



Horses
HealingHearts®

2022
Annual Report

Our Mission

Horses Healing Hearts partners with horses to provide hope, empowerment, and healing for children and families facing trauma.

Our Vision

A community where all children and family members feel safe, encouraged, and confident to overcome trauma.

Our Values

Serving our children and families in an environment providing, respect, integrity and compassion.



h h h u s a . o r g

Board of Directors

Liz Olszewski

Founder / Executive Director

Jerry Frenz

Chairman / CFO

Sandy Duemmler

Max Elhamad

Stuart Goffman

Daniel Hartwell

Gary Perlow

Advisory Board

Dr. Patricia O’Gorman

Chair

Luis M. Balzac

Ed Berliner

Allison Bishop, LCSW

Julie Bowden

Anouk Danan, Esq.

Dr. Jeannette Johnson

Mary Carol Melton

Dennis Miles

Tiffany N. Mody, Esq.

Jerry Moe

Ellen Morehouse

Dr. Patricia O’Gorman

Mary Rosoff

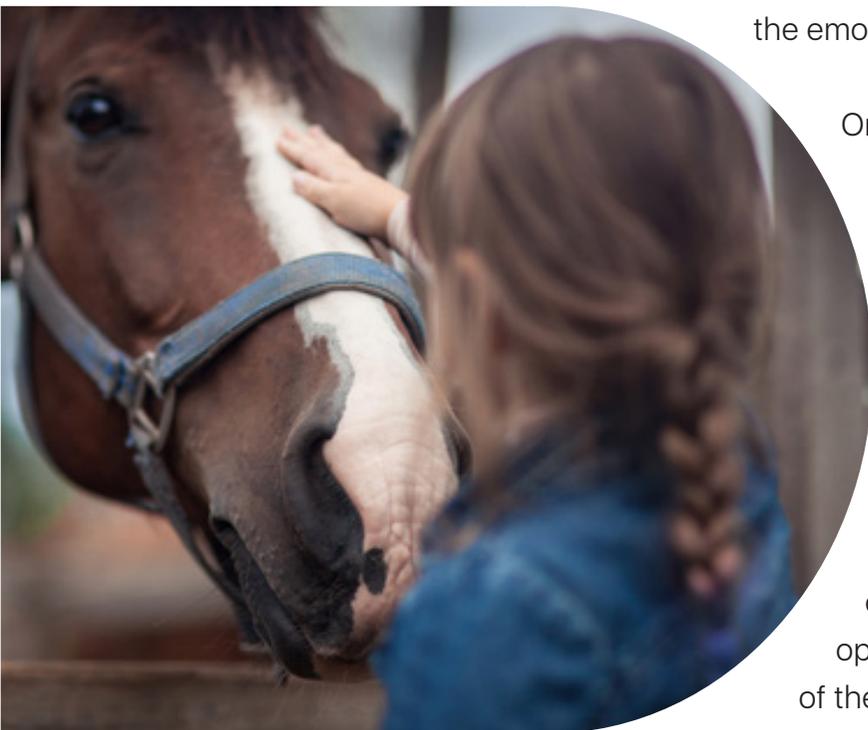
Sis Wenger

Youth Emotional Healing

THROUGH HORSES

The new Youth Emotional Healing program at Horses Healing Hearts is designed to help youth ages 11 to 18 struggling with a variety of challenges, including anxiety, depression and gender issues. The program is led by trained therapists and equine therapy professionals who use a variety of techniques, including, grooming and ground work to help young people explore their emotions and work through their challenges.

Equine therapy has been proven effective in helping people of all ages to improve their physical, mental and emotional well-being. Horses are particularly well-suited for this type of therapy because they are non-judgmental and highly attuned to the emotions of those around them.



One of the key benefits of the Youth Emotional Healing program is that participants can work through their challenges without fear of judgment. The program is designed to be non-threatening and non-confrontational, which allows young people to feel comfortable and at ease as they work through their emotions.

In addition to the therapeutic benefits of the program, our youths have the opportunity to enjoy the beauty and tranquility of the outdoors. The program takes place on a farm, surrounded by acres of trees and open area which provides a sense of peace and tranquility. This can be especially beneficial for people who may be struggling with stress or anxiety, as the peaceful setting can help to calm the mind and soothe the soul.

Overall, the Youth Emotional Healing program is a valuable resource for those struggling with a variety of challenges. With the help of trained therapy horses, the program is improving lives and helping to build brighter futures.



SouthTech Preparatory Academy In-School Program

Peer-to-peer support & solutions for tough life issues

HHH is proud to announce our new Rise Up program for SouthTech middle school students. This program brings Horses Healing Hearts' staff to the school on a monthly basis to engage in discussions about life challenges and positive coping skills, and encourages participation in social and emotional learning activities. The program is led by Children's Prevention Program facilitator Lisa Henderson and HHH Graduate/Ambassador Tiffany Vanhille.

"We're thrilled to bring our staff to SouthTech Middle Prep to engage with students and promote positive mental health and well-being," said Liz Olszewski, Founder/Executive Director of HHH. "We believe that our program will have a lasting impact on the students and help them 'rise up' to life's challenges with confidence and resilience."

This new program came to life through an introduction by the Boca Chamber of Commerce. Liz was introduced to the SouthTech principal at a LEADS meeting group. The principal, along with the school counselor, Patricia Colas, noticed an increase in behavioral health issues since the start of the pandemic, and felt this support group would be a fantastic solution.

During the 2021-2022 school year, Rise Up had 8 students. Currently there are 19 participants, of whom about 98% are minorites. The program was so well received by the students, that 85% of them came back the following year with their peers.

These Rise Up students have welcomed HHH as not only a school partner, but a member of the SouthTech family. We were even invited to assemblies such as a school rock concert and their holiday meal, prepared, cooked and served by the kids in the culinary program.

For more information about Rise Up, visit our website at www.hhhusa.org.

Rise Up

SouthTech Prep In-School Program

LIFE SKILLS
PEER TO PEER SUPPORT



SOLUTIONS FOR TOUGH LIFE ISSUES
6TH - 8TH GRADES





DENIM AND
Diamonds



DENIM & DIAMONDS Fundraising Gala

Horses Healing Hearts hosted its 9th annual Denim and Diamonds Fundraising Gala event on November 5th, 2022. The event brought together 127 attendees for a fabulous night of dinner, dancing and fundraising to support the organization's mission of improving the lives of children growing up in homes with parental addiction through horse therapy.

The bling-studded evening was a tremendous success, raising over \$43,000 through silent auctions, raffles and direct donations. These funds will go a long way toward supporting the organization's programs and initiatives to provide children with the best possible therapeutic experience.

"We are so grateful for the overwhelming support from our community for Denim and Diamonds," said Liz Olszewski, Founder & Executive Director. "The funds raised will have a direct impact on the lives of children with special needs, and we couldn't be more appreciative."

The staff and board of directors would like to thank all of the attendees, sponsors and volunteers who made this event possible. Special thanks to the event committee for their hard work and follow through, to Jeff Goffman for donating entertainment during our cocktail hour, and Melissa Varone (Event Chair) for going above and beyond resulting in a record-breaking profit for our annual benefit! We raised more this year than any event in the prior 13 years.

With the help of our horses, we look forward to continuing to improve the lives of children facing adversity in the community and beyond.

A very special thank you to our sponsors

Goldman Sachs · The Haverford Trust Company

Alta Mara Capital · Caron Treatment Centers · Ed Morse Cadillac

Ghedini & Herz Key Advantage · Bernheim, Kelly, Battista & Bliss, LLC

Optimum180 Marketing Solutions · A Woman's Connection

Texas HHHOLD'EM

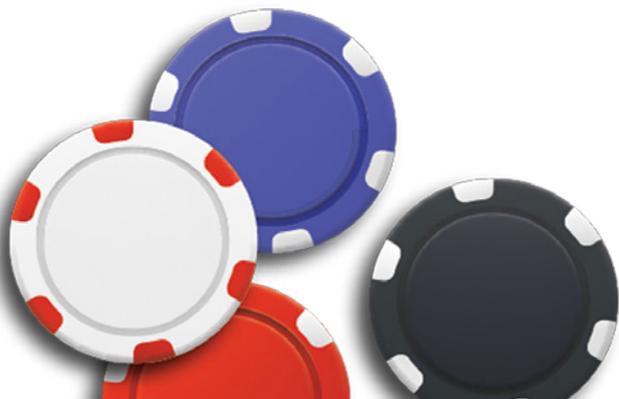


HORSES HEALING HEARTS Holding the CARDS

Horses Healing Hearts is thrilled to announce that its inaugural Texas Hold 'em fundraiser event, held on July 30th, 2022, was a huge success! Tiffany Mody, Esq., an Advisory Board member of HHH, spear-headed the event which raised approximately \$6,200!

Thanks to the generosity of the event sponsors, silent auction gift donors and over 70 attendees, these funds will further the mission of providing hope, empowerment and healing for children and families facing trauma in Southeast Florida.

We would like to extend a heartfelt thank you to everyone who made this event possible, especially Tiffany Mody and her husband Christian. In addition, we want to thank our sponsors, Birnbaum, Lippman & Gregoire, PLLC and Moose Lodge #2267. Your support means the world to us and will help us to continue providing vital therapy services to those in need.



Welcome New Board Members

Horses Healing Hearts is excited to announce the addition of two new board members in 2022, Stuart Goffman and Sandy Duemmler.

Stuart is a business executive with over 20 years of experience in finance and leadership. He brings a wealth of knowledge and expertise to the organization and we are thrilled to have him join our board.

Sandy is a therapist who specializes in working with women. Licensed both in Connecticut and Florida, she spent her career dedicated to improving the lives of those in need. We are grateful to have her on board as we continue to expand our reach and impact.

Both Stuart and Sandy bring a wealth of experience and expertise to our organization. We are confident that their contributions will help us continue to grow and thrive. We look forward to all we will accomplish together in the future.



Stuart Goffman



Sandy Duemmler



During one of the children's sessions while Stuart was visiting, he was recognized by one of our participants. She remembered him from being present at the shooting of an episode of the TV series *Addiction Unplugged*.

Addiction Unplugged is a timely documentary television series that travels across the United States taking a compelling and powerful look inside the world of mental health, addiction and recovery.

Stuart is the show's Creator and Executive Producer.

PLEASE JOIN US FOR
**Carrots
& Coffee**



Drive in Delray Beach (behind)



42 new attendees came from Facebook/Instagram advertising.

Horses Healing Hearts is proud to announce our monthly event 'Carrots & Coffee.' This event offers the public an opportunity to meet the staff and horses who help change lives and educate the community about the impact horses can have on mental and emotional well-being.

'Carrots & Coffee' is held on the first Saturday of every month at the Horses Healing Hearts facility, located in Delray Beach. The event runs from 9:00 am to 10:30 am, and attendees are invited to enjoy a cup of coffee and donuts, while learning about the work that Horses Healing Hearts does.

"We're excited to provide a space for the community to connect with our horses and learn about the positive impact they can have on mental and emotional well-being," said Liz Olszewski, Executive Director. "Our goal is to educate and inspire, and we believe that 'Carrots & Coffee' will be a great way to achieve this."

Horses Healing Hearts provides equine-assisted therapy programs for individuals struggling with mental health, addiction, and trauma. Through our work, we aim to help people heal and find hope, and 'Carrots & Coffee' is just one way we are working to raise awareness about the positive benefits of working with horses.

Google Ad Grants
AdWords for nonprofits

Harnessing the Power of SEARCH

HHH Earns \$120,00 in Annual
Google Search Advertising
to Appear on the
1st Page of Google

Google provides nonprofits with up to \$10,000 per month of free search advertising to help organizations increase their impact in the community and the world. Google only accepts a small percentage of nonprofits who meet stringent requirements. HHH applied for this program in past years unsuccessfully. Our contractor's (Optimum180) diligence and expertise paid off.

In late 2021, HHH was accepted into the Google Ad Grants program. With the help of this national marketing exposure, the HHH website has seen over 19,000 new users in the 2022 calendar year. This is a 328% increase over the previous year.

HHH ad campaigns are designed to attract views based on both the services provided, as well as donors looking for charities to support.



HORSES HEALING HEARTS

Empathy: It's a Family Affair

Can you imagine being told at six years old that you need a new kidney? Or that you wouldn't be able to ride a horse the rest of your life because of the danger of falling off and damaging your new kidney?

Our 16 year old participant, Lana, shared. She was sad because her little sister, Lucia, was given this news. Many things that are shared during our group time, we have no ability to control or help... But this news, also made us sad... And we thought what a what a great surprise and gift. It would be to give her a little sister, a horse ride before the surgery.

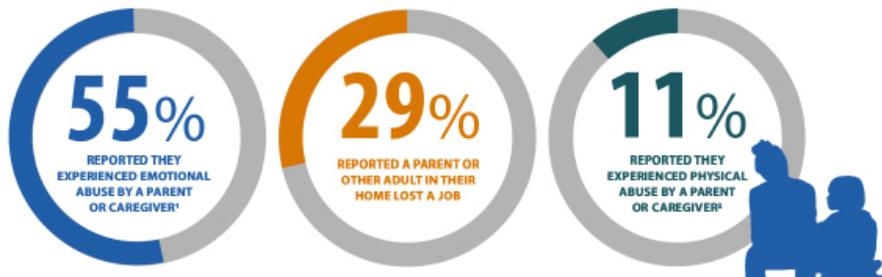
HHH staff pitched in to make this ride possible!



CDC data illuminates youth mental health threats during COVID-19 pandemic



CDC DATA GIVE MORE INSIGHT INTO SEVERE CHALLENGES U.S. YOUTH HAVE ENCOUNTERED DURING COVID-19



¹ Parent or other adult in the home swearing at, insulting, or putting down the student
² Parent or other adult in the home hitting, beating, kicking or physically hurting the student

For more information, visit cdc.gov/nchhstp/newsroom



FEELING CLOSE TO PEOPLE AT SCHOOL PROVIDES CRITICAL PROTECTION FOR STUDENTS DURING SEVERE DISRUPTIONS

Students who felt close to people at school	Students who didn't feel close to people at school	Outcome
35%	53%	Experienced persistent feelings of sadness or hopelessness during the past 12 months
14%	26%	Seriously considered attempting suicide during the past year
6%	12%	Attempted suicide during the past year



For more information, visit cdc.gov/nchhstp/newsroom



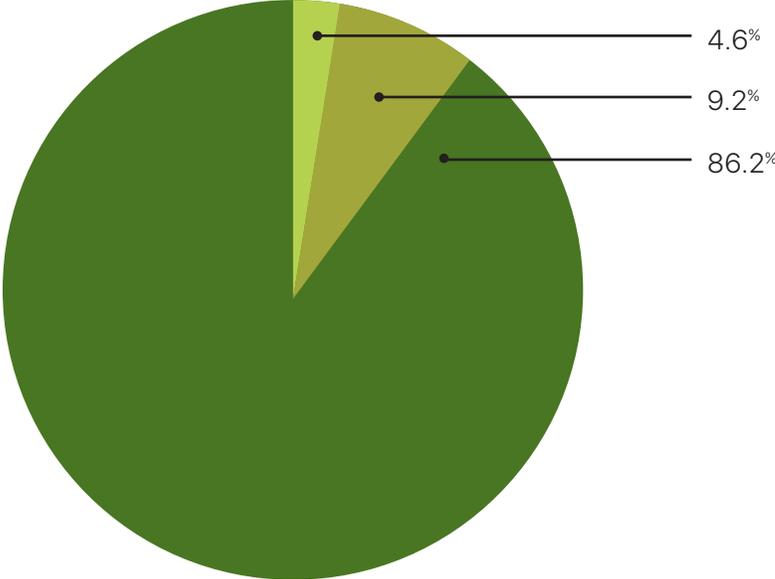
*Source: Centers for Disease Control & Prevention, March 2022

Horses Healing Hearts Financials

Expense Summary

January-December 2022

- Program
- Administration
- Fundraising



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

**All information found in this report is from January 2022 through December 2022.*

