

HETRA

2022

Annual Report

Changing Lives One Stride at a Time

Letter from the CEO

As we look back on 2022, we have faced many challenges. We know this is not unique to our organization, as many of us have faced difficult times over the past two years.

- HETRA faced a significant increase in the need for scholarships for our participants, giving out 62% more scholarships in 2022 than 2021.
- Our older herd brings with them many benefits, including their years of life experience and wisdom, but this also can bring its challenges. Just like us, as our herd grows older, they are faced with increased medical needs. This has resulted in significantly increased veterinary expenses.
- Inflation has taken a toll on all of us and made just about everything more expensive.

Still, these were not the biggest challenges we faced this year.

One of our biggest challenges was the loss of Katherine Smith, HETRA's Program Manager. Katherine had been such an integral part of forming who and what HETRA has become over the years. She served as a mentor for many of our staff and volunteers, and her loss is felt deeply. We also lost our Beloved Red. Red had won the coveted 2022 Horse of the Year Race. He had been a part of the HETRA Family for many years and we all miss his welcoming nicker as we walk into the barn.

But we refuse to let these challenges hold us back!

We have not allowed them to prevent us from doing the amazing work that happens in the barn each and every day. Here are just a few of the things we accomplished in 2022:

- Over 1,217 individuals served
- Provided 773 hours of Mental Health Programming in 2022, 126 hours in 2021
- Provided 1,496 hours of Therapy Services
- Completed a research study with Creighton University, studying the impact of hippotherapy on children with autism
- Completed two pilot programs, including a Teen Resiliency Group and Healing Through Hooves (a program designed to support individuals recovering from trauma)

We are proud of each and every one of these accomplishments, but are most proud of the incredible goals that achieved by our participants.

- The participant who has learned techniques that now allow them to self-regulate and prevent outbursts at home and school.
- The participant who has improved strength and balance and can now walk further and with less assistance.
- The participant who has gained confidence and coping skills and is now developing successful friendships outside of HETRA.

These are the things that we are talking about when we say we are changing lives, one stride at a time. These are the things that YOU help our participants accomplish when you support HETRA. Thank you to those of you who that supported HETRA in 2022 with your time, talent or treasures. We know finances are tight for many and are thankful for your support at any level. Support for HETRA comes in so many forms and we truly could not do what we do without our amazing team of donors and volunteers!

We look forward to all of the things HETRA will accomplish in 2023. Our wish for all is for less challenges and more opportunities to truly make a difference.
Sincerely,

Edye Godden, OTR/L, CTRI, HPCS, CEO

Edye Godden



Our Mission



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.

Volunteers



40 Shifts Per Day

**Youngest Volunteer:
12-years-old**

**Oldest Volunteer:
80-years-old**



6 Days Per week

8 Volunteer Session Levels:

**Instructor Assistant, Sidewalker,
Groomer, Tacker, Blue Leader,
Gold Leader, Platinum Leader,
Barn Leader**



724 Total Volunteers

24,065

Volunteer Hours

Participants

1,217

**Participants
Served Across
12 Counties!**

3,206

Programming Hours



Services Offered:

Adaptive Riding, Therapy Services,
Adaptive Carriage Driving,
Life Skills Training,
Equine Services for Veterans and First Responders
Equine-Facilitated Mental Health

Horses

25

Members of the HETRA Herd



2000-2022

Average Age
of our Horses **20**

2022
Horse of the Year
Red

Breeds Represented:

Appaloosa, Draft Cross, Haflinger, Miniature Horse, Paint,
Paso Fino, Quarter Horse, Standardbred, Warmblood

Financials

Income

\$1,746,360



- Donations & Grants: 62%
- Special Events: 18%
- Programming: 10%
- Other: 10%

Expenses

\$1,678,197



- Program: 80%
- Fundraising: 12%
- Administrative: 8%

\$27,589

**Total Scholarship
Funding Awarded**

\$370.00

**Average
Programming
Cost per Hour**

Thank You

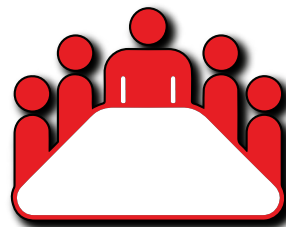


In 2022, we were fortunate to have **1,474 incredible donors! Each and every donation has made a huge impact, supporting our mission to *Change Lives, One Stride at a Time*. We are immensely grateful for your endless support. Thank you from the bottom of our hearts!**



Medical Advisory Board

Dr. Michael Gross,
Dr. Matt Rivard, Dr. Hope Voto,
Dr. Dave Watts, Kirk Peck, PT,
Dr. Heather Zimmerman
Linda Sobeski, Pharmacist



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Kris Covi

You Helped Us Make A Difference in People's Lives

Donors over \$5000

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Family Foundation

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The Kim Foundation

Anonymous

The Lozier Foundation

Sherwood Foundation

Walmart Foundation

William R. Patrick Foundation

Thank you to all our donors. Every donation makes a difference.



“Londyn gallops her way down the barn at HETRA every week and is so excited to get to see her therapist, her horse, her friends, and really her second family. She never says ‘no’ to going and is always full of smiles and giggles.

THANK YOU HETRA!”

Heartland Equine Therapeutic Riding Academy

10130 S 222nd St Gretna, NE 68028

HETRA.org | 402-359-8830

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