

REPORT 2020 July Cycle

GENERAL INFORMATION

Organization Information

Legal Name: Horses Helping the Handicapped, Inc. (dba Triple H Equitherapy)		Federal Tax ID#: 74-2746369	
Address: 791 Backhaus Road	City: Pipe Creek	State: Texas	Zip Code: 78063
Website: www.triple-h.org		Fax: (830) 388-2263	

Head Of Organization

Name: Ginger Eways	Title: Executive Director
E-Mail Address: ginger@triple-h.org	Phone: (830) 388-2263

Application Contact

Name: Ginger Eways	Title: Executive Director	E-Mail Address: ginger@triple-h.org	Phone: (830) 388-2263
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REPORT INFORMATION

Report Funding Cycle: 2020 July Cycle	Report Date: 06/02/2021 12:00 am
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1: Please include in your report the dollar amount of the funds that were awarded, the date they were funded and what the funds supported.

Awarded Amount: 25,000	Date: 07/22/2020
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2: Were the objectives cited in your original proposal met? Please address each started objective and how it was met.

Yes, the objective cited in the proposal was met. The objective was to enhance the health and quality of life for underserved children ages 6 -17 who have serious behavioral and/or mental health issues due to traumatic life experiences. Equine-Assisted Activities and Therapy was used to improve their behavioral health outcomes. The key approach was relationship based and promoted how to build and maintain healthy relationships through a combination of counseling and living out the principles addressed in counseling by working with therapy horses. This strategy proved effective, even in cases that have been intractable with standard therapy. The therapeutic team included a licensed mental health professional, certified instructors, trained volunteer mentors, and special therapy horses. The horses were the catalyst for change. Equine-assisted therapy worked because children developed a strong relationship with their therapy horses, who along with other team members, offered unconditional acceptance and affirmation along with essential life competency skills. During each lesson topics were presented, discussed, and processed to help children develop skills such as overcoming fear, establishing and maintaining healthy boundaries, effective communication, and how to have the confidence to be respectful of others and require that they reciprocate. Often, for the first time in their young lives, children experienced a sense of self-worth and the ability to trust and be trusted. They learned to relate to themselves and the world around them in healthy ways.

3: Please explain any changes from the original proposal and the circumstances that lead to the modification of the objective.

While our objective was not modified, we did experience a drop in overall enrollment during this grant period due to COVID-19 pandemic restrictions. We had projected that the Total Project Initiative would impact 75 children (unduplicated clients) and that the NFF Requested Funds would impact 38 children (unduplicated clients). However, the Total Project Initiative served 53. The good news is that we did impact the projected number of unduplicated clients served by NFF funds, which was 38 children who reside in the San Antonio/Bexar County area.

4: What needs were addressed?

Troubled young people need community-based supportive services to mitigate the effects of trauma resulting in mental health and behavioral disorders. Caustic life experiences--such as poverty, neglect, and abuse--resulted in significant emotional and behavioral disturbances including anxiety and depression. These traumatized youngsters had pursued unhealthy conduct and criminal activity resulting in criminal justice system involvement, state custody, and often placement in residential treatment facilities. Equine-assisted therapy gave them an opportunity--often their last chance before incarceration--to make a break-through and change the trajectory of their lives. They began to heal, moving from unhealthy, self-destructive behaviors to positive, life-affirming behaviors.

As an adjunct to primary medical treatment, equine-facilitated psychotherapy addressed their mental and behavioral problems in a non-traditional way. They learned how to use life skills to develop and maintain healthy relationships. Their relationships with their therapy horses were the catalyst for change, promoting self-esteem, emotional health, social growth, character development, and psychological well-being. As these young people gained self-confidence and self-esteem, they were able to go beyond their circumstances and make progress towards becoming healthy individuals and productive citizens. Equine therapy set them on a new path that could ultimately lead to success at school, at work, and in the community. They grew stronger in mind, body, and spirit.

5: What method of evaluation did you use to monitor and measure the project's outcome and what are the result?

The program's evaluation plan focused on core areas of behavior. Measurable objectives were set for each child at the beginning of each session. These objectives were monitored, and progress was documented after each lesson. The therapist tracked improvement in these five core areas of behavior: 1.

DEVELOPMENTAL MILESTONES [planning, decision making, following directions, teamwork]. 2.

EMOTIONAL GROWTH [dealing with anxiety, recognizing boundaries, coping with frustration]. 3.

SOCIAL GROWTH [demonstrating self-confidence and a sense of responsibility]. 4. LEARNING

MILESTONES [listening, task completion, sequential processing, multi-tasking]. 5. LOCUS OF

CONTROL [compliance with rules, accepting authority, demonstrating dependability and self-control].

Assisted by certified instructors' ongoing case notes, the mental health professional calculated the percentage of improvement during the session in each of these five core areas of behavior. This measured improvement demonstrated the significant change that occurred in the young people's lives as they learned how to develop healthy relationships with themselves, others, and the world around them. These 38 clients received 912 hours of equine-assisted psychotherapy service hours. Of these, 89% achieved their individual objectives.

6: Do you plan to continue this project, and if so, how do you plan to sustain it?

Triple H Equitherapy Center will continue this project--it is dedicated to the growth and ongoing success of its horse-facilitated psychotherapy program. From Fear to Responsibility is the only program of its kind in Triple H's service area, and it has proven to be one of the best modalities to address trauma issues for some of the most difficult kids in Texas. Many children with severe mental health issues are resistant to traditional forms of therapy. To this end, Triple H is always seeking additional grant support as well as working to increase support from individual donors. Despite the many challenges faced during 2020 due to COVID, the Triple H board of directors brought in some new donors. For example, the Alamo Area Corvette Club sponsored a classic car show at the Triple H ranch that was successful. The board plans to enhance board recruitment to increase the size of the board with individuals who can increase it's fundraising capacity. In terms of long term sustainability, the pilot project to generate funding from workshops based on herd dynamics and the principles of equine-assisted psychotherapy was stymied during 2020 by the COVID-19 pandemic. It has been placed on hold. It will be revisited when the resource development plan is updated at the end of this year. The increasing number of requests from facilities wanting their youth at-risk to participate in From Fear to Responsibility requires that all staff resources be devoted to client services for the remainder of this year.

7: Please provide any other comments of information relevant to this grant.

The life skills learned in equine-assisted psychotherapy improve quality of life and relationships. It equips young people with the skills to overcome difficult challenges. This is certainly the case with Olivia. Fearful, guarded, and withdrawn, Olivia had no self-esteem when she started therapy at Triple H and wanted nothing to do with a horse. Gradually, with the encouragement of our counselor and the unconditional love of her therapy horse, Rusty, she began to communicate. At first with her horse, then the staff, and eventually her peers. Towards the end of the session, she even took on a leadership role organizing tasks for her class. Staff at the treatment facility where she resides reported that she began participating in activities and interacting with her peers at the facility as well. This note that Olivia wrote to the staff at the end of her session says it all:

"I just wanted to say thank you for the great 8 weeks we've spent together, and I wanted you to know I have learned a lot & grew to realize I'm worth something & I'm someone. Thanks, Olivia"

Thanks to the generous support of The Najim Charitable Foundation, success stories like Olivia's are possible.

8: Please provide an updated detailed projected budget with expenses for the received grant. Also include the totals for the budgeted and actual amount. Explain any discrepancies between the budgeted and the actual expenses for the project.

Line Item Description	Total Project Funds Allocation	Najim Requested Funds	Project Funds Actual	Najim Funds Allocation
Scholarships	\$60,000	\$30,400	\$42600	\$25000
Employees Salaries & Fringe	\$121,140	\$0	\$86010	\$0
Contract Labor for Licensed Psychotherapist	\$20,100	\$0	\$19000	\$0
Contract Labor for Farrier Services (horse shoeing)	\$10,800	\$0	\$7500	\$0
Program & Office Supplies	\$3,600	\$0	\$2160	\$0
Occupancy Expenses (rent, utilities, pest control)	\$21,390	\$0	\$15187	\$0

Communications	\$3,000	\$0	\$1500	\$0
Repairs & Maintenance	\$3,600	\$0	\$2520	\$0
Training, Professional Development & Certifications	\$3,000	\$0	\$1500	\$0
Horse Care (food, supplements, veterinary care)	\$30,120	\$0	\$21084	\$0
Volunteer Expenses (recruitment, training, management)	\$2,400	\$0	\$1000	\$0
Insurance & Security	\$6,120	\$0	\$4000	\$0
Indirect Expenses	\$16,900	\$0	\$11830	\$0
TOTAL:	\$302,170	\$30,400	\$215,891	\$25,000
Signature				
Ginger Eways, Executive Director				