



2022 IMPACT REPORT





MAJORITY OF PHOTOS
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AMY MAY IMAGES

LETTER FROM THE DIRECTOR

Dear Friends,

In my first year as Executive Director for StableStrides, I was beyond blessed and touched by the support of all of you and in awe of the dedication and generosity of everyone involved with our incredible organization. Not only did we see growth in all areas of our programs and services to the community, we increased the number of events we held while spreading the wonderful mission of StableStrides. All this incredible support allowed us to surpass our fundraising goals and raise the most funds in our 41-year history.

This isn't to say we didn't share in the difficulties facing many non-profits, as we saw many changes in the economy and a significant shift in giving from individual donors and corporations. COVID's effects continue to loom large, and inflation has added to the troubles with a new reality that StableStrides faces as we move forward as an organization. While many companies and non-profits have had to close their doors, StableStrides has continued to serve our community at the highest level and has continued to be a beacon in these dark times.

I am beyond proud and grateful for our staff, who have gone through many changes in our policies and procedures and who have stepped up to provide amazing services when our community needs them the most. StableStrides has been blessed with the most incredible volunteer base of over 250 volunteers, many of them working multiple days per week while helping our staff accomplish all the tasks we could not do on our own. It has truly been an honor to see all these people from different backgrounds come together to bring smiles to all of our client's faces while asking for nothing in return.

As Executive Director, and on behalf of our staff and board of directors, I can't thank our donors and volunteers enough. Without your critical funding and time, StableStrides would not be able to keep our doors open, and it is because of you we are able to work with hundreds of clients with the goal of helping make their lives a little better every day. Last year StableStrides served 755 clients and held 5,320 sessions with 393 youth participants and over 300 active duty, veterans, and their families. Incredibly, 1,237 donors gave over \$555,000 while volunteers donated 7,189 hours. Absolutely incredible statistics that we cannot begin to say thank you for.

In 2023, we will continue to grow our services while spreading our mission to all parts of the Colorado Springs community. It is our goal to be able to serve all clients without having a waiting list, and we are well on our way to accomplishing that goal. I am excited to watch our continued growth and look forward to continuing the mission we all hold so dear to our hearts.

Sincerely,



Jason Frazier
Executive Director





OUR MISSION

Our mission is to significantly improve the lives of individuals through a connection with horses. We believe that horses and the therapy they provide is an essential solution to strong and healthy individuals, families, and communities.



WHY

TO CHANGE
LIVES



HOW

CONNECTION WITH
HORSES



WHAT

THERAPY
THAT WORKS

We are an organization united by our passion to make a difference.

OUR PROMISE TO YOU

To provide a safe and compassionate place for people to heal.
To keep our community's needs at the heart of all of our programs.
To conduct ourselves in a professional and respectful manner.

STABLESTRIDES



LOOK AT THE LIVES YOU CHANGED





PROGRAM IMPACT



302 active
duty,
veterans,
and their
families



393 youth



95% of
therapeutic
goals achieved

A total of 755 individuals received 5,320 therapeutic sessions during 2022.

100% of clients reported services received positively impacted their overall health and wellness.

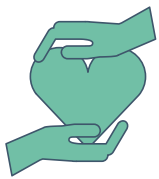
96% of clients reported increased independence and protective factors after receiving services at StableStrides.

"I am honored to support a program that has an immediate and essential impact on our community in such a positive and healthy manner."

StableStrides Donor



FINANCIAL IMPACT



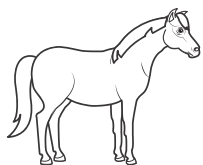
1,237 donors
gave over
\$551,000



108
volunteers
gave over
7,189 hours



23 staff
members
and 9 board
members



20 therapy
horses



16 program
partner
agencies



\$21,495 in
scholarships
provided

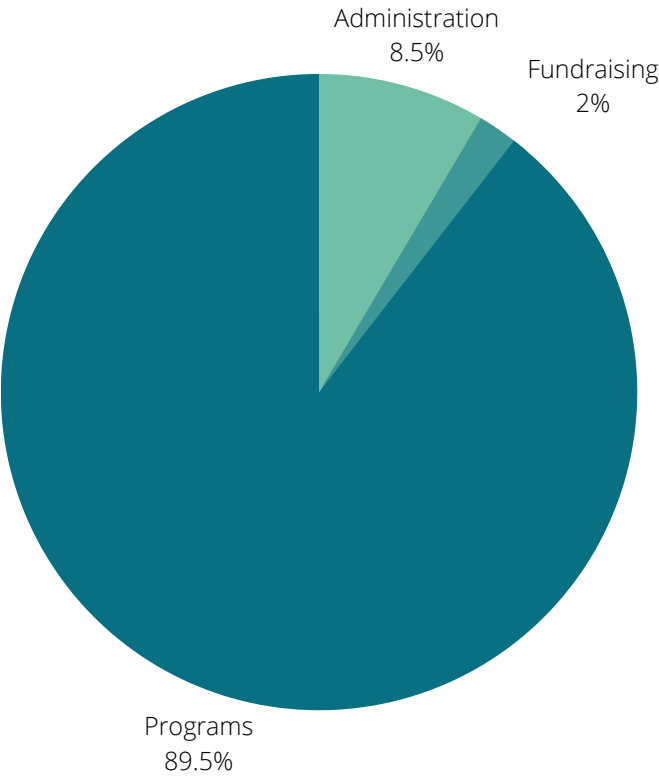
StableStrides couldn't provide life-changing services without the support of our generous volunteers and donors. This support provided free or reduced-cost services for 497 therapeutic sessions to 46 veterans and service members and 20 low-income youth and adults in 2022.

Additionally, donations from supporters helped covered the gap between what each client pays for services and the true cost of providing services (\$1,000 on average).

FOR EVERY \$100 OF SERVICE PROVIDED \$62 MUST BE RAISED THROUGH DONATIONS.



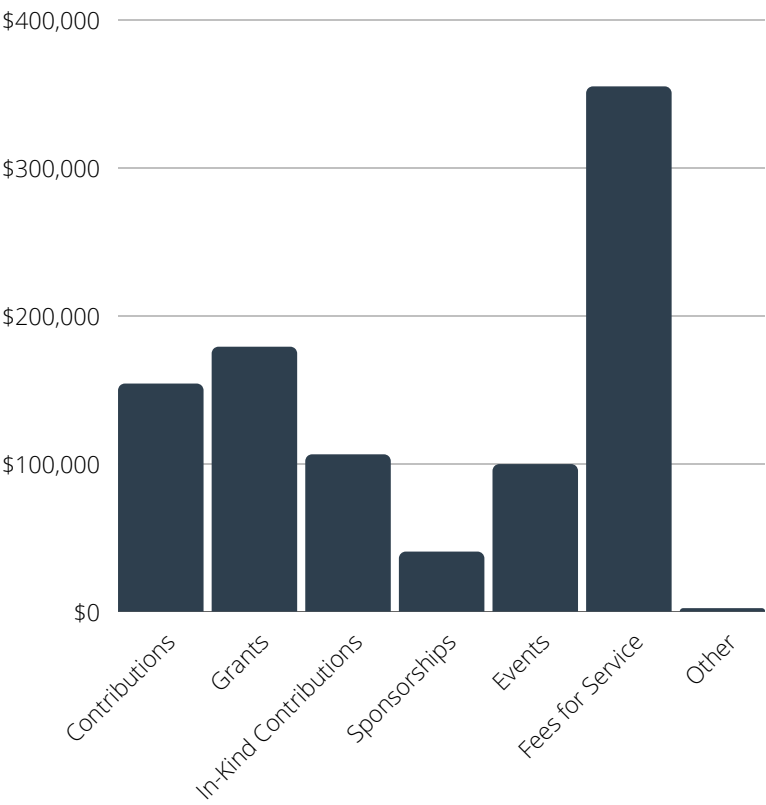
HOW WE SPENT YOUR DONATIONS



TOTAL INCOME
\$935,349

TOTAL EXPENSES
\$1,033,833

TOTAL NET ASSETS
\$199,496



THANK YOU TO ALL OUR VOLUNTEERS & STAFF



STABLESTRIDES



"Chalking it up. That's what parents often do to explain away their children's behavior when they don't understand. He loves to build things and take them apart, so he must just have an engineering mind. He prefers to be alone and removes himself from group activities –he must just be introverted. He's having prolonged and frequent "meltdowns" –must just be temper tantrums. He's acting aggressive towards other children and adults – must just be the famed "terrible twos". Then the terrible twos become the terrible threes and terrible fours. Other parents try to assure you that their children "do that too", but in your heart, you know that something is different about your child.

You never forget the day you realize that your child has a serious problem and you cannot keep "chalking it up". Our son, Collin, was having another meltdown, but this one was different. We gently restrained him as he furiously tried to harm himself and others for over an hour. Then, like a light was switched off, he went completely limp. He laid motionless, just staring off into the distance as we stroked his hair and assured him that everything would be okay. We looked at each other with tears in our eyes and knew, for the first time, that Collin was struggling with something that we did not understand. We didn't have a name for that something but we soon would -autism.

With mixed emotions we began the journey of learning about autism and what resources were available to help Collin cope with daily life. Collin continued to suffer as we desperately searched for something –anything that would help him. That's when we learned about equine therapy and StableStrides. Having spent years of trying new things that did not help, we were skeptical about this approach. Hearing one after another success story convinced us to give it a try, so we signed him up at StableStrides and hoped for a miracle.

Every week we watched Collin ride around on his therapy horse and wondered if it was working. The change was slow at first, but after the first eight-week session Collin had made undeniable progress. He was calmer, more attentive and focused. The violent meltdowns downgraded in intensity and frequency. He began listening more and taking direction. When it came time to decide if we should sign him up for another session, there was no decision to be made. This was working. Finally, something was working.

Collin continues this therapy today and the results are astounding. The experience we've had with StableStrides has absolutely been the beneficial impact we hoped for. We have seen undeniable development in Collin's ability to self-regulate emotions, communicate more effectively, focus and complete tasks, and develop friendships. Of all the therapies we have chosen over the years, this has by far been the most rewarding and we could not be more grateful for the staff, volunteers, and horses at StableStrides for brightening our Collin's world!"

- Mary (Mother of Collin), StableStrides Adaptive Riding Client



THANK YOU TO OUR GRANTORS

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Virginia W. Hill Foundation

Walmart Community Grants

Watt Family Foundation

IN 2022 GRANTS MADE UP 19% OF OUR TOTAL INCOME.



STABLESTRIDES

"We chose StableStrides because of the diversity in program offerings for our children on the Autism Spectrum. The experience thus far has been amazing, from intake to session, the process has been overwhelmingly positive and the facilitators are in tune with my kids and take the time to enter "their world" before beginning each day. The programs are tailored specifically to each child's needs both short and long term with open ended communication with the therapists about specific goals. The environment creates a space of peace for all involved and when you're there you are treated like the only client."



"Thank you for helping Jon find hope. Thank you for teaching him to stretch his thinking as well as his physical limits. Every ride changes him in a myriad of ways: he walks a little taller, a few steps further, is more stable, and decidedly happier. I give thanks and gratitude for your gift of helping my son to enjoy life. "

THANK YOU TO OUR VOLUNTEER BOARD OF DIRECTORS

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