

# FUNDING APPLICATION

## GENERAL INFORMATION

### Organization Information

|   |                                       |  |                           |
|---|---------------------------------------|--|---------------------------|
| <b>Legal Name:</b><br>Triple H Equitherapy Center | <b>Federal Tax ID#:</b><br>74-2746369 | <b>Are you a 501(3)(c) charity?</b><br>Yes |                           |
| <b>Address:</b><br>791 Backhaus Road              | <b>City:</b><br>Pipe Creek            | <b>State:</b><br>TX                        | <b>Zip Code:</b><br>78063 |
| <b>Website:</b><br>www.triple-h.org               | <b>Fax:</b><br>(830) 388-2263         |  |                           |

### Head Of Organization

|   |                                 |
|---|---------------------------------|
| <b>Name:</b><br>Ginger                        | <b>Title:</b><br>Eways          |
| <b>E-Mail Address:</b><br>ginger@triple-h.org | <b>Phone:</b><br>(830) 388-2263 |

### Application Contact

|                        |                        |   |                                 |
|------------------------|------------------------|---|---------------------------------|
| <b>Name:</b><br>Ginger | <b>Title:</b><br>Eways | <b>E-Mail Address:</b><br>ginger@triple-h.org | <b>Phone:</b><br>(830) 388-2263 |
|------------------------|------------------------|---|---------------------------------|

| Previous funding received from The Gordon Hartman Family Foundation |                 |
|---|-----------------|
| Year  | Funding \$      |
| 2015  | \$5,000         |
| 2016  | \$4,000         |
| 2017  | \$6,500         |
| 2018  | \$2,500         |
| 2019  | \$7,500         |
| 2020  | \$1,500         |
| <b>Total</b>  | <b>\$27,000</b> |

**Has the organization applied to the Gordon Hartman Family Foundation in the past and been declined?**

No

| Grant Amount Requested \$: | Total Project Budget \$: | Organization's Annual budget \$: |
|----------------------------|--------------------------|----------------------------------|
| \$7,500                    | \$302,700                | \$501,000                        |

**Mission Statement:**

Triple H Equitherapy Center's mission is to improve the health and quality of life for individuals with special needs through equine-assisted activities and therapies. Equitherapy, an adjunct support service to primary medical care, meets the special therapeutic needs of humans through the special characteristics of horses.

## PROJECT INFORMATION

**Program / Project Title:**

Horse Power for Children

## PROJECT TIMELINE

| Start Date | End Date   |
|------------|------------|
| 11/01/2020 | 10/31/2021 |

**Program / Project Description:**

Core Services: The Horse Power for Children program transforms the lives of children ages 3 to 17 who have special needs. Positive health outcomes strengthen their minds, bodies, and spirits. Three service categories improve the competencies and life skills of children with a variety of health issues:

- 1) Therapeutic horseback riding helps children with a variety of physical, emotional, and mental challenges.
- 2) Equine-assisted learning benefits children from life skills/special education classes in area schools.
- 3) Equine-facilitated psychotherapy improves the lives of youth at-risk who have trauma-related issues such as bipolar disorder, depression, and anxiety.

The therapeutic team consists of certified therapeutic riding instructors, trained volunteers, and a licensed mental health professional, when appropriate. The human team members work in partnership with specially trained therapy horses. Often, the ratio of volunteer to child is two or three to one to ensure safety.

Goals: The over-arching program goal is for each child to reach their full potential. In all three service categories, a customized therapy plan is tailored to meet the health objectives of each child.

Issues: Triple H clients are challenged with a wide array of physical, behavioral, and mental health disorders--everything from cerebral palsy and autism, to depression and developmental delays. Horse therapy provides exercise for clients who needed help developing fine motor skills (in the small muscles of the fingers, toes, wrists, etc.) and gross motor skills (large muscles in the legs, arms, and torso). Youngsters with cerebral palsy and autism benefit from therapeutic horseback riding as it helps them develop strength, balance, and muscle control. Clients enrolled in Life Skills classes in area schools often have both physical and cognitive challenges such as Down syndrome and Intellectual Developmental Delays. They benefit from therapeutic horseback riding combined with equine-facilitated learning activities that complement the academic objectives set by their teachers.

Needs to Be Addressed: Triple H's internationally accredited Equine-Assisted Activities and Therapies (EAAT) programs reduce the significant gap in community-based support services for children with special needs. Direct supplementary support services like horse-assisted therapy are often critical elements in serving those children who require special assistance for medical, mental, behavioral, or psychological disabilities. However, one of the greatest challenges faced by the families of these children is finding quality, affordable services that address their children's health needs. Resources for non-institutionalized therapy and socialization are extremely limited. Youth at-risk in juvenile residential treatment facilities have little access to non-traditional psychotherapy, which is one of the most effective ways of helping them make the breakthroughs necessary to develop life skills and healthy relationships.

Impacted Individual: This program serves children ages 3 to 17 who have a wide array of special needs. A majority of clients reside in Bexar County. Many of them come from low-income families in the rural Texas Hill Country counties served by Triple H Equitherapy, including Bandera, Comal, Kendall, and Kerr. Almost all are marginalized by low socio-economic status. All too often they are stigmatized because they must use wheelchairs or have overt physical symptoms such as spastic limbs. Young people in the psychotherapy program have mental and behavioral issues as a result of caustic life experiences, including neglect and abuse. Program component demographics are as follows:

(1) Riding to Independence (RTI) serves children ages 3 to 17 who struggle with a variety of physical, cognitive, and emotional challenges. Many have autism spectrum disorders or serious mobility impairments due to multiple sclerosis, cerebral palsy, and spina bifida. They work on individual therapeutic goals, and some learn how to ride independently. In 2019, 25 children participated. RTI demographics were 60% Anglo, 36% Hispanic, and 4% African American. Gender was 40% female and 60% male.

(2) Hooves, Hearts & Heroes (HHH) collaborates with area independent school districts to benefit students enrolled in special education/life skills classes. Children have cognitive, emotional, and/or physical disabilities. Equine-facilitated learning activities complement the academic objectives set up by their teachers. Examples of diagnoses include cerebral palsy, auditory impairments, Down syndrome, and autism. Life skills students participating include elementary, middle, and high school students ranging in age from 5 to 17. During 2019, 23 children participated. The ethnicity of clients enrolled in HHH was 61% Anglo and 39% Hispanic. Gender percentages were 65% male and 35% female.

(3) From Fear to Responsibility (FTR) provides horse-assisted psychotherapy for children ages 6 to 18 whose corrosive life experiences have triggered behavioral and mental disorders, often requiring residential placement or judicial intervention. Contributing factors include physical or emotional trauma, mental health disorders such as depression and anxiety, and poverty. In 2019, 84 clients participated. Ethnic breakdown was 45% Anglo, 42% Hispanic, and 13% African American. Gender percentages were 51% male and 49% female.

When Triple H reports numbers of unduplicated clients served, only primary clients-- children who have special needs--are counted. However, benefits to families, caregivers, and the community are also significant, making the total number of individuals impacted much larger. For every 100 children served, approximately 400 or more secondary beneficiaries are served; these are parents, siblings, other family members, and caregivers.

As the health of these children improve, there is a "ripple effect." Three aspects of the ripple effect are (1) the "quality of life" benefits to "secondary beneficiaries"--family members of clients who come to the ranch and volunteers who serve as members of the therapeutic team; (2) the carry-over of skills learned during horse therapy that improve client functioning and relationships with others at home, work, and school; and (3) benefit to the community.

#### **Expected Results:**

In all categories, a customized therapy plan is tailored to meet the health needs of each child. Measurable objectives are set at the beginning of each session and monitored throughout the 8-week session. By the end of the session, the extent of improvement is calculated in core areas of achievement which include physical milestones, developmental milestones, learning milestones, emotional growth, social growth, and locus of control. It is expected that 85% of clients will make progress towards their individual objectives during each session.

#### **Evaluation Plan:**

The Horse Power for Children program offers distinctive experiences that traditional therapy does not. A growing body of evidence-based research demonstrates long lasting impact and life-altering changes. For example, a study published in the Journal of Autism and Developmental Disorders in August 2014 demonstrates that children diagnosed with ASD participating in equine-assisted activities showed more improvement in quality of life domains than children in a non-equine program. Positive treatment effects were most noted in the areas of social functioning, physical functioning, school functioning, and overall mental health and behavior. These significant improvements continued six months after the study. Triple H clients show similar improvements in functioning as well as quality of life. At Triple H, measurable objectives for children with physical disabilities focus on improvement in physical milestones such as balance, core strength, and motor skills. Those with cognitive, emotional, and social disabilities focus on improving developmental learning, locus of control (such as dependability and self-control), and emotional growth milestones. Qualitative and quantitative evaluation tools include detailed progress notes. Instructors write progress notes after each lesson and record the percentage of improvement. At the end of the session, results are compiled on the Five Observable Behaviors Form that measures improvement in core areas of achievement. The equine-assisted psychotherapy program component uses three assessment tools to collect and measure data: (1) pre- and post- self-report questionnaires completed by parents/caregivers, (2) progress notes, (3) and the Five Observable Behaviors Form for Mental Health classes. Throughout the session, instructors and the psychotherapist record progress notes after each lesson. The Five Observable Behaviors Form for Mental Health measures progress in developmental milestones, emotional growth, social growth, learning milestones, and locus of control. The overarching goal for this program is to improve the physical, behavioral, and mental health outcomes of children so that they can succeed at home, in school, and ultimately in their communities. Individual success and progress towards health goals is tracked throughout each session, and for the last 3 years at least 85% of clients have been successful. During 2019, 90% of the children were successful in make progress towards their individual goals.

#### **Plans to sustain project beyond the term of this request:**

Triple H is making a determined effort to develop a strong, diversified, and engaged Board of Directors to build the development program necessary to ensure a sustainable future. Since 2017, steady progress has been made and efforts continue to develop the board support necessary to greatly enhance fundraising. As the board has become more successful, proceeds from the major annual fundraising event, The Magic of Horses Gala, and individual donor contributions increased during 2019. This year, the COVID-19 pandemic disrupted fundraising plans and resulted in a significant reduction in revenue. However, Triple H leaders basically reimagined the 25th Anniversary Gala in 2020 by producing a virtual Gala and online Silent Auction. Enhanced efforts to increase individual donations has been successful despite the many challenges of raising money during the pandemic. This is because more board members are making personal requests to friends and colleagues. With a focus on long-term sustainability, the Triple H board and key staff are in the process of reviewing strategic plan initiatives so that Triple H can be successful despite new fundraising realities. One new long-term initiative is to develop a horse-assisted personal wellness curriculum and leadership training based on herd dynamics. A pilot project conducted earlier this year, before COVID restrictions, indicated that this can be developed into a marketable project with the potential to become a new revenue stream.

#### **Line item Budget:**

| <b>Line Item Description</b>   | <b>Total Project Funds Allocation</b> | <b>Gordon Hartman Funds Allocation</b> |
|--|---------------------------------------|--|
| Horse Care (hay, feed, veterinary care, medication, nutritional supplements) | \$30,120                              | \$7,500                                |
| <b>TOTAL:</b>  | <b>\$30,120</b>                       | <b>\$7,500</b>                         |

### **BOARD OF DIRECTORS**

#### **LIST OF BOARD DIRECTORS**

| <b>Name &amp; Office Held</b>  | <b>Corporate Affiliation</b>                                    |
|--------------------------------|---|
| Tracy B. Range, President      | Rennert Travel  |
| Jay Pennington, Vice President | Pennington Technical Arts                                       |
| Alan Johnson, Treasurer        | Peace of Mind Dining  |
| Sharon Treece                  | Secretary   |
| Brett Anderson                 | AT&T, Freer Feed & Ranch Supply                                 |
| Janet Casey                    | Americair of San Antonio, Seniors 2000 Adult Day Care (Retired) |
| Billy M. Evans, Jr.            | Alvarez and Marsal  |
| Spencer D. Feasel              | Radiant Roofing   |
| Elizabeth McRae, M.D.          | McRae MD Medical Laser Spa                                      |
| Elaine Palance                 | Elaine Palance Designs  |
| Sarah Pennington               | USAA (Retired)  |
| Logan Sammons                  | Morgan Stanley  |
| Diane Skillrud                 | San Antonio Port Authority (Retired)                            |
| Gene Skillrud                  | Skillrud Limited Family Partnership (Retired)                   |
| Jennifer Uecker, CPA           | USAA Real Estate Company  |