



HOLD YOUR HORSES

**Fiscal Year 2019
Annual Report**



Our Community of Care & Connection

From The Director

Connection. I felt it at 2 a.m. when I stood in the barn aisle, ankle deep in water, both hands poised on the hose of a wet vac. A gentle puff of exhale grazed my cheek and I looked up at two large brown eyes peering directly into my soul. Down the barn aisle I could see seven more horses watching me work. For a moment I forgot the overwhelming wetness and absorbed the feeling of connection with these incredible animals and their stoic presence during this time of snow melting chaos.

Hours earlier, when a freaky winter thaw sent the first water flowing into the barn, I decided to stay through the night just to hold off the worst of it until the team returned in the morning. I would surely get some sleep, I thought, waking only once or twice to run the pumps. Well, Murphy's Law and all that. The horses stayed with me though, nudging me along as I rolled the wet vac down the aisle to empty countless gallons of water into the wash stall drain. The human team would return at daybreak but it was clear the horses were with me until more help arrived.

That feeling of connection is key to successful outcomes for the children, adults and families we serve here at the farm. Once people feel connection, through understanding a horse behavior or feeling the physical movement, their brains open a pathway to new learning. That new learning means getting unstuck from a moment in time so they can begin to actively transform their lives. In my case that night it meant returning to the task at hand with renewed dedication.

In the morning, the humans arrived and we worked through the day to clear the remaining melting snow from the roof and walls of the barn. We filled sand bags and dug trenches to send the last of the water away from the barn. Our neighbor Willy, volunteers, staff and board members all stepped in with food, shovels, pumps and incredible energy. We even managed to see a few clients that day (!). Hold Your Horses is a community of care and connection. Through our therapy services at the farm we continue to provide opportunity for people to make a connection and move forward in their lives. Thanks to all of you for making our work possible and for supporting year three in our forever home.

- Janet Weisberg, MS OTR/L HPCS, Executive Director

FY 2019 Board of Directors

Fred Krietzman, Esq. Board President, outgoing
Rebecca Anderson, At Large
Kari Holmes, At Large

Byron Wieberdink, Treasurer
Elizabeth Radichel, At Large

Cynthia Olauson, Secretary
Nathan Nelson Esq., At Large



Hear from the people we serve

Words from Carol Wandersee, Community Based Array of Services Coordinator in Hennepin County Juvenile Probation

I have the honor of working with some of the most incredible gender responsive probation officers that support, and value working with all female, and female-identified clients AND I have the honor of working with the Hold Your Horses program as it relates to supporting the mental health and trauma needs of the young women we serve.

In 2014, juvenile probation and health and human services embarked on the adventure of offering equine assisted therapy to our most resilient, resourceful and vulnerable population of girls. It is anticipated that by the end of 2019, this program will have touched the lives of approximately 70 probation involved youth. Hold Your Horses offers our youth an opportunity to experience open space and fresh air; a safe environment where youth do not feel alone or isolated; a chance to develop friendships and positive, healthy relationships; a chance to become a leader; and an opportunity to just be a kid – to run, to laugh, to experience something new and outside one's comfort zone.

Hold Your Horses offers hope that your past does not define your future; hope that there is a path to begin the process of healing from trauma; hope of learning new skills and abilities to move past the places where you get stuck and life throws up road blocks, twists, turns and unpredictability to better navigate future success. And, on those days when life gets really challenging, the beloved herd, offers girls the support of knowing that a horse will never judge your story, repeat your story or ask you tell it over and over and over again, or ask you "why you didn't..." or "how come you did..." . The horse will simply listen and respond with unconditional gratitude.

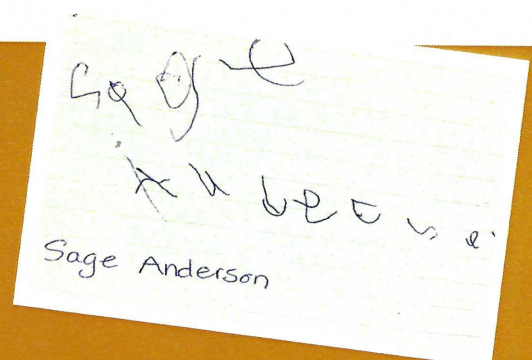
For our probation officers, Hold Your Horses offers a non-traditional approach for girls to heal; an opportunity for youth to build brighter futures and increase protective factors, and to decrease risk factors; and, an opportunity to stop the trajectory of harm sometimes before it begins. In the words of my good friend, and Probation Officer, Lauren Uhl... Hold Your Horses and equine assisted therapy is MAJESTIC.

We thank the HYH staff and volunteers that show up for our girls in the best of learning and growing moments, and in some of the most challenging of times. Consistency, care and compassion are grounded in the hearts of the entire team of this program. Not to mention the much needed humor, flexibility and quirkiness when working with girls. We thank the herd that provides the girls with the experiences that they will carry with them for a lifetime. While we know that the horses have provided the girls with in the moment lessons and experiences, we also know that the girls have taught the horses to be the most incredible posers in multitudes of selfies. Most importantly, we thank those who support Hold Your Horses in the journey of trauma work for girls; hippotherapy and restorative workshops. Your support makes an incredible impact and difference.



Words from Sage (7 year old) about her therapy sessions

I love Bingo and the other horses because I get to play fun games and go fast and get strong! It is so fun to joke around and play with Janet and the crew - they are so funny! I really like that I can be inside and outside too.



Words from a parent, Elizabeth Fenske

Horses are magical. Now, I have been in love with them since I was four years old showing my little welsh pony at the county fair. But I never knew how magical they were until I brought my five-year-old daughter to Hold Your Horses.

My husband and I brought our daughter home from China three years ago. We knew she had a rare genetic condition that affected her adrenal glands, but we really had no idea the extent of that disease process in her physical, cognitive and emotional development. Apart from the expected trauma of being adopted, our daughter felt this loss significantly. Immediately, we knew our little girl was suffering, and we needed help and lots of it. After MANY and MANY appointments with various doctors, our little girl was diagnosed with severe reactive attachment disorder, delayed motor development, delayed speech development, sensory issues and ADHD.

I am not going to lie, I was devastated. I had a vision of a happy little girl that would eagerly hug her mommy. Instead, I had an angry little girl that couldn't control her body or emotions and refused to speak. For the past three years, I have been taking her to about four or five different therapies a week. Whatever was recommended, I did. While we have made some leaps and bounds—I couldn't touch our daughter for months—we've been in a rut. Our last occupational therapist said she hit a wall. I was desperate to help my little girl and to make a connection with her. Then we met an occupational therapist who worked at a farm and a pony named Bingo.

Because of this therapy time with Bingo my daughter and I have made a connection! We now talk about our weekly trip to see Bingo (her pony, you know). I know we are still early in our therapy, but I see my daughter actively engaged and transforming during her sessions. I am just as excited as she is every week to make the drive to the farm. I don't know where this adventure will take us, but so far my little girl is smiling. So, thank you, Bingo.

Words from an OT Student, Marybeth Wilkes

As an OT student, one of the most exciting and nerve racking times is starting your first level two 12 week fieldwork. It's your first chance to use what you've learned in the classroom and apply it in a real setting, working to meet the needs of real people. As a person who grew up working with horses, I had always been interested in hippotherapy and how occupational therapy could use the movement of the horse and barn environment as intervention strategies. Needless to say when I was presented with the opportunity to complete my first level 2 fieldwork at Hold Your Horses, I jumped on the chance.

Occupational therapy specializing in hippotherapy is such a unique and specialized area of clinical practice. However, I gained so many skills at HYH that will serve me throughout my career, and can be applied in a wide variety of settings. As an OT student at HYH, I had to learn to be flexible, creative, and think on my feet. I had to develop acute situational awareness for client and equine safety and well-being, and I was challenged and given the opportunity to develop my own clinical reasoning along the way. Through my work at HYH, I learned how to provide client centered, holistic occupational therapy treatment using the horse as a treatment partner and modality.

My experience as an OT student at HYH was challenging, motivating, and deeply rewarding. From day one, the HYH team supported and encouraged me, answering my endless questions and providing direction and instruction as needed. Janet's wealth of experience as an OT, her patience, and her ability to provide constructive critique made my experience both enjoyable and eye opening on an educational level. The HYH team is a team of professionals who care about what they do, who they serve, and the equine partners they depend on for so much. I highly recommend HYH as a level 2 fieldwork setting and feel so humbled and honored to have gotten the opportunity to work and learn with this amazing group of people and horses. Thank you.

"...Because of this therapy time with Bingo my daughter and I have made a connection!..."

Summary of Financial Position

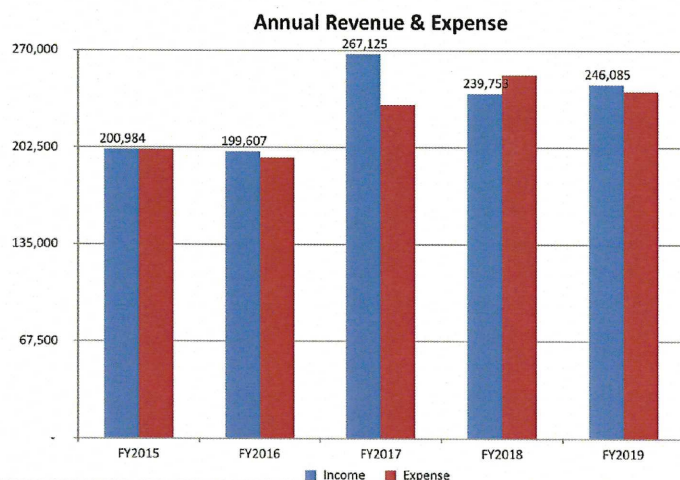
HYH continues to operate with fiscal responsibility and integrity. Our farm purchase continues to prove beneficial to HYH clients, team members, and the community. This past year HYH generated an operating profit of \$4,301. We grew revenue modestly and managed our expenses, generating \$6,761 in positive cash flow in fiscal year 2019.

Investment and property maintenance opportunities abound as we continue to invest and grow HYH. We ended the year with money in the bank and we are on solid footing as we look forward to productive FY2020.

Thanks to your support, we were able make the following investments in our clients, team members and community in FY 2019:

- Operated with a mortgage year three
- Purchased a new heater for the indoor arena
- Selected, purchased and trained a new therapy horse "Yoder"
- Met costs of emergent horse health demands
- Met costs of emergent building repairs (3 garage doors)
- Supervised six Occupational Therapy Interns
- Logged over 1000 volunteer hours (plus countless hours of property care by our neighbor Willy)
- Direct services for 250 people

HOLD YOUR HORSES FYE 6/30/19 FINANCIALS			
BALANCE SHEET		PROFIT AND LOSS	
ASSETS		INCOME	
Cash	\$ 34,715	Fundraising Income	\$ 151,400
Other Assets	\$ 20,113	Program Income	\$ 88,236
Total Current Assets	\$ 54,828	Other Income	\$ 6,050
Total Fixed Assets	\$ 1,085,629	Total Income	\$ 245,685
TOTAL ASSETS	\$ 1,140,457	EXPENSES	
LIABILITIES AND EQUITY		Staffing	\$ 140,580
Total Liabilities	\$ 768,455	Horse Expense	\$ 31,930
Equity		Operating expense	\$ 68,874
Unrestricted Net Assets	\$ 367,700	Total Expense	\$ 241,384
Net Income	\$ 4,301	TOTAL NET INCOME	\$ 4,301
Total Equity	\$ 372,001		
TOTAL LIABILITIES AND EQUITY	1,140,457		



HAY MAKERS (up to \$1,000)

Cora, Bennett & Esme Aasand
Barbara Anderson
Anonymous
Ray Anschel
Lynn Appelbaum
Alan Appelbaum
Julie Armbrust
Angela Johnson & Aston Camara
Janet Avery
Karen & Tom Bahl
Dawn Baker
Melissa Barany
Etta & Michael Barry
Maggie Bauer
Cheryl Becker
Danielle Belisle
Lynn Berghs
Andrea Klein Bergman
Chris Berner
Penney Bernier
Big Lots Matching Gift Program
Jane Binder
Rebecca Biondo
Joana Bisaglia
Sara Blessing
Sandra Boe
Eileen Bohn
Jane & Gene Borochoff
Vikki Brandstetter
Cory Brown
Sheryl Butler
Clarice Chikazawa
Amira Cohen
Anniq Cohen-Wichner
Wendy Countryman
Nacia Dahl
Sue Danielson
Kelly Davey
Carol Decker
Denise Denison
Molly DePrekel
Lisa Edstrom
Alan Eidsness
James Elvestrom
Marlene Faust
Tamar Fenton
Paula Forman
Gail Freedman
Amy Funk
Benno and Marlys Gapstur Sand
Family Fund
Angie Garrison
Gail Gendler
Susan Gjerset
Jeff Goldenberg
Ron Goldstein
Lois Grayden
Becky Hanig
Sue Hanner

Mary Jane Hedstrom
Julie Hedtke
The Hershey Company Matching
Gift Program
Julie Hoiseth
Mary Hoopman
Wendy Horowitz
Raquel Hove
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John Humleker
Karen Hupp
Muffy Johnson
Joyell Johnson
Philip & Susan Jones
Ted Jordan
Brian Joyce
Judith Katz
Susan Keiser
Laura Keller-Gautsch
Wendy Khabie
Michael Kimitch
Kathryn Klibanoff
Laurie Koenig
Laura Krider
Fred Krietzman
Ali Kullback
Marianne Kullback
Virginia Lane
Kate Langdon
Segolene LeClerc
Charlie Leonard
Sarah Lindemann
Cathy Lyle
Mankoff Family Foundation
Joan McEntee
Emily Mehanna
Messerli & Kramer P.A.
Lynda Michielutti
Bev Miles
Edythe Misel
Debra Mounsey
Susan Nelson
Susan Nissen
Kathryn Oberg
Becky Omdahl
Lynn Otto
Richard and Jamie Paisner
Sheila Paisner
Helen Peterson
Robin Phillips
Pipefitters Local 539
Dottie Pyrtle
Evie Radel
Rachel Raz
Joan Rex
Shelly Robshaw
The Rosin-Kenneally Family
Deanne Rothbauer
Lydia Roth-Laube
Christina Rothstein
Jerry Rotman
Marilyn Rovner

Helen Rubenstein
Mimi Sanders
Wendy Schoppert
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Julie Sinykin
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Jim Stone
Valerie Strand Patterson
Daniela Tank
Julie Tarshish
Thrivent Financial
Frannie Tjader
Karna Trautman
Lyn Uhl
Lauren Uhl
Rob & Karen Vaccaro
Vitality Chiropractic
Carol Wandersee
John & Melanie Warren
David Weaver
Sandy Weed
Anne Weinauer
Freddie Weisberg
West Bend Mutual Insurance Co.
Bonnie Westlin
Eugene Willms
Michael Winikoff
YourCause, LLC matching gifts

BARN RAISERS (\$1000 - \$9999)

Ronald Anderson
Anonymous
Bell Bank
Terry Bartz
Bernier Family Foundation
Laney Brown
The Cozen O'Connor Foundation
Mitchell Dann Charitable Gift Fund
Mike & Linda Fiterman Family
Foundation
Susie Fry
Jantze Haley
Integrated Equity Management Team
Kristen Jones
Michele Marshall
Myslajek Kemp & Spencer Ltd
Cyndee & Mike Olauson
Julie E Oswald Family Trust
Brian & Heidi Pergament
Tad & Cindy Piper
Elizabeth Radichel
Kirstin Thomas
Western National Insurance Company
Byron & Deb Wieberdink

STALL OF FAME (\$10,000 +)

Mary & Armand Brachman
Beverly Dann
Ralph S. French Charitable Foundation
Sanger Family Foundation
Bert and Joanne Zusman Fund

OUR TEAM

The dedicated team at Hold Your all support our mission of improving lives through therapy with the help of a horse. Our core team in FY19:

SkyAnn Benedict, horse handler
Sheryl Butler, MA OTR/L
Molly DePrekel, MA LP, owner
Cairns Psychological Services
Angie Garrison, horse handler
Barbara Guy, LMFT
Karen Hupp, horse handler
Ingrid Miller, barn manager
(outgoing)
Ruth Rovner, office manager
Julie Tarshish, communications
Rachel Waddell, barn manager
(incoming)
Janet Weisberg, founding director
MS OTR/L HPCS

SPECIAL THANKS

We are incredibly grateful to the businesses and individuals for in kind support in FY19:

Amira Cohen
The Bakken Museum
Sarah Carlson, DVM
Armed Creative
Casualty Assurance
Cairns Psychological Services
France 44 Wines and Spirits
The City of Golden Valley
Goldsteins, Inc.
Kari Holmes
Jennifer Kish, LDI printing
Willy Kluck
McCann Family
Mike Olauson
Rinehart Family
Smothers Services
Sweet Jules
Trillium Veterinary and Chiropractic
United Farm Coop