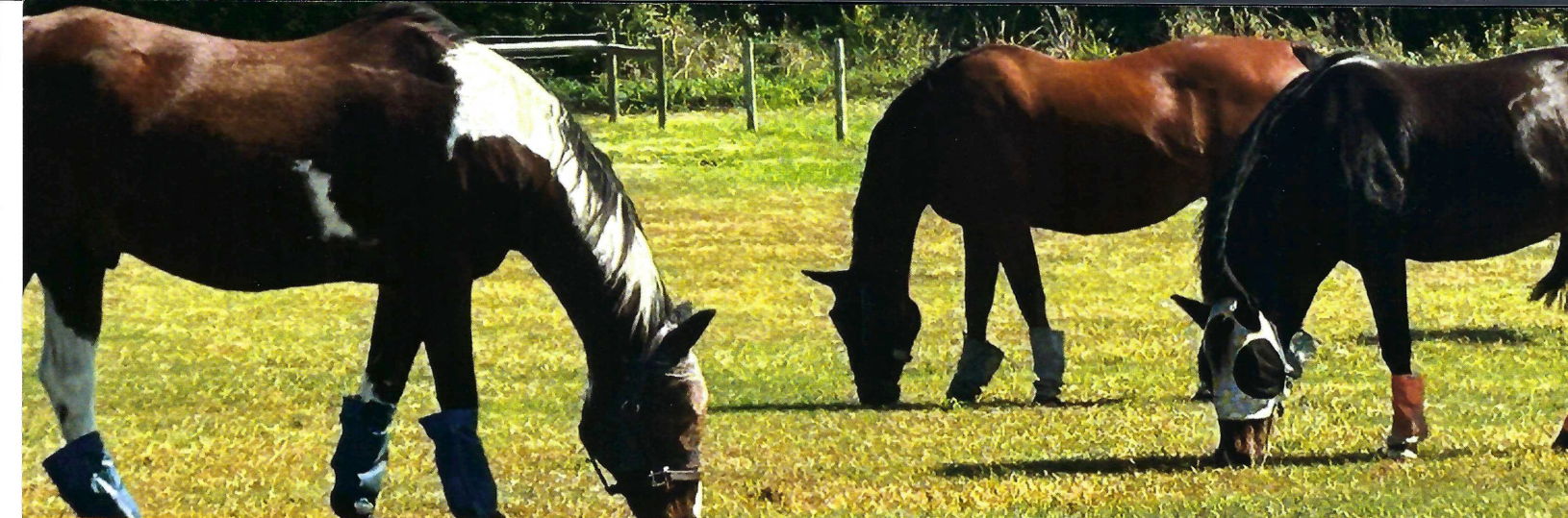


A photograph of a child wearing a blue riding helmet and a blue and grey jacket, riding a horse. A woman with glasses and a blue shirt is sitting next to the child, laughing. The background shows a white fence, a barn, and a cloudy sky.

HOLD YOUR HORSES

**Fiscal Year 2023
Annual Report**

A photograph of three horses grazing in a grassy field. The horse on the left is brown with a white blaze and white markings on its legs. The horse in the middle is dark brown. The horse on the right is dark brown with a white blaze and white markings on its legs. They are all wearing protective boots on their lower legs.

Director's Letter

Growth happens so many different ways. At the farm, we watch plants grow deep roots into our fertile soil, send tall shoots toward the sun and spread broad leaves to catch the rain. Our horses grow teeth (that need filing) and toes (that need trimming) and fuzzy coats for the winter months. We help our clients grow in their bodies and minds, building new physical skills and new connections in their brains. As an organization, Hold Your Horses is growing too. We are broadening the depth of our services and stretching toward a sustainable future with ever-present needs for dependable revenue. "Growth is easy" said no founding director, ever.

We have felt the pain and joy of growth this past fiscal year. Our building required a great deal of love and care in order to meet our growing space needs. As our roof continued to leak we launched its replacement (thank you Ebert Construction) and identified insulation and ventilation needs that would continue into the next fiscal year. Faced with challenging space constraints for services we transitioned four horse stalls into three temperature-controlled offices and a storage room (thank you Brachman family).

Fast forward to mid-winter when we focused on systems growth as an organization. We created a block schedule for increased service capacity to meet the program demands for 2000 hours of annual service. By spring our clinicians were running that schedule at 100 percent capacity with a waiting list. We launched a refresh to our strategic plan (stay tuned), and our leadership team created and updated a host of new policies and procedures to better care for our (approximately 48 weekly) clients, as well as supporting the (14) human staff, (10) equine staff, and (30+) volunteers who keep it all going. Managing change often requires pruning of old patterns – a challenge to be sure, but it has brought clarity and efficiency to our work, which, along with a little warmth and sunshine ensures that we can continue to thrive.

Most remarkably, we began the year with an aggressive budget, and thanks to hard work from the team and our incredibly generous donors, we closed the year in the black. This growth is the most important – as it allows us to continue to bring healing and wellness to our clients. Our team of horses and humans, our facility, and the property we all stand on is alive and growing in service. We are working diligently toward a bright sustainable future and we could not do it without the support of each of you. Thank you for another year. We are abundantly grateful.

— Janet Weisberg, MS OTR/L HPCS, Founding Director

FY 2023 Board of Directors

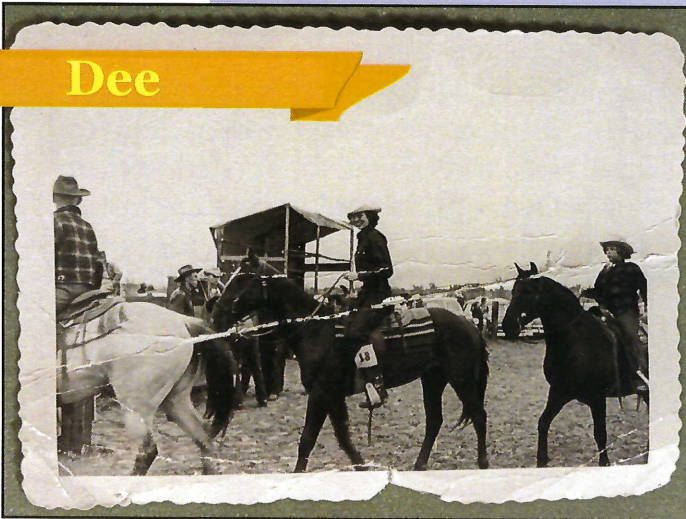
Brigid Goss, President
Chad Lassen, Treasurer
Kristi Argyilan, Secretary

Alan Eidsness, At Large
Birgit Kelly, At Large
Caitlyn Ramberg, At Large

Elizabeth Elvestrom, Outgoing
Matt Halley, Incoming

Client Stories

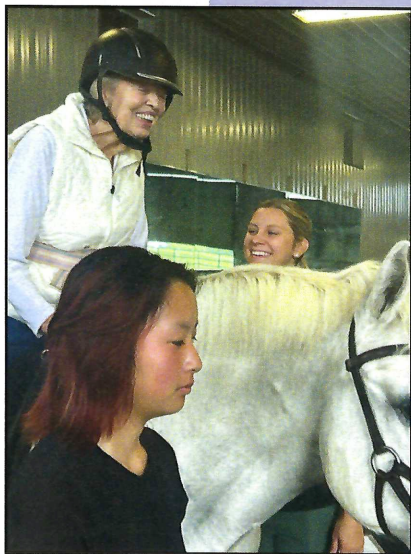
Dee



Terry Meisner shares words about her mother Dee

Dee Meisner's love of horses began when her father, a German immigrant, came home for lunch one day and announced that he had bought a horse. This exciting news came as quite a surprise. After school, Dee went to the local stables to see the horse and actually got to ride it. Her father ended up buying another horse for himself so that they could ride together. They joined the Bismarck Horse Club and had a wonderful time participating in horse shows, parades, and trail rides.

Fast forward: Dee is now 86, has dementia, went blind in October of 2021, and hasn't been on a horse for 68 years. Yet when I asked her which activity from her past brought her the most pleasure, she immediately replied, "horseback riding," so we made a screening appointment with an occupational therapist at Hold Your Horses.



During the screening appointment we met Yoder, a muscular, white Percheron, possibly the most majestic horse on the planet. Dee was advised to work on leg and grip strength, leg flexibility, endurance, and balance before her next visit. She had already developed an exercise program with a physical therapist, so we modified that program and started getting in shape. Dee normally resists any effort to get her to exercise, but in this situation, she willingly followed the program and trained diligently five days a week for an entire month. If she needed a little coaxing, I had only to mention the upcoming session with Yoder.

Dee brought her smile to every session; greeting Yoder on arrival, walking up the ramp to the horse mounting platform, mounting Yoder, circling the arena, waving at the camera before dismounting. Every session ended with thanking Yoder and telling him how magnificent he is. I sent photos of Dee to her friends in Bismarck, which generated lots of congratulatory mail for her to enjoy.

At her last session Dee was feeling tired but still had a fabulous time and ended the experience on a high note. She told my brother that she didn't believe that she'd ever be able to ride a horse again at her age after so many years out of the saddle. Her experience with Yoder at Hold Your Horses was truly a dream come true.

Words from Aimee Noel about her son Lux

Luxy Bug started with Hold Your Horses just before his second birthday! Right away we knew this would build into a lifetime of love. Watching his expression when he gets on a horse fills your soul with happiness! Within only a few sessions we started noticing great improvements in Lux's strength and endurance. His home therapy team was excited to see his progress. Not only did we start to see these changes physically he also started verbally progressing as well. Before Lux started OT with horse he was only slightly babbling but during his third session he loudly exclaimed "Go!" with very clear intent. With the help of his therapy team we incorporate sign language as well and his new favorite signs which are of course Bingo and horse. We know that soon Lux will be taking his first steps and that his team will be waiting to cheer him on. The therapy sessions at the farm are fuel for a parents heart, not only do we get to watch our child engaging in something he loves, but being on the farm is comforting and peaceful. Lux proudly wears a shirt that says "My Therapist eats hay".

We are so grateful to have Hold Your Horses in our life!

Lux



Community Close Up

Hold Your Horses provides trauma-informed services for at-risk and sexually exploited youth in partnership with the Hennepin County Human Services and Public Health Department and the Department of Community Corrections and Rehabilitation. The program began as a mental health service lead by psychologist Molly DePrekel in 2012 and continues today with weekly group, individual and co-therapy services facilitated by a team of clinicians (mental health and occupational therapy) and our dedicated equines. Here is what some of the participants have to say about their time at the farm.

What it does for me:

"It makes me set better boundaries and love more."

"I am different at home than I am here, I am calm here."

"[I am] more assertive when it comes to my feelings and tell people how I feel"

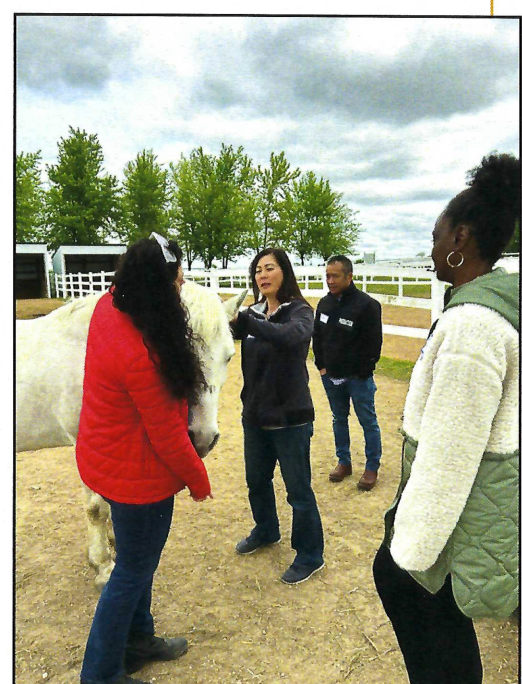
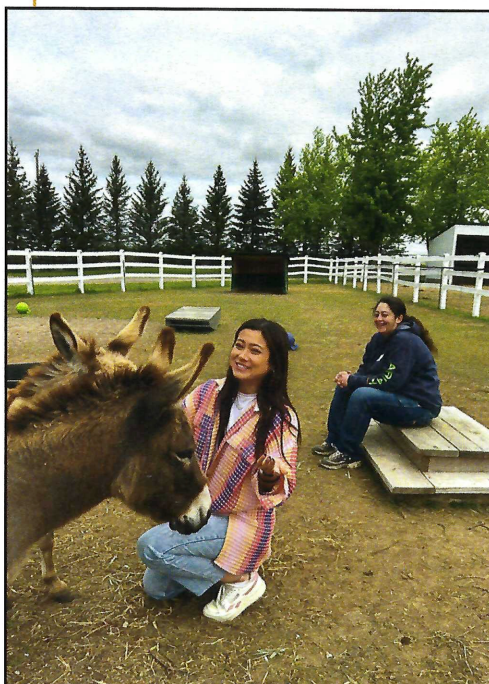
"Being in nature and walks in the woods are not available to me at home"

What I like most:

"I like the free snacks, the cats and the people not being constantly angry"

"...working with horses and having people around me that were welcoming and helping me speak my mind and say what I want to say and help me use the right words and regulate myself."

"I come here. I leave with stress relief"



Professionals from Hennepin County attending an experiential open house at the farm to learn more about trauma informed services for SEY and at risk youth.

Note from the Board Treasurer's Desk

Fiscal year 2023 brought many changes and challenges for the organization. Capital improvements in the facility, increased staffing needs, and fine tuning of service models set the stage for increased capacity for client services. We are thankful for the continued support from our donors and community partners for their investment in our people, our facility, and our horses. We grow from here.

— Chad Lassen, Treasurer

HOLD YOUR HORSES FINANCIAL STATEMENTS - FISCAL YEAR ENDING JUNE 30, 2023

BALANCE SHEET

ASSETS

Cash and Cash Equivalents	\$ 177,956
Accounts Receivable	38,925
Subtotal	216,881

Property and Equipment, Net	1,095,637
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Total Assets	\$ 1,312,518
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LIABILITIES AND NET ASSETS

LIABILITIES

Accounts Payable & Other Liabilities	\$ 14,628
Long Term Debt	675,286
Total Liabilities	689,914

NET ASSETS	622,604
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Total Liabilities and Net Assets	\$ 1,312,518
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STATEMENT OF ACTIVITIES

REVENUE

Contributions and Grants	\$ 327,717
Program Revenue	302,230
Miscellaneous Revenue	11,866
Total Revenue	\$ 641,813

EXPENSE

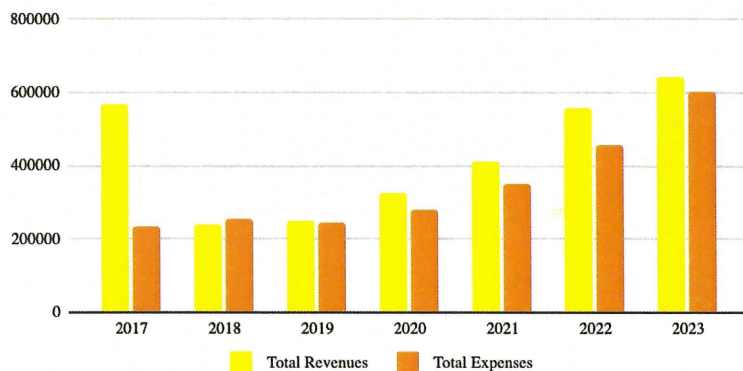
Staffing	\$ 398,293
Horse Expense	30,502
Operating Expense	171,973
Total Expense	\$ 600,768

Change in Net Assets	40,845
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Net Assets - Beginning of Year	581,759
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NET ASSETS - END OF YEAR	\$ 622,604
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Revenues vs Expenses



Thank You to our Donors

Stall of Fame: \$10,000 & up

Armand & Mary Brachman
Beverly Dann
Alan & Lollie Eidsness
Bruce Hoegger
Mithun Family Foundation
Ralph S. French Charitable
Foundation
Lynne & Andrew Redleaf
Foundation
Sanger Family Foundation

Gallop: \$7,500-\$9,999

Anonymous

Canter: \$2,500-\$7,499

Kristi Argyilan
Cyndee & Mike Olauson
Sara & Joe Pohlad
Steve & Sheri Strehlow
Janet & Luke Weisberg
Integrated Equity
Management Team

Trot: \$500-\$2,499

Rebecca & Rick Anderson
Alan Appelbaum
Debra Arbit
Dawn Baker &
Aaron Milgrom
Terry Bartz
Danielle Belisle
Chris Berner &
Pat Hametz
Jane & Gene Borochoff
Harry & Lauren Brown
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Sand Family Fund
Daugherty Family Fund
FDL Area Foundation
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MFT Automation
Mitchell Dann Charitable
Gift Fund
Myslajek Kemp & Spencer
Tonkadale Your
Greenhouse
Urban Eve Salon Boutique
VML Foundation
Wells Fargo Corporate

Walk: \$250 to \$500

Lynn Appelbaum
Eileen Bohn
Patty Carlin
Nacia Dahl
Diane Froehlich
Eileen Gabriele
Barbara Guy &
Chris Leonard

Mary Jane Hedstrom &
Ron Soderberg
Janet Johnson
Theresa & Chuck Lahr
Meg Lontz
Kristin & Jim Matejcek
Timothy Phenow
Robin Phillips
Ginger Radke
Janet Roehl
Jennifer Russell
Larry Silber & Jane Binder
Kirk & Jennifer Swanson
Mckenzie Veum
Clare & Dave Weaver
Stuart & Debbie Williams
Anonymous
Facebook - birthday funds
Medtronic

In Kind Donations and Special Thanks

Rebecca Anderson
Sarah Carlson, DVM
Elizabeth Elvestrom
Ron Goldstein
Willy Kluck
Molly Steinke
Sam Weisberg
Armed Creative
City of Golden Valley
Dominos Pizza
LDI Printing
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