



Funds Distribution Report

Recipient Organization:
HeartStrides Therapeutic Horsemanship

Address:
3500 85th Ln SW
Olympia, WA 98512

Contact:
(360) 701-6001
<https://heartstridestherapeutichorsemanship.com>

Organization's General Goals:
We aim to partner humans with horses for transformative experiences that strengthen, develop, and improve lives. HeartStrides works closely with various organizations in the community in an effort to expand the reach of our programs and offer support to as many youth, families, and veterans as we can.

Date of Award:	Level:
2021 Q2	\$500 to \$2,501

For more information, please read the attached report from HeartStrides Therapeutic Horsemanship.

8802 27th Ave NE
Tulalip, WA 98271
TulalipCares.org



Report Code: Q2 2021 14.2

Total # of Recipients Impacted by Organization in 2021: 230 (down from pre-COVID #'s)

Total # of Recipients Impacted by Program: 26

Website: www.heartstridestherapeutichorsemanship.com

December 13, 2021

To the Tulalip Tribes Charitable Contributions,

HeartStrides Therapeutic Horsemanship and participants of our Warrior Horsemanship: The Next Mission program express our deepest gratitude and appreciation for the grant we received through Tulalip Tribes Charitable Contributions. With the support of grant funding, including the \$██████ grant awarded to us from Tulalip Tribes Charitable Contributions, we hosted three cohorts of The Next Mission in 2021 and served 26 veterans and soldiers. Grant funding from Tulalip Tribes Charitable Contributions was used to help us cover a portion of costs for three cohorts of this program which included food, lesson materials, horse care costs, facility lease and staff costs. Thanks to grant funding from organizations like yours, we are able to keep these valuable programs free of cost for our participants.

Highlights of the participants' accomplishments included: anecdotal decrease of substance use, decrease in suicidal ideation, a significant decrease in PTSD checklist scores including scores that indicated a clinically significant change in some of our participants, participants reporting better sleep, more positive relationships with others, less arguments/confrontations within their unit and their families, better boundaries with others, and a more positive outlook on life.

We covered twelve core values with each of the cohorts that included: honesty, hope, trust, courage, self-reflection, willingness, humility, forgiveness, accountability, perseverance, greater good and gratitude. With each of these core values, we incorporated hands-on learning with the horses and group discussions. Participants learned how to approach horses in the field, catch and halter them, brush their horses and look for signs of relaxation in their horses and themselves, learned about boundaries and how to effectively communicate them with their horse, worked through an obstacle course with their horse, learned about the brain science behind regulating their limbic systems, learned about the message behind our emotions, went for a relaxing trail ride, and finished the sessions off with a graduation ceremony. Each of the participants spent time learning and connecting with themselves, the horses, and their peers. We have attached comments some of the participants wrote on their weekly reflection exercises for you to read about your direct impact. We have also included some photos from the three cohorts.

With gratitude,
The HeartStrides Team

Comments from the participants:

- "Bonding with a horse and using the horses to learn these values and skills was powerful."
- "It is a program that is good for healing your soul."
- "Working with the horses makes you take a look inward."
- "Great for helping me cope with anxiety."
- "The horses are amazing."
- "It is calming and centering."
- "It is a great way to really own your feelings. It was an amazing opportunity for the horse to teach lessons and how to realize all the emotions I kept down."
- "It helps me understand myself and how I am feeling at any given time."
- "This program helps show people what they are really feeling."
- "It teaches you to "center" yourself first and work with the horses, they call you out on your actions."
- "I loved how I got to work with a horse as great as Daisy and the routine of grooming her helped me get settled."
- "It's one program that is helping change my life, what I want to become. The best part was bonding with one of the horses to be vulnerable by choice."
- "I at first didn't want to do this but once I got to interact with (my horse) Blitz my opinion changed. It gave me a whole new perspective on life."
- "I learned to be honest with my emotions and how to be honest with myself."
- "I have hope for recovery now. I haven't felt this calm in so long and I know a calm mindset could assess situations better. My goal is to use my calm mindset in everyday activities."
- "I can apply this with my spouse and stop letting anger control our conversations."
- "It helped me want to live in the moment and not worry about the things I don't have control over."
- "I learned not to dissociate from my feelings or bottle them up, instead I need to actually feel them and see what messages they are giving to me."
- "I realized that taking accountability for my actions is more mature than making excuses."

We had a participant who attended the second cohort and then came back to help with the third cohort. He had told us some of his story before, but delved deeper in the third cohort when he had the opportunity to come back and help some of his fellow soldiers. He had been deployed overseas and when he came home from deployment, he told us he had started to drink heavily and was contemplating suicide. He said the only thing that had kept him alive during this dark time of his life was coming to the ranch and being with the horses. During one of the lessons during the third cohort, him and another soldier were discussing loss and grief. He had shared that when he lost his best friend overseas, he avoided his grief with rage, numbness, and dissociation. He told us everything had turned to plastic and he wasn't capable of feeling emotions anymore. He had expressed gratitude for the horses for getting him in a space to access his emotions again and for the ability to work on coping skills while staying in a state of calm. This soldier's transformation is a huge testament to the power of the horses and what can be accomplished in such a short period of time.







