady growth and careful stewardship, we have been able to grow to meet increasing demand for our services and have been able to meet new challenges, including paying rent for the first time and now, preparing for our forever home. For the past three years, our revenue-expense picture has remained steady. With the move to our new home, we will be able to serve more clients, but our expenses will grow in FY 2017 and 2018.

About 70% of our clients are on a sliding-scale for services, making contributions from our donor base a critical component to covering our operational expenses.



Note: Fiscal year end is June 30th

In 2016 HYH was pleased to work with Wilder Research to complete a clinical program evaluation.

Results were compelling. Five programs were evaluated to determine how they were addressing mental health needs. Some exciting findings included that almost all HYH participants reported improved symptoms of sadness and depression, participants felt safe at HYH, and clients felt more hopeful about their futures. Great results and a testament to the important work we are doing to help our community's young people.





It is only with your significant contributions that we have been able serve our clients this year. We are deeply appreciative of your support!

Cora, Bennett & Esme	Gail Gendler	Luggage World	Pipefitters Local 539	Stepping Stone Theater
Aasand	Great Oak Equine	Kristi & Warren Lochner	Tad & Cindy Piper	Sue Stevenson
Patricia Anastos	Ron & Devra Goldstein	Anne Loyle-Langholz	Charlene Poppen	Jim Stone
Janice Anderson	Susie & Sally Fry	Alicia Mann	Tonya Poppen	Stone Ridge Equestrian
Marsha Anderson	Jackie & Jerry Hall	Michele Marshall	Ralph S. French Charitable	Tail Feather Coaching
Jennifer & Glenn Andis	Sue Hanner	Tippy McInerny	Foundation	Julie & Ethan Tarshish
Ray Anschel	Helen Hansen	Mitch & Jan McMillen	Laura Randall	Jennie & Steven Teichman
Linda Ashton-Duffney	Harvest Moon	Medtronic YourCause, LLC	David Raskas	Kirstin Thomas
Marjorie Austin	Mary Jane Hedstrom	Chris Meyer	Rachel Raz	Frannie Tjader
Charles Austin	Lucy Hicks	Michal Crosby Interiors	Red Rooster Bar &	Trillium Veterinary Services
Leigh Bailey	Wendy Horowitz	Midway Pottery	Restaurant	Triple Crown
The Bailey Group	Raquel Hove	Edythe Misel	Mark Roseland	University of Minnesota Equine
Dawn Baker	Audrey Hower	Monterey Mills	RF Moeller Jeweler	Center
David & Melissa Barany	Hower Family	Minnesota Vikings	Christina & Robert Rothstein	UFC Farm Supply
Kyra Barany	The Fiedler Family	Dawn Moore	Jerry & Louise Rotman	Joan Ungar
Terry Bartz	Nathan Huber	Morgan Stanley	Ruth Rovner	Vitality Chiropractic
Shauna & Phil Becker	John Humleker	Debra Mounsey	Jim Rovner	Lissa Walter
Bell State Bank	Karen Hupp	Susan Myers	Sabes JCC	Wayzata BP Service Center
Abbe Blacker	Judith Indrelie	Myslajek Kemp & Spencer	Salut Bar	David & Kitty Weaver
Margie Berkowitz	Leah Indrelie	Pauline Neva	Marlys & Benno Gapstur	Ellen Weinauer
Pete Berridge	Judy Jensen	Kari Ann Newman	Sand	Freddie Weisberg
Jane Binder	Jewelbilee	Greg & Sue Novak	Mimi Sanders	Janet & Luke Weisberg
Blackwater Café	Kathy Johnson	Deb Oberman	Lisa Schlesinger	Mary Beth Weisberg
Kristi Bloom	Ted Jordan	Paige Olson	Nancy Schoenberger	Bonnie Westlin
Eileen Bohn	Trina Joyce	Becky Omdahl	Mary Schoessler	Western National Insurance
Jane & Gene Borochoff	Judith Katz	Laura Osterman	Jean Schoon	S. Ronai White
Carolyn Boroughs	David & Lisa Kempston	Otten Vikings	Lisa Schwartz	Greg Wisher
Sharon Bovie	Wendy Khabie	Jamie, Richard & Sascha	Taryn Seberg	Whole Foods
Vicki Brandstetter	Mary Kingston	Paisner	Shorebird Coaching &	Clemet Wong
Ronald Brasel	Jennifer Kish	Joel Paisner	Consulting	Nancy Wood
Claudia & William Brau	Kathryn Klibanoff	Sheila Paisner	Rob & Susan Shumer	Ziegler Ca
Marvin & Patsy Bretkreutz	Beth & Fred Krietzman	Brian & Heidi Pergament	So Others May Shine	<i>To learn more about becoming a Barn Raiser, please visit our website at www.HoldYourHorses.org</i> <i>Join us on Facebook for updates from Lily and the team at Hold Your Horses!</i>
Sarah Carlson, DMV	The Labelle Family	Paula & Michael Pergament	Skinevity Spa	
Karen Cassanova	Nancy Lange	Lisa & George Perovich	Paul Smothers	
Dale Ann Considine	Liberty Diversified International	Jennifer Peterson	Ron Soderberg	
Wendy DeCamp	Litin Paper	Mary Peterson	Phyllis Sperling	
Eileen Gabriele	Logo Joe Promotions	Robin Phillips	Lee Erickson Stephenson	