



ANNUAL REPORT 2022



**Healing
Hoofbeats
of CT, Inc**



A WORD FROM OUR FOUNDER

Hello Friends & Community Members!

Wow, this year has truly been one of exponential growth for our small, but impactful organization! We are firm believers that you cannot grow if you are comfortable. In order for change to occur, we have to step outside our comfort zone and trust the process. Sometimes this is easier said than done; but I wouldn't be who I am if I didn't practice what I preach! Our little organization continues to grow in size, impact on the community, outreach within the community, and is a driving force for ethical standards for the care of our amazing therapy partners – our animals. We continue to stretch and grow! We are expanding our therapy services and therapeutic programs to extend our services to more and more people, our volunteer program continues to blossom, and so does our farm! Our network is integral to our success and continues to rally around us with support. THANK YOU because without you we wouldn't be able to deliver these powerful services to the community!



renee bouffard

FOUNDER/EXECUTIVE DIRECTOR

Every day we strive to innovate in this field, for our clients, the community and our animals. We remain a resource for the community as we all discover a new normal after a tough couple of years and many difficult shifts. There was a real focus on the physical impacts of the pandemic on our health, but what no one could have predicted was the mental health epidemic as a result. Increasing numbers of people are seeking out mental health services, recognizing the importance of emotional well-being. It will be a long journey for many and for the community at large, which means our services are evermore needed and valued. In a time when technology is inescapable in our everyday lives, on the farm we can offer an oasis where our clients can be at peace in nature. The people we serve continue to show up for themselves to better their lives and we will continue to show up to walk alongside them on their journey. Our dedicated supporters allow us to do that and to provide many of our services at a low cost.

Here are the ways your support has had a direct impact on our mission...

We have upheld a superior standard of care for the therapy animals through refined nutrition programs, professional services, and daily care from our staff, volunteers, and clients. We believe that, just like humans, our animals deserve to achieve holistic health of body and mind in order to be present during therapy. We have grown our two-legged therapy team to add two additional licensed therapists, which means we are able to help even more people within the community. We received funding to mobilize our services and bring the therapy animals to new clients. We have implemented new programming through therapeutic groups to help enrich the lives of youth, including Girl Power, Resilient Recess & Green Thumb Academy.

Thank you from the bottom of my heart for your support, be it your donations, your time or your voice as an advocate for mental wellness – you are valued beyond measure to the Healing Hoofbeats family. I pledge to you that Healing Hoofbeats of CT will continue to provide top notch care to our clients and all our four-legged healers on the farm. Will you partner with me in this pledge? Together, we can continue to heal and grow and stretch to greater heights.

Join us on this journey to help our community heal. Together, we can!

renee bouffard

FOUNDER/EXECUTIVE DIRECTOR

HEALING IN ACTION

JANUARY 2022 - DECEMBER 2022

THERAPY SESSIONS

2,060

65%
ADOLESCENT
CLIENTS

ANIMAL SUPPORTED THERAPY SESSIONS

775

SESSIONS WITH
HORSES

733

SESSIONS WITH
GOATS

290

SESSIONS WITH
CATS & KITTENS

152

SESSIONS WITH
PENNY (DOG)

110

SESSIONS WITH
CHICKENS

VOLUNTEER HOURS

424

THANK YOU
FOR HELPING
ENHANCE OUR
MISSIONS
IMPACT!

GROUPS ON THE FARM

8

GIRL POWER
SESSIONS

15

OWH
SESSIONS

10

OWH
RALLY POINT

HEALING HOOFBEATS OF CT, INC

We are a 501(c)(3) nonprofit organization based in Bethlehem and serving clients all across Connecticut. Our Licensed Therapists work with each individual we serve to help them begin the healing process, set therapeutic goals, and establish meaningful connections in their lives.

MISSION

To foster connection and support empowerment through equine and animal supported therapy.

VISION

It is our belief that through learning how to build mutually beneficial relationships with animals we begin to heal from past experiences, learn how to navigate difficult situations and feel more at peace in our lives.

OUR PROGRAMS

INDIVIDUAL PSYCHOTHERAPY

Equine & Animal Supported Psychotherapy captures the powerfully healing effects of the bond between humans and animals. It is our philosophy that everything that happens in our lives happens in the context of relationships; and that is how we begin to heal, through connection. Clients engage in this nature-based therapy through partnering with a horse or another farm animal of their choosing to learn how to build and maintain mutually beneficial relationships. Individual psychotherapy is facilitated by one of our licensed mental health professionals.



Partnering with an animal is a non-judgmental way to begin to heal from past wounds and learn more effective ways to engage in a relationship. Through this experiential therapy, these skills begin to create new pathways in our brain and enhance our daily interactions outside the farm, so that we can feel more empowered in our lives.

GROUP THERAPY

Experience the healing effects of the animal – human bond while also learning to engage in positive relationships with others. Group therapy is often very powerful as we begin to understand that we are not alone in our experiences. While everyone's experiences are unique, group therapy allows us to empathize with others and share in the mutual experience of the group.



Adding the animals into this experience allows us to stay present, understand our relationship patterns and dynamics within a group setting.

Contact us to learn about group therapy options available for families, couples, and kids!

Recent case studies have proven that the progress clients make in traditional therapy in one year can be accomplished in equine supported psychotherapy in sixteen weeks!

To empower our local Veterans to have even greater access to equine supported psychotherapy we began offering one day immersion experiences for Operation Warrior Horse and opened the farm as a Veteran's Rally Point once a month!

OPERATION WARRIOR HORSE

Operation Warrior Horse is a 10 week equine assisted psychotherapy program designed by Veterans for Veterans! This therapy group meets for 2 hours each week to help Veterans begin to heal from the invisible wounds incurred in service through the healing effects of the horse and human connection. This experiential therapy takes place on the serene acres of the Healing Hoofbeats Farm in Bethlehem, CT.



It is facilitated by a Licensed Therapist and an Equine Professional who is also a Combat Veteran. In partnership with our four-legged healers, this therapy team is the perfect storm of mental health expertise and a working knowledge of military service.

SENSORY FRIENDLY FARM

Some may find public settings overstimulating, but want to experience the joy and companionship of the farm animals. At Healing Hoofbeats we understand that need and want to offer these unique individuals or groups the opportunity to engage with our animals in a sensory-friendly way to promote regulation and foster natural learning opportunities.



Facilitated by a mental health professional, this therapeutic experience allows participants to experience true connection with our four-legged healers who come in all shapes and sizes!

Contact us to learn how we have mobilized this program to bring Sensory Friendly Farm to YOU!

YOUTH PROGRAMS

GIRL POWER

We are excited to bring back Girl Power for spring and summer youth programming in 2023 after hosting eight wonderful sessions in 2022. Girl Power is a female empowerment group for teens & tweens! Pre-teen and teen girls can enhance self-esteem by building each other up and working together for a nature-based therapeutic experience on the farm. They will learn all about the benefits of having mutually beneficial relationships with their peers, while modeling these new skills in their growing relationships with our therapy animals.



MINI & ME ON THE FARM

We are excited to share a NEW program coming to Healing Hoofbeats in 2023! Mini and Me will offer guided farm animal interactions with movement, storytime, and crafts for children ages 18 months to 3 years and their parent. This playful group is facilitated by a Licensed Therapist to promote nature-based activities where children will engage in positive explorations while strengthening their family bonds.

GREEN THUMB ACADEMY

Get your kiddos hands in the dirt at Green Thumb Academy! This educational group for elementary age children will help them to get back to our roots and teach the next generation how to grow what they eat.



Each week will have a classroom and experiential portion where we will learn about different topics related to gardening as we cultivate the community garden for all to enjoy.

Contact us to learn about upcoming programs and services for 2023 or visit our website to sign-up!

INCOME FY22

PROGRAM ACTIVITY	\$127,675.75
GRANTS	\$7,000
GENERAL DONATIONS	\$46,368.07
BANK INTEREST	\$9.60
TOTAL INCOME	\$181,053.42

EXPENSES FY22

PAYROLL	\$102,044.98
FARM & ANIMALS	\$26,961.70
BUSINESS & OFFICE	\$11,535.64
PROFESSIONAL SERVICES	\$6,200
AUTO & TRANSPORT	\$5,467.48
VEHICLE FINANCE	\$4,452.65
MARKETING	\$4,432.85
INSURANCES	\$3,887.18
EVENT COSTS	\$2,561.96
CHARITY & GIFTS	\$1,610.51
CC & FINANCE CHARGES	\$1,448.37
TOWN TAX	\$700.69
DINING & FOOD	\$322.95
PHONE	\$227.64
BANK FEES \$181	
TOTAL EXPENSES	\$172,035.60

ASSETS

TOTAL ASSETS	\$24,615.82
--------------	-------------

DONOR SPOTLIGHT



Fiduciam Financial
Ameriprise Private Wealth Advisory Practice



OWH SILVER STAR SPONSOR



Donated scholarships for
five weeks of equine
supported psychotherapy in
Operation Warrior Horse.

THANK YOU TO OUR GENEROUS DONORS

We are incredibly grateful for the support that you have provided! Individuals, businesses, and organizations recognized Healing Hoofbeats as a vital resource for the community. Your generous donations allow us to continue our mission to provide the therapeutic and educational services necessary to help individuals in need lead more empowered lives. Thank you!

Ameriprise Financial	James Flaherty	John S. Martinez
Beekley Corporation	Mazaika Family Foundation	STEM Magnet School
Sarah Bevivino	John Freiheit	Colleen Mattatall
Lindsey Blanchard	Stephanie Gilbertie	Sandra Miles
Bohemian Pizza & Tacos	Bette Giordano	George Mitesser
Kristina Boudreau	Kristina Hackett	Janet Moote
Cris Bouffard	Robert Harrison	Mark Murad
Nicole Bouffard	Christine Hollister	Naugatuck Chamber of
Renee Bouffard	Home & School Ass. of STS	Commerce
Richard Bouffard	Karen Ivers	Network for Good
Roy Bouffard	Nancy Johnson	Rachel Paletsky
Shirley Bouffard	Cynthia Keene	Tom Palomba
Hope Carfiro	Judith Kopacz	Marc Pardee
Elizabeth Carlucci	Ernest Lammer	Theresa Pines
Marie Carlucci	Josh Lammer	Lynette Proch
David Cavicke	Katie LaPointe	Melanie Reeves
Chipman Mazzucco	Jennifer Laros	Celeste Ruggiero
Emerson, LLC	Caitlin Layfield	Robin Sciarabba
Clinton Avenue School	Ron Lethorn	Lisa Shambelan
John Cybul	Kim Leung	Thomaston Savings Bank
Lori Czajkowski	Stephen Lund	Tina Thornton
Pete Damato	Gail Marino	Thrive Sports & Fitness
Nicole DeFelice	Lauren Marques	Frank Tineo
Susan Delage	Christina Marrone	Ashley Tomlinson
Garrett Dick	Litchfield County	Kathleen Wassall
Brian Donofrio	Creating Hope	Kyle Zajac
Fiducium Financial	Litchfield/Morris Rotary Club	Bud Zia

UPCOMING EVENTS FOR 2023

OWH RALLY POINT

Veteran Coffee Hour
1st Wednesday Every Month
(April - November)

GREEN THUMB ACADEMY

K - 5 Children
May & July 2022

OPEN FARM DAY

Open to the Public
May 20, 2023

GIRL POWER GROUP

Teen & Tween Girls
May & July 2022

OPERATION WARRIOR HORSE

Veterans
8 Week Program
Starting in May & September

SPONSOR A HEALER DONOR DAY

Sponsor a Healer Donors
June 10, 2022

WARRIOR WELLNESS TRAILBLAZERS

Sponsor a Healer Donors
June 10, 2022



More fundraiser details coming soon!
Sign up to our newsletter and check our
website for updates.