



TulalipCares.org

Tulalip Charitable Contributions Funds Distribution Report

NAME OF AGENCY: Animals as Natural Therapy

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GENERAL GOALS: We seek to strengthen our community by developing healthy, resilient individuals through animal-assisted education and personal growth, with special attention to at risk youth.

SPECIFIC USE FOR THIS AWARD:

To assist low income at-risk young people with scholarship moneys to participate in ANT's Safety Net program, targeting youth for which other interventions have not been effective.

For more information, please see the attached report from Animals as Natural Therapy.



Animals as Natural Therapy's Report for the Tulalip Charitable Foundation

Grant gifted in April 2015 (grant request submitted December 2014)

Animals as Natural Therapy (ANT) generously received ██████ in April 2015 from the Tulalip Charitable Fund to assist low income at-risk young people with scholarship moneys to participate in ANT's Safety Net program, targeting youth for which other interventions have not been effective.

Animals as Natural Therapy succeeded in the four areas it had proposed in the grant application:

- Provide eight new scholarship applicants with 10 week after-school sessions designed for his or her specific goals/needs.
- Develop new partnerships to identify low income at-risk youth. In May 2015 ANT staff offered at no charge an equine experiential training for nine Bellingham School District counseling staff, demonstrating the equine experiential learning tools used at ANT. This way the school district staff could more easily identify youth for whom ANT's services could be most impactful, were low income and were most in need of ANT's specialized services.
- ANT's Program assistant, Shannon McCune Dickerson, also started attending community meetings with the juvenile justice system support team in 2015.
- ANT's intake form was revised to better assess individual needs of youth.

ANT's key staff included Sonja Wingard (Director), Lorna Shepardson (Mental Health Counselor), and Jack Aguirre (Licensed Therapist), three certified equine facilitated learning instructors (certified with PATH international: Professional Association of Therapeutic Horsemanship and EAGALA: Equine Assisted Growth and Learning Association), and 51 well-trained mentors.

Eight youth received full scholarships thanks to the Tulalip Trust's generous gift of \$4,000. \$10,000 had been requested so the goal was originally to serve twenty youth with full scholarships.

ANT's Safety Net programs served 127 individual youth (some of these attended for more than one season) in our **Day camps & After School Programs**. ANT's entire Safety Net program served over 400 high-risk young people ages 3 to 18.

Low income participants: Eighty eight percent of ANT's program attendees qualify for financial assistance based on the 2015 Federal poverty guidelines.

What ongoing collaborations exist? ANT's collaboration with educators, counselors, case workers and parents identify those youth for whom other interventions have not been effective and or available. Those who have come to rely on ANT's services to help their most troubled

youth are: Secret Harbor Foster Services, DSHS, Catholic Community Services, Compass Health, SeaMar clinic, Brigid Collins Family Support Center as well as private therapists, physicians, counselors from five school districts, as well as Lummi Tribal Schools.

Animals as Natural Therapy’s Evaluation process tracking outcomes.

Winter 2015 Phone survey results

- About 60% of participants’ parents reported improvement in all categories.
- About 75% saw improvement in communication.
- Around 80% reported improvement at school and with their peers.

Improvement seen in these areas of a participant’s life	Reported Yes	% of Total
School	29	78.38
Friendships	30	81.08
Family relationships	32	86.49
Respect	23	62.16
Leadership	22	59.46
Self Confidence	27	72.97
Trust	24	64.86
Ability to set/honor boundaries	22	59.46
Clear Communication	28	75.67
Gratitude	22	59.46
Self-control/Self-management	24	64.86

37 parents / caregivers of 2015 Safety Net participants responded to the phone survey conducted over a month by WWU intern Annie Borg.

Animals as Natural Therapy greatly appreciates the Tulalip Charitable Trust for your support of providing a “Safety Net” to help catch our young people.