

**SPIRIT OPEN EQUESTRIAN PROGRAM, INC.**

**ANNUAL REPORT**

**2013**

## ***About SPIRIT***

SPIRIT is not about equitation, horse shows, or year-end points. It's about metaphorical learning, using activities with horses – on the ground or in the saddle – to promote awareness and then relate that learning to life beyond the barn. Our goal is to teach communication, trust, responsibility, partnership, and empathy.

We are a nationally recognized, 501(c)(3) non-profit organization and a member of the Professional Association of Therapeutic Horsemanship International (PATH International).

SPIRIT provides

- Equine-assisted activities for both children and adults geared to improving their quality of life through horsemanship and equine activities.
- Individualized programming to address each person's educational, physical, social and recreational needs.
- Learning opportunities.

### ***Our Mission***

SPIRIT's mission is to provide learning, improvement of life skills, and healing of the body, mind and SPIRIT, using equine-assisted activities.

### ***Vision***

The Vision of SPIRIT Open Equestrian Program, Inc. is to create a strong positive and stable environment that will foster growth and personal development in the lives of its participants, and serve the community.

### ***Core Values***

- *Integrity*—Striving to do what is right for our clients, for our community and for our profession
- *Ethics, fairness, honesty and integrity* are the cornerstones of our practice
- *Passion* for what we do and the drive to excel in every aspect of our work
- *Quality*—Excellence is seen both in the services we provide and in the results we attain
- *Respect* for the dignity and worth of all, regardless of level of ability
- *Professionalism*—Taking pride in our work and aspiring to be the best we can be; continuously learning and improving our performance
- *Possibilities*—Believing that nothing is impossible

## ***We Thank Our Supporters***

Thanks to the generous support of the whole community and donors who believe in SPIRIT's mission and purpose, we make a difference in our local community.

SPIRIT Open Equestrian Program, Inc. is grateful to all of its supporters who have given us donations as general support for the program and as contributions to the Scholarship Fund.

These contributions support lessons that enable us to enrich the lives of our participants and keep our horses healthy and happy for their service.

***Good actions give strength to ourselves  
and inspire good actions in others.***

- Plato

It is impossible to list all who helped SPIRIT so far, but here we list those who did the most—our best friends and partners in our Mission:

### ***Honorees***

We are grateful for the many dedicated people in our community and the honor the people who spent the most time serving the SPIRIT program—at the field, improving and maintaining the facility, helping during the lessons, borrowing horses when needed, opening new opportunities, fundraising and promoting, or being with SPIRIT for service, a helping hand or financial support:

Vineet Singhal, Fairfax County Park Authority, Frying Pan Farm Park management,  
Hoof and Paw Vet Clinic, Shannon De Armas, Michael P. Smith, Jeff Wallace, Boris Suvak,  
Leslie Painter, Dan Dalrymple, Oliver Spalding,  
Zoe Griffiths, Mira Gruber, Ilana Gruber, Naomi Gruber,  
Teresa, Don, and Andrew Clark,  
Doreen Wallace, Emma Winstead



### **Scholarships**

Fairfax County Neighborhood and Community Services – Wounded Warrior Grant  
 Air Warrior Courage Foundation  
 Herndon Woman’s Club  
 Washington Forrest Foundation  
 The National Academies

### **Non-Cash Donations (Services and Goods)**

Air Warrior Courage Foundation	Emilly Guzick	Laughing Brook Farm	Patty A. Kyle
Becky Maksimovic	Garline C. Perry, Jr.	Laura McNichol	Pink Eucalyptus Jewelry
Brooke Larson	George Mason University	Leslie Painter and Dan Dalrymple	Red Box
Brooke Matson	Green Mountain Coffee	Linda Campbell	Reston's Used Book Shop
Catherine Mason	Grisel A. Torrez	Louise Peterson	Robinson Family
Cheesecake Factory	Harold Leff	Mary Beth	Sara S. Sanders Buell
Cheryl Beeker	Hedy Glen	Mary Dale Newsome	Sharri Dean
Chris Aime	Jeannie Withed	Mary Frances Nichols	Starbucks
Claire Baker	Jill DeTemple	McLean Cleaners	Sue Bell
Debra Kerr	Dantine Family	Michael P. Smith	Susan and James Rose
Diane Perrino	Julia Scoville	Mindy Griffiths	Boris Suvak
Diane Pires	Karen Kilgore	Nancy Huston	Talya Ruch
Dover Saddlery	Kathy Martin	Noha Hisam Altalib (Zayd)	Trish Barber
Elaine Bobo	Kim Karanik	Oliver Spalding	
Elizabeth Gurskis	Ladan Madresehee	Otter Box	

### ***Cash Donations***

Alice Shaver Foundation	Jill Alane Nystrom	Suzanne S. Bell Trustee
Brendan and Nicholas Hantzes	Julia Scoville	Anonymous Family Foundation
Bronwen Berliner	Just Give	The LEEPS Foundation
Carolyn C. Pervi	Leslie Painter and Dan Dalrymple	The Loyola Foundation, Inc.
Cindy Sun-Mi Kim	Mariah B. Hayim	Theresa Van Horn
Colleen Zanin	Marie Buonforte	Thomas Stanmeyer
Donald Kane	Mary Frances Nichols	Vienna Lodge 1896
Global Impact Combined Federal Campaign	Mary Kay Humfelt	VISA GIVINGSTATION
Hedy Glen	Nancy Brandon	Walt Sanders
Hutchins Family	Robin Rentsch	Washington Forest Foundation
Jehanne L. Arslan	SCI Singhal Veneet, Anita	Wayne L. Schiffelbein

***It is when you give of yourself  
that you truly give.***

*- Kahlil Gibran*





## ***Equine Assisted Activities 2013 Therapy, Learning, and Recreation***



In 2013, SPIRIT activities included therapeutic riding, an educational program, camp lessons, the Clinic of Hope NOVA, and presentations and clinic hours.

Through a therapeutic and educational equine-assisted activities contract with the Fairfax County Park Authority (FCPA), SPIRIT provided lessons for children and adults, persons with disabilities, veterans, and the elderly.

- 32 weeks of lessons were given (8-week classes in the spring and fall and two 4-week classes each in the summer and winter)
- 8 students per class
- 4 lessons per week
- 1,028 lesson hours
- Over 200 students in total attended



### ***Therapeutic Lessons for Kids and Adults with Special Needs***

- Group therapeutic riding lessons were given 2 times per week, on Monday and Tuesday
- Individuals therapeutic riding lessons were given on Thursday, Friday and Saturday
- 326 lesson hours (75 lessons with scholarship)



### ***Individual Equine Assisted Learning Program for volunteers***

- Equine learning activities were available for volunteers during 2013 as part of their training. Over 2,000 lesson hours has been provided.

### ***Camp Activities***

- One spring-break camp and three summer camps were offered as part of the FCPA All About Horses day camp
- 50 students attended
- 320 lesson hours

### ***Collaboration with Prosperity Eating Disorders and Wellness Center —previously known as the Center for Hope of Nova***

- In 2013, SPIRIT continued the partnership with licensed professional counselors Veronica Lac and Ioana Boie.
- Since March, Ioana has seen over 100 clients with eating disorders and other mental health diagnoses, using equine-assisted psychotherapy. Between 2012 and 2013, over 350 hours of equine-assisted psychotherapy were offered to the community.

### ***Public Presentations, Shows, and Events***



#### ***May***

Pony rides at the Farm Day at Frying Pan Farm Park

#### ***June***

Presentation of the main program activities at the Frying Pan Farm Park

#### ***October***

National Make A Difference Day  
Volunteer Fest "Countywide"  
Providence District Volunteer Fest

#### ***December***

Presentation of SPIRIT Program at the Park  
Open House – Fundraising Event  
Fundraising Show at Frying Pan Farm Park  
Ride for SPIRIT Event







### ***Public Outreach Events***

- Reston Pet Fiesta, Reston Town Center, Reston, VA, May 4
- Fall for Fairfax, Fairfax County Government Center, June 7-9
- Flint Hill School Volunteers' Fair, September 6
- Adaptive Sports Fair, March 16, brochures display
- Horse Benefit Horse Show, Frying Pan Farm Park, December 14, display table and hospitality suite
- United Way (Interactive) Online Non-Profit Training Class, October

### ***Collaboration with Schools and Other Organizations***



- Flint Hill School
- 4 H group
- Girl Scouts
- Boy Scouts
- Frying Pan Farm Park
- St. Anne's Episcopal Church
- James Madison High School
- Bishop O'Connell High School
- MVLE (a nonprofit rehabilitation facility that serves adults with disabilities)



## ***Volunteer Participation***

Volunteers at SPIRIT are generous people of all ages, from students to senior citizens. Most volunteers find us through the Internet and through our educational classes. Working in SPIRIT's main program lessons, our volunteers gain personal training and valuable long-lasting life experience about people with special needs, and horsemanship as well. Not all volunteers work directly with the participants, however. There are some that help out behind the scenes taking care of the facility, field, and horses and doing administrative, public relations, and fundraising work to support our organization.

- Over 10,000 volunteer hours, as listed in financial report
- 83 total active volunteers for 2013:
  - 32 continuing from 2012 are still active
  - 51 new registered volunteers in 2013
  - 98 occasional visits of community groups (schools, boys and girls scouts, church groups) who put their time and energy to meet and support SPIRIT



## ***Leadership***

Directors on the Board, Advisory Committee members, and the Program Executive Director worked together to make SPIRIT's vision alive.

### ***Board of Directors***

#### *2013*

Tawny Hammonds, Chair  
Mindy Griffiths, Vice Chair  
Cathy Gruber, Secretary  
Louise Peterson, Treasurer  
Leslie Painter, Director  
Diane Pires, Director  
Julia Scoville, Director

#### *Current*

Mindy Griffiths, Chair  
Tawny Hammonds, Vice Chair  
Cathy Gruber, Secretary  
Louise Peterson, Treasurer  
Diane Pires, Director  
Sara Sanders Buell, Director  
Laura McNichols, Director  
Julia Scoville, Director

### ***Advisory Committee Members***

Leslie Painter, Wayne Schiffelbein, Michael Smith, Wendy Shugol, Jehanne Aslan, Anita Singhal

### ***Program Executive Director***

Davorka Suvak

## ***Instructors***

SPIRIT instructors and assistants are highly educated and experienced in Equine Assisted Activities and highly devoted and passionate about SPIRIT's mission.

### ***Certified Instructors and Therapists***

Sue Bell  
Sarah Morehouse  
Ioana Boie  
Liz Moran  
Davorka Suvak

### ***Assistants***

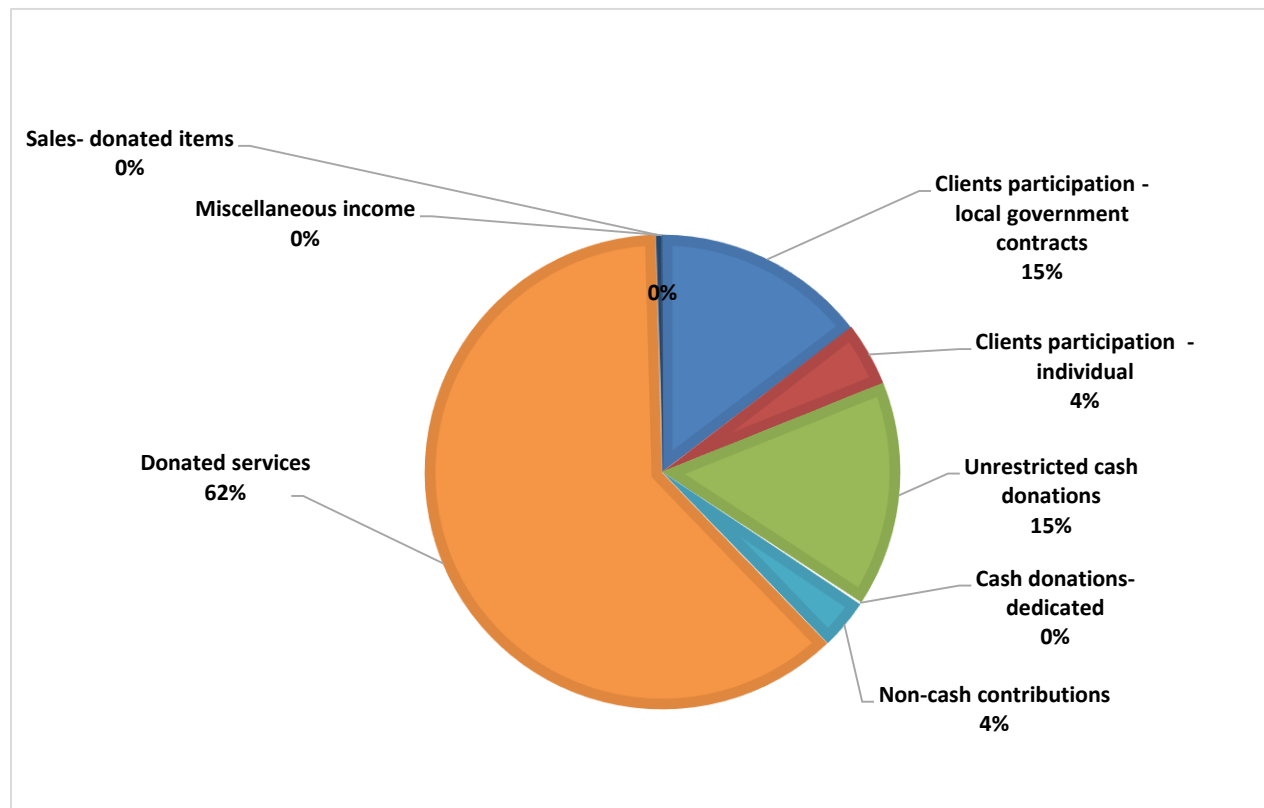
Wendy Shugol  
Zoe Griffiths  
Ilana Gruber  
Mira Gruber  
Naomi Gruber



## Financial Highlights

### Funding

Clients participation (charged 30% of real value) - local government contracts	\$ 76,081.00
Clients participation (charged 30% of real value) – individual	\$ 21,670.00
Unrestricted cash donations	\$ 49,802.00
Cash donations- dedicated	\$ 1,110.00
Non-cash contributions	\$ 11,634.00
Donated services	\$ 280,306.00
Sales- donated items	\$ -
Miscellaneous income	\$ 1,124.00
	<b>\$ 441,727.00</b>
<b>Total Funding in 2013</b>	<b>\$ 441,727.00</b>





## Expenditures

### EXPENSES :

Program	349,434
Marketing and promotion	28,453
General and administration	35,076
	\$
Total Expenses	412,963.00



The full Financial Report for 2013 is available at our website.

**The real value of Spirit Program is much more than dollar amounts, it is in the commitment of community members involved in daily operations.**

## ***Plans for 2014***

The main event in 2013 was expanding into a new facility, the farm at 2705 West Ox Road, which is adjacent to the SPIRIT Field and Frying Pan Farm Park.

Having a farm, space for horses, facilities for therapy, and office space makes possible our plans for 2014. Goals for the coming year include the following:

- Increase and develop programs and number of lesson hours in all segments of program activity
- Hire more instructors
- For therapeutic riding, increase from 8 to 10 students per class
- Establish and develop partnerships with private schools (such as Floris, Montessori, and others)
- Establish collaboration with Fairfax County Public Schools
- Offer more and different classes in Equine Assisted Psychotherapy
- Start a nationally recognized educational center for Equine Assisted Psychotherapy and Equine Assisted Training
- Continue lobbying the Fairfax County government to create a sustainable solution for SPIRIT's future to avoid a danger of rezoning and development of land that SPIRIT uses
- Improve the facilities and field we rent to provide safer and better farm management and Equine Assisted Activities for clients
- Improve fundraising to cover new expenses and cut of client's participation in new programs



***We expect a fast development of our programs and are starting new projects—this comes with an increase in operational program costs. We hope to continue receiving even more public support in our Mission.***