



Bridle Paths marked our thirteenth year of operations with continued emphasis on service to those with invisible challenges such as anxiety and depression, self-harm, suicidal ideation, brain injuries, and experiences of trauma. We established and enhanced relationships with local organizations to serve youth at risk, neurodivergent individuals, and military families. 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 2025 and associated results.

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

- Bridle Paths delivered equine therapy groups for 60 veterans and staff from military medical centers and the Martinsburg Vet Center with our 2024 VA Adaptive Sports Grant. Assessments of this grant-funded program show a significant positive impact on participating veterans' mental health and wellbeing. Specifically, veterans demonstrated strong and functionally-meaningful reductions in PTSD symptoms and increases in psychological flexibility. We are one of fewer than 20 organizations nationwide, and only two in Virginia to receive a 2025 VA Adaptive Sports Grant to provide equine therapy for veterans and service members in fiscal year 2026. We have been invited to will present this program to the National VA Equine Consortium in September 2026.
- We continued our collaboration with the Warrior Retreat at Bull Run to provide equine-assisted learning sessions for military families. Additionally, we partner with the Virginia Department of Veterans Services to provide equine-assisted psychotherapy services for veterans and military families.
- We created the Valor Herd program, a trauma-informed and evidence-based equine assisted services program that teaches mindfulness, communication, post-traumatic growth, and emotional regulation through experiential sessions with horses.

#### Expand equine-assisted learning (EAL) programs.

- We partnered with a local behavioral health care facility to provide 65 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.
- We partnered with New Ag School, a local nonprofit that train future leaders who will continue and grow Loudoun County's agri-tourism/agribusiness economy, to provide multiple EAL sessions focused on nonverbal communication and relationship.

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

- We hosted our third Fundamentals of EAGALA Model Training for more than 35 mental health professionals and equine specialists, and plan to host an EAGALA Advanced Skillsets training in November 2026.
- Katie Fallon delivered an in-person equine-facilitated learning certification for the HERD Institute in 2025, and will present at the HERD Institute conference in July 2026.
- Katie Fallon and program volunteer James Meaden presented on the environmental model of mindfulness and its application in the equine-assisted services setting at the PATH, Intl. conference in November 2025.
- We hosted a Masterson Method Light to the Core workshop in May 2025.

#### Build operating funds to care for our horses.

- We served more than 200 unique participants in nearly 900 sessions, including over 600 adaptive riding sessions, 68 EAL sessions, 128 EAP sessions, and 56 VA Adaptive Sports Grant EAP sessions.



- Revenue from therapeutic services (including VA Adaptive Sports Grant funded sessions) exceeded \$172,000.
- 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 third Horsepower for Healing fundraiser at Forklift in Leesburg, raising more than \$20,000.
- Total contributions of nearly \$100,000 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.
- We maintain a perpetual endowment with the Community Foundation of Loudoun and Northern Fauquier Counties to benefit our programs and operations.

In 2026, 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.
- Rolling out Hoofprint EMS, a HIPAA-compliant, Salesforce-integrated interface to streamline client intake, horse training logs, facility maintenance, and more, turning paper processes into secure digital workflows that has been created in partnership with local nonprofit Accelerated Visions and Data Driven WV, the West Virginia University John Chambers College of Business & Economics
- Refining and executing our strategic plan to improve service delivery, grow program revenues, recruit and retain program staff, and build program capacity to meet the significant and growing demand for equine-assisted services in Loudoun County and the broader community.