

Bridle Paths

During 2019, Bridle Paths continued to pursue our mission to offer strength, support, and healing to individuals and families through safe, effective, and high-quality equine-assisted activities and therapies. We provided an expanded array of services, with a consistent emphasis on relationships, communication, and meaningful paths to connection, in partnership with horses. Outlined below are our goals for 2019 and associated results.

Develop sustainable programs for veterans, service members, and their families.

- We served approximately 60 unique veterans and service members in nearly 70 sessions, in collaboration with the Virginia Department of Veterans Services, Serve Our Willing Warriors, and VA Medical Center Martinsburg.
- We received a VA Adaptive Sports Grant in the amount of \$40,000 to provide six, eight-week group equine therapy series for veterans and service members.
- We are finalizing a memorandum of understanding with the D.C. Mayor's Office of Veterans Affairs to provide quarterly equine-assisted learning sessions for veterans.

Expand equine-assisted learning (EAL) programs.

- We conducted an eight-week EAL and internship program for young adults with autism spectrum disorders, funded by a generous grant from Autism Speaks. Each of the four young adults who participated in this program is completing an internship project with the program in areas such as facility safety, website design, video production, and records maintenance.
- We provided three eight-week groups for adult survivors of traumatic brain injury, funded by a \$9,600 grant from the Christopher & Dana Reeve Foundation.

Provide training and certification opportunities for equine-assisted activities and therapies professionals.

- Bridle Paths hosted two Masterson Method Equine Specialist workshops for equine professionals from the United States and Canada, and program president Katie Fallon received her certification as a Masterson Method Equine Specialist.
- We hosted a Level 1 Equine-Facilitated Learning training for the Human Equine Relational Development (HERD) Institute. Program President Katie Fallon was invited to join the HERD Institute faculty, and we will be hosting three equine-facilitated learning certifications with the HERD Institute in 2020.

Build operating funds to care for our horses.

- We served 32 unique therapeutic riding clients, and 15 unique equine-assisted psychotherapy clients, increasing program service revenue to nearly \$40,000.
- Program contributions (including individual donors, grants, and fundraising events) increased to more than \$40,000.
- Program President Katie Fallon was recognized in the Loudoun100 initiative.
- We created another calendar fundraiser using more of the stunning photographs of our horses donated by Erin Gilmore Photography.

In 2020, we look forward to:

- Delivering EAL programs for survivors of traumatic brain injury and their caregivers, and enhancing EAL programs for young adults with social and communication challenges.
- Conducting equine-assisted psychotherapy (EAP) programs for veterans and service members and training and technical assistance sessions for military medical center staff.
- Expanding EAP programs in partnership with community mental health professionals.
- Enhancing our marketing materials through a partnership with students in the George Mason University Honors College program.
- Building upon grant and donation funding to ensure program sustainability.