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Ins and Outs of Running a Successful Non-Profit Organization at Northern Michigan Equine Therapy

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**Ins and Outs of Running a Successful Non-Profit Organization
at Northern Michigan Equine Therapy**

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Abstract

My capstone experience took place at Northern Michigan Equine Therapy (NMET) and focused on leadership, administration, advocacy, education, and clinical practice skills. NMET's equine-assisted occupational therapy and HorseSense® self-development programs play an integral role in the northern Michigan community, yet insurance will not cover these services since they are flagged as "alternative" therapies due to utilizing a horse as a therapeutic tool. Because of this NMET relies on donations, grants, and fundraisers for program income. During a SWAT analysis NMET stated their biggest weakness and threat is not having enough program income to hire an additional part-time or full-time salaried occupational therapist (OT) due to the inability to bill insurance for therapy services. During my capstone at NMET I worked on increasing funds through applying for grants, asking for individual donor donations, and organizing fundraisers. Additionally I worked on increasing NMET's social media and community presence to bring awareness to the organization and increase our donor base. Results of my capstone are gaining over \$10,000 of funds from grants and individual donations for NMET, with a projected additional \$20,000 to be gained from NMET's 10 Year Anniversary Kentucky Derby Party fundraiser in May that I planned during my capstone experience.

**Ins and Outs of Running a Successful Non-Profit Organization
at Northern Michigan Equine Therapy**

Northern Michigan Equine Therapy (NMET) is a 501(c)3 non-profit organization and outpatient rehabilitation facility located in Boyne City, MI whose mission is to harness the healing power of horses to improve lives. NMET is dedicated to using the healing nature of horses as a therapeutic tool to enhance independence, self-confidence, and quality of life for those living with physical and mental health needs. Programs are offered by licensed and certified professionals to provide services to those in need within the community. From autism, depression, at-risk youth and high anxiety to spinal cord injuries and strokes, NMET's promise is simple - horses heal humans.

My capstone experience at NMET had five main focuses: leadership, administration, advocacy, education, and clinical practice skills. Many tasks go into running and operating a successful non-profit organization and during my capstone experience I learned all of those ins and outs. The leadership portion of my capstone included working with the executive director and founder of NMET, Courtney Sumpter OTR/L, to perform executive director duties including running board meetings, completing speaking engagements in the community to promote NMET, planning fundraisers, and keeping the organization running smoothly. The administration portion of my capstone included completing grants, grant follow up reports, and individual donor ask letters to gain funding for NMET, along with completing NMET's 2022 Annual Report and 2023 Budget. The advocacy and education portion of my capstone included starting a #MentalHealthMonday social media campaign on NMET's social media to educate individuals on the importance of mental health and provide resources available in the community. I additionally created social media posts on the benefits of equine therapy, along

with education on different conditions and rare diseases treated at NMET to promote advocacy and spread awareness. The clinical practice skills portion of my capstone included performing and observing NMET therapy sessions, including their equine-assisted occupational therapy and HorseSense® programs.

NMET Programs

NMET has two main programs. Their first program, equine-assisted occupational therapy, uses the natural movement of the horse as a therapeutic tool. NMET's occupational therapist partners with the client's physician to develop a detailed plan and these goals are documented and reassessed after each session. A horse is a powerful therapy tool as its natural movement assists those with movement dysfunction and helps strengthen the mind/body connection. Additionally, the rhythmical movement of the horse helps to rewire neural pathways for better communication between the brain, spine and muscles. This increases mobility, independence and allows the opportunity for a greater quality of life. This might look like gaining or regaining the ability to walk, having greater core strength to sit upright, or being better able to verbalize and communicate.

NMET's second program is called HorseSense® and was trademarked in 2022. This program focuses on self-development and mental health needs, including their At-Risk Youth program. NMET provides a unique opportunity to experience the healing nature of a horse in a safe, noncompetitive and nonjudgmental setting. A horse mirrors emotions, reads nonverbal cues and reacts to the body language of humans. When these equine instincts are professionally incorporated as a self-development therapy tool, the horse-human connection becomes a powerful healing force, helping clients to realize their own self-worth and increase self-awareness of body language and communication skills.

Population and Community Served

Clients served at NMET are part of Emmet, Charlevoix, Otsego, Cheboygan, Presque Isle, Wayne and Macomb counties. 85% of clients are ages 5-18 and 15% of clients are ages 18 and up. As a policy, NMET will never deny a client care because of inability to pay for services, but do ask clients to contribute what they can. For this purpose NMET created their Therapy Assistance Fund, bridging the gap for approximately 60% of all clients to ensure NMET services are accessible to the community. Scholarships are given to clients who fill out a scholarship application and copays are decided based on a sliding scale.

NMET works with many key community partners to build community wellness, improve quality of life, and bolster community engagement efforts. NMET partners with the Charlevoix/Emmet county court systems, where At-Risk Youth are court ordered to complete NMET's 5-week HorseSense® program with astonishing community reentry results. Child and Family Services of Northwest Michigan, Little Traverse Bay Bands of Odawa Indians and the Michigan foster care system partner with NMET to provide a safe, non-judgmental support system. These programs are instrumental to community youth, designed to help individuals learn internal controls and the ability to manage difficult feelings and challenging situations.

Additional community partners include the Char-Em (Charlevoix-Emmet) ISD and COP (Cheboygan-Otsego-Presque Isle) ISD special education classrooms, Challenge Mountain, and Michigan Bureau of Services for Blind Persons who come to NMET for group sessions to build community wellness, and increase social integration within marginalized populations. NMET also works in partnerships with local foundations, individuals and businesses who generously donate to NMET programs.

Site Mentor

My site mentor at NMET was Courtney Sumpter who is the Occupational Therapist, Founder, and Executive Director of NMET. Courtney began her career with horses teaching therapeutic horseback riding lessons at the nationally recognized Cheff Center, one of the founding centers for equine-assisted activities and hippotherapy. During this time, she focused on her riding and teaching skills, while finishing her Masters in Occupational Therapy at Western Michigan University.

After completing her masters, Courtney immediately started utilizing hippotherapy as a treatment tool for her patients with Stable Possibilities, LLC of Southeast Michigan. She continued to gain horse and treatment experience with a wide variety of disabilities and ages, such as: Cerebral Palsy, Autism Spectrum Disorder, traumatic brain injuries, spinal cord injuries, CVA/stroke, neurodevelopmental disabilities, SI (sensory integration), identifying barriers and providing services in support of mental health and many others. Additionally, Courtney is a level one therapist with the American Hippotherapy Association and a certified equine specialist with EAGALA (Equine Assisted Growth and Learning Association).

Literature Review

Literature from the field of occupational therapy, physical therapy, speech language pathology, and mental health professionals with relation to hippotherapy and equine-assisted psychotherapy was reviewed for the capstone study. Perspectives of clients, therapists, insurance companies, and non-profit owners were gathered from retrieved articles. Databases utilized included Western Michigan Universities library database, the American Hippotherapy Association, insurance company websites, and hippotherapy/equine-assisted psychotherapy non-

profit websites. Search terms consisted of hippotherapy, equine-assisted therapy, equine-assisted psychotherapy, and non-profit funding sources.

Hippotherapy (or Equine-Assisted Occupational Therapy)

Hippotherapy is a type of equine-assisted therapy provided by occupational therapists (OT), physical therapists (PT), and speech language pathologists (SLP) (Wood & Fields, 2021). The American Hippotherapy Association says hippotherapy “uses evidence-based practice and clinical reasoning in the purposeful manipulation of equine movement as a therapy tool to engage sensory, neuromotor and cognitive systems to promote functional outcomes” (American Hippotherapy Association, 2020). In order to incorporate hippotherapy into clinical practice the OT, PT, or SLP must be licensed and receive specialized post graduate continuing education training on hippotherapy (American Hippotherapy Association, 2020). For best practice the therapist should also be knowledgeable about horses and their movement, along with how to incorporate equine movement into treatment (American Hippotherapy Association, 2020).

Hippotherapy is extremely beneficial for individuals two years and older that have mild to severe neurological, sensory, oral-motor, communication and/or motor deficits (American Hippotherapy Association, 2021). Research has shown that hippotherapy improves balance and everyday functional activities in individuals because of the horses three dimensional movement, which causes constant stimulation of the systems involved in balance (Moraes et al., 2020). Hippotherapy can also help regulate muscle tone and improve range of motion, spasticity, muscle symmetry, and postural control (Garner & Rigby, 2015). This is because the horse induces in the riders body a repetitive, cyclic pattern of motion that is similar to that of natural human walking and moves the human pelvis into anteroposterior, superoinferior, and mediolateral displacement to the same degree that human walking does (Fleck, 1992; Garner &

Rigby, 2015). This provides graded sustained neuromotor input at an average rate of 100 beats/minute, averaging 2000 to 2500 neuromotor inputs per therapy session (American Hippotherapy Association, 2021).

Hippotherapy also facilitates vestibular, proprioceptive, and tactile sensory input directly from the horse to the rider. Research has found therapeutic benefits of hippotherapy for individuals with autism spectrum disorder, including improving engagement, social and executive functioning, adaptive behaviors, participation in daily activities, and overall improved sensory integration (Cotton, 2021). Hippotherapy can also have benefits for individuals with progressive diagnoses. Individuals with multiple sclerosis showed significant improvement in balance, fatigue, spasticity and quality of life (Vermöhlen et al., 2018). In addition, individuals with Parkinson's disease saw improvements in occupational performance, mood, quality of life, gait, and balance (Berardi et al., 2022).

Equine-Assisted Psychotherapy (or HorseSense®)

Equine-assisted psychotherapy (EAP) is defined as a modality that incorporates horses (Notgrass, 2011). Unlike hippotherapy a licensed mental health professional facilitates EAP sessions and in most cases there is no horseback riding involved. EAP focuses on caring for and working with horses to achieve goals similar to those of traditional psychotherapy (Equine-facilitated psychotherapy, 2020). This brings up the question, why horses?

Horses share several similarities to humans, which creates lots of opportunities for growth and learning (EAGALA, 2012):

“Horses are very much like humans in that they are social animals. They have defined roles within their herds. They would rather be with their peers. They have distinct personalities, attitudes, and moods. An

approach that seems to work with one horse does not necessarily work with another. At times, they seem stubborn and defiant. They like to have fun. In other words, horses provide vast opportunities for metaphorical learning. Using metaphors, in discussion or activity, is an effective technique when working with even the most challenging individuals or groups.” (EAGALA, 2012, p. 15)

In addition, horses are prey animals which means they have developed keen awareness of non-verbal communication in order to survive in the wild (Karol, 2007). When in herds, horses synchronize their heartbeats to the other horses which allows them to sense danger more quickly. When horses interact with humans they tend to synchronize to our heartbeat as well, giving them the ability to sense slight adjustments in our mood (Keeling et al., 2009). Horses can hear the heartbeat of a human from up to four feet away, so if the human gets nervous it will inadvertently translate that fear and anxiety to the horse (Keeling et al., 2009). In a EAP session the horses automatic responses give the client and therapist valuable information, “like an instant bio-feedback machine” (Notgrass & Pettinelli, 2015). The therapist then uses these responses to bring insight and awareness to the client on their current behavioral patterns and encourage the client to create new patterns to maintain the relationship with the horse (Notgrass & Pettinelli, 2015). The main goal of EAP is to enhance the persons experiences of self, not improve their horsemanship skills (EAGALA, 2012).

Most EAP sessions start by identifying clients specific goals for therapy. After goals have been identified the EAP session proceeds by giving the client a task (specifically a task with a horse or horses) and the therapist observes the client

completing the task and gives minimal instruction (EAGALA, 2012). The goal of the EAP session is not necessarily for the client to complete the task successfully, but rather for the client to engage in the task and for the therapist to observe and give feedback to the client. The therapist feedback are designed to promote growth, learning, risk-taking, and creativity in the client.

EAP can be used with multiple ages and diagnoses of clients. In adolescents diagnosed with anxiety and depression EAP was found to increase confidence, self-esteem, and assertiveness along with decreasing undesirable behaviors (Wilson et al., 2016). EAP is also shown to be beneficial for individuals with a history of trauma, including veterans suffering from PTSD. Research found EAP can be significantly more productive than traditional talk therapy for veterans struggling with reintegration into civilian and family life (EAGALA Military Services, 2011). Research also noted improvements in conflict resolution strategies, emotional regulation, and relationship skills among combat veterans with PTSD after receiving EAP (Vasher et al., 2017). At risk youth also benefited from EAP reporting improvement in attachment and trust, social well-being and resilience, along with overall increased level of functioning after EAP (Wilkie et al., 2016).

Billing and Funding Sources

As seen from the above literature, hippotherapy and EAP are extremely beneficial services with lots of positive outcomes for clients. Currently most insurance companies in Michigan do not reimburse hippotherapy or EAP, as it is considered experimental because of insufficient scientific data in the peer reviewed medical literature due to it being a newer specialty (Understanding Hippotherapy, 2013; Notgrass & Pettinelli, 2015). The American Hippotherapy

Association recommends OTs, PTs, and SLPs try billing codes including 97110, 97112, 97116, 97530, 97535, 92507, etc. when billing for hippotherapy services, but many insurance companies still deny reimbursement (American Hippotherapy Association, 2021). This is why many facilities that provide hippotherapy and EAP services are non-profits, like NMET, and do not bill any insurances. These non-profits count on private pay clients or donations to provide services to clients that cannot afford to pay out of pocket, which limits the amount of individuals that are able to afford and receive services (Cheff Therapeutic Riding Center, 2022).

Because of the billing issues stated above, funding is a struggle to help non-profits grow and hire additional therapists. With increased funding these non-profits could provide more services to clients that would benefit from hippotherapy and EAP. Some options for funding include applying for grants, creating sponsorships, and fundraising (Navarra, 2017). Grants could be sought out to cover equipment costs for therapy saddles, arena supplies, lifts, etc. (Navarra, 2017). Sponsorships can be created to include letting people donate funds to support therapy for a client or costs of a therapy horse. Fundraisers could be planned to help raise money along with sending out individual ask letters to previous donors asking for funds. All of these efforts would help raise money for the non-profit to expand their programs and hire additional staff, with the hope of making services more widely available and affordable to clients.

Needs Assessment

To better assess the needs of NMET, I used the SWOT analysis to assess strengths, weaknesses, opportunities, and threats of the organization. I interviewed Courtney Sumpter, along with additional stakeholders and clients of NMET. All these individuals mentioned many strengths including providing high quality alternative OT treatment, limiting client numbers to

ensure quality care, and providing a fun and engaging environment for clients. These individuals also mentioned weaknesses, opportunities, and threats of NMET.

Weaknesses and threats of NMET include not having enough funding to hire an additional part or full-time occupational therapist and not being able to bill insurance. Currently Courtney is the only OT at NMET, which causes her to work at all hours of the week and be unable to manage a good work/life balance. During COVID-19 Courtney was working 60+ hours per week to make ends meet, causing extreme burnout. At the time of the SWOT analysis Courtney had two additional employees that completed HorseSense® sessions, but were paid per client due to not being able to afford paying salaried positions.

Additionally, NMET does not bill health insurance due to insurance providers considering equine-assisted occupational therapy and HorseSense® an alternative treatment. Because of this NMET relies on individual donations, fundraisers, and grants to fund NMET. This also impacts the amount of funding NMET is able to receive as many grants will not cover operational costs, which includes expenses to hire additional staff members.

After hearing NMETs weaknesses and threats, I asked Courtney and other individuals interviewed about opportunities where my capstone experience could help. Some of the main themes included increasing funds by applying for more grants, including grants that could be used for operational costs. Additionally I could raise increased funds for NMET by increasing our individual donor base and creating new fundraising opportunities.

Another big part of increasing funds is educating the public on benefits of equine therapy, along with advocating for the importance of NMET services. An idea mentioned by an interviewee was increasing NMETs social media presence, along with increasing speaking

engagements in the community to spread awareness of the organization in hopes of widening our donor base.

Objectives Achieved During Capstone

My first capstone objective was “student will raise \$5,000 of funding for NMET to apply to hippotherapy scholarships and other NMET needs by the end of the capstone experience.”

This included short term goals of writing and submitting two grants by midterm, writing and sending two individual donor ask letters by midterm, and finalizing plans for one NMET fundraiser by end of my capstone experience.

Evidence to support my first objective included writing and submitting six total grants for NMET during my capstone experience. I am happy to say NMET received over \$5,000 in funding from local community organization grants during the time of my capstone. These funds will be put towards client scholarships, operational costs, and NMETs Heat for Comfort 2023 Bathroom Restoration project. Additionally, I wrote three donor ask letters to individuals who have supported NMET over the past 10 years. Over \$5,000 of funding was received from these individuals to be put towards operational costs, along with funding CPR and first aid certification for volunteers and staff at NMET. Funding for a AED was also received from individual donors. Lastly, I helped plan and organize NMETs 10 Year Anniversary Kentucky Derby Party fundraiser that will take place in Boyne City in May. This event is more formal than other fundraisers, as it is invite only and has a formal dress code. The hope is to raise over \$20,000 to be put toward NMET client scholarships and operational costs.

My second capstone objective was “student will promote awareness and advocacy for the mental health population, benefits of equine-assisted therapy, and awareness of conditions that could benefit from equine therapy.” This included short term goals of drafting and posting on

NMET social media (Appendix A) three times weekly to promote advocacy and awareness and presenting to at least one community organization to spread awareness of how NMET can meet the needs of the community.

Evidence to support my second objective includes creating multiple posts per week on NMETs social media to promote advocacy and awareness, along with increasing our donor base. Posts included a Rare Disease Week campaign, featuring spotlights of clients that have rare diseases and why they come to NMET (Appendix A). Additional posts included the start of a #MentalHealthMonday campaign to decrease the stigma of mental health and bring awareness to the mental health services in the community, including NMETs HorseSense® program (Appendix A). Lastly, I presented at a local community Kiwanis organization to bring awareness to the need of NMET in the community, along with spreading NMETs name to more individuals.

My third capstone objective was “by final, student will write NMET 2022 Year End Report and 2023 Projected Budget to give to donors and the community.” This included a short term goal of drafting and submitting three 2022 follow up reports to grants awarded to NMET in 2022.

Evidence to support my third objective included completing NMETs 2022 Year End Report (Appendix B) and 2023 Projected Budget during my first month at NMET. Both of these items were shared with community organizations when applying to 2023 grant cycles. Additionally, when completing speaking engagements in the community statistics from the 2022 Annual Report (Appendix B) were shared to show NMETs growth, along with sharing the 2023 Projected Budget to show need for donations. Lastly, two follow up reports were written and submitted to show community organizations how NMET used the funds received from 2022 grants.

My fourth capstone objective was “student will increase knowledge of equine-assisted activities and hippotherapy by end of capstone experience.” This included short term goals of learning about the HorseSense® program and why it is unique, becoming knowledgeable in NMETs HorseSense® curriculum by the end of the capstone experience, increase knowledge of hippotherapy by acting as therapist with OTR/L during sessions three times per month, and learning characteristics of suitable therapy horses by independently performing a checklist of assessments on one therapy horse by the end of the capstone experience.

Evidence to support my fourth objective included observing and helping teach HorseSense® sessions, along with treating equine-assisted occupational therapy clients throughout my capstone experience. I also helped finalize NMETs recently trademarked HorseSense® curriculum, with the end goal of training other professionals to be HorseSense® certified to gain additional revenue for NMET. Lastly, I helped NMET staff with horse care and therapy horse training throughout the my fourteen week capstone experience. During my last week I completed a thorough checklist on a newly donated therapy horse to make sure he met the guidelines to be a part of NMETs program.

The evidence from the above objectives meets the needs NMET stated during my SWOT analysis. During my time at NMET I was able to raise over \$10,000 in funding to be put towards operational costs, scholarships, and projects at NMET. The hope is to gain an additional \$20,000 of funding at NMETs 10 Year Anniversary Kentucky Derby Party fundraiser in May. If the \$20,000 is raised at the fundraiser Courtney will have enough income to hire a salaried part-time OT or occupational therapy assistant (OTA) staff member. This will decrease some of Courtneys responsibilities to prevent burn out, along with increasing revenue as a part-time employee could bring more clients to NMET.

Implications of Capstone

The implications of my capstone experience at NMET include having additional funding to be used toward operational costs, including hiring an additional part-time salaried OT or OTA staff member. Additional implications include an increased social media and community presence in order to increase NMETs followers and donor base. My capstone experience also has implications to the field of OT, including advocating for the OT career and how OT can help meet the increasing community mental and physical health needs.

To ensure what I completed during my capstone experience will be sustained I made grant and social media outlines with NMET language and layouts to smoothly transition the next person in my role. Additionally I updated the NMET Overview document with current grant language statements, including NMETs mission, vision, and 2022 statistics for ease when writing the next cycle of grants. A calendar was also created listing all previous grants NMET has applied to with their due dates, along with new grant opportunities.

Conclusion

The results of my capstone include gaining increased knowledge on the ins and outs of running a successful non-profit organization, increasing NMET funding, increasing NMET social media and community presence, along with gaining personal knowledge on NMETs equine-assisted occupational therapy and HorseSense® programs. Please see Appendices below for examples of work I completed during my capstone experience at NMET.

Some lessons learned during my capstone experience include prioritizing work life balance, the importance of advocacy for OT, and the importance of leadership skills. When founding and running a non-profit organization the work never ends. There will always be something to do, so it is important to set designated work hours and stick by them to prevent

burnout. This is harder said than done, but an important life lesson to be learned. Additionally, advocacy for the career of OT is vital to its success. What I learned during this capstone experience is many individuals in the community are not familiar with OT and the benefits it can have. Without advocacy we are at risk of the OT field decreasing in size. Leadership skills are also so important to have, as leadership and advocacy go hand in hand. By gaining leadership skills I was able to talk with many different individuals and community organizations to successfully educate and show NMET's mission and vision, which is vital to a non-profits success.

Recommendations for future work with NMET include continuing to increase the amount of grants NMET applies for, specifically ones that cover operational costs and client scholarships. I would also recommend continuing to gain social media followers by creating increased video content of NMET including live streams, or "day in the life" videos featuring Courtney and other staff members/volunteers. Increased followers on social media will bring awareness to NMET with the hopes of increasing donations.

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Appendix A

Northern Michigan Equine Therapy
 18 · 19

Did you know NMET was founded by Occupational Therapist Courtney Sumpter M.S OTR/L in 2011 with just one horse – Tank – and one client. Word of their work quickly spread and the demand for Equine-Assisted Occupational Therapy and HorseSense® grew. Today NMET operates on 32 beautiful acres. 18 acres are comprised of trails including our therapeutic Sensory Trail! 🌳 🐾

#NMET #HorsesHealingHumans #northernMI #equineassistedOT #HorseSense®

Northern Michigan Equine Therapy
 January 14 · 19

When horses interact with humans they synchronize to our heartbeat, giving them the ability to sense slight adjustments in our mood (Keeling et al., 2009).

This is one of many reasons why horses are such beneficial therapeutic tools! #HorsesHealingHumans #NMET #equinetherapy #northernmi

Did You Know?
 When in herds horses synchronize their heartbeats to each other, which allows them to sense danger more quickly.

NMET

Northern Michigan Equine Therapy
 February 24 · 19

Here are some of the many reasons horses are such amazing therapeutic tools! ❤️ #HorsesHealingHumans #OT #equinetherapy #northernmi #NMET #HorseSense® #hippotherapy

BENEFITS OF EQUINE-ASSISTED THERAPY

heatheresaries.com

Northern Michigan Equine Therapy
 April 10 at 4:00 PM · 19

Anxiety is the most common mental illness in the U.S. and affects 40 million adults every year, yet only 36.9% of those suffering receive treatment. (Anxiety & Depression Association of America)

Anxiety is treatable! Several approaches are effective including therapy, meditation, and treatments including NMETs HorseSense® program. Check out the photos below for more tips and tricks to help your anxiety on a daily basis ❤️ You are not alone!

#MentalHealthMonday #decreasestigma #anxietyawareness #NMET #HorseSense® #HorsesHealingHumans

things that help ANXIETY

ANXIETY COPING STATEMENTS

- I am anxious because I care.
- I am anxious because I am trying to do my best.
- I am anxious because I am trying to be a better person.
- I am anxious because I am trying to be a better parent.
- I am anxious because I am trying to be a better friend.
- I am anxious because I am trying to be a better worker.
- I am anxious because I am trying to be a better citizen.
- I am anxious because I am trying to be a better human.
- I am anxious because I am trying to be a better person.
- I am anxious because I am trying to be a better parent.
- I am anxious because I am trying to be a better friend.
- I am anxious because I am trying to be a better worker.
- I am anxious because I am trying to be a better citizen.
- I am anxious because I am trying to be a better human.

Northern Michigan Equine Therapy
 February 28 · 19

Pitt Hopkins Syndrome affects approximately 1000 people in the world and causes development delays, difficulties with fine motor coordination and balance, along with breathing abnormalities, seizures, and lack of speech. The Pitt Hopkins Research Foundation is dedicated to finding treatment and a cure for Pitt Hopkins Syndrome.

To donate to the Pitt Hopkins Research Foundation visit pitt Hopkins.org/donate or Pitt Hopkins Research Foundation for more information.

#pittHopkinsSyndrome #rareDiseaseDay2023 #RareDiseaseWeek

PITT HOPKINS RESEARCH FOUNDATION

Our Mission

The mission of the Pitt Hopkins Research Foundation (PHRF) is to support research dedicated to finding a treatment, and an eventual cure for Pitt Hopkins Syndrome and other similar disorders. The PHRF is also dedicated to supporting the Pitt Hopkins community with resource recommendations, parental support and the latest medical information.

Northern Michigan Equine Therapy
 March 2 · 19

Moebius Syndrome affects 1 in 50,000 to 1 in 500,000 newborns. It results from underdevelopment of facial nerves that control some eye movements and facial expressions and affects the nerves responsible for speech, chewing and swallowing.

Organizations that educate and create awareness about Moebius Syndrome, along with advocating for scientific research to advance the diagnosis and treatment of Moebius syndrome include Moebius Syndrome Foundation and Many Faces of Moebius Syndrome. To find out more information on Moebius Syndrome or to donate, visit moebiusSyndrome.org and manyfacesofmoebiusSyndrome.org.

#rareDiseaseWeek #rareDiseaseDay2023 #MoebiusSyndrome

M.S.A.D. MANY FACES OF MOEBIUS SYNDROME MSAD.WORLD

MOEBIUS SYNDROME FOUNDATION

Dedicated to helping children, adults, families and medical professionals understand and cope with this rare neurological condition and make their life personal.

Appendix B

ANNUAL REPORT 2022

NMET
NORTHERN MICHIGAN EQUINE THERAPY

A LETTER FROM OUR EXECUTIVE DIRECTOR

Dear NMET family,

As I reflect back on the last 10 years, I become overwhelmed with emotion. Commitment to making a better and more accessible world for helping those in need and our community has been our focus. I have definitely grown as a leader, business owner, and a true team player during the process of creating NMET, a leading equine facility in Northern Michigan, but the personal side of our lives I have gained a year with great pride.

Every day I get to watch individuals with disabilities reach their therapy goals, as this leads to more independence in their daily lives, and more of joy in their lives. I remember watching these children gain strength and confidence. Northern Michigan Equine Therapy has not only been successful for the past 10 years, but the growth and demand for our services has been exceptional.

The people who make NMET a success have so much reach and connection in our community. From our amazing therapy providing quality care, volunteer staff with exceptional education, experience and care. From all directors, board members, head equine and facility. From equine care and services and the fun you all have. From single people that I have met in this journey has something important to give, and make NMET the success it is.

Our success as an organization is the atmosphere of NMET in creating, with and ultimately possible to provide this type of treatment and as the community, our clients have been able to enjoy and continue supporting over the past 10 years. The knowledge I have received in communication with each one of you has been crucial in making NMET what it is today. Thank you for everything and being there! Thank you so much for all the words of support and gratitude for each and everyone of you.

Most importantly, thank you to the horses that lead horses at NMET. Your healing nature inspires me everyday to stay strong, humble and work. Stage 100 Anniversary Northern Michigan Equine Therapy's 10th Celebration

COURTNEY SUMPTER, OTR/L
FOUNDER/EXECUTIVE DIRECTOR

BY THE NUMBERS

843

Groups 13%

Hippotherapy 21.7%

At-Risk Youth 13.8%

HorseSense Adv 35.7%

HorseSense 15.8%

FIGURE 1. CLIENT SERVICES
During the 2022 calendar year NMET provided 843 sessions to our clients. This has increased by 103 sessions compared to 2021.

SCHOLARSHIPS
In 2022, NMET awarded \$25,625 in therapy scholarships through our Therapy Assistance Fund.

BY THE NUMBERS

■ 2021 ■ 2022

Category	2021	2022
Foundations	\$100,000	\$90,000
Individual/Business Donations	\$25,000	\$30,000
Grants	\$30,000	\$25,000
Fundraisers	\$20,000	\$25,000
In-Kind	\$10,000	\$15,000
Program Income	\$35,000	\$45,000

FIGURE 2. FUNDRAISING
Restricted and unrestricted gifts were combined for individual/business and foundation contributions.

BY THE NUMBERS

Category	2022
Revenue	\$196,626.77
Expenses	\$177,913.58

FIGURE 3. REVENUE VS. EXPENSES
2022 revenue was \$196,626.77 offset by the expenses of \$177,913.58. The excess of \$18,713.19 is part of designated reserves for future operational needs.

A LOOK BACK AT 2022

We are thankful for our past and new donors.

Jan. Thank you to our dedicated volunteers. We could not do this work without them.

Winter NMET gains the EQUUS Foundation Guardian Seal of Transparency.

May NMET horses get their yearly dental exam by Dr. Thorp.

Spring Welcome to the team Holly - HorseSense Facilitator and Laurie - HorseSense Advanced Instructor.

GUARDIAN EQUUS FOUNDATION

A LOOK BACK AT 2022

Summer NMET hosts our annual Girls Group and client sessions.

Peaches joins NMET as our newest therapy horse.

October NMET hosts MI Bureau of Services for Blind Persons for a group session.

Courtney is a recipient of the Women's Resource Center 2022 Tribute Award.

Fall NMET trademarks their HorseSense® program.

Dec. Our sold out Sleigh Rides to the North Pole event raises \$44k for scholarships.

MISSION

To harness the healing power of horses to improve lives.

VISION

We strive to continue to profoundly change the lives of people with physical disabilities and mental health needs that lie beyond the reach of traditional therapy settings.

2022 BOARD OF DIRECTORS

Executive Director - Courtney Sumpter, OTR/L
President - Ruth Skop - Boyer City, MI
Vice President - Erin Lackhardt - Petoskey, MI
Treasurer - David Dewey - Petoskey, MI
Secretary - Anne Lenky - Harbor Springs, MI
Lindsay (Walegja) Grosso - Grosse Pointe, MI
Alesia Dobbins - Grosse Pointe, MI

2022 STAFF MEMBERS

Executive Director & Occupational Therapist - Courtney Sumpter, OTR/L
Fund Development & Marketing Coordinator - Sue Blankenhagen
HorseSense Facilitator - Holly Henagan, LMT
Advanced HorseSense Facilitator - Laurie David
SAVA HorseSense Facilitator - Larissa Boyce

Healing Horses of NMET - Tank, Conner, Adele, Danny Boy, Iris, Lily, Wesley, Gobbie, Dakota & Peaches