

SEEING OUR COMMUNITY COME TOGETHER TO Survive THE CHALLENGES BROUGHT ON BY THE PANDEMIC AND HELP OUR RIDERS Trive at a time when they needed our herd the most - was the greatest













#### GETTING RIDERS BACK IN THE SADDLE

## HOW WE Survived AND Thrived IN 2020

When I reflect on 2020, I am humbled by the resiliency of our riders and the determination of our staff, volunteers and donors. This has been a year of unprecedented challenges, daunting disruptions, and transformational changes. And thankfully, you not only helped NTRC survive the challenges presented by the coronavirus pandemic, but we have indeed thrived.

We began the year striding forward with our strategic plan to bring equine healing to more diverse audiences – those struggling with physical, mental and social challenges – and responding to the emerging needs of the community in innovative ways. We were forging a plan to manage our growth and eliminate our therapeutic riding waiting list by seeking new partnerships.

When the pandemic forced us to shut down our programs, we went into survival mode developing a course of action that protected the health and safety of our riders, volunteers and staff while caring for our horses. Despite fear of the unknown, getting riders back in the saddle and responding to the mental health of those struggling with grief and pandemic stress became our sole focus.

As our participants know all too well, through adversity comes opportunities for growth. We adapted and went virtual whenever possible. We implemented new safety protocols. And slowly, but surely, we reunited the community with our herd by putting one hoof in front of the other and walking on.

Through your generosity and assistance, our pandemic response was effective, innovative and swift. Not only did we survive five months of program closures, we launched a frontline healthcare worker mental health program and welcomed two miniature horses as ambassadors of our mission charged with spreading awareness and lifting spirits.

By the end of the year, our campus was abuzz again. Our participants were celebrating therapeutic gains and new people were finding their happy place with the help of our growing herd.

We learned that with your unwavering support – we can overcome hurdles – even in the toughest times. We are incredibly grateful to our supporters who stood by us during this journey and have high hopes for a viable future where horse connections help children and adults thrive.

Tally Ho,

Missy Lamont
Executive Director





# OUR Missian

TO IMPROVE THE LIVES OF CHILDREN AND ADULTS

WITH PHYSICAL, SOCIAL AND MENTAL HEALTH NEEDS

THROUGH THERAPEUTIC RIDING

AND OTHER EQUINE-RELATED PROGRAMS.

### our Services

#### **Therapeutic Horseback Riding**

• Private and Group Lessons

#### **Psychotherapy**

- Psychotherapy Expressive Theatre with Horses
- Bereavement Psychotherapy with Horses

#### **Equine-facilitated Learning**

• Equine-assisted Learning in Education

#### **Operation Strides for Veterans and Military Families**

• Introduction to Horsemanship

#### **Occupational Therapy**

- Group Occupational Therapy with Horses
- Therapeutic Riding with an Occupational Therapist

#### **Summer Camp**

**Education and Research** 

### 2021 Board

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YOUR UNWAVERING Support

HELPS OUR RIDERS MAKE GREAT

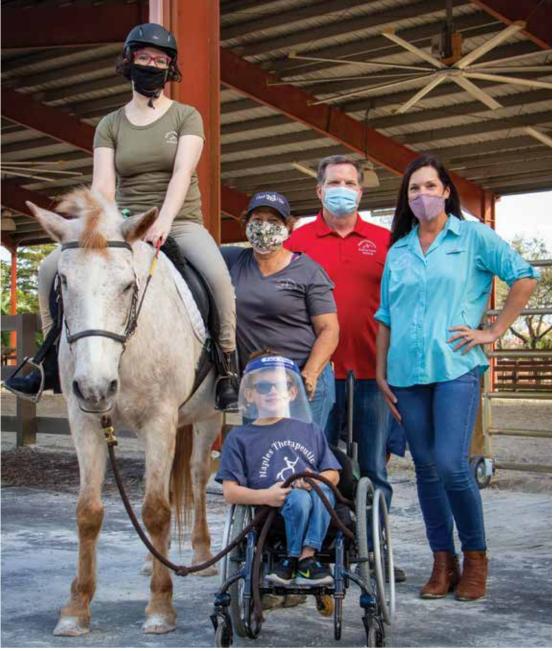
Strides, PHYSICALLY, MENTALLY AND SOCIALLY. THEIR Achievements

ARE OUR GREATEST REWARD.















# 2020 Accomplishments

- Created a special psychotherapy program free for local frontline medical professionals impacted by the pandemic to help them destress.
- Launched our new miniature horse outreach program funded by grants from the Virginia B. Toulmin Foundation.
- Developed COVID-safety protocols and extensive training procedures for the safe return of riders and volunteers.
- Quickly mobilized sidewalker training for riders' parents so they could volunteer during their child's lessons to reduce exposure risk while waiting for our sidewalker volunteers to safely return.
- Developed an at-home exercise video series so riders could continue the progress they made during lessons while programs where closed.
- Held a special drive through quarantine parade so riders and volunteers could safely see our herd during program closure.
- Increased participation in Operations Strides for Veterans and Military families by 37%.
- Received a grant from the Community Foundation of Collier County to advance our programming with an occupational therapist.
- In partnership with Brian Dickerson, developed a new respite care program that allows our horses to enjoy downtime and run freely at Grassy Run Ranch.
- Converted the Bootstrap Boogie Barn Dance to a virtual fundraiser and raised more than \$384,000 for our annual expenses costs that remain constant whether there are program closures or not.
- Grew the Board of Directors and began exploring solutions to eliminate the nearly 100-person waiting list for therapeutic riding.
- Increased grant revenue by 48% thanks, in part, to significant grants from Virginia B. Toulmin Foundation, Naples Children & Education Foundation, Clare Family Foundation and Clark Family Foundation.
- Increased individual donations thanks, in part, to matching gifts from Virginia B. Toulmin Foundation as well as the Community Foundation and Richard M. Schulz Family Foundation's Give Where You Live Collier campaign.
- Celebrated the grand opening of the newly renovated Observation Deck and Volunteer House made possible through a grant from Arthrex.



# YOUR Support HELPS OUR RIDERS Thive, OFTEN IN REMARKABLE WAYS



"Volunteering at NTRC keeps me grounded and gives me purpose. It sustains my mental health and makes me a better nurse. When the pandemic hit, I couldn't volunteer. I was worried about my nursing home patients; and then my mother died of COVID-19. I was dealing with fear, anger, sadness and stress. It was such a blessing to be included in NTRC's special mental health and wellness program for frontline healthcare workers where I could process my emotions, slow down and be present in my happy place."

#### - Carmen Perez, RN

NTRC Volunteer, Donor and Participant in the Mental Health and Wellness Program for Frontline Healthcare Professionals



"My daughters have been riding for the past five years, each for a different health reason. When the pandemic began, homeschooling was the only choice for our family because of their health issues. We had to reconsider all activities and therapies the girls were participating in. Their physical and mental health deteriorated not being able to ride. The new private riding lessons were such a life-saver and came at exactly the right time. I will never forget the first day back, they hugged their horse the entire lesson. There is an emotional connection that is magnificent to witness between the horse and their rider. Everything is better now that they are riding again. I thank NTRC for opening their doors during the pandemic and offering a way to help the community in a time of need."

#### - Mina Ciano

Mother to Vivienne and Audrey, Private and Group Therapeutic Riding Participants

# YEAR END Highlights

### Financials

4 - 83 Age range of participants



437 Active volunteers

327 Unduplicated participants in equine-facilitated groups

100 Percentage of participants who agreed the program had a positive effect on motor skills

99 Percentage of volunteers who strongly agreed that volunteering at NTRC is a rewarding experience

94 Percentage of participants who agreed the program improved self-esteem

and confidence

482 **Unduplicated participants** 



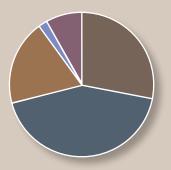
97 Percentage of participants who agreed the program had a positive effect on social skills



155 Unduplicated therapeutic riders

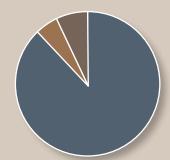


REVENUE



- 43% Private Grants
- Special Events (Net Revenue)
- 19% Cash Contributions
- 8% Misc. Income
- 2% Participant Fees

#### EXPENSE



- 88% Program
- 7% Management + Administrative Support
- 5% Fundraising

Financial data excerpted from audited financial statements ending 12/31/20.



Walunteers proved helping hands were the only way we could Thrive.













# our donors

Proved to be our best Protectors



Clark Family Foundation, Inc.
David R. Clare & Margaret C. Clare Foundation
Naples Children & Education Foundation
Mr. Gary Sharpe and Mrs. Connie Sharpe
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#### \$1,000 - \$4,999

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