

# FUNDING APPLICATION

## GENERAL INFORMATION

### Organization Information

<b>Legal Name:</b> Horses Helping the Handicapped, Inc. (dba Triple H Equitherapy)		<b>Federal Tax ID#:</b> 74-2746369		<b>501(c)(3) Public Charity</b> 509 (a)(1)	
<b>Address:</b> 791 Backhaus Road		<b>City:</b> Pipe Creek		<b>State:</b> Texas	
				<b>Zip Code:</b> 78063	
<b>Website:</b> www.triple-h.org		<b>Fax:</b> (830) 388-2263		<b>United Way Funded:</b> No	

**Fiscal Year:**  
January 01 to December 31

### Head Of Organization

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

### Application Contact

<b>Name:</b> Ginger Eways	<b>Title:</b> Executive Director	<b>E-Mail Address:</b> ginger@triple-h.org	<b>Phone:</b> (830) 388-2263
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### Previous Najim Funding

Year	Funding \$
2015	\$12,748
2016	\$18,105
2017	\$23,400
2018	\$23,400
2019	\$25,000
<b>Total</b>	<b>\$102,653</b>

**Has the organization applied to the Najim Family Foundation in the past and been declined?**  
Yes  
2013 & 2014

<b>Grant Amount Requested \$:</b> \$30,400	<b>Total Project Budget \$:</b> \$302,170	<b>Organization's Annual budget \$:</b> \$501,000
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**Mission Statement:**  
To improve health and quality of life for individuals with special needs through internationally accredited equine-assisted activities and therapy

## PROJECT INFORMATION

**Program / Project Title:**

To support scholarships for the Horse-Assisted Psychotherapy, "From Fear to Responsibility" Program for underserved children ages 6-17.

## **PROJECT TIMELINE**

<b>Start Date</b>	<b>End Date</b>
07/01/2020	06/30/2021

### **Harvey E. Najim Family Foundation Priorities:**

Disabilities/Special Needs

### **Program / Project Description:**

FROM FEAR TO RESPONSIBILITY is a horse-assisted psychotherapy program for underserved children ages 6 to 17 who have significant mental and behavioral health disturbances. As an adjunct to primary health care, it counteracts corrosive life experiences that have triggered emotional and social problems that could or already have resulted in judicial intervention and/or residential treatment.

**WHY EQUITHERAPY WORKS:** Equitherapy uses the unique qualities of the horse to meet the special needs of individuals with mental and behavioral disorders. Horse-assisted psychotherapy offers many distinctive experiences that traditional "talk" therapy does not. There is no clinical setting. The psychotherapist can give feedback to clients in real time. Clients interact with their horses in the barn, the outdoor arena, and on scenic riding trails. This time in nature restores a sense of psychological wellness and vitality. Many benefits of equitherapy are due to the nature of these magnificent animals. As equine therapists, horses are non-judgmental, have no preconceived expectations or motives, and are highly effective at mirroring attitudes and behaviors of the humans with whom they are working. Interacting with horses in a beautiful natural setting engages the mind, body, senses, and emotions at the same time. These holistic benefits promote healing, health, and wholeness.

Consequently, program participants become stronger in mind, body, and spirit because a powerful bond develops between the human and the horse. The young person's relationship with a therapy horse is the catalyst that motivates them to achieve positive outcomes. Their horse empowers them to overcome fears, embrace new possibilities, focus on their abilities rather than disabilities, and expand their horizons. During each eight-week session, participants move from positions of limitation and dependence to strength and independence.

**GOAL:** The goal of the program is to improve the health and quality of life for children and youth with mental health issues by improving their behavioral health outcomes. The program promotes self-esteem, emotional health, social growth, character development, and psychological well-being. As the young people gain self-confidence and self-esteem, they are able to go beyond their circumstances and make progress towards becoming healthy individuals and ultimately productive citizens.

**ISSUE:** According to the National Alliance on Mental Illness, one in five children ages 13-18 have or will have a serious mental illness, and suicide is the third leading cause of death among this age group. Traumatic experiences such as poverty, neglect, and abuse all too often result in significant emotional and behavioral disturbances that increase the risk of young people pursuing unhealthy conduct and criminal activity. For many of the at-risk youth participating in this program, Triple H offers their last chance to make a breakthrough and change from self-destructive to self-affirming behaviors.

**NEEDS THE PROJECT WILL ADDRESS:** According to the Bexar County Juvenile Justice Department, troubled children and youth need community-based supportive services to help mitigate the factors of traumatic experiences and mental health disorders. From Fear to Responsibility addresses this need for community-based services. The program's effectiveness is summarized by the Clinical Director of the Hector Garza Residential Treatment Center in San Antonio, Dr. Zvonka Vukmirovic, who states: "Working with some of the most difficult kids in Texas, we have looked for different treatment modalities to address trauma issues, in particular with residents who are not well suited for traditional talk therapy. In equine therapy, we have found such a modality and discovered that it works well with young people who are resistant to other forms of therapy. Equitherapy at Triple H assists these children with a broad range of issues including learning about themselves, their relationships and emotions, fostering trust and respect...working through conflict, self-confidence, honesty, and the ability to surrender and be present in the moment. I feel strongly that the life skills learned in equine-assisted psychotherapy improve their quality of life and relationships and provide these young people with the skills to overcome the most difficult challenges."

**INDIVIDUALS IMPACTED:** From Fear to Responsibility serves disadvantaged children and youth ages 6 to 17 from Bandera, Bexar, Comal, Kendall, Kerr, and Medina Counties. Last year, 54% of the young people participating in the program resided in San Antonio/Bexar County. They have various mental health diagnoses such as mood disorders, oppositional defiant disorder, depression, and bipolar disorder. Their traumatic life experiences have triggered emotional and behavioral conditions that could or already have resulted in judicial intervention and residential placement. Clients are referred to Triple H's program by private mental health practitioners, the Bexar County Juvenile Justice Department, the Bandera County Probation Department, and residential treatment centers for at-risk youth such as the Hector Garza Center in San Antonio.

**EXPECTED RESULTS:** The therapeutic team includes a licensed psychotherapist, certified riding instructors, trained mentors, and therapy horses. Young people develop strong relationships with their horses, who along with other members of the team, offer unconditional acceptance and affirmation. Often for the first time in their young lives, clients experience a sense of self-worth and the ability to trust and be trusted. They learn to relate to themselves and the world around them in healthy ways. The key strategy is to reach them through a combination of counseling and living out the principles addressed in counseling through working with the horses. This strategy has proven effective in cases that have been intractable with standard therapy.

**Evaluation Plan:**

The program's evaluation plan focuses on core areas of behavior. Measurable objectives are set for each client at the beginning of each session. These objectives are monitored, and progress is documented after each lesson. The therapist tracks improvement in these five core areas of behavior: 1. DEVELOPMENTAL MILESTONES [planning, decision making, following directions, team work]. 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]. The therapist calculates the percentage of improvement during the session in each of these five core areas of behavior. This measured improvement demonstrates the significant change that occurs in the young people's lives as they learn how to develop healthy relationships with themselves, others, and the world around them.

**Plans to sustain project beyond the term of this request:**

Triple H is making a determined effort to develop a strong, diversified, and engaged Board of Directors to build the resources necessary to ensure a sustainable future. During 2019 and the first part of 2020 progress was made and efforts continue to develop the board support necessary to greatly enhance fundraising. As the board in partnership with executive staff becomes even more successful, proceeds from individual donor contributions are increasing. However, the COVID-19 crisis has turned the world on its head as well Triple H's 2020 fundraising plan. Triple H has re-designed its signature fundraising event, the Magic of Horses Gala, to be an outdoors friends and family celebration at the ranch. The board is implementing new fundraising ideas that include a campaign for monthly donors, horse sponsorship, and enhanced fundraising on social media.

**Children Impacted:**

<b>How many unduplicated children will the TOTAL PROJECT INITIATIVE impact?</b>	<b>How many unduplicated children will NFF REQUESTED FUNDS impact?</b>
75	38

**Please provide the percentage of each group below that will be served by the project in which funds are being requested. Do not leave any area blank. If that specific group will not be served, include zero. The percentage should total 100%.**

<b>A. Population Served Age</b>		<b>B. Population Served Ethnicity</b>	
Infants (0-5)	0%	African American	13%
Children (6-13)	25%	Asian American	0%
Young Adults (14-18)	75%	Caucasian	45%
<b>TOTAL:</b>	<b>100%</b>	Hispanic/Latino	42%
		Native American	0%
		Other and Define	0%
		<b>TOTAL:</b>	<b>100%</b>

**City Council District for Which Children are Being Served:**

District9

**Line item Budget:**

<b>Line Item Description</b>	<b>Total Project Funds Allocation</b>	<b>Najim Funds Allocation</b>
Scholarships	\$60,000	\$30,400
Employees Salaries & Fringe	\$121,140	\$0
Contract Labor for Licensed Psychotherapist	\$20,100	\$0
Contract Labor for Farrier Services (horse shoeing)	\$10,800	\$0
Program & Office Supplies	\$3,600	\$0
Occupancy Expenses (rent, utilities, pest control)	\$21,390	\$0
Communications	\$3,000	\$0
Repairs & Maintenance	\$3,600	\$0
Training, Professional Development & Certifications	\$3,000	\$0
Horse Care (food, supplements, veterinary care)	\$30,120	\$0

Volunteer Expenses (recruitment, training, management)	\$2,400	\$0
Insurance & Security	\$6,120	\$0
Indirect Expenses	\$16,900	\$0
<b>TOTAL:</b>	<b>\$302,170</b>	<b>\$30,400</b>

### **OTHER FUNDING RESOURCES**

**For Project being Requested: Funding sources and amounts, pending and committed.**

#### **PROJECT - PENDING**

<b>Funder Name</b>	<b>Amount Requested</b>
Carl Anderson Foundation	\$10,000
Gordon Hartman Foundation	\$5,000
Bandera Electric Foundation	\$4,000
Mays Family Foundation	\$3,000
GTVF Foundation	\$10,000
HEB Community Investment	\$2,500
Judy Calder Foundation	\$15,000
Greehey Foundation	\$15,000
Meadows Foundation	\$50,000
Stevens	\$10,000
<b>TOTAL:</b>	<b>\$124,500</b>

#### **PROJECT - COMMITTED**

<b>Funder Name</b>	<b>Amount Requested</b>
Methodist Healthcare Ministries	\$99,750
<b>TOTAL:</b>	<b>\$99,750</b>

**Other funding sources and amounts, pending and committed not specific to this request.**

#### **ALL OTHER ORGANIZATION REQUESTS - PENDING**

<b>Funder Name</b>	<b>Amount Requested</b>
Rebecca's Foundation	\$5,000
San Antonio Area Foundation	\$25,000
Peterson Foundation	\$20,000
Amy Shelton McNutt Charitable Trust	\$5,000
Texas Veterans Commission	\$75,000
PATH Int'l Veterans Program	\$5,000
Charitable Foundation Frost	\$10,000
Ed Rachal Foundation	\$10,000
<b>TOTAL:</b>	<b>\$155,000</b>

#### **ALL OTHER ORGANIZATION REQUESTS - COMMITTED**

<b>Funder Name</b>	<b>Amount Requested</b>
Methodist Healthcare Ministries	\$99,750

<b>TOTAL:</b>	<b>\$99,750</b>
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**BOARD OF DIRECTORS**

**What percentage of your board contributes financially to the organization?**  
 100%

**If Board giving is not at 100%, please explain why?**  
 n/a

**How are board members expected to participate in your organization?**  
 In addition to governance responsibilities, each board member is asked to participate in fundraising activities and to make a personal financial contribution including board dues of \$100 annually. Board members help develop and strengthen Triple H's donor base by identifying prospects and "opening doors" to prospective donors. They also participate in donor cultivation and stewardship activities. As requested, board members make outreach presentations to service clubs and businesses, and they engage in public relations activities such as attending events sponsored by area chambers of commerce and other organizations with which Triple H partners. Four board members serves as a program volunteers, handling horses during therapy classes. Two others participate in barn and ranch facilities maintenance workdays. One board member helps the executive director with administrative tasks each week. Also, as assigned board members serve as members of Triple H committees such as the nominating and strategic planning committee.

**LIST OF BOARD DIRECTORS**

<b>Name &amp; Office Held</b>	<b>Corporate Affiliation</b>
Tracy B. Range, President	Rennert Travel
Alan Johnson, Treasurer	Peace of Mind Dining
Sharon Treece, Secretary	Wells Fargo Bank
Billy M. Evans, Jr.	Alvarez and Marsal, Cybersecurity
Elaine Palance	Elaine Palance Designs & Jack Palance Art
Brett Anderson	AT&T
Jay Pennington, Vice President	Pennington Technical Arts
Sarah Pennington	USAA, retired
Gene Skillrud	Retired, General Partner, Skillrud Family Limited Partnership
Diane Skillrud	Retired, Administrative Secretary, Ultramar Diamond Shamrock, Port Authority of San Antonio
Elizabeth McRae, M.D.	Owner/Medical Director McRae MD Medical Laser Spa
Janet Casey	Retired, Casey Management, dba Americair of San Antonio, VP and Medical Billing Specialist; Seniors 2000 Adult Day Care
Jennifer Uecker, CPA	USAA Real Estate Compay
Logan Sammons	Wealth Management Analyst, Morgan Stanley
Spencer D. Feasel	Radiant Roofing

**Signature**  
 Ginger Eways