



ANNUAL REPORT 2023



**Healing
Hoofbeats
of CT, Inc**



A WORD FROM OUR FOUNDER



Hello Friends & Community Members!

As we reflect on the past year, I am filled with gratitude for the incredible journey we have embarked upon together. It is my pleasure to share with you the highlights of 2023 and express my heartfelt appreciation for the dedication and passion each one of you has brought to Healing Hoofbeats of CT.

This year has been a testament to the resilience of our organization and the transformative power of Animal and Equine Supported Psychotherapy. Against the backdrop of challenges, we have witnessed countless moments of healing, growth, and connection. The magic that happens when humans and horses come together continues to inspire and drive our mission forward.

Our team has worked tirelessly to create and maintain programs that have interest in the community, and retire ones that no longer serve their purpose.

In 2024 we have held fundraisers big and small, created specific areas of interest to which sponsors may donate to us, and spoken about our organization and mission at events all over Connecticut. Through innovative initiatives and community outreach, we have touched the lives of those facing various challenges, providing a sanctuary where they can find solace, strength, and a path towards healing.

The dedication of our staff, Board Members, volunteers, and the unwavering support from our community have been the cornerstones of our success. Together, we have created a nurturing environment where individuals can discover their resilience, and form lasting connections with our incredible Animal Healers.

Looking ahead, I am filled with excitement for the possibilities that lie before us in 2024. The ripple effect of the positive changes we instigate extends far beyond our immediate community, and I am confident that Healing Hoofbeats of CT will continue to be a beacon of hope and transformation for many more years to come.

Thank you for being an integral part of this remarkable journey. Your commitment to our cause fuels our mission and amplifies the impact we can make together. As we celebrate our achievements, let us also look forward to the future with optimism, knowing that, hand in hand, we can create a world where healing and hope abound.

With gratitude and warmth,
Renee Bouffard
Founder, Healing Hoofbeats of CT



HEALING IN ACTION

JANUARY 2023 - DECEMBER 2023

THERAPY SESSIONS IN 2023

3,380

65
SESSIONS
A WEEK

ANIMAL SUPPORTED THERAPY SESSIONS

833

SESSIONS WITH HORSES

765

SESSIONS WITH GOATS

301

SESSIONS WITH CATS & KITTENS

166

SESSIONS WITH PENNY (DOG)

108

SESSIONS WITH CHICKENS

VOLUNTEER HOURS

378

THANK YOU FOR HELPING ENHANCE OUR MISSION'S IMPACT!

GROUPS ON THE FARM

12

GIRL POWER SESSIONS

20

MINI AND ME GROUPS

10

VOLUNTEER DAYS

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 WORK

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!

HEALING WITH ANIMALS; AN ECCLECTIC APPROACH TO EQUINE AND ANIMAL SUPPORTED PSYCHOTHERAPY

Wrapping up in October, our four week intensive course “Healing With Animals; An Eclectic Approach to Equine and Animal Supported Psychotherapy” was a successful endeavor attended by 12 Licensed Clinicians. This program was designed by our ED Renee Bouffard in conjunction with Kate Nicoll, CEO of Soul Friends INC. as a way for therapists to gain an understanding on how to implement this modality of therapy within their own practice. This course, worth 18 CEUs from NASW, will be offered again twice in 2024.



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. In 2023 we took our Animal Healers on 8 trips to schools and nursing homes. A generous grant from the Connecticut Community Foundation has now made it possible for us to visit 6 new assisted living facilities in 2024!

2023 saw the creation of three new funds for Donors and Sponsors to support.

OPERATION WARRIOR HORSE FUND

Our Operation Warrior Horse Fund is dedicated to providing Veterans who visit Healing Hoofbeats for therapy with low to no cost care. When a Veteran can pay for care here, it is then paid forward to another Veteran who might not be able to. It is part of our mission to help these important pillars of our community begin to heal from the invisible wounds incurred in service through the healing effects of the horse and human connection.



FINANCIAL AID FUND

The general purpose of this grant is to bolster our Financial Aid Scholarship Fund that will allow us to continue to never turn away clients for mental health services. Healing Hoofbeats of CT currently sees 50+ clients a week. Of these clients, 61.2% are on the state Husky Health Care and 12.2% pay on a sliding scale. To date, Healing Hoofbeats has never refused therapy for a client, however as a nonprofit this has become a detriment to our finances. The creation of a Scholarship Fund will enable us to become solvent as an organization and continue to never turn way a potential client due to funds.

ANIMAL WELFARE FUND

Our Animal Healers are what make Healing Hoofbeats of CT unique. These partners work alongside our Licensed Clinicians to provide compassion, care, and friendship to all of our clients. Our Animal Welfare Fund makes sure that these incredible creatures are taken care of as they deserve to be. Donors to our Animal Welfare Fund are helping to provide veterinary, chiropractic, and farrier visits to our animals. This fund ensures that any veterinary emergencies are covered and that our Animal Healers will be around for a long time.

YOUTH PROGRAMS

GIRL POWER

We were 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

2023 saw the creation of an exciting new program on the farm! Running from May until October, this program paired 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 engage in positive explorations while strengthening their family bonds.

GREEN THUMB ACADEMY



For two sessions this summer we were able to get elementary-aged children's hands in the dirt at Green Thumb Academy! This educational program allowed kids to get back to their roots and group leader Nicole DeFelice was able to teach the next generation how to grow what they eat. Each week had a classroom and experiential portion where the children learned about different topics related to gardening as they cultivated the community garden for all to enjoy.

Contact us to learn about upcoming programs and services for 2024 or visit our website to sign-up!

VOLUNTEER SPOTLIGHT

WHEN WE ARE ABLE TO TELL THE HEALING HOOFBEATS STORY TO THOSE WHO HAVE NEVER HEARD IT BEFORE AND BRING THEM ONTO THE FARM TO MEET OUR ANIMAL HEALERS, THEIR INTEREST IN OUR WORK GROWS EXPONENTIALLY AND WE GAIN NEW AMBASSADORS FOR OUR PROGRAMS.



EVERSOURCE

Working with community leaders such as Eversource to fund and execute projects on our farm is vital to our success. On September 28th, we welcomed employees of Eversource to help us spread gravel around our community garden, making it more accessible to clients, and to prepare the garden beds for the winter. They also dug the hole for and set up our beautiful new sign by the driveway!

M&T BANK

On October 27th, employees of M&T bank branches from Northwestern Connecticut joined us in a day of service to put together our new goat shed! When the work looked like it would go on for longer than we had planned, the generous volunteer group offered to stay until the project was done. We look forward to partnering with M&T again in the future!



DAMES FOR SOLDIERS

Always willing to come to events and lend a hand, the Dames For Soldiers are a volunteer group of Connecticut "gals" who love and cherish Veterans from the past, present and future. Dressed as pinups, in the retro style of an era long ago, they add a nostalgic flair to charity events that honor service members. Their presence and assistance at our fundraisers this year has been monumental.

PROFIT & LOSS FOR 2023

DONOR SPOTLIGHT

INCOME

PROGRAM ACTIVITY	\$205,869.78
GRANTS	\$8,000.00
PROGRAM CERTIFICATIONS	\$5,899.25
DONATIONS	\$43,647.66
STATE AID	\$6,695.00
MISC	\$1,103.29
TOTAL INCOME	\$271,214.98

EXPENSES

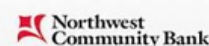
AUTO & TRANSPORT	\$7,022.91
TRUCK MONTHLY PAYMENT	\$4,915.70
UTILITIES	\$2,744.93
BUSINESS/OFFICE EXPENSES	\$6,425.95
CREDIT CARD FINANCE CHARGES	\$2,370.60
ANIMAL FEED AND SUPPLIES	\$7,945.59
FARM SUPPLIES	\$5,170.87
FARM ENHANCEMENTS	\$762.42
FARM EQUIPMENT	\$0.00
HORSE AND ANIMAL CARE	\$12,750.89
MAINTENANCE	\$830.74
INSURANCES	\$3,647.78
MARKETING/ADVERTISING	\$3,009.99
CHARITY/GIFTS	\$1,234.52
PAYROLL 2023	\$215,000.00
PROFESSIONAL SERVICES	\$3,011.12
TOTAL EXPENSES	\$276,844.01
PROFIT/LOSS	-\$5,629.03



Fiduciam Financial
Ameriprise Private Wealth Advisory Practice



Chipman Mazzucco Emerson LLC
ATTORNEYS AT LAW
danburylaw.com



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!

Melanie Alexander

Sarah Bevivino

Samantha Birtwell

Sally Blair

Cris Bouffard

Nicole Bouffard

Renee Bouffard

Roy Bouffard

Kerry Brickel

Sharon Brzozowski

Kim Burns

Elizabeth Carlucci

Marie Carlucci

Richard M Chandon

Clinton Avenue School

Pete Damato

Thomas Dorney

Madelyn Engel

Fairfield Ludlowe HS

Margaret & James

Flaherty

Flasch Fabrication &
Design

The Mazaika Family

Foundation

Roxanne Frenette

Joanna Fulton

John Freiheit

Erin M. Glover

Nikki Hedden

Daniel Holden

Christina Hollister

Holy Trinity Greek Orthodox

Ladies Philoptochos Society

Karen Ivers

Catherine Jespersen

April Johnson-Thrall

Chelsea & Michael Kaneb

Brenda Kennedy

Katie & Tanner Kenney

Carol & Larry Kenney

Kerri Kenney-Silver

Ernest Lammer

Caitlin Layfield

Jill Lounsbury

Patricia Lovallo

Anna Lowe

Melanie Matcheson

Emily Mattatal

Michelle Mercurio

Judy Nai-Haydash

Brian Naylor

OneHope Wines

Deborah Rizzo

Celeste Ruggiero

Eric Schessl

Shelley Schulz

John S. Martinez Sea & Sky

STEM School

Megan Shockley

Kevin Stevens

Ricky Swann

Tina Thornton

Marc Pardee

Theresa Pines

Lori Thulen

United Alarm Services

Robin Sciarabba

Andrea Ward

Kathleen Wassall

Yamin & Yamin

Bud Zia

UPCOMING EVENTS FOR 2024

BOARD MEMBER AND DONOR CULTIVATION EVENT

January 16th, 6-7:30p

A free evening cocktail hour gathering at the Painted Pony in Bethlehem designed to foster relationships, express gratitude, and engage key stakeholders in the organization's mission and goals. We hope to strengthen connections, communicate impact, and encourage engagement.

GIRL POWER!

**Tween & Teen Girl Empowerment Group
May & July 2024**

Our commitment to empowering individuals extends to our young participants. The Girl Power Teen Empowerment Group is designed to inspire confidence, resilience, and leadership skills in teenage girls. By combining the healing power of our equine partners with mentorship and group activities, we hope to nurture the next generation of strong and empowered young women.

OPERATION WARRIOR PONY

2 six week programs for the elementary-aged children of Veterans

This group will provide a space to interact with other elementary-aged children of Veterans while learning skills to help ease some of the hardships of being the child of a military serviceperson. These groups will be stand alone, meaning one week does not build off the next, allowing families to sign up for as many as are relevant to them.

OPEN FARM DAY

May 19th, 1-4pm

A free, family-friendly event with live music, raffle prizes, and demonstrations.

DONOR DAY

June 27th, 2024

Donor Appreciation Day, open to all donors of sponsors of our programs to thank them for their dedication to our mission. Location TBA

MINI AND ME ON THE FARM

Spring-Fall

Mondays 9am-10am

A lively drop in group for preschool aged children and their caregivers filled with crafting, animal encounters, storytime, and sensory experiences all led by a Licensed Clinician.