



**CHARITABLE
CONTRIBUTIONS**

8802 27th Ave NE
Tulalip, WA 98271

TulalipCares.org

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.

Date of Award:

2022 Q2

Level:

\$500 to \$2,501

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

Disclaimer: This report may be a summary of content provided by the recipient, not always complete quoted material.



Report Code: Q2 2022 14.2

Total # of Recipients Impacted by Organization in 2022: 300

Total # of Recipients Impacted by Program: 23

Website: www.heartstridestherapeutichorsemanship.com

November 22, 2022

To the Tulalip Tribes Council,

HeartStrides Therapeutic Horsemanship and participants of our program, The Next Mission, express our deepest gratitude and appreciation for the grant we received through the Tulalip Tribes Charitable Contributions. The [REDACTED] in grant funding awarded to us by you was used to fund a portion of one cohort of our Next Mission program this year. In total we hosted three cohorts of The Next Mission and served 23 veterans and soldiers so far this year, and plan on completing one more cohort of 6-8 veterans later this fall/winter. Grant funding was used to help us cover costs for the cohorts including food, lesson materials, horse care costs, facility lease and staff costs. Thanks to grant funding from organizations like yours, we can keep these valuable programs free of cost for our participants.

Highlights of the participants' accomplishments included: anecdotal decrease of substance use (including one veteran who told us after the second class he checked himself into treatment!), decrease in PTSD checklist scores, more open communication with their unit members and significant others, their ability to set firm boundaries to keep themselves safe, positive outlook on life, owning their mistakes and being accountable, learning to trust others again, courage to participate, healthier relationships, deeper friendships, less confrontation and arguments with others.

We covered twelve core values with each of the cohorts including: 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, catch and halter them, brush them and look for signs of relaxation in their horses and themselves, learned about boundaries and how to effectively communicate, worked through an obstacle course with their horse, learned about the brain science behind regulating their limbic systems, learned what our emotions tell us, went for a trail ride, and finished off with a graduation ceremony. Each of the participants spent time learning and connecting with themselves, the horses, and their peers. We have attached some comments participants wrote on their weekly reflection exercises for you to read about your direct impact. We have also included some photos from the cohorts you helped support this year.

With gratitude,
The HeartStrides Team

Comments from the participants:

- "I know when I am stressed out I can take a step back and remember to breathe now."
- "I learned that being honest with myself is the key to a better outcome. I learned to stop running from my problems and face them head on instead."
- "The horses helped me take ownership of my mistakes and that has helped my relationship a lot. I am focusing on what I can change within myself instead of what others are doing wrong."
- "I had to learn to be honest about my emotions. I think going forward I will learn to cope better and start controlling my responses better instead of blowing up at those around me."
- "Boundaries. Oh my goodness I didn't know I didn't have any. I didn't know how to set them and make sure they were respected, but I guess we all have to start from somewhere, huh? I didn't know what it felt like, but I do now. I think my relationships will be stronger now."
- "Working with Remy I learned to be more open and truthful about my situation and it has helped open up a pathway to recovery. I can reflect on my actions and allow myself to heal."
- "Emotions are required for relationships to happen. I can allow myself to be honest about them now and recognize how I am feeling."
- "This brought a lot of joy to my life."
- "My greatest takeaway is being willing to see myself in the mirror and recognize and allow myself to be who I am, to be open, to be curious."
- "I learned how to find the "at least..." sentences in my life every day. Like there is still positives in my life even if I experienced trauma and setbacks. I am thankful for what life has taught me so far and have the courage to face some of my issues head on now."
- "I was really scared of the horses, but I showed up and tried anyway. I really like Blitz. He helped me a lot. I learned to open up a bit and give this a chance to just go for it and try to connect better with the horses and others in the group."





