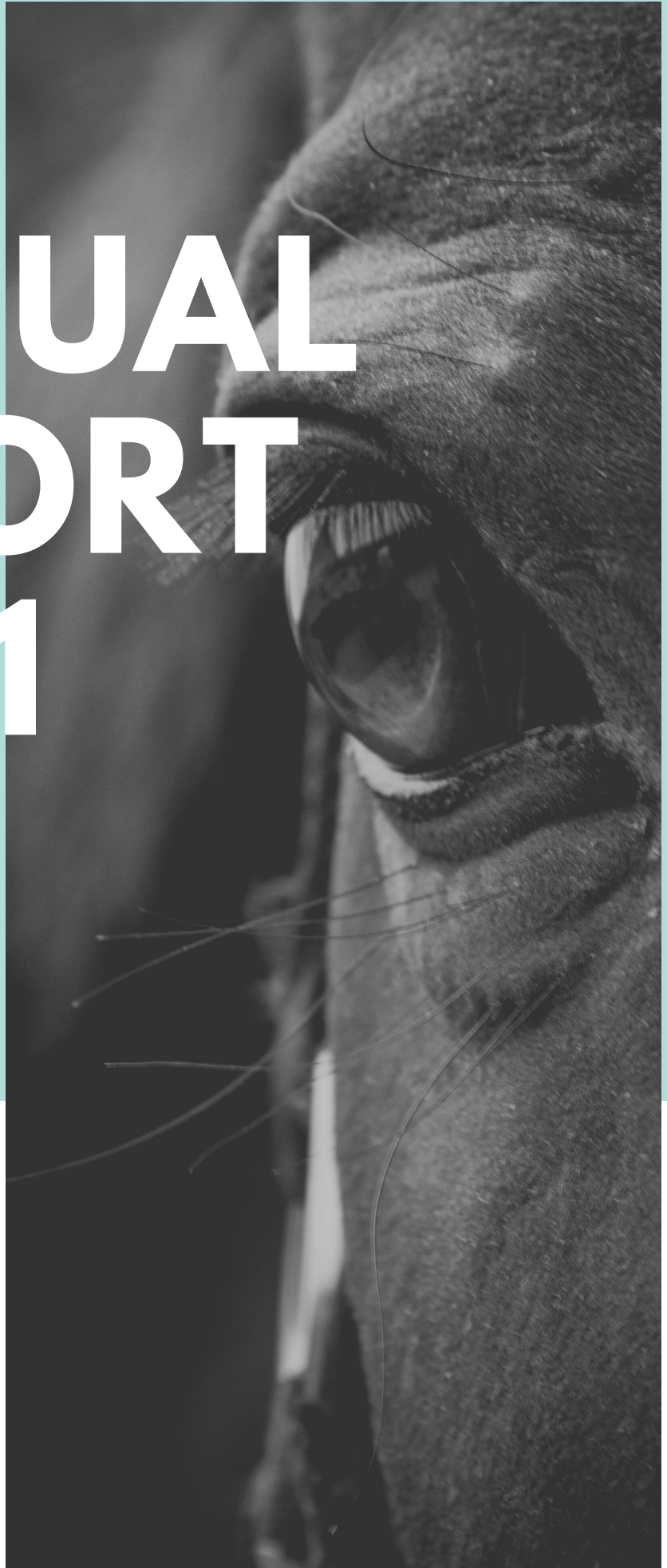




ANNUAL REPORT 2021



**Healing
Hoofbeats
of CT, Inc**



A WORD FROM OUR FOUNDER

Hello Friends & Community Members!

Oh what a year it has been! Although a lot has been going on globally that affects everyone on many levels, we have managed to make incredible strides as an organization! The pandemic has definitely shown us how important our mental health is and the importance of self-care. In an optimistic light, maybe the pandemic allowed people to understand that need, where maybe they would not have before. We have learned to be even more flexible and become creative in our interactions, services, as well as access to the animals and our services. In a time when many mental health organizations are continuing to function remotely or have had limitations put in place we have been fortunate enough to see clients in person and maintained a safe and healthy environment throughout the year because of our nature-based approach to healing. We have even been able to grow! We are so thankful that we could provide the space and services to help those in need along their healing journey and especially during these tough times.



renee bouffard

FOUNDER/EXECUTIVE DIRECTOR

If you had asked me at the inception of Healing Hoofbeats if we would be where we are today, only 5 short years later, I would probably have thought this would be in our 10 year plan! It's incredible that we have had the honor of serving as many individuals and communities as we have! When I began Healing Hoofbeats, many were unsure if the understanding for the work was there. At the time, equine and animal supported therapy was not well known in CT and there were hardly any programs available. Perfect timing, right? Well, despite the risk we chose to blaze a trail, and received an incredible amount of support for my dream – to give access to those in need of healing into the therapeutic environment of being on a farm with horses and other farm animals – and here we are today, able to support so many people in their healing journey! Over the years those few supporters turned into many and have provided the means and inspiration needed to continue to help our community heal and be empowered. We have even been able to expand our programs and bring our animals into the community. Without your support we would not have been able to clear nearly 2 acres of land for our animals on the new farm, put up fencing, and buildings to shelter the herd. We would not have been able to create an indoor therapy space for clients to get out of the elements. We would not have been able to make the repairs to the property without you and your support! Thank you!!! I often think of our clients as champions in their healing journey as it is tough work to heal and grow. Well, YOU are our organization's champions – we could not continue to provide our services and expand without your continued support. Whether it be giving your time, community awareness or through monetary donations, each bit helps us continue to foster our mission and attain our goals. Stay tuned to see what we have planned for 2022!

The upcoming year will continue to bring its successes and challenges and it means so much that we can count on your continued support. Want to get more involved? We always welcome people to support our organization through board or fundraising committee involvement, volunteering at different events or for various projects on the farm. We know schedules can get busy, so if you are not able to help in these ways, please consider joining one of our ways to give – buy a bale, sponsor a healer, Operation Warrior Horse, or our financial aid fund to help those who cannot afford our services. Stay tuned into the herd happenings on our social media and newsletter to get the most up to date information.

renee bouffard

FOUNDER/EXECUTIVE DIRECTOR

HEALING IN ACTION

JANUARY 2021 - JANUARY 2022

THERAPY SESSIONS

2,340

90%
INDIVIDUAL
CLIENTS

THERAPY ANIMAL SESSIONS

676

SESSIONS WITH HORSES

364

SESSIONS WITH GOATS

312

SESSIONS WITH CATS

156

SESSIONS WITH DOG

104

SESSIONS WITH CHICKENS

TESTIMONIAL

Healing Hoofbeats has been a great resource for us. As an adoptive family, we have had some challenges to face. Healing Hoofbeats and Renee have worked with the kids over the years to strengthen relationship-building skills in a real, active and accessible way. The kids enjoy barn chores, too, and we've used those as a way for them to work on cooperation. Healing Hoofbeats is able to meet a person exactly where they are today and work toward where they want to go. ~ Parent

HEALING HOOFBEATS OF CT, INC

We are a 501(c)(3) nonprofit organization based in Bethlehem, CT. Our mental health professionals work with each individual we serve to help them begin the healing process and establish meaningful connections in their lives. To date, we have conducted over 6,204 therapy sessions.

MISSION

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

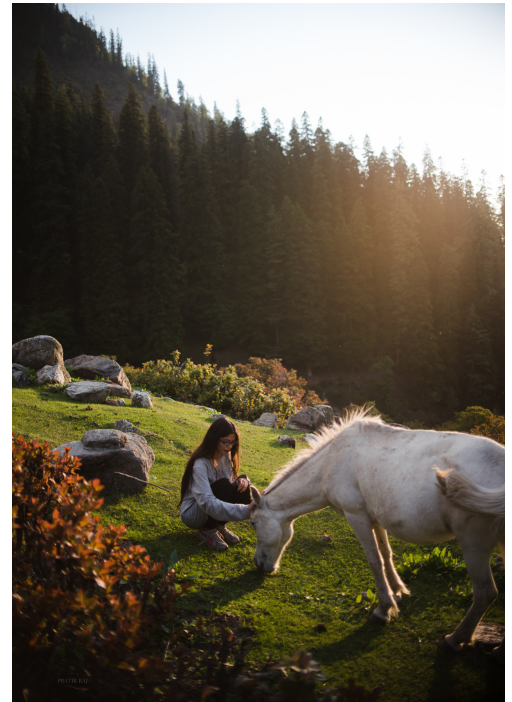
VISION

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 THERAPY

Equine Supported Psychotherapy (ESP) 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 relationships. It can be difficult to begin this process with another person as many times people have let us down in some way. Clients engage in this therapy through partnering with a horse or another farm animal of their choosing to learn how to build and maintain mutually beneficial relationships, facilitated by a licensed mental health professional.



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 cement into our thought processes and daily interactions outside the farm so that we can empower 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!

Since opening, we have conducted 6,204 therapy sessions serving 76 adults and 115 children.

We expect there to be a significant increase in family therapy needs due to the devastating impact of the COVID-19 global pandemic. As we prepare to respond to this, we are grateful for your continued support.

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 it overloading to visit a busy farm or zoo, 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 avoid the overwhelm 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 about how we can bring Sensory Friendly Farm to your facility!

REVENUE FY21

THERAPY INCOME	\$143,484
SMALL GRANTS	\$8,500
OWH DONATIONS	\$9,350
GENERAL DONATIONS	\$6,236
TOTAL REVENUE	\$167,570

EXPENSES FY21

MANAGEMENT & GENERAL	\$139,299.70
PROGRAMS & SERVICES	\$50,554.83
FUNDRAISING EXPENSES	\$2,425.08
TOTAL EXPENSES	\$192,279.61

ASSETS

TOTAL ASSETS	\$13,254
--------------	----------

DONOR SPOTLIGHT

PRESIDENTIAL SPONSORS



Fiduciam Financial
Ameriprise Private Wealth Advisory Practice



LCCH
Litchfield County Creating Hope Corp.

Donated scholarships for ten weeks of equine supported psychotherapy in Operation Warrior Horse for local Veterans in need of treatment to heal from the invisible wounds of war. Thank you, Sponsors!

SILVER STAR SPONSORS



Chipman Mazzucco Emerson LLC
ATTORNEYS AT LAW



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

PATRIOT SPONSORS



Donated scholarships for individual sessions 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!

All Tax Solutions	Hawthorne Products	
Bevivino, Sarah	Holden, Daniel & Lisa	
Boudreau Family	Kalinowski, Mark & Julie	
Bouffard, Nicole	Kristina Korin Fitness Training	
Bouffard, Roy & Cris	Laros, Jennifer L.	
Bouffard, Shirley	Layfield, Caitlin	
Broden, Sandra	Litchfield County Creating Hope	
Broden, Stacie	Litchfield Distillery	
Burzenski & Company, P.C.	Marino, Gail	Wasseluk, Amy
Canton Creamery	Marques, Lauren	Wooden, Chuck
Carlucci, Liz	Marrone, Christina	Yankee Crossfit
Clinton Ave School	Mission BBQ	Zia, Margaret & Bud
Connors, Cathy & Tim	Moote, Janet E.	
Curry, Maura	Murry, Dan & Laura	
Czajkowski, Lori	Nick's Kitchen	
Delage, Susan	NWR7 Highlanders	
Dogology	Oakendale Farm	
Dorney, Tom	Pardee, Marc	
Essig, Eric	Pines, Theresa	
Euro Auto	RS Wood Creations	
Fiduciam Financial	Salerno, Anthony	
Flaherty Jr., James J	Second Chance	
Framularo, Justine	Stewart, Margaret	
Freiheit, John	Thrive Sports & Fitness	
Frink, Martha	Tractor Supply	
Gilbertie, Stephanie	True North Homestead	
Hackett, Kristina	Warner, Margret	
Hartford Symphony Orchestra		



UPCOMING EVENTS

OWH PASTA DINNER

Family Friendly Fundraiser
March 26th, 2022

GIRL POWER GROUP

Free for Teens & Tweens
May & July 2022

RESILIENT RECESS GROUP

Free for Teens & Tweens
May & July 2022

HORSES HELPING HEALERS DEMO

Mental Health Professionals
May & July 2022



THANK YOU TO OUR AMAZING CLIENTS

PARENT TESTIMONIALS

I cannot say enough about Liz and all the animals at Healing Hoofbeats of CT. My daughter has been in traditional therapy on and off for the past several years. Nothing was really connecting for her so we wanted to try something non-traditional and found Healing Hoofbeats. She was able to create some special bonds with the animals and began opening up more in therapy. We have noticed more progress in my daughter during the time she was with Healing Hoofbeats than while she was engaged in talk therapy. I would highly recommend Liz and Healing Hoofbeats to anyone searching for mental health treatment.

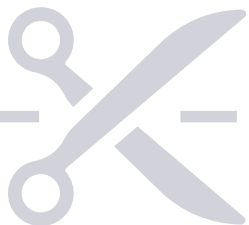
Awesome job with my son. He is beginning to relate what triggers his emotions.

OWH VETERAN TESTIMONIALS

Ten weeks is a very short time, but long enough to make a difference. The difference in my life is unmeasurable.

I can't express enough how much I appreciate this incredible opportunity. I'll always remember how helpful this was during a tough time in my life

These 10 weeks have been the most important times in my life. The healing has only begun but I owe it to y'all to help myself and then help others. I am forever grateful and appreciative of the help y'all provided to jump start my life. Thank you.



A DONATION FROM US TO YOU

DONATION VOUCHER

TO : HEALING HOOFBEATS OF CT, INC

FROM :

AMOUNT :

DATE:



WE ACKNOWLEDGE **YOUR** GENEROSITY OVER THE LAST FISCAL YEAR! YOU SUPPORTED HEALING AND MENTAL WELLNESS FOR COMMUNITY MEMBERS OF ALL AGES AND BACKGROUNDS. THANK YOU FOR CREATING POSITIVE CHANGE AND HELPING US HEAL THROUGH CONNECTION.

**SCAN TO
DONATE**



860-459-4115

HealingHoofbeatsOfCT.org

41 Judge Ln., Bethlehem, CT 06751