



**CHARITABLE  
CONTRIBUTIONS**

8802 27th Ave NE  
Tulalip, WA 98271

**TulalipCares.org**

# Funds Distribution Report

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**Recipient Organization:**  
**NW Hearts United**

**Address:**  
983 Kelly Rd  
Bellingham, WA 98226

**Contact:**  
(425) 610-7432  
<https://www.nwheartsunited.org>

## **Organization's General Goals:**

Our Mission is to inspire relationships with horses and humans that heal, connect and empower. NW Hearts United offers mindfulness based programs that make a difference for the humans and horses involved.

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<b>Date of Award:</b>	<b>Level:</b>
2019 Q2	\$500 to \$2,500

For more information, please read the attached report from NW Hearts United.

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

## 2019 Tulalip Tribes Charitable Fund Funding Report

May 20, 2020

Dear Tulalip Tribes Charitable Fund,

Thank you wholeheartedly for your generous donation in 2019! Your funds came at just the right time to help us support critical general operating support to ensure a banner year for *NW Hearts United*.

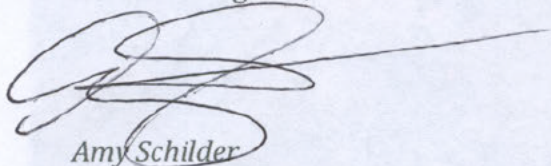
We are so proud to announce that in 2019, we served approximately 575 youth, adults, veterans, and professionals with a total of 2597 hours, and a 35% operating budget increase from 2018. This was an overall 57% increase in services! We could not have done it without your support.

Specifically, your \$[REDACTED] contribution directly benefitted those individuals and families that could not afford services but needed this dynamic, effective solution. These funds were used exclusively for therapy teams' wages, allowing us to offer reduced fees and free services to those in need. By having a comprehensive financial assistance process in place, we are able to make every penny count and our rapidly transformational trauma informed approach ensures lasting results.

I have attached a story about Polly and her family that I think best exemplifies the huge, lasting impact funding such as yours makes one heart at a time. Thanks to funding such as yours, we have the ability and privilege to offer services to families like this in our communities.

Please let me know if there is any other information you need or questions you may have. We would also love to invite you and your team to join us sometime; it would be our honor to offer you all this experience so you can see firsthand how impactful it can be. We are extremely grateful for the opportunity to have been a recipient of a *Tulalip Cares* award and to be a partner in providing hope and healing to those in our communities that need it most.

Warmest Regards,



Amy Schilder

Director

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(713) 444-1829







**Meet Polly.** She is a single mother with four children. Polly contacted us because her autistic 7 year old son's behaviors were terrorizing their household, each of her children has experienced trauma at the hands of her exs, and she was basically at the end of her rope. Thanks to contributions, we were able to offer her 7 year old an ongoing full scholarship spot. Because of the extreme dynamics, it was soon obvious that supporting her and her other kids was vitally important too. So, we keep a slot open for them on Saturdays and whoever comes and needs the work that week participates.

Last year we started offering our *Conscious Parent Workshops* and encouraged Polly to participate in one last fall. She asked if she could also bring her oldest daughter who was burdened with a lot of the caregiving responsibilities in the home. They were overjoyed with what they learned and had this to say about the experience;

*"I'm so happy I chose to drive an hour while not feeling the best and having completely lost my voice to come to this workshop. You were amazing, The horses were amazing and the experience was even more amazing! I have a better understanding of self-awareness and how my body and energy works around horses and can apply that at home. I also discovered that I struggle with communicating my thoughts and had no idea. I am now applying this at home with my 4 Kids to better myself and for my kids and working on it with them as well. After 4 years my 7 yr old child on the spectrum is now using his words to articulate his feelings because I am constantly practicing what I learned from this workshop.*

*My 14 yr old daughter also enjoyed the time. We learned together, that we struggle the most with communicating with each other and our perception on certain things aren't always how they seem. We are working on this at home as well. I would take this workshop over and over again if given the chance!!!! Thank you!!!!*

The week after the workshop they came to session and so much had changed that their son actually invited them to both be a part of the session with him!



Recently, we played "boundaries in a bucket" activity with their son to begin discussing boundaries with horses. He found it fun and was able to stay regulated even when getting challenged by the horses' "space invasion." We discussed the need to "level up" his energy to keep the horses respectful of his boundary while still remaining calm to help them not be afraid of him. When processing the activity to home life, we asked what level he usually is at home and he said "I'm a level 16!" which gave us a good laugh (and is very accurate). Since this session, Polly said that it has led to more discussion with family

about recognizing each person's "level" of energy when asking for things and reminding him that he was able to ask the horses to respect his boundary at a "level 2", so he might not need to get quite so big with his behaviors when with family.

Although they have a lot of challenges and a long way to go, they are seeing major improvements and strengthening Polly's ability to support the family is making all the difference!