



2020
Annual Report

Our Mission

A non-profit program started in 2009, HHH helps children facing adversity due to anxiety, depression, and growing up in homes with addiction. We provide hope and resilience by teaching life skills and connection through horses.

Who We Serve

We serve children ages 6-18. One fourth of our children have lost a parent to suicide, overdose or incarceration. They struggle with decision-making, self-esteem and self-confidence. Growing up they learn three unspoken rules: don't talk, don't trust, don't feel.

What We Do

Through peer support groups, working with horses, and an evidence-based curriculum, HHH provides children with hope, community, and empowerment to build a brighter, drug-free future.



h h h u s a . o r g

Why We Do It

We want to stop the generational cycle of addiction. At HHH, the children gain the skills, desire, and courage to overcome their unique struggle. Their confidence and 'toolkit' enable them to design an exciting and promising future – free of drugs and alcohol.

Board of Directors

Liz Olszewski

Founder / Executive Director

Jerry Frenz

Chairman / CFO

Max Elhamad

David Fleisher

Daniel Hartwell

Richard Lubliner

John McClaskie

Gary Perlow

Amy Soble

Advisory Board

Dr. Patricia O'Gorman

Luis M. Balzac

Ed Berliner

Julie Bowden

Anouk Danan, Esq.

Dr. Jeannette Johnson

Mary Carol Melton

Dennis Miles

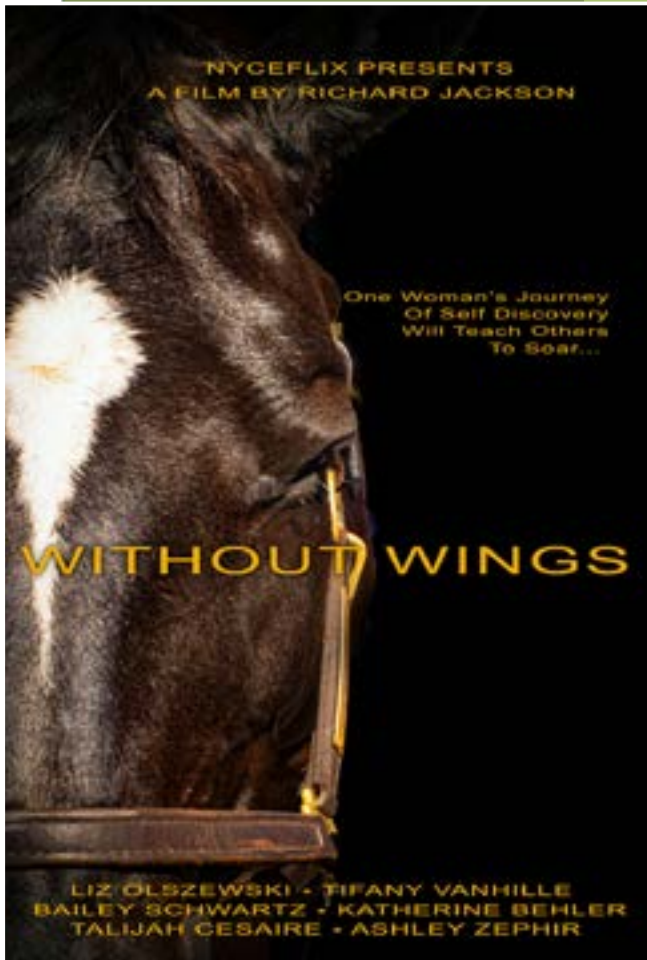
Jerry Moe

Ellen Morehouse

Mary Rosoff

Sis Wenger

Without Wings to Preview at National Film Festivals



When our Founder, Liz, was growing up, poetry was a cathartic outlet. At age 14 she wrote a poem to a rescued mustang, thanking him for all the gifts he gave her—one of the best being allowing her to feel “flight without wings.”

Fast forward 35 years...

Horses Healing Hearts has been operating for over a decade. A local film director, Richard Jackson, learned about the organization and its mission, and approached Liz to do a film on its origins. Where did the idea come from? What was it like in the beginning? Who were some of the first kids and what did they learn from the horses and the program? More importantly, where is HHH headed in the future?

While researching for the film, Richard discovered the poem Liz wrote 35 years earlier, and chose the title of the movie from the last line, “Without Wings.” A touching documentary was born.

We cannot thank Richard enough for his dedication and belief in our cause, our kids and the magic of what takes place here. The countless unpaid hours he has put in to bring our story to light will now be shared across the nation. We are forever grateful.

An additional special thanks to Tiffany, Katie, Bailey, Talijah, and Ashley - resilient women who proudly used their voices to tell their stories - sharing the hope and success they found at HHH so others can learn and grow. Your courage and leadership are amazing and inspirational.



THE REEL RECOVERY
INDIE SHORTS AWARDS
PALM BEACH FILM FESTIVAL
AUSTIN FILM FESTIVAL
THE FILM-MAKER PROJECT
NASHVILLE FILM FESTIVAL
HOT SPRINGS DOCUMENTARY
FORT LAUDERDALE INTL. FILM FESTIVAL

The Pandemic Taught Us To Pivot!

In February 2020, the team of HHH staff, volunteers and board of directors realized we needed to find creative and effective ways to be there for our youth. Many of our kids considered school and HHH the only safe places for positive mentors, consistency, and structure. The pandemic kept them from attending school and HHH sessions, so the question became "How could we come to them?"

Horses teach us **connection** is key to safety, communication, and a feeling of belonging. In this new no-contact environment, how do we create the strongest sense of connection between:

- 1.) our HHH team and the kids?
- 2.) the kids with their peers?
- 3.) the horses and the kids?

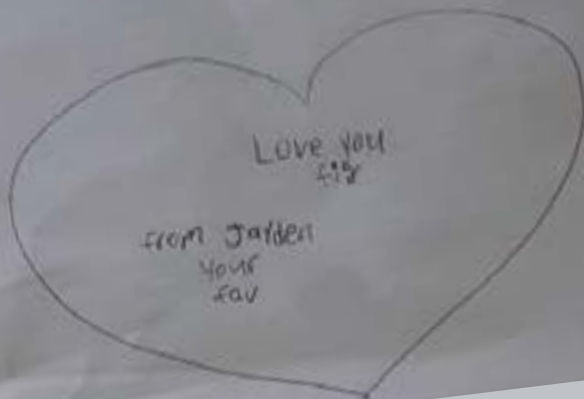
Numbers 1 and 2 could be handled through Zoom, which turned out to be a conduit to link all of us. From March through September 2020 we had weekly Zoom sessions. Admittedly, the kids were sad they couldn't be at the farm to see the horses and ride, but found calm in doing grounding exercises Lisa Henderson, (Children's Program Facilitator), read on Prime Time Palm Beach County's website.



One child shared, "Imagining I'm floating in water makes my body relax. It even makes me forget about hearing some of the fighting I hear in my house and staring at a screen all day." They also enjoyed "show & tell" – introducing family pets and giving tours of their rooms to the group. To ensure the safety of our kids during online sessions, we increased staffing levels and retrained our staff by implementing different scenario protocols in the event of any potential emergency arising in these "at risk" homes requiring us to notify authorities. Fortunately, we have not had any incidents to date. However, remains an on-going protocol as we continue our online sessions every other week.

Having an "inside" peek into our youths' homes has confirmed much of what we suspected but also increased awareness of our need to be educated on different complex levels of traumas occurring. Wrap around services are desperately needed for our population.

I fig it Jayden
Your hope you get better on your leg. I always
will have a big heart for you, w/one and
only JAYDEN. I will Love You
when I get back this.



Hi Jayden!

I hope you are doing well. We sure do miss having you guys here to see us! Thank you for asking how I am feeling! Today is a good day. Not too stiff in my leg, but it comes and goes — part of getting older. I can't wait for you to be back out here to love me. Until then I have Norma loving on me and, of course, all my horsey friends. Miss and I are enjoying some nice rolls out in the covered arena when we get the chance! I hope everything is good with you and all the HHH kids! Stay strong and safe.

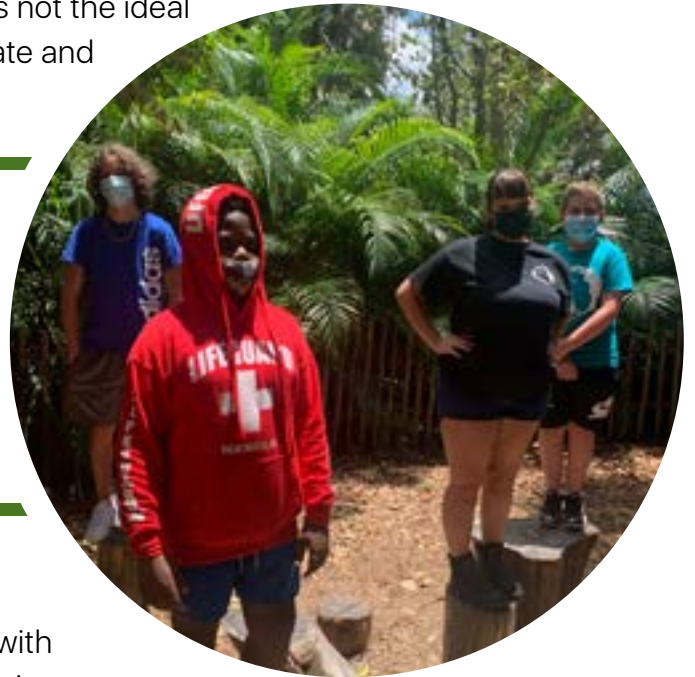
Love, Fig Newtown

Mentoring Report: 2020-2021

When the Covid-19 pandemic came into full effect in March of 2020, we had just completed our in-person mentoring session for the month. It quickly became clear that things would be vastly different as the world went into lockdown. By summertime it was evident that we needed to forge a new path forward, and we embraced technology with our very first Zoom mentoring event in July. The HHH "In Zoom We Trust" movement was born, and although our interaction was now on screen, we were back in session. One of the most incredible things we witnessed was the resilience and joy in our participants faces when we established a little bit of "normalcy" once a month online. We gathered as a group and had meaningful fun in the face of the uncertainty going on around us.

We had a consistent crew of eight mentees heading into August. Challenging decisions needed to be made for the sake of safety and programming needs, and with that we decided to establish a group mentoring model. The individual mentors would go on hiatus (including our well of mentor support at PBA college). Although this was not the ideal situation after years of growth, it was the appropriate and safe one. We would soldier on.

“ One of the most incredible things we witnessed was the resilience and joy in our participants faces when we established a little bit of “normalcy” once a month online. ”



The mentees were able to come together, unwind from the stresses of isolation, be in nature and be with one another. They would feel the value of a supportive group, while having the opportunity to check in with another positively influential adult. As the season progressed, we were able to slowly add back some of the classic locations, including our coveted Ice Skating Spectacular. The mentees kept coming, and we kept having a great time together. As each month dragged into the next, we kept mentoring going as one continuous thread.

Heading into our second summer of Covid-19, the world is beginning to take shape as one more familiar. As we resume in-person gatherings after over a year hiatus, we are thrilled to welcome back some of our old mentor friends, and happily welcome new ones. This experience continues to be a treasured part of our youth program, and we look forward to its continued development which fosters energy, strength and resilience for the participants, sprinkled with the levity and humor that helps sustain all of us in our daily journey.

Healing Without Borders: HHH Goes International



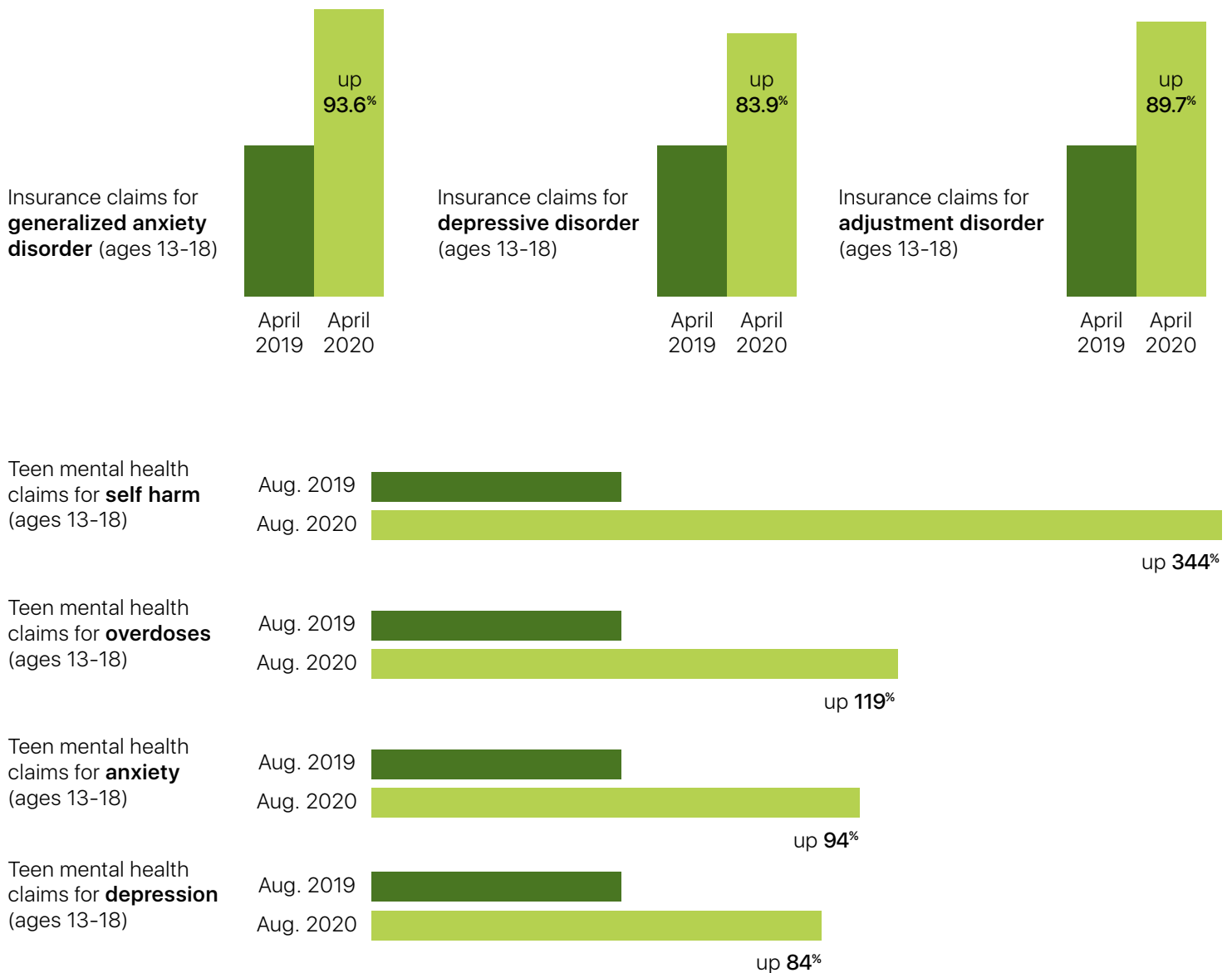
The Horses Healing Hearts team creatively transformed challenges from the epidemic into an opportunity of international and metamorphic growth for our organization. The opportunity for children who move out of Palm Beach County forever have a lifeline through virtual sessions on Zoom. This has truly expanded our healing services to a global level.

Chloe joined HHH in 2015. She moved to Virginia in 2019, and joined the Zoom sessions during the pandemic. Tali was with HHH for a year prior to her mother and brothers moving to Israel. She missed HHH and still needed our support.

With our new virtual sessions, that support remained possible. With this continued connection, we were able to provide emotional support, as her mother and she stayed in their bomb shelter during the recent attacks in Israel.



Kids In Crisis: Covid-19 Stats on Teen Mental Health



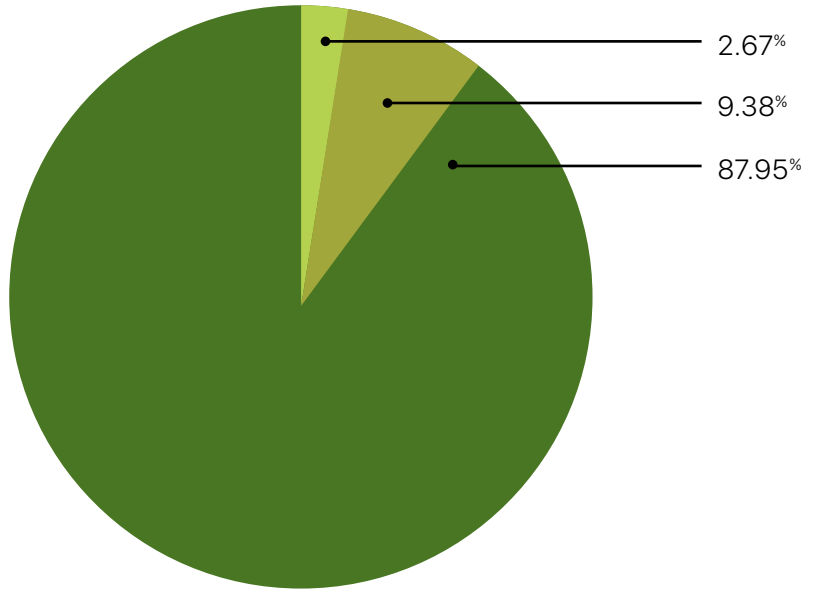
*Source: Fair Health Insurance

Horses Healing Hearts Financials

Expense Summary

January-December 2020

- Program
- Administration
- Fundraising



90% of all funds
go to the Children's Program and Fundraising

**All information found in this report is from January 2020 through March 2021.*

