

# Values in Motion

High Hopes Therapeutic Riding  
2018–2019 Annual Report



# Values in Motion

High Hopes Therapeutic Riding, Inc. is a Professional Association of Therapeutic Horsemanship International (PATH Intl.) Premier Accredited Center, and an internationally recognized instructor training site based in Old Lyme, Connecticut. For over forty-five years, we have served adults and children with physical, cognitive, and emotional disabilities through Equine Assisted Activities and Therapies (EAAT).

## Our Values:

### Quality

We are committed to the highest level of quality throughout our programs, in our care for horses and our interaction with participants, volunteers, donors, and other members of the community.

### Teamwork

High Hopes' certified instructors, qualified staff, and committed volunteers work together to create an inclusive environment providing the optimal experience for participants.

### Education

High Hopes promotes education within the field of therapeutic riding and values learning in collaboration with our participants and community.

### Leadership & Innovation

High Hopes develops leaders who are committed to excellence, current with advances in therapeutic riding, and eager to share innovative solutions that will enhance the experience for participants today and in the future.

### Serving the Community

High Hopes strives to serve its local community effectively and to be an active and valued community participant.



## Introduction from the Executive Director & Chair of the Board

For over forty-five years, High Hopes has held its position at the forefront of therapeutic riding through leadership, innovation in program development, and fundraising. Our close professional relationship with PATH Intl. ensures our team remains at the vanguard of change in professional practice. Most importantly, we are responsive to the needs of our community. Recent collaborations, with local social service agencies and area schools, focus on programs which respond to the critical substance abuse and mental health needs of our region.

Our core values infuse High Hopes with the atmosphere of hope and unconditional acceptance – the trademark of our services for participants and volunteers alike.

We hope you enjoy reading these stories which illustrate our Values in Motion.



Jacqueline Kangley  
*Board Chair*



Kitty Stalsburg  
*Executive Director*



**Mission:** High Hopes fosters a vibrant community where horse and human interactions improve lives.



# Stanley

When Stanley joined the elementary school group riding at High Hopes last spring, his teachers wondered if he would be able to participate with his peers. Stanley is five years old and has double, above the knee amputations. Though he wears prosthetics and has excellent upper body strength, he is unable to walk and uses a wheelchair to get around. Stanley was also non-verbal but communicated through sounds and expressions. His first contact with his horse, Baby, was a defining moment. For the six weeks of his participation, we saw him progress beyond all expectations.

"It was amazing to see the connection he had with the horses," remarked his teacher, Julie, "He always seemed so content at High Hopes. From the moment he was lifted onto the horse it was like he woke up."

"Spontaneous words from Stanley were not common, but to hear him say 'yeehaw' the first time at High Hopes was inspiring." Stanley continued to improve throughout the school year and even said 'hello' to staff and peers that entered the classroom.

*For Stanley to ride for half an hour, it took two instructors (one to teach, the other as a spotter), a horse, a specially adapted saddle, a leader, and two sidewalkers.*

**“The moment he was lifted onto the horse it was like he woke up.”** Julie, Stanley's teacher

THIS YEAR

# 10,456

services provided  
to 1,750 participants  
by 12 instructors

# 650

volunteers

donated 21,093 hours

# 25

horses

4,500 bales of hay totaling  
180,000 pounds per year

375 bags of grain totaling  
18,750 pounds per year

91,250 gallons of water per year





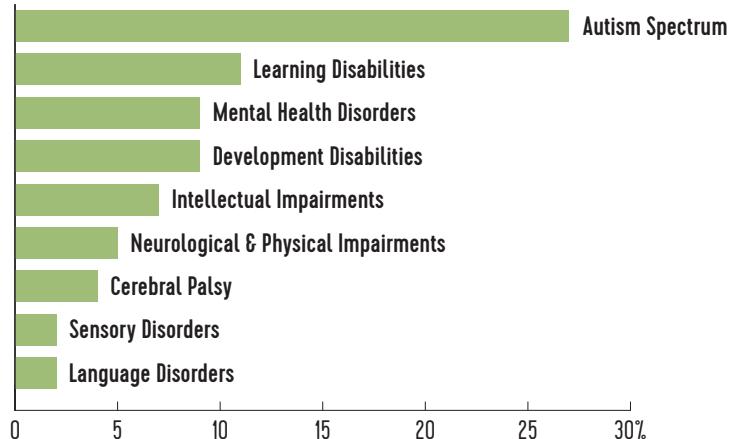
# Thomas

Thomas came to High Hopes when he was three years old. His diagnosis of Cerebral Palsy caused low vision, delayed speech, and low muscle tone. We partnered Thomas with a Shetland pony called Smokey and instructor and Physical Therapist, Carolyn. Over time, Thomas's muscle tone improved as the motion of the pony worked his body in a manner that mimics the typical human gait. "The most dramatic difference was in Thomas's speech and his ability to express himself," remarks his mother Karen, a Registered Nurse. Thomas is unable to participate in the traditional sports and musical activities of his siblings, however, it was clear from the outset that riding would be 'Thomas's thing.' He had pride in his achievements, and as he grew in stature and confidence, he was able to partner with larger horses such as Bert, Nifty, and Half Pint.

As Thomas hit puberty his motor control declined; riding was no longer a safe option, so he tried carriage driving. Initially he drove Al with the continued help

**“**The most dramatic difference was in Thomas's speech and his ability to express himself**”** Karen, Thomas's mother

## Primary Declared Diagnosis



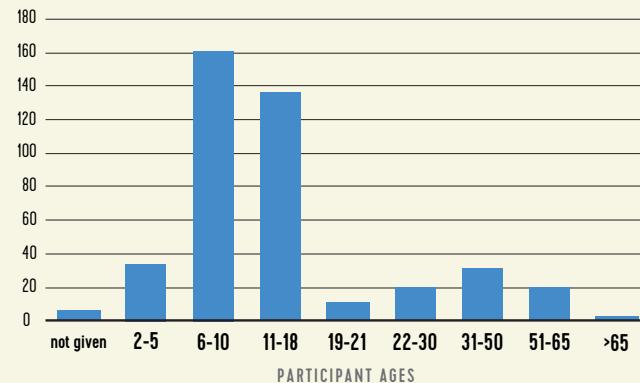
of Carolyn and Lauren, his driving instructor. Using a specially designed pillow to support his arms enabled Thomas to steer with one hand and balance with his other. Each week he gained more independence and control of his horse. Carolyn would spot Thomas by walking behind the carriage to ensure that he kept his balance through turns and over uneven terrain. As he continued to grow in size and skill, he started to drive Blessing, a retired Standardbred racehorse. Thomas's core strength and balance improved through transitions in pace. Utilizing an abductor piece attached to the larger carriage prevented him from sliding off the seat; keeping him safe as his horsemanship skills increased.

*The choice of the right equine partner, instructor, and modifications are key to a successful therapeutic process. At High Hopes we have the experience to make those critical choices. We also have the capacity to provide therapeutic equine services which adapt and mature with participants like Thomas.*

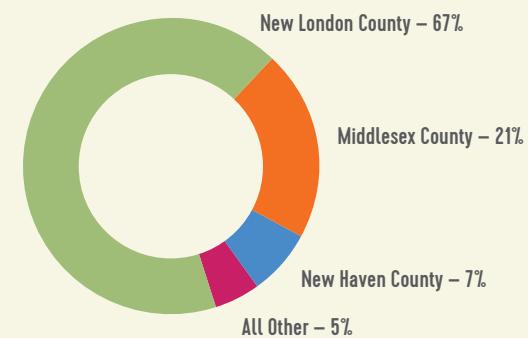




### Ages of our Participants by Number



### Home Locations of Participants



### Mission Related Activities Delivered



# Scotty

“ After his lesson he is much more focused and always very happy. Riding horses [at High Hopes] has definitely given Scotty confidence and fostered independence. ” Callista, Scotty’s mother

Scotty first came to High Hopes in 1998. He was eight years old with a diagnosis of Pervasive Development Disorder. Over the last 20 years, Scotty has learned how to partner effectively with many different horses and volunteers. When Scotty started, he had three volunteers. Today Scotty has the balance, core strength, and coordination to ride at the trot. This year he amazed his family and friends when he rode independently at Horse Show Days.

His sense of community shines through each week when he arrives with his father and makes his rounds of the facility talking with the staff, volunteers, and other participants. Over the years, his auditory processing skills have developed significantly. Scotty can have an in-depth conversation with his volunteers about the latest Wheel of Fortune episode, but at the same time never miss a direction given by his instructor. Riding horses has given Scotty confidence and fostered independence. The skills he has garnered at High Hopes, together with his love of routine, also empowered Scotty to contribute to his broader community through volunteering for Meals on Wheels. “Scotty has been a great help with MOW [Meals on Wheels]. I can count on him to help, and he does a great job knowing all the sites and any special requests such as locking doors or special meals. He is always eager to go and participate.”



## Current Staff

Barbara Abrams  
Diana Artiles  
Chelsea Bourn  
Trudy Burgess  
Rachel Butler  
Erin Cardea  
Marie Cahill (néé Manero)  
Constance Corbett  
Patti Coyle  
Sarah Crisp  
Ruth Denya  
Imanol Echeverria  
Megan Ellis  
Elizabeth Ferreira  
Lauren Fitzgerald  
Kerrie Guarino  
Liesl Grigerek  
Carolyn Jagielski  
Makayla McPherson  
Sarah Miller (néé Carlson)  
Laura Moya  
Lesley Olsen  
Juanita Paris  
Sara Qua  
Kim Severance  
Kitty Stalsburg  
Holly Sundmacker  
Carrie Wind

## Trustees for the Financial Year 2019-2020

### **Founder**

Mary K. "Sis" Gould †

### **Officers**

Jacqueline Kangle, Chair  
Jeffrey Ridgway\*, Vice-Chair, Development  
Scott Douglas, Treasurer  
Deborah Welles, Secretary

### **Trustees**

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John Catlett\*  
Sarah Hill Canning  
Hannah Metcalf Childs  
Mark Fader  
Sarah Kitchings Keenan  
Laurie LaTerza  
Todd Machnik  
Mac (Margaret) Mummert  
Vicki Newton  
Gary Rogers  
Robin Schonberger  
Gregory Varga  
Peter Watt  
Barbara Willkens  
  
\* also Chairmen Emeriti

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Judith Lightfoot  
Roger M. Smith  
Wayne O. Southwick, MD †  
Anthony C. Thurston †

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Michael Ganey  
Cheryl Heffernan  
Betsy Horn  
Barbara Kashanski †  
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Pete Pierson †  
A. Rives Potts  
Roger M. Smith  
Anthony C. Thurston †  
Kelvin N. Tyler  
  
† Deceased



**Vision:** High Hopes' participants and the community will be enriched by the provision of unique and impactful services, which respond to the changing needs of our community with flexibility, creativity, and quality.

**STATEMENT OF  
FINANCIAL POSITION**

**YEAR ENDING JUNE 30, 2019**

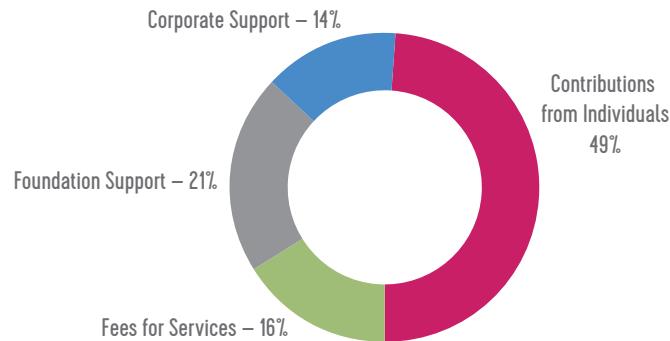
## Assets

CURRENT ASSETS	
Cash and Cash Equivalents	\$298,715
Pledge and Other Receivables	1,260,325
Prepaid Expenses	5,303
TOTAL CURRENT ASSETS	\$1,564,343
Property and Equipment – Net	\$1,523,419
LONG-TERM ASSETS	
Investments	4,457,917
TOTAL LONG-TERM ASSETS	\$4,457,917
<b>TOTAL ASSETS</b>	<b>\$7,545,679</b>

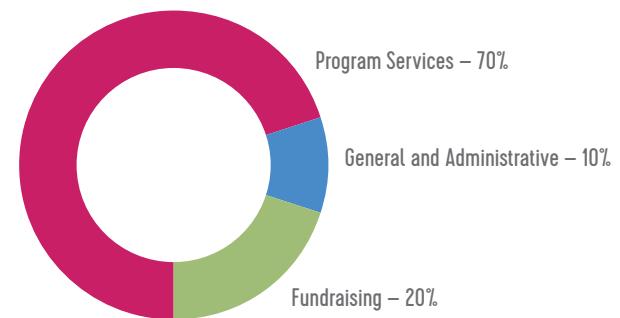
## Liabilities and Net Assets

CURRENT LIABILITIES	
Accounts Payable	\$18,357
Accrued Expenses and Deposits	25,819
Advance Fees for Services	60,461
TOTAL CURRENT LIABILITIES	\$104,637
NET ASSETS	
Without donor restrictions	\$1,906,194
With donor restrictions	5,534,848
TOTAL NET ASSETS	\$7,441,042
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$7,545,679</b>

## Support and Revenue



## Functional Expenses



THE INITIATION OF AN ENDOWMENT CAMPAIGN HAS IMPACTED REVENUE AND EXPENSES.



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