



Funds Distribution Report

Recipient Organization:
Heartbeat Serving Wounded Warriors

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Organization's General Goals:
Heartbeat Serving Wounded Warriors® provides some emergency assistance, therapeutic services, support groups, and morale-building programs for wounded service members and their families in Washington state.

Date of Award:	Level:
2020 Q4	\$2,501 to \$5,000

For more information, please read the attached report from Heartbeat Serving Wounded Warriors.

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Tulalip, WA 98271

TulalipCares.org

HEARTBEAT SERVING WOUNDED WARRIORS



www.heartbeatforwarriors.org

Final Grant Report for the year 2021

Q4 2020 14.2

TULALIP CARES



Heartbeat Serving Wounded Warriors is so honored to have worked with Tulalip Cares. You have been so instrumental in making Heartbeat a success by giving so selflessly of your resources. We are so very grateful. This past December 2020, Tulalip Cares gave a [REDACTED] donation to Heartbeat.

As the following pages will show, the generous grant that you have given to Heartbeat has significantly helped fund our two therapy programs: Back in the Saddle Warriors and Scuba Warriors. Our Equine Therapeutic Riding Program, BITS, is growing considerably. Right now we have 5 warriors, 2 children, 2 spouses and 1 couple. We recently received the following email from a social worker:

“Just reaching out to see about numbers for referrals I can send you. Do we have a number of slots available each year or is there a cap on referrals? I love this program and wanted to be realistic in how many soldiers I should be referring. I’m trying to stick with the highest need PTSD people and I’ve got several more combat soldiers who would benefit but I also didn’t know if we were looking at something like 5 referrals a year or what the capacity was.”

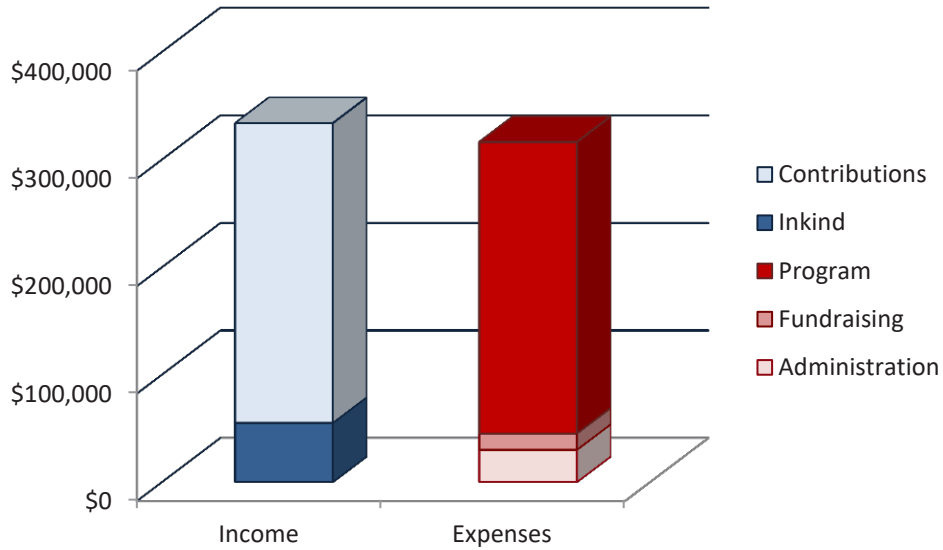
Our response to the social worker was that we do not have a limit, but we are hoping to add many more warriors this year and next if there is continued funding. We work closely with our PATH Instructor/Mental Health Specialist to make sure each additional participant can be supported.

Our BITS Spouses program is new since November 2021. We were able to offer this program because of support like yours. Originally, we arranged for all three of the spouses to be in one class. While that was effective, we realized after speaking with each participant that more individual time both for the psychological support as well as the riding support was needed. Because of the generous support from Tulalip Cares, we are thrilled that the BITS program is growing so much.

Our Scuba Warriors Program continues to be a popular therapy. Heartbeat still offers it every other month. We have enlisted a new instructor who is a retired Special Forces warrior. This connection with the warriors in the class offers an advantage that most other scuba classes cannot offer.

Heartbeat Serving Wounded Warriors Financials for 2021

Heartbeat Income and Expenses 2021



Revenue:

Contributions: \$278,700
 In Kind: \$ 55,149
 Total: \$333,849

Administrative Costs: 13.5%

Percent of Expenses for Programs: 85.7%
 Percent of Expenses for Admin: 9.5%
 Percent of Expenses for Fundraising: 4.8%

Expenses:

Programs: \$271,115
 Administrative: \$ 30,084
 Fundraising: \$ 15,137
 Total: \$316,336

Total Assets: \$252,031
 Total Liabilities: \$85

Heartbeat Serving Wounded Warriors Direct Dollar Support for Each Program

		2021
Emergency Support		\$35,362
Morale Programs		\$160,401
Therapies		\$75,352
Totals for each year		\$271,115

The above chart details the amounts of direct dollars only for each of the programs of Heartbeat for the year 2021. We would like to show you how those grant dollars have been invaluable for supporting our programs. In 2021 we added new therapies for our Equine Therapeutic Riding Program. In November of 2021 Heartbeat added a new Scuba Warriors Lead Dive Instructor. He is a Special Operations Warrior and avid diver. Because of the generous support from Tulalip Cares with this grant, Heartbeat has been able to go above and beyond to support these brave Wounded Warriors and their families.

Clients helped by Heartbeat Serving Wounded Warriors for 2020 and 2021

		2021
Emergency Support		79
Morale Programs		
	Back to School	1142
	Christmas Programs	1550
	Coats for Kids	
	Thanksgiving	335
Total Morale Programs		3027
Therapies		
	Back in the Saddle	176
	Scuba Warriors	44
	K9 Healing Warriors	5
Total Therapy Programs		<u>225</u>
Totals for each year		3331

The above chart not only details the number of participants helped in the year 2021 for our two therapies that Tulalip Cares helped fund, but it also details the other programs that Heartbeat supports. Beginning January 2022, Heartbeat added four more participants into the BITS program, increasing it from a total of six to a total of ten. These additions are above and beyond what was budgeted. It seems our BITS program is exploding and we would very much like to accommodate all of these requests.

BACK IN THE SADDLE WARRIORS

“Every single second with him was time spent with a totally forgiving, non-judgmental, soft, warm, empathetic, loving friend. He was the love of my life and my soul mate. I could bury my face in his mane and cry when I needed to cry and he would turn and lay his head on my shoulder. I could climb on and fly and there were no worries or pain. He asked only for love, his basic needs and an open heart. He gave me back strength and confidence and faith in myself.”

Personal blog from a Navy officer on equisearch.com forums

Back in the Saddle Warriors (BITS) was initiated in 2010. This program combined Janice’s love of horses and her devotion to Wounded Warriors. The program consists of three parts: BITS Warriors, BITS Kids and BITS Couples. BITS Warriors is used to capture those warriors who do not fit in the “normal box” for treatment. Using the horse in Equine Therapy allows the warrior to “be outside the box,” to enlarge the healing process. This therapy is presently being used for warriors with traumatic brain injury (TBI), post-traumatic stress disorder (PTSD), spinal cord injuries, traumatic amputations and other injuries due to shrapnel damage.

Horses and humans have something in common: a pelvis that works and moves in the same way. Both have identical hip movements when walking. Sitting on a moving horse allows the warrior’s body to move naturally. It strengthens muscle groups. Staying upright on a horse requires balance, coordination and muscle strength. Injuries from war may have affected those abilities, and these can be improved with this type of therapy. In addition to the increase in strength, balance and coordination, being outdoors, learning new skills and forming a bond with an amazing animal are an added bonus.

There is also a grooming component to the therapy. The care and closeness given to the horse is beneficial to the warrior. The grooming can be calming and help even the most isolated warrior. Grooming and communicating with the horse helps the warrior overcome his emotional numbness and increases his ability to communicate. It can also help the warrior with issues of trust, relationships, patience and boundaries. Many of these warriors have never been around horses and are apprehensive at first. But, after a few times, they begin to relax both their minds and their bodies.

One Wounded Warrior in our Equine Therapeutic Riding Program shared his story:

Prior to beginning our program, J. was prescribed 18 different meds and could not walk without a cane. After participating in our program for several months, he is only requiring 2 medications and can walk without his cane. He attributes these changes completely to the BITS Program. Our program has also helped

him psychologically with his PTSD. He is able to communicate better with his family and his affect is so much calmer now. Much of his anger is gone. His wife has also commented that there is a dramatic improvement with him and she also feels that this is due to his work in the BITS Program.

This program is available to any warrior wounded or injured from the Global War on Terrorism or from the Vietnam era in Washington State. The sessions are individual and take place one day each week.

Beginning in October of 2017, Heartbeat instituted BITS Kids. This program is specifically for disabled or special needs children of Wounded Warriors. The therapy is for children age 3 to 13 and can improve joint mobility, balance and coordination, relaxation of spasticity, increased muscle tone, self-confidence and improved learning. Goals are discussed with the child, parent and our PATH instructor to determine the individual plan. Each session is one hour and takes place once a week.

Beginning in October of 2020 we introduced a new program: BITS Couples. This therapy utilizes the horse to help the couples communicate better. The horse actually retrains them by not allowing them to act out or react off of each other. Instead they will learn to respond to each other. They retrain their brains to learn how to achieve a “calm space”. This calm space is a good space to be in for interactions with the horse and with each other. Each individual works with a horse but the couple uses each other to help with the task.

Recent studies showed a significant number of suicides demonstrate a direct correlation to the dissolution of a marriage or intimate partnership. PTSD, depression, anxiety and substance abuse are often related to a failing, failed or absence of a relationship at home. BITS Couples can help mend some of these tension filled relationships.

As with all of Heartbeat’s therapy programs, BITS is also cost free for the warrior or family member. The cost for 1 warrior, or 1 child or 1 couple is \$550.00 per month. Heartbeat is happy to pay these costs as the therapy has been so successful.



A Wounded Warrior spends time with his horse after the therapy session. The close bond these Warriors develop with the animals is part of the therapy. Horses like to bond and they even feel that with humans. Human response to this bonding experience is to release “feel good” chemicals like oxytocin and dopamine. This enables the warriors to relax and many state that they look forward to the program with a feeling of joy, which is a new emotion for them. In a recent study by the HeartMath Institute this healing that occurs when humans are around horses is explained:

...the heart has a large electromagnetic field. A magnetometer can measure the heart's energy field radiating up to 8 to 10 feet around the human body. While this is certainly significant, it is perhaps more impressive that the electromagnetic field projected by the horse's heart is five times larger than the human one and can actually directly influence our own heart rhythm.

Horses have a “coherent” heart rhythm, which explains why we feel better around them. A coherent heart pattern is a robust measure of well-being and consistent with emotional states of calm and joy.

A coherent heart pattern is indicative of a system that can recover and adjust to stressful situations very efficiently. In fact, research shows that people experience many physiological benefits while interacting with horses, including lowered blood pressure and heart rate, increased levels of specific neurotransmitters that suppress pain, decreased stress levels, reduced feelings of anger, hostility, tension and anxiety, and increased feelings of trust patience and empowerment.



A Wounded Warrior saying goodbye to his horse after the riding session. It is not just the children that develop attachments to the animals. Horses provide the opportunity for safe and rewarding bonding which can help reduce tension, elevate mood and combat emotional numbness. In a study that tested warriors over a period of 6 weeks found that there was a 66.7% decrease in PTSD scores at 3 weeks and a decrease of 87.5% in 6 weeks. Another study showed improvement in communication and clarity of thought.



Micah grooming his therapy horse. The warrior really has to slow down with the horse; he can't rush any of the movements. This is a learning process for the warriors and the horse helps him learn it. According to Kristy a traumatized brain is regulated by rhythms such as heart rates, breathing, sleep cycles and physical movement such as walking or grooming a horse. Regulating these rhythms helps regulate our emotions which affects our state of mind.

Micah stated, after getting a new job, that the BITS course helped him get over anxieties that would have normally sabotaged his job interview. He is extremely grateful to the horses for teaching him to stay calm, and focused, and to trust himself.

(Pictures courtesy of J. James Photography, jim.flynn@aol.com , 360-463-0018)



“I have become more aware of my anxiousness and stress that affects my body posture, which the horse somehow detects and identifies for me.”

“My social anxiety and emotional discomfort have diminished to a life-changing degree! I am getting better and better at being able to converse outside of the US Army.”



“My daily life has become more relaxed and positive and less tense and nervous. I have learned how to stay calm and steady during trot and canter movements.”

“My sessions have allowed me to identify problems with my body movements and habits related to my VA disability.”

There is something about the outside of a horse that’s good for the inside of a man.

Winston Churchill

(Pictures courtesy of J. James Photography, jim.flynn@aol.com , 360-463-0018)



Jordan riding on the trail. Understanding the horse enables the warrior to be a better rider.

The following is a quote by A. Pinto Miremadi that Krisity shared with one of our warriors:

Balance is of great importance to horses. A physically imbalanced horse is a prime target for predators. A psychologically imbalanced horse is a liability to the herd, usually spurned and therefore a prime target for predators. If I am off balance in the saddle, I am compromising my horse's chance of survival by negatively affecting their balance. If I am off balance psychologically, perhaps the same. I can't create anything in my horse unless I can create it in myself first.



Healing Hearts Ranch is home to more than just the horses. Olivia loves the resident kitties and dogs that often accompany them on the trail. It makes for a relaxing and fun atmosphere for the children. It truly is a place of healing.

(Pictures courtesy of J. James Photography, jim.flynn@aol.com , 360-463-0018)



Olivia, who has been in multiple foster homes, is learning confidence and establishing healthy boundaries. She identifies strongly with the horse Pegasus because he has been abused and in “foster care” before coming to his forever home at Healing Hearts Ranch. Olivia frequently talks about how much she loves Pegasus and how happy she is that he is here. She stated that helping him really helps her. Since Olivia’s foster parents are also involved in horse riding, they are becoming a “good” horse family.

(Pictures courtesy of J. James Photography, jim.flynn@aol.com , 360-463-0018)



What a difference a few weeks in Equine Therapeutic Riding can accomplish. Jilly is one of our disabled children to participate in BITS: Kids. According to her mom she has always kept her head down whether walking or riding. Her mom now states that since she has been in our program, she is getting much better at holding her head upright. She has also improved both the strength and the function of the muscles in all her extremities.



Pictured here is Kristy with Nowell and Amy getting ready to ride in BITS: Couples. It is important for the couple individually as well as a team to approach the horse with confidence and in a calm state. Horses reflect our emotional state and prefer to be around calm regulated people just as people like to be around calm horses. Those warriors or spouses that have experienced trauma or that live in a hypervigilant state have forgotten how to regulate these emotions, which affects relationships. The horse is like a 1,000 to 1,800 pound biofeedback organism and helps the warrior realize where he or she is in the process. With this in mind, Kristy weaves the brain science of trauma into the horsemanship piece that she teaches.

(Pictures courtesy of J. James Photography, jim.flynn@aol.com , 360-463-0018)

SCUBA WARRIORS

“Man has only to sink below the surface of the water and he is free...he can fly in any direction - up, down, sideways – by just turning his hand. Underwater, man can fly like an angel.”

Jacques Cousteau

Scuba Warriors was one of Heartbeat's first therapy programs. It was started in the same year as our Equine Therapy Program, 2010. Heartbeat's Scuba Warrior program not only teaches each warrior and spouse how to dive, but the process incorporates therapy into each activity. The end result is an open water scuba certification card and healing. Additionally, each participant receives their own bag of equipment to give them a head start to continue diving. The course utilizes a buddy system that allows each warrior to once again be part of a team. A warrior may have lost all of his team in the war, and the spouse may have lost the cohesiveness of the family unit, but now they have a chance to reconnect and form new bonds. From the classroom to the final dives in Puget Sound, team building is the mandate. It is because of this team building, that the idea of including spouses and children of Wounded Warriors into the program was initiated.

Because the classes are small, 4-6 warriors, a close bond develops between all of the team members and students. Each warrior works on specific tasks and maneuvers. When they are successful, they move onto the next step. Each success builds on the previous one, giving the warrior a sense of accomplishment and helping to make their lives whole again. This is how muscle memory is obtained and enables the warrior to perform it without conscious effort. As an added benefit, scuba diving is an activity the warrior can enjoy for the rest of his life. With these positive changes, everyone benefits: the warrior/spouse, the family and our society.

Many spouses suffer “secondary PTSD”, and many of the children are put on suicide watch. Trust and communication are destroyed during multiple deployments. Our Scuba Warrior Program addresses these issues. Because each member relies on the other members of their team during the dive, trust is obtained. This can have a very positive influence on the entire family.

The diving itself is fun and peaceful at the same time. The sound of soft bubbling and the weightless environment is healing to all the members. It is also exciting. The warrior is exploring a new environment, underwater, that they may have never experienced before. The weightlessness is easy on joints, or any areas of the body racked by pain.

One Scuba Warrior stated:

Janice: Back in August or September, I was able to take part in the Scuba Warriors Program. I wanted to thank you earlier but I deployed quickly after and I

just got busy with other things and unfortunately put it off. I hope you know the program is awesome and I very much appreciated it and all the work you put into it. Not only is it a cool thing to do, but it was a great way for people to meet friends and do something that can relieve them from other stressors. Getting to scuba dive in the sound was an amazing experience and I look forward to continuing it. Please let me know if there is any way I can help in the future with the program. Thank you again and take care.

Heartbeat works with a private dive shop, Ranger Sport Scuba Adventures. The owner, Dan Henderson, is the lead instructor. The first weekend is class time and then pool time and the second weekend is for the open water certification.

The cost for each warrior to participate in the two weekend course is over \$600. Heartbeat will also frequently pay for warriors who have completed the basic open water course to participate in additional diving experiences which are much more expensive. One such class was offered to one of our warriors at the cost of almost \$800.00. In addition, Heartbeat also pays for pizza during the class time.



In October, 2021 Heartbeat welcomed a new Scuba Warrior Dive Instructor. His name is Dan Henderson, owner of Ranger Sport Scuba Adventures. He is a retired Special Forces warrior and a NAUI certified instructor. Because of his service history, Dan understands just how important this therapy is and how beneficial it can be for the Wounded Warrior participants. In the pictures above, two of the November 2021 participants are being presented with their open water certification.



Pictured is the November 2021 class. Instructor Dan Henderson on the far right and Special Forces warrior as a helper on the far left.



Pictured here is the April 2021 class learning the equipment. Since 2013, spouses have been able to participate in the Scuba Warrior Program. Because the family unit is one of the first casualties of war, being together diving can help with the healing process.

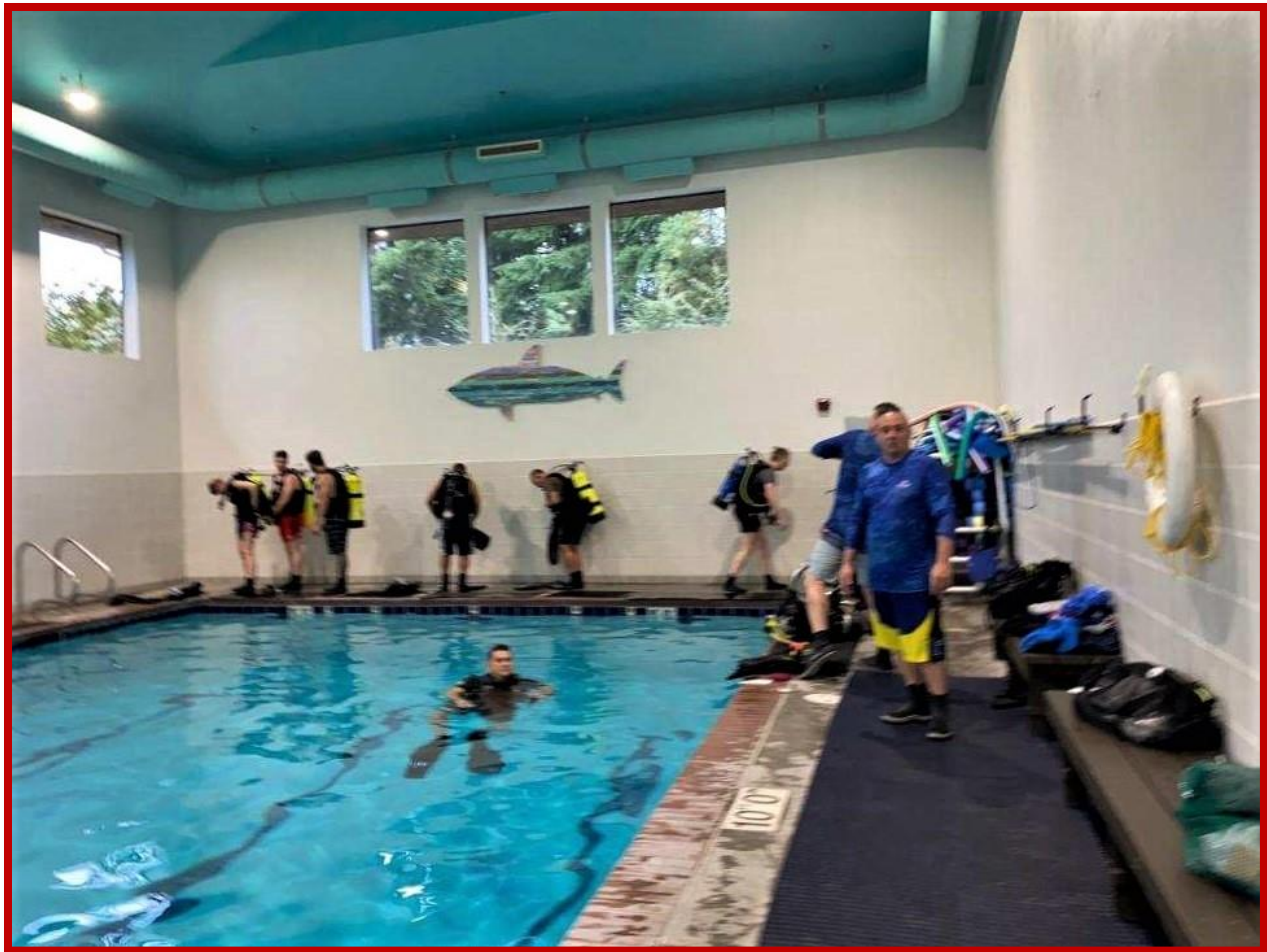
Also, working as a team in scuba and learning new skills together helps strengthen the relationship between husband and wife.



Scuba Warriors practice breathing techniques in the pool. It is important for the warrior to perfect all of these new skills in the pool under close supervision in preparation for the open water dive. Another skill that is practiced and that most new divers find difficult is the mask skill. This skill is learned to make sure a warrior can comfortably flood a mask or replace it underwater. With this skill, they can calmly recover the mask, if it is accidentally knocked off, and clear out the water safely. They must be able to get passed the urge to inhale through the nose immediately upon taking off a mask which just leads to a nose full of water.



New skills are being learned here: first is the ability to remove gear while underwater. Since the owners just resurfaced the bottom of the pool, the warriors were asked to use the platforms to set their gear on so as not to damage the new surface. The second skill is for the warriors to gain familiarity with buoyancy by performing a fin pivot. For this maneuver, the warrior puts air in the BCD little by little as he takes deep breaths. This makes the upper body float up gently as the fin stays put. BCD is a buoyancy control device. It is a piece of diving equipment with an inflatable bladder worn by the diver to establish neutral buoyancy underwater and positive buoyancy at the surface, when needed. This equipment and the skill to use it is a very important part in learning to scuba dive.



Scuba Warriors get ready to start the pool practice part of the course. One story our lead dive instructor related was about a retired marine who had experienced multiple deployments and many personal struggles:

“At the end of the first day in the pool, I noticed he was hanging back as the rest got out of the pool. He seemed focused on the corner of the pool, just floating there, looking at the wall. I swam over to him and asked if there were more skills he wanted to work on. He looked over his shoulder at me, eyes red. He shakenly whispered, ‘No, it’s just the first time in years that all the other noises I hear were quiet. I could just sit on the bottom and hear my bubbles and nothing else, no voices, no noise, no bangs. Nothing.’ He went on to pass the class and moved from the area, but was diving heavily the last I heard.”



This is the equipment bag that each Scuba Warrior receives at the beginning of the course. This equipment enables the warrior to continue their scuba diving after the course while decreasing the equipment rental expenses. Each equipment bag costs Heartbeat \$130.00.

THANK YOU

Once again, Heartbeat is so thankful for the generous support given by Tulalip Cares over the years and is also appreciative that we are being considered for another grant. If there are any questions unanswered, please do not hesitate to call either Janice Buckley or Janet Raulerson.