



Bridle Paths' twelfth year focused on sustainability and community connections. We established relationships with local organizations to support our work with participants with invisible challenges such as anxiety and depression, self-harm, suicidal ideation, brain injuries, and experiences of trauma. We secured financial resources essential to our growth and longevity. We are contributing to the body of evidence demonstrating the efficacy of equine-assisted psychotherapy for veterans and service members. Consistent revenues from therapeutic services and donors, along with new relationships with community organizations, position us well 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 2024 and associated results.

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

- Bridle Paths delivered equine therapy groups for 50 veterans and staff from military medical centers, the D.C. Mayor's Office of Veterans Affairs, and the Leesburg outstation of the Martinsburg Vet Center with our 2023 VA Adaptive Sports Grant. Veterans who completed these groups demonstrated meaningful reductions in PTSD symptoms, increased psychological flexibility, and enhanced post-traumatic growth. We are one of 22 organizations nationwide to receive a 2024 VA Adaptive Sports Grant to provide equine therapy for veterans and service members in fiscal year 2025.
- We continued our collaborations with Team Red White and Blue and the Warrior Retreat at Bull Run. Executive Director Katie Fallon presented information regarding our *Making the Connection* program for veterans, service members, and military families at Willing Warriors' *Warriors Healing with Horses* event at Marriott Ranch in April 2024. We will present this program to the National VA Equine Consortium in June 2025.

Expand equine-assisted learning (EAL) programs.

- We partnered with two local behavioral health care facilities to provide weekly EAL sessions for more than 100 clients and facility staff.
- We continued and enhanced our collaboration with the Ryan Bartel Foundation, a nonprofit dedicated to teen suicide prevention, to serve local teens through the FORT and other initiatives.

Provide training and certification opportunities for equine-assisted services professionals.

- We hosted our second Fundamentals of Equine Model Training for more than 30 mental health professionals and equine specialists.
- Katie Fallon delivered an in-person equine-facilitated learning certification for the HERD Institute in 2024, with another certification scheduled for the summer of 2025.
- We hosted a Masterson Method Equine Specialist workshop in April 2024, and will host a Masterson Method Light to the Core workshop in May 2025.

Build operating funds to care for our horses.

- Bridle Paths established a perpetual endowment with the Community Foundation of Loudoun and Northern Fauquier Counties to benefit our programs and operations.
- We received a grant in the amount of \$181,800 from the Arthur H. Korn Charitable Remainder Unitrust, which will serve as the foundation for a capital campaign for the program.
- We served more than 200 unique participants in over 750 adaptive riding sessions, 158 EAL sessions, 57 EAP sessions, and 52 VA Adaptive Sports Grant EAP sessions.
- Revenue from therapeutic services (including VA Adaptive Sports Grant funded sessions) exceeded \$160,000.
- Equine Manager Harleigh Humphries joined the staff in October 2024.



- Volunteer hours totaling nearly 6,000 supported all aspects of operations, including the enhancement of volunteer teams to support website development, social media, online fundraising, and community outreach.
- We hosted our second Horsepower for Healing fundraiser at Forklift in Leesburg, raising more than \$20,000.
- Total contributions to the program exceeded \$100,000. These contributions allow us to provide enhanced wellness care for our horses, allocate funds to serve military families at no cost to them, and invest in technology and administrative improvements to support program growth.

In 2025, we look forward to:

- Building sustainability to support our innovative programs and our healing herd effectively and continuously over the long term.
- Increasing volunteerism across the range of program operations.