

2018

Heartland Equine Therapeutic Riding Academy Annual Report



From the Director

2018

As we approach 2019 and our 30th year of service in our community, it is a great time to reflect on the growth of our organization from where we have come and our future path. HETRA began in 1989 from the vision of Steve and Janet Henthorn. From very humble beginnings with only one horse, one therapist, and a handful of volunteers operating on property owned by kind people, to the end of 2018, when we celebrated a historic milestone by making the final payment on the property that HETRA now owns and calls home.

In 2014, HETRA had the great fortune of moving to a 25-acre property in Gretna, Nebraska. With a large indoor arena, over forty stalls, and outside turn out pens, it had everything needed to become a permanent home. For the past 4 years, with the support of our community, the HETRA staff and volunteers have worked together to make HETRA a home. Numerous improvement projects have been completed during that time, including the following:

- The addition of accessible bathrooms
- Barn insulation and heat to allow for year round sessions
- The installation of large arena fans to allow for year round sessions
- The correction of erosion issues for accessibility and safety in our parking lot
- Relocation of turn out pens to allow for improved footing and increased turn out for our equine partners
- Automatic waterers in all turn out pens
- The addition of a climate controlled parent viewing area
- The addition of a climate controlled classroom for our life skills program
- The addition of a therapy gym and participant evaluation room
- Ventilation system on the east side of the barn to improve air flow and help cool summer temperatures in the horse stalls



The physical changes to the facility allowed us to grow our core programs as well as expand into new programming areas. Our life skills program has seen huge growth in 2018. We served 60 unique individuals in this program in 2018 (32 more than in 2017) and completed 2,125 programming hours (1,451 more hours than in 2017). Our Veterans program served 47 unique individuals (40 more than in 2017) and completed 199 programming hours (168 more hours than in 2017). We were also able to add an Equine Assisted Learning program serving at-risk teen girls from a local school.

These facts, albeit impressive, are just numbers. The impact is in the positive outcome achieved by the individual. For some that means conquering physical challenges. For others, it means improving their self-confidence and self-esteem, improving their social skills, improving their ability to stay on task and follow directions, or assisting them in gaining skills that could lead to supported or independent employment.

To further enhance programming, HETRA's vision to bring a broader medical voice into the organization was realized in 2018. The formation of a Medical Advisory Board has brought medical doctors, pharmacists, physical therapists and researchers to the HETRA table. This Medical Advisory Board has already provided valuable guidance and input to the organization as a whole as well as becoming a resource to our therapists. Additionally, HETRA is partnering with Creighton University in hopes of completing a research study on the effects of equine assisted activity on individuals with autism. This type of research not only benefits HETRA and the individuals we serve but helps us become stronger as an industry.

It has long been said that "Home is where the heart is". At HETRA, our heart lies within our barn. It also in the amazing community that supports us, in the wonderful volunteers that dedicated over 24,000 hours in 2018, in the horses that connect with our participants in so many ways, and in the staff who are passionate about the work we do and the individuals we serve.

Edge Dadden

Our Mission

2018

HETRA's mission is to improve the quality of life both physically and emotionally of adults and children of all ability levels through equine assisted activities.

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Volunteers

2018

24,000



Recorded
Volunteer
Hours

300

Volunteers in
2018



40

6

Shifts per day Days per week



12

Minimum age
to volunteer



77

Oldest
Volunteer

Participants

2018



405

Participants



4,824



Programming

hours
completed

Services Offered



- Adaptive Riding
- Therapy Services
- Adaptive Carriage Driving
- Equine Assisted Learning
- Life Skills Training
- Equine Services for Veterans

12

In 2018 HETRA served participants
from 12 counties in Nebraska & Iowa



Horses

2018



25

Horses in the
herd



Maximum
number of
rides per

12

16

Average age



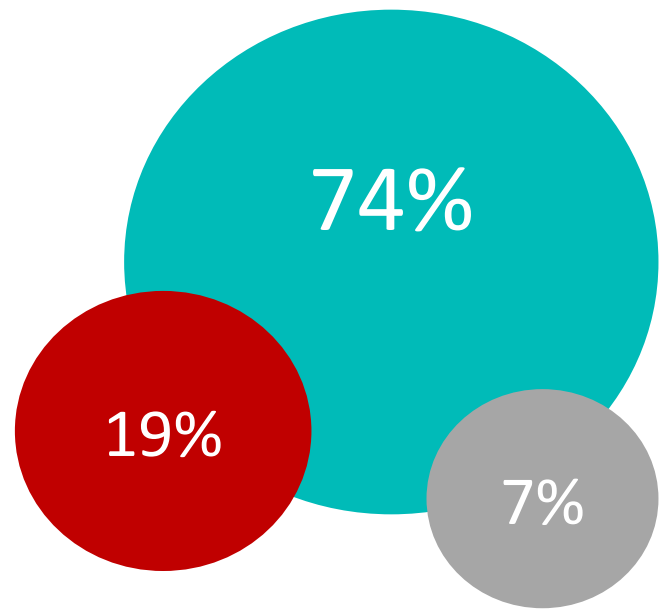
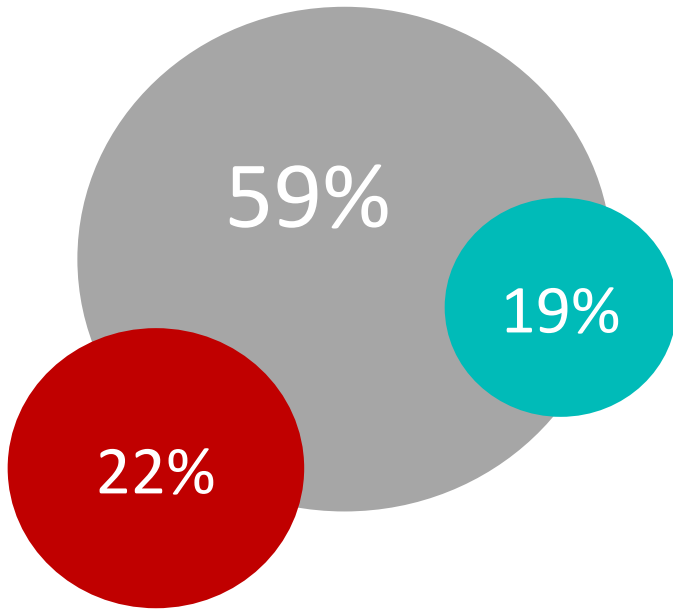
2018 Horse
of the Year
"Lady"

Breeds:

Arabian Draft Cross Haflinger Paint Paso Fino
Pinto Pony Quarter Horse Standardbred
Tennessee Walker Warmblood

Income
\$1,242,742

Expenses
\$1,242,250



Donations & Grants

Special events

Programming

Programming

Fundraising

Administration

\$233 Cost Per Hour of Programming

\$10,860
scholarship funding



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