

# PAIS Annual Report

*Making Strides, Changing Lives*



# 2023

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# VISION

By providing a caring, safe, and challenging environment, PALS will foster growth and individual achievement of all participants, that will enable them to reach their highest potential.

# MISSION

PALS promotes joy, quality of life, better health, and empowerment by providing therapeutic programs with horses.



# FROM THE EXECUTIVE DIRECTOR

*Dear Friends,*

I'm thrilled to present the PALS 2023 Annual Report, showcasing our remarkable progress.

This year, our budget doubled, empowering us to expand our reach and enhance our programs in equine-assisted services. This growth is a testament to the unwavering support of our clients, volunteers, donors, and supporters who believe in the transformative power of the human-horse connection.

The growth of the Changing Leads Program reflects our commitment to addressing the needs of disenfranchised members of our community. Through the healing power of equine companionship, we provide a safe and supportive environment, fostering trust, empathy, and self-awareness.

As we celebrate our accomplishments, we express gratitude for the opportunity to impact lives. Every success story reaffirms our commitment to our mission and strengthens our resolve to make a difference.

However, we still face a gap between our cost to provide services and the resources available for our adaptive riding program. Your support is crucial in bridging this gap and ensuring that all individuals have access to our life-changing programs.

I extend heartfelt thanks to our dedicated staff, volunteers, board members, donors, and supporters who have made all of this possible. Your unwavering support inspires us to push boundaries and create a brighter, more inclusive future for all.

Please consider continuing to support our cause. Together, we can make an even greater impact.

Thank you for your continued trust and support,

*Christine Herring*



*Christine Herring*



# IMPACT:

## *The Numbers*

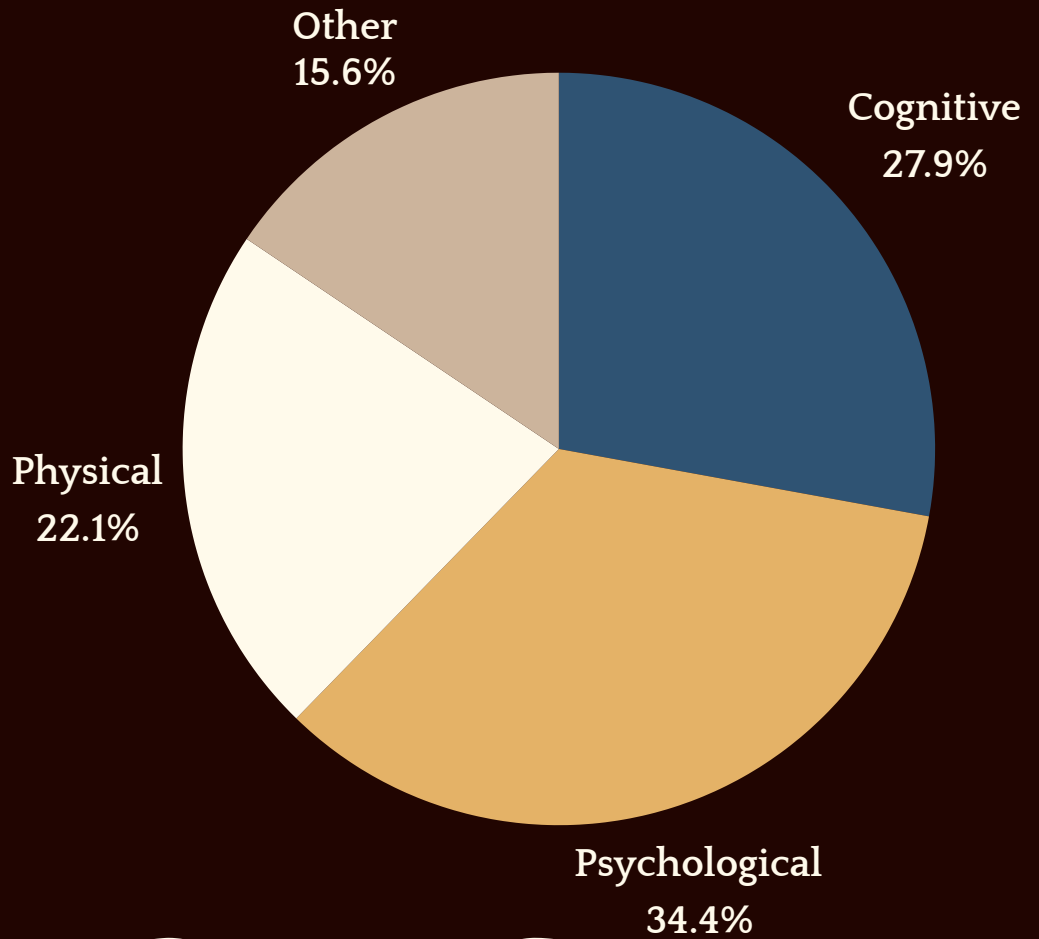
**Client Experiences**  
**1900+**

**Ages Served\***  
**3-65+**





**Counties Served\***  
**4**

**Diagnoses Served\***  
**20+**

**Volunteers**  
**102**



### *Primary Diagnoses:*

-  Cognitive Diagnoses
-  Physical Diagnoses
-  Psychological Diagnoses
-  Other

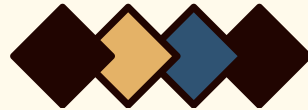
\*These are known individual client demographics. Special program demographics not recorded.

# THE CLIENT EXPERIENCE



## Avery's Story

"Avery has autism, and our family heard great things about adaptive riding at PALS. Plus, Avery loves animals, so this seemed like a cool activity for him to try. PALS has helped Avery get more comfortable trying new things. He's doing more and more in each lesson, and as soon as a lesson is done, he's excited for the next one."



## Kenna's Story

"She came to PALS with the hope of increasing Kenna's core strength. We have been extremely happy with her progress and grateful for her improvement in other areas as well. In the beginning, she was afraid to approach or touch any of the horses. We have seen her self-confidence increase and her independence while caring for the horses. These improvements have been reflected in her daily activities at home and school too! Kenna loves coming to PALS each week, her favorite part is trotting with River!"



*My foster child LOVES the horses and anticipating her PALS lesson helps motivate her behavior during the day leading up to her lesson.*

*Client Testimonial*

95%

Of clients rate their overall experience as "very good" or "good"

93%

Of clients "strongly agree" or "somewhat agree" that they would recommend the PALS' program



# COMMUNITY PARTNERSHIPS

Our Equine-Assisted Learning programs with other organizations foster bonding with the horse through grooming and groundwork. These activities help establish trust in your horse and strengthen the relationship between the client and the horse.

## 2023 COMMUNITY PARTNERS

- Centerstone Recovery
- Centerstone Youth
- Indiana Center for Recovery
- Middleway House
- Youth Services Bureau
- Wheeler Mission
- See Purpose
- Girl Scouts

## EQUIPT

This program is designed to help youth who are in at-risk situations develop social-emotional skills.

## CHANGING LEADS

This uniquely impactful group program helps individuals engaged in addiction recovery with an equine-assisted curriculum.

*"I haven't felt that calm and relaxed in so long!"*

---

*"I find peace in connecting with horses."*

---

*"I love this place more every time..."*

---



*Phoenix*



*River*



*Daisy Mae*

# OUR EQUINE PARTNERS



*Cisco*



*Bella*



*Junie B.*



*Bernie*



*Big D.*



*Nemo*



*Scout*



# THE *Volunteer* EXPERIENCE

*Thank you to our top ten volunteers of 2023:*

Lorie Miller, Sandra Ronan, Emma Smith, Melissa Reynolds, Hannah Hixson, Bruce Miller, Lauren Cochran, Bonnie Fye, Chris Smith, & Melanie Herber



Our programs thrive on the invaluable contributions of volunteers. Their dedication allows us to deliver transformational lessons that positively impact the lives of our riders. To ensure the safety of our riders during riding lessons, we rely on the support of 1-3 volunteers. Beyond the arena, there's a lot of work that goes into maintaining the smooth operations of our facility.

**102**  
**VOLUNTEERS**  
**16,734**  
**HOURS**

*“There is no time better spent than in the stables & fields!”*

*Volunteer, Julie Gray*





# Community EVENTS

**Halloween with the Horses | Cabaret for a Cause |  
Client Showcase | Creative Arts for Veterans**

At our events, we cultivate a warm sense of community and collective purpose among our supporters, donors, volunteers, and clients. We also aim to amplify the mission of PALS to a broader audience.



# 2023 Financials

**Total Revenue**

**\$565,063**

**Total Expenses**

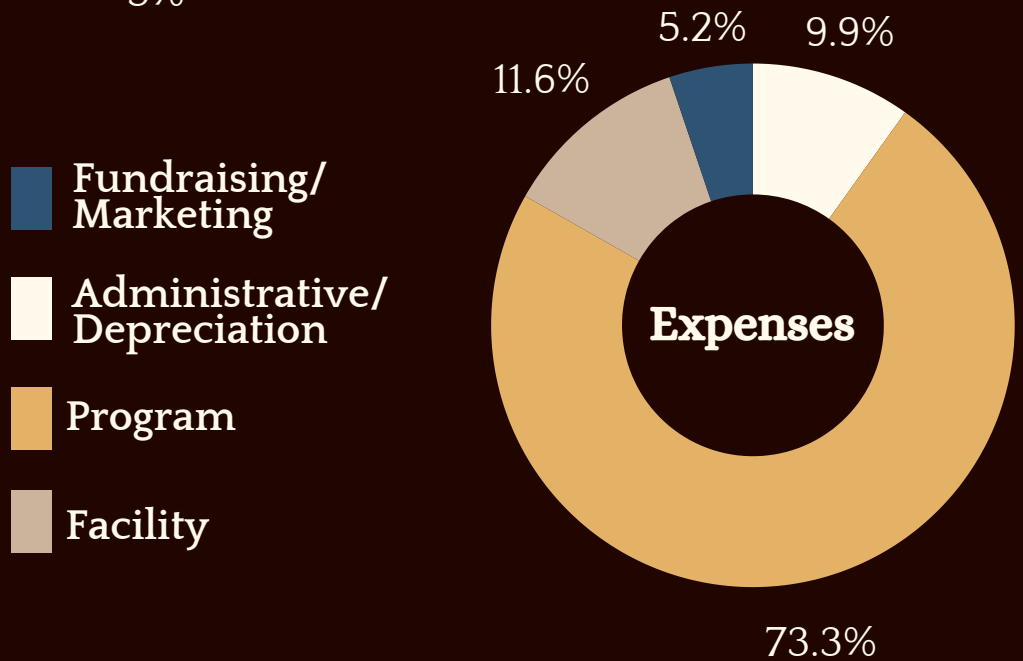
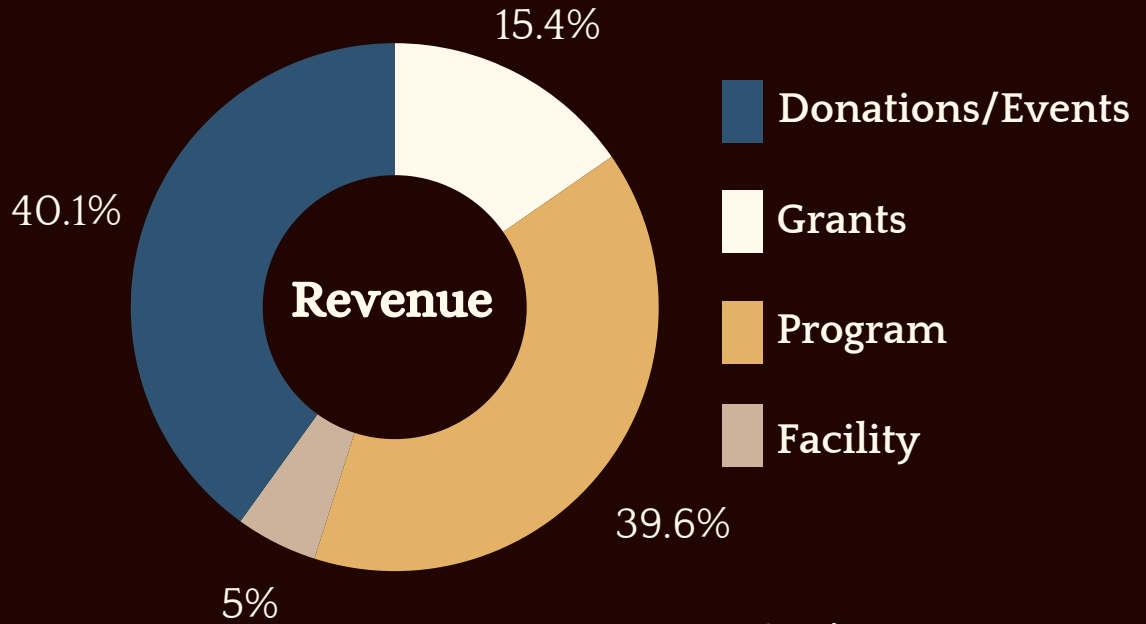
**\$551,281**

**Net Income**

**\$13,782**

\*Based on preliminary unaudited 2023 financials

Gold  
Transparency  
2023  
Candid.



2022  
Financials

\$527,438

Total Income

\$438,933

Total Expenses

\$88,505

Net Income

# Grant Awards

*Smithville - \$30,000*

Thank you, Smithville Charitable Foundation, for the grant that allowed us to purchase a truck, which helps improve our facility's maintenance and makes for convenient horse transportation, especially in emergencies.

*Patricia Schaefer - \$50,000*

We extend our heartfelt gratitude to Patricia Schaefer for the generous operations grant, which enhances our efficiency and elevates our clients' experience.

*Sophia Travis - \$4,070*

PALS is honored to have received the esteemed Sophia Travis Award, which will bolster our EQUIPT program with the Youth Services Bureau of Monroe County, enriching our ground group sessions with local youth organizations.

*Duke Energy - \$2,500*

We thank the Duke Energy Foundation for enabling us to demonstrate the human-horse connection to a group of therapeutic clients from Stone Belt.





# The Sensory Trail

The PALS Sensory Trail offers an interactive experience crafted for our clients to immerse themselves in activities stimulating all five senses. Spanning half a mile, participants can traverse the trail on horseback or by foot, encountering 10 stations thoughtfully curated to enhance sensory awareness. This nature-based interactive venture is tailor-made for individuals with autism spectrum disorder and other developmental variances, fostering a uniquely enriching experience.

**Trail Head Sign | Steering Station | Basketball Station | Scentsational Station | Trail Bridge | Noodle Curtain | Beach Station | Sound Station | Log Pass | Finish Line Sign**

## Thank You to Our Sponsors

- Young Trucking, Inc.
- Milestone
- Rogers Group
- Stanger Excavating
- Bledsoe Riggert Cooper James
- James and Joyce Grandorf
- Hoosier Hills Credit Union
- Leigh Richey
- John Morton
- CarpetsPlus
- The Seth Sears Buddie Foundation
- April Peters
- Kid's Play Gym
- Priscilla Cuevas



# CORPORATE SUPPORTERS

*Thank  
You to  
Our  
2023  
Corporate  
Sponsors*

- Hoosier Energy
- Ivy Tech Community College
- Bill C. Brown Associates
- Cook Medical
- Premier Healthcare LLC
- Stanger Excavating
- Stanger Homes
- Old National Bank
- Mother Nature Landscaping
- Indiana Farm Bureau Insurance
- ResCare Inc.
- Development Services Inc. (DSI)
- Bastin Inspection Services
- May Insurance Agency
- German American Bank
- Bland's Truck and Cars
- Minton Body Shop
- Marshall Security, LLC
- Richard's Small Engine, Inc.
- Simtra BPS
- Kestrel Behavioral Health LLC
- American Legion
- First Financial Bank
- Bloomington Professional Carpet Cleaning
- Building Associates
- Stone Belt Inc.





86

HOUSEHOLDS  
MADE FIRST-TIME  
DONATIONS IN  
2023.

OUR VALUED  
*Donors*

188

INDIVIDUAL  
DONORS GAVE  
TO PALS IN  
2023.



# PATH INTL.

*Professional Association of  
Therapeutic Horsemanship International*

## MISSION

We lead the advancement of professional equine-assisted services by supporting our members and stakeholders through rigorously developed standards, credentialing and education.

## VISION

To ensure universal recognition of professional equine-assisted services and the transformative impacts that enrich lives.



PALS is proud to be a Premier-Accredited PATH Intl. Center, which is the gold standard in our industry. Our instructors have a demonstrated knowledge of disabilities and equines, and they are trained to provide safe and individualized programming.



# OUR INSTRUCTORS



*Tessa McAfee*

*PATH-Certified Riding Instructor*

Tessa has been at PALS since 2016. With a degree in Equine Studies and a minor in equine-assisted therapy and psychology, her education gives her a deep understanding of horses and the therapeutic benefits they offer.

*Ashley Carter*

*PATH & CHA-Certified Riding Instructor*

Ashley has over a decade of experience in equine care and veterinary medicine for small and large animals. She has taught standard riding lessons in English and Western styles.



*Rebecca Redfern*

*Equine-Assisted Learning Instructor*

Rebecca specializes in Trauma Informed Yoga and is a certified meditation and mindfulness life coach. With certifications in complex PTSD, polyvagal theory, and reiki, she brings a holistic approach to her work.

*Holly DeLong*

*Recreational Riding Instructor*

Holly is a junior at IU Bloomington pursuing marketing at the Kelley School of Business. She is currently in her second term as President of the IU Equestrian Team.



# SUPPORT THE *Healing Power* OF HORSES

Dear Loyal Supporters,

As we look back on the past year, we are filled with gratitude for the incredible support and generosity that have enabled PALS to make a profound difference in the lives of so many individuals. Your contributions have allowed us to expand our programs, reach more participants, and continue providing the life-changing benefits of equine-assisted therapeutic services.

As we move forward, we are faced with new challenges and opportunities to further our impact. A gift of just \$1,000 covers one month of programming for one of our needs-specific programs, ensuring that those who need our services most receive the support they deserve. Your generosity allows us to hire top-tier instructors and staff, ensuring that our programs continually evolve and improve to meet the ever-changing needs of our community.

Additionally, PALS hopes to add more horses to our herd, enabling us to serve even more clients. Did you know that one horse can serve up to 20 clients a week? By sponsoring a horse, you're not only supporting our mission, but you're also transforming the lives of those who benefit from our equine-assisted services.

With your support, we can continue to make strides in improving the physical, emotional, and mental well-being of our participants, equipping them with the tools they need to thrive. Together, we can continue to advance the mission of PALS and create a brighter future for our community. Will you consider making a difference today?

Thank you for your continued support of PALS.

Warmly,  
Arabella McRobbie  
Director of Development





*Thank you*

A decorative blue flourish underline that starts with a thick stroke on the left, curves under the text, and ends with a thin, elegant tail on the right.

# PEOPLE & ANIMAL LEARNING SERVICES

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