

Bridle Paths

The Covid-19 pandemic posed significant challenges in 2020, including the need to suspend services for nearly 12 weeks and implement stringent Covid-19 protocols to resume operations. Despite this, we finished 2020 with robust fundraising, reduced expenses, and a doubling of our participant population. The program is well-positioned to continue to pursue our mission to offer strength, support, and healing to individuals and families through safe, effective, and high-quality equine-assisted services. Outlined below are our goals for 2020 and associated results.

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

- We served approximately 25 unique veterans and service members in more than 60 sessions, in collaboration with the Virginia Department of Veterans Services, Serve Our Willing Warriors, VA Medical Center Martinsburg, and other referring organizations.
- We received an extension into 2021 to complete three eight-week group equine therapy series for veterans and service members, funded by a 2019 VA Adaptive Sports Grant.
- We finalized 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.

- The nonprofit Brain Injury Services selected Bridle Paths as the 2020 recipient of their annual Empowerment Award, and Bridle Paths President Katie Fallon was chosen to receive the inaugural Douglas Kline Empowerment Award recognizing her embodiment of the qualities that propel traumatic brain injury (TBI) survivors forward in their recovery process.
- The Covid-19 pandemic precluded our applying for grant funding to serve pediatric survivors of TBI and caregivers of TBI survivors. We will seek alternative funding sources for these groups in 2021.

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

- Bridle Paths hosted a Masterson Method Equine Specialist workshop in October 2020.
- We hosted a Level 1 Equine-Facilitated Learning (EFL) training for the Human Equine Relational Development (HERD) Institute in December 2020. Program President Katie Fallon has joined the HERD Institute faculty, and we look forward to hosting EFL certifications for the HERD Institute in 2021 and 2022.

Build operating funds to care for our horses.

- We served 32 unique therapeutic riding clients, and 19 unique equine-assisted psychotherapy clients, increasing program service revenue to more than \$42,000.
- Program contributions (including individual donors and social media fundraising) increased to more than \$102,000, offsetting a reduction in grant revenues created by Covid-19 restrictions. We received a gift of stock that enabled us to create a 6-month reserve fund to support our operations.
- We created another calendar fundraiser with stunning new photographs of our horses donated by Erin Gilmore Photography, and ordered new logo apparel items for sale as well.
- Sugarloaf Network Systems contributed equipment and services to provide internet access at the farm.
- Bridle Paths received an Economic Injury Disaster Loan (EIDL) in the amount of \$50,700, and an Economic Injury Disaster Grant in the amount of \$1,000, from the Small Business Administration in May 2020. In November 2020, Loudoun County awarded Bridle Paths CARES Act nonprofit funding in the amount of \$9,690. We allocated the CARES Act funds to the purchase of camera, sound, and accessory equipment and related expenses to design and deliver virtual equine-assisted psychotherapy sessions for veterans, service members, and military medical center staff, pending a return to in-person delivery of these services.

In 2021, we look forward to:

- Conducting virtual and in-person equine-assisted psychotherapy programs for veterans and service members and training and technical assistance sessions for military medical center staff.
- Delivering EAL programs for survivors of traumatic brain injury and their caregivers.
- Supporting instructors in training for the PATH, Intl. Certified Therapeutic Riding Instructor designation.
- Building upon grant and donation funding to ensure program sustainability.