

**SPIRIT OPEN EQUESTRIAN PROGRAM,  
INC.**

**ANNUAL REPORT 2014**

**OUR MISSION**

The SPIRIT mission is to provide therapy, learning and improvement of life skills and healing of the body, mind and spirit - using Equine-Assisted Activities.

## **About SPIRIT**

SPIRIT Open Equestrian Program is an Equine Assisted Activities program using interaction between humans and horses - on the ground or in the saddle - to provide healing, to teach communication, trust, responsibility, partnership, empathy and to offer clients of all ages and abilities an opportunity to strengthen mind, body and spirit.

SPIRIT is 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 clients of all ages and abilities designed to improve their quality of life through horsemanship and equine activities.
- Individualized planning to address each person's therapeutic, educational, physical, social and recreational needs.
- Life skills improvement activities

## **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 both in the services we provide and in the results we obtain
- *Respect* for the dignity and worth of all, regardless of age or 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

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

In 2014, SPIRIT Equine Assisted Activities (EAA) included Therapeutic Riding, Equine Assisted Therapy (EAT), and Equine Assisted Learning (EAL) programs with groups and individuals, and in workshops and clinics. Clients of all ages (from 3-80+), many with a wide range of conditions, including cerebral palsy, muscular dystrophy, autism, developmental delays, attention deficit disorder, and emotional and mental health conditions, have benefitted from Equine Assisted Activities as a helpful treatment.

SPIRIT serves the community by providing Therapeutic and Equine Assisted Activities through a contract with the Fairfax County Park Authority; collaboration with McLean Community Center, Floris Methodist Church, Prosperity Clinic in Herndon, several certified Equine Assisted Psychotherapy organizations (Teaching Horse, Equibliss, A True Image Consulting) and individual therapists and consultants.

### **Fairfax County Park Authority (FCPA) Classes**

- 32 weeks of lessons, and 8 weeks for make-up classes in the spring and fall and two 4-week classes each in the summer and winter) to the community
- 5-10 students per class
- 6 lessons per week
- 1,664 lesson hours total
- 268 students in total attended

### **Equine Assisted Therapeutic (EAT) Lessons for Kids and Adults with Special Needs**

- Group therapeutic riding lessons 2 times per week, on Monday and Tuesday
- Group therapeutic riding lessons for a total of 640 lesson hours

### **Equine Assisted Learning (EAL) for Children and Adults**

- Equine Assisted Learning lessons (riding class for beginners) 2 times per week, on Wednesday and Thursday
- 640 lesson hours
- SPIRIT provided EAL lessons for individual clients, mostly teenagers living in nearby communities. These lessons provide positive learning experiences, improvement of self confidence and expanding life skills.

### **Camp Activities**

- One spring-break camp and four summer camps provided Equine Assisted Activities two hours daily, as part of the FCPA All About Horses day camp
- 50 students attended for a total 1,056 lesson hours

## **Workshops and Clinics**

### **Collaboration with Prosperity Eating Disorders and Wellness Center, workshops and clinic for Equine Assisted Psychotherapy (EAP) under National Board of Certified Counselors (NBCC)**

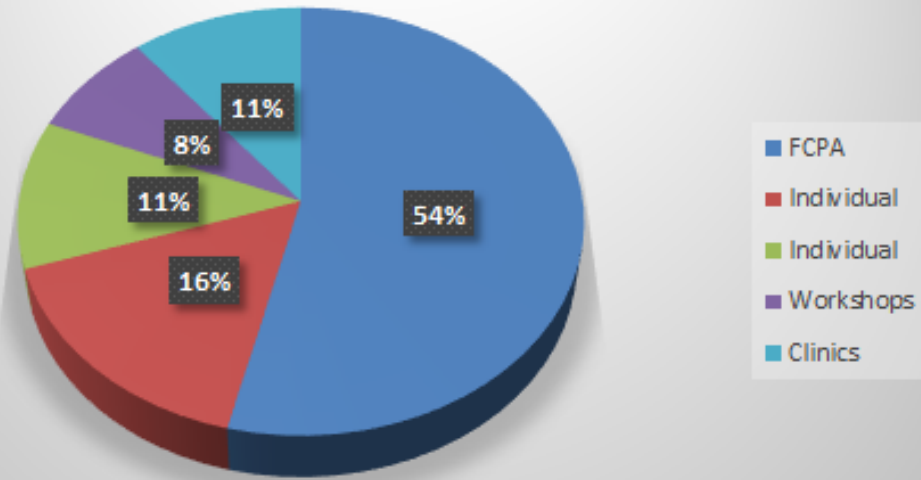
- SPIRIT hosted 3 EAP workshops as training for mental health professionals. So far, over 350 hours of EAP workshops and clinics were offered to the community as part of certified continuing education for Certified Counselors and Mental Health specialists (NBCC program)
- SPIRIT collaborated with Prosperity Eating Disorders and Wellness Center and EAP specialist Ioana Boie. She has seen over 10 clients with eating disorders and other mental health diagnoses, using Equine Assisted Psychotherapy and has provided 223 hours of service.
- SPIRIT hosted the first Equine Assisted Activities retreat and workshop for Alzheimer patients and their caregivers (12 participants), with Liz Moran and Ashley Nun, certified EAP specialists. As a result of this retreat and workshop, we had the first EAA with mounted experience for seniors. Great feedback was received for this activity. SPIRIT donated its resources for this event.

### **OTHER...**

- SPIRIT collaborated with **Fairfax County Public Schools - South Lakes High School** at **STEP (Secondary Transition to Employment Program)** providing hands-on job training and Equine Assisted Activities for young adults with special needs at the farm environment [http://www.fcps.edu/SouthLakesHS/step\\_program.shtml](http://www.fcps.edu/SouthLakesHS/step_program.shtml)
- SPIRIT collaborated with Floris United Methodist Church and provided for free, \$3,000.00 worth Equine Assisted Activity services for 75 children from Hutchinson Elementary School, Herndon. This group of underprivileged kids enjoyed the SPIRIT Program as part of their camp in August.
- SPIRIT worked with the **CSA (Comprehensive Services Act)** program of Fairfax County providing service for troubled youth and their families <http://www.fairfaxcounty.gov/csa/>

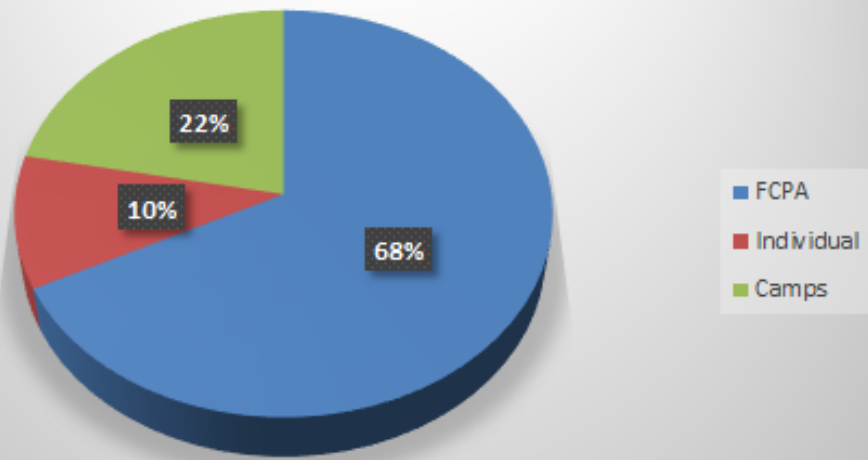
## **About our Programs**

## Equine Assisted Therapy Clients



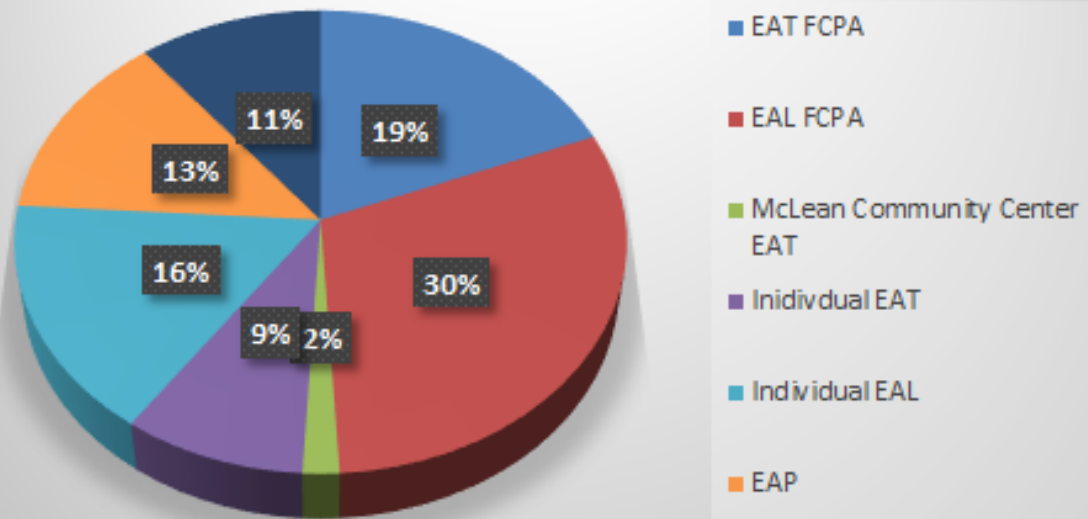
EAT Therapeutic Riding	FCPA	120
	Individual	36
EAP Psychotherapy	Individual	25
	Workshops	18
	Clinics	24
EAT clients total		223

## Equine Assisted Learning clients



EAL	FCPA	148
	Individual	23
	Camps	48
EAL clients total		219

## Program Hours



Program Hours	
EAT FCPA	640
EAL FCPA	1,024
McLean Community Center EAT	60
Individual EAT	300
Individual EAL	552
EAP	452
Clinics and workshops	361.5
Total program hours	3,389.5

# Public Presentations, Shows, and Public Outreach Events 2014

- Jan 22 SPIRIT Donor Appreciation Day - Presentation of our program and students' achievements at the Frying Pan Farm Park indoor ring (SPIRIT Team)
- Mar 15 Presentation of the SPIRIT Program at Adapted Sports, Recreation and Travel Fair (Julia Scoville and Patty Kyle)
- May 25-26 Presentation at Viva Vienna! community event (Diane Pires, Huey Sullivan, Ingrid Willenz-Isaacs, Sara Sanders-Buell)
- Sep 5 Buddy Walk®, Down Syndrome Association of Northern Virginia (Diane Pires)
- Oct 18 Ride for SPIRIT - Presentation of our program and student's achievements at the Frying Pan Farm Park indoor ring (SPIRIT Team)
- Oct 25 Fairfax VolunteerFest - Demonstration of our program activities at Oakton Community Park (Carrie Jandura)
- Oct 24 Presentation of SPIRIT Program at CFC Event at Veterans' Medical Building, DC (Diane Pires, Mark Sherman)
- Nov 5 The highlight of the year - Lunch Presentation and Open House at the Farm, created and facilitated by Vice President of SPIRIT, Ms. Tawny Hammond. We presented SPIRIT, our service to the community and our need for a long-term solution of space for our organization. We hosted:
- Ms. Cathy Hudgins, Hunter Mill District Supervisor and her associate Ms. Catherine Hanes,
  - Mr. Bill Bouie, Fairfax County Park Authority Board Chairman,
  - Ms. Sara Baldwin, Fairfax County Park Authority Deputy Director, representative for Mr. Kirk Kincannon, Park Authority Director,



- Mr. Tod Brown, Fairfax County Park Authority Branch Manager

Nov 23 Night of Giving, Tysons Corner Center - fundraising event (Julia Scoville, Christina Magnani, Diane Pires, Sophie Hua)

Dec 6 Ride for SPIRIT - Presentation of our program and student's achievements at the Frying Pan Farm Park indoor ring (SPIRIT Team)

Dec 20 Volunteer Appreciation Day social event at Higgins House for volunteers and staff

### **Public Media**

*Oak Hill/Herndon Connection* - Loving Horses at Frying Pan Park, February 26, 2014

*Reston Pet Connection* - Lexi and Elizabeth on front cover, February 23, 2014

Cox Communications - Mr. Ruben, October Ride for SPIRIT, videotape

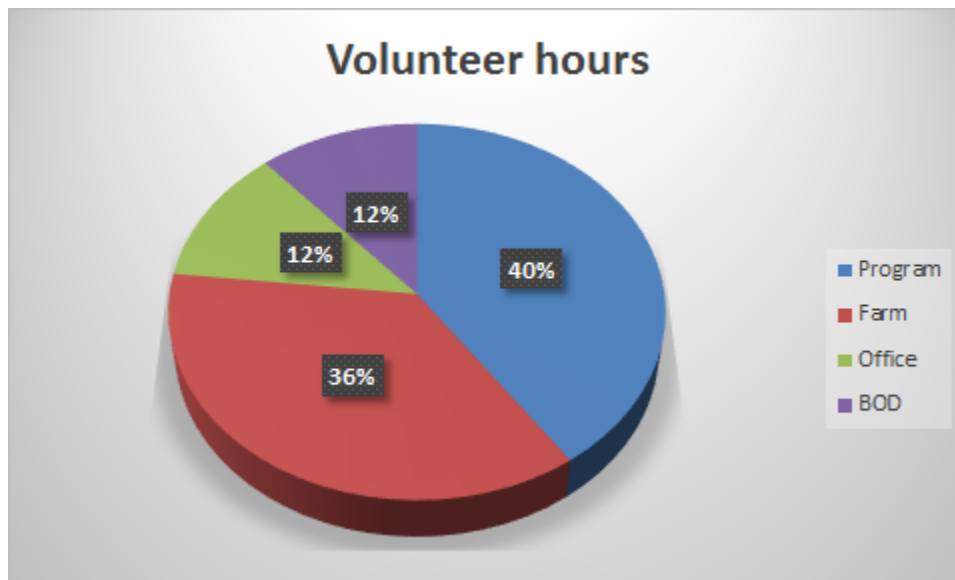
*Fairfax4Horses Escapade Newsletter* - December 2014, Spirit Presents Therapeutic Riding Demonstration at VolunteerFest 2014

## **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 Ministry
- James Madison High School
- Bishop O'Connell High School
- Floris United Methodist Church, Herndon

## Volunteer Participation

Volunteers at SPIRIT are generous people of all ages, from students to senior citizens. Most volunteers are found through the internet and through our educational classes. While working with SPIRIT's main program lessons, our volunteers gain personal training and valuable long-lasting life experience about people with special needs and horsemanship. Not all volunteers work directly with the participants. There are many who 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.



Total 198 Volunteers donated their time to SPIRIT in 2014

### Hours

Program	3,924
Farm	3,540
Office	1,151
BOD	1,112
Total volunteer hours	9,727

## We Thank Our Supporters

SPIRIT Open Equestrian Program, Inc., is grateful to all of its supporters who have provided the program financial donations or designated contributions to the Scholarship Fund. These contributions enable us to support lessons that enrich the lives of our participants and keep our horses healthy and happy in their service.

In addition to financial contributions, SPIRIT received significant support in gifts and donated services from people who recognize our work in the community.

SPIRIT is served by a Board of Directors who bring their talents and dedication to the work of supporting and governing the organization. (More at Financial Annual Report for 2014)

## Instructors and Program Related Partners and Staff

SPIRIT Instructors and Assistants are highly educated and experienced in the Equine Assisted Activities field and are highly devoted and passionate about SPIRIT's mission.

The Instructor's' qualifications include PATH certification, Equine Specialists, EAGALA and other EAP certifications.

<p>The Instructors:</p> <ul style="list-style-type: none"><li>• Sue Bell</li><li>• Sarah Morehouse</li><li>• Davorka Suvak</li><li>• Karen Statman (re-certification in process)</li><li>• Katharine White (re-certification in process)</li><li>• Veonica Lac</li><li>• Ioana Boie</li><li>• Liz Moran</li><li>• Ashley Nun</li></ul>	<p>The Assistants and Mentors:</p> <ul style="list-style-type: none"><li>• Wendy Shugol</li><li>• Zoe Griffiths</li><li>• Mira Gruber</li><li>• Ilana Gruber</li><li>• Naomi Gruber</li><li>• Becky Maksimovic</li><li>• Lisa Humflet</li><li>• Ayah Syed</li><li>• Emma Winstead</li><li>• Caroline Warren</li><li>• Eme Warren</li><li>• Sarah Flemings</li></ul>
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# Financial Highlights

## Funding

During 2014, SPIRIT was supported by devoted friends with financial support and gifts. Our program costs have been covered with over 70% in donations, vendor's discounts and volunteer work. Many clients were able to participate paying less than 30% of the cost, thanks to the community support which SPIRIT receives.

Those our donors who supported Spirit in 2014

Vineet Singhal & SCI	Washington Forrest Foundation	James W Glenn	Ioana and Gabriel Boie
Jennifer E.Spafford	Ritu K. Grover	Karen Statman	Kathleen Silbaugh
Alice Shaver Foundation	Charlotte A. Ritz	Christina Magnani	Louis Emery and Lisa McCue
The LEEPS Foundation	Peter S. King	Maria Boysia	Anne Van Gilson
VISA GIVINGSTATION	Sally Anne Bippert	Carolyn C. Pervi	Brenda and Todd Graves
American Automobile Association	Sara Sanders-Buell	Freddie Mac Employee Funds	Frank Doe and Donna Shelton
Laura Mc Nichol	Sandra Evalenko	Donald Kane	Denis Edwards Shannon
Leslie J Painter	James and Jane Burner	Amy Barrett	John Rocket
Cynthia Powell	Diane Pires	Deborah Bowers and Mark Warren	Magaly and Glenn Lammi
Patty & Huey Sullivan	Leah Lupo	Mindy Griffiths	Elizabeth Miller
Evanatalia Ocasio Santos	Efigenia E Jesus	Hua Cui	Mary Frances Nichols
Heather L. Leahy	Jeffrey and Leann Lindsey	Julia Scoville	Kendra and Stephen Green
Florence O. Dougherty	Susan D. Buell	Microsoft Matching Gifts	Cynthia C Kohler

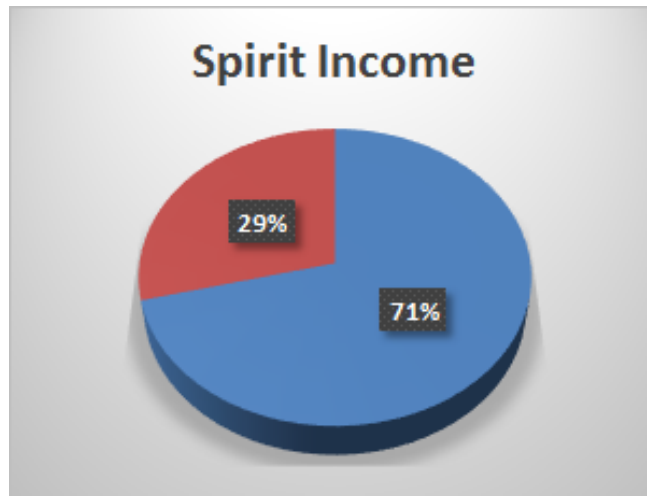
Michael & Jennifer Florence	David A. Norman	Cindy and Jim Soltys	Hedy Glenn
David and Jane Grinwis	Millicent Eubanks	Jill Alane Nystrom	Debra Kerr

**Significant support to our operations is Vendors Discount given by**

Mike P. Smith	Sam Grant
Maria Boysia	Laughing Farm
Hoof and Paw vet	Karen Kilgore
Scott Baker	

**Total 198 Volunteers donated their time to SPIRIT in 2014 and value of their work can be presented in \$207,865.99**

**Thank you friends for all you do and give to Spirit!  
You make Spirit miracles possible :)**



**SPIRIT INCOME 2014**

Donations	Cash	\$	64,618.28
	Non Cash	\$	248,000.54
	Total donated	\$	312,618.82
	Program revenue	\$	127,500.00

**Total Income**

**\$**

**440,118.82**

**Expenses**



**SPIRIT EXPENSES**

**Program Expenses**                   **\$ 324,684.05**

**Marketing and promotion**       **\$ 3,923.82**

**General and Administration**       **\$ 92,470.55**

**Total Expenses**                       **\$ 421,078.42**

**Draft Plan for 2015**

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 Park.

2014 provided SPIRIT with experience in farm management and will be remembered as a year when our horses had a chance to have the

high quality of life they deserve. They now have 24/7 turnout with hay, water, and access to shelter available at all times.

Having a farm, space for horses, and a house offering room for office, program, and therapeutic services has enhanced SPIRIT's growth. Most important, the strong team of people who support SPIRIT's Mission created a vision of the next stage of growth and formatted the main action for 2015.

**The 2015 focus will be on the Capital Campaign HOME FOR SPIRIT. Action is necessary to ensure a long term solution for SPIRIT.** Purchasing the property currently being rented or assuring SPIRIT's future somewhere else, if forced out by development, has top priority.

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 experienced and licensed instructors
- Establish and develop partnerships with private schools (such as Floris, Montessori, and others)
- Establish collaboration with Fairfax County Public Schools
- Offer more variety in Equine Assisted Activities to the community
- Continue lobbying the Fairfax County government to create a sustainable solution for SPIRIT's future and avoid rezoning and development of the land SPIRIT uses.

At SPIRIT our goal is to help people with a combination of disabilities, special needs, and young people learn important life skills using Equine Assisted Activities. Through a dedicated staff, a devoted team of volunteers, a diverse curriculum, and carefully selected and trained horses, we create a taste of success and inspire our clients to showcase their abilities and improve their quality of life through a positive experience and inclusive social environment.

**Thank you for any help you can provide for our Capital Campaign to assure a Home for Spirit!**