

Horses and Humans Research Foundation exists to facilitate universal understanding and appreciation of the significant influence of horses on humans. The primary goal is to support, promote and fund scientific research that explores the claimed, yet unsubstantiated benefits of equine assisted activities, leading to the discovery of the most effective methods and techniques for conducting thousands of existing and future programs. The secondary goal is to educate the public (including parents, donors, insurance companies and physicians) on research findings so that equine assisted activities programs become more accessible to those in need.

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*Starting in 2008

Dear Friends:

2007 was a year of strategic growth for the Horses and Humans Research Foundation. Alan Young and Octavia Brown joined the Board of Directors and we acquired still more expertise when we formed our new Advisory Council and Scientific Advisory. Forms and applications were reviewed and revised, clarified and simplified. The website also expanded.

HHRF did not fund a grant in 2007. It was felt, upon assessing our scientific review committee's application evaluations, that of the nineteen projects submitted, none met the rigorous standards set by the Foundation. Feedback from stakeholders regarding this decision has been mostly positive; it seems the community understands our persistence in funding only the highest quality projects that will have significant impact on EAA progress.

\$50,000 donated by the Dolan Foundation for research in 2007 was carried over and \$100,000 is now available for 2008 grants. Plans for 2008 also include building an endowment and a concerted effort to inform more people internationally about HHRF.

Our sincerest thanks to all of you who support our belief that the time for serious research is NOW! Your continued generosity will make this a reality.

-Molly Sweeney
 Board President
 March 2008



"Have display, will travel"

Molly Sweeney with HHRF's new portable display board, which was funded by a grant from the William J. & Dorothy K. O'Neill Foundation. Contact us to arrange a visit!

Thank you for supporting our research efforts!

“After six months of equine assisted activities, I visited my rehabilitation center for a check up. With no other change in my workout routine other than the riding, they noted an increase of approximately 40% in both nerve regeneration and muscle return.

“At first I was upset that after 26 years of being in a wheelchair following a spinal chord injury, I had never heard of therapeutic riding. But my purpose now is to be sure that the world knows about it. I do not want others to miss out on what this opportunity can afford them.”

-Cynthia Ruiz



Cynthia & Sterling

Memorial & Honorary Contributions

Equest, in honor of Captain James Donahue Jr.
 KC Henry, in honor of the HHRF Scientific Review Committee
 Carol Huegel, in memory of Fletch
 Joe & Suzanne Mulivrana, in tribute to Joe Doria
 John & Bobi O’Loughlin, in honor of Jack Lanier
 The William J. & Dorothy K. O’Neill Foundation, in honor of Molly Sweeney
 JoAnn & Hamilton Smith, in memory of Mrs. Cleve Helsing
 Kitty Stalsburg, in honor of Sara Qua, Linda Picazio, Patti Coyle and Judy Lightfoot
 Lynnette & Rich Stuart, in honor of KC Henry
 SIRE, in honor of Molly Sweeney
 Mary Vallier-Kaplan, in honor of the Horse Power staff of Pony Farm
 Pamela White, in honor of the US Park Police Horse Mounted Patrol

Foundation Contributions

The William J. & Dorothy K. O’Neill Foundation
 The Dolan Foundation
 The Swimmer Foundation

Individual Contributions

Anonymous
 Anonymous
 Bruce & Robin Augustadt
 Lasell Bartlett
 Jean Baum
 Octavia Brown
 Janet Brown
 Robert & Ann Crump
 Jane Davison
 Jack & Susan Engsberg
 Excel Printing
 Robert & Jane Fitzpatrick
 Leeda & Ralph Fletcher
 John & Karen Gardner
 Lytleton B.P. Gould, Jr
 Kay Green
 David & Susanne Haseman*
 Loral Haus
 KC Henry
 Betsy Hicka
 Carol Huegel
 Mary Illing
 Terri Knauer
 Patti Kortkamp
 Brad Lewis

Judith Lightfoot
 Brian McQueeney & Gloria Hamblin
 Kevin & Kelly McShane
 Joe & Suzanne Mulivrana
 John & Bobi O’Loughlin
 Meredith Bazaar & Joshua Rubin
 Beth Racine
 Gisela & Vernon Rhodes
 Earl & Marilyn Rose
 Jess Saalfeld
 Howard Shenk
 SJB Group
 JoAnn & Hamilton Smith
 Donna Spencer Buring
 Kitty Stalsburg
 Rich & Lynnette Stuart
 Brian & Debbie Sweeney
 Kevin & Danielle Sweeney
 Molly Sweeney
 Marilyn & Harry Swimmer
 Jose Szapocznik
 Jean Tebay
 Mary Vallier-Kaplan
 Pamela White
 Alan Young

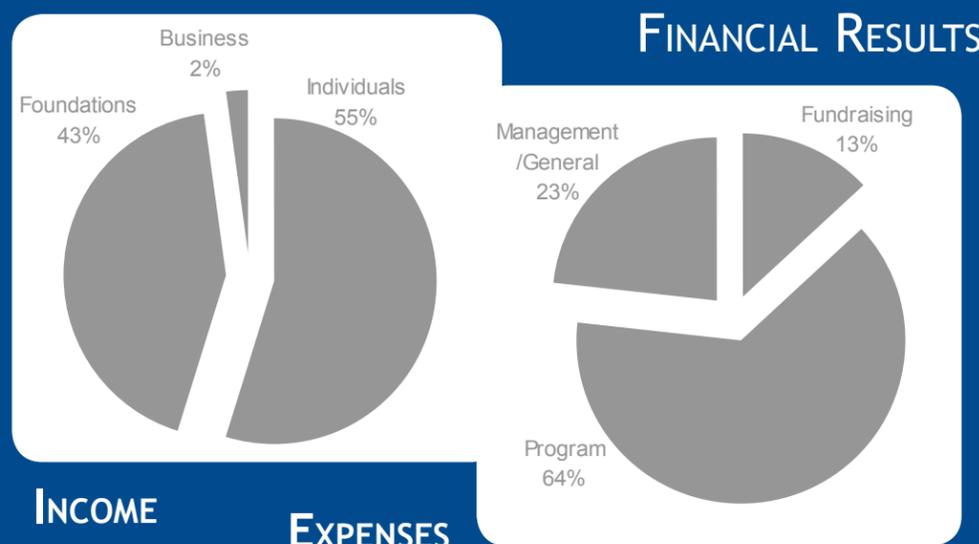
*Donation made for a mental health research project

EAA Industry Contributions

Adventures in Awareness
 American Hippotherapy Association
 Astride with Pride
 Camp Berachah
 Equest
 Freedom Farm
 GAIT
 Horse Power
 Horses for Healing
 Misty Meadows Mitey Riders
 Northern Virginia TRP
 Pine Stables
 Project Astride
 Ride on St. Louis Equine Assisted Therapy
 SIRE
 Strides to Success
 Thorncroft
 Victory Gallop
 Vinceremos
 Whispering Winds Ranch

Ongoing outcome goals of the research that HHRF supports:

- **Improve best practices** in all aspects of equine assisted activities/therapies (EAA/T)
- **Influence industries** that provide third party reimbursement to support EAA/T
- **Increase the interest and support** of medical and therapy professionals
- **Enhance community financial support** for all EAA/T programs
- **Increase awareness** of the unique impact of EAA/T to all people in need



Income: \$145,339.16

Increases in individual (\$16,754.26 vs. \$16,151.59 in 2006) and business (\$3,345.22 vs. \$2,587 in 2006) contributions occurred this year, with many repeat donations (28). A significant grant of \$50,000 was received from the Dolan Family Foundation, earmarked for research. All contributions were matched by an anonymous matching challenge fund. The special challenge fund will be in effect until \$500,000 has been raised in total.

Expenditures: \$94,384.46

The Horses and Humans Research Foundation did not fund any of the applications from the most recent application cycle. No projects in their present stage of development, it was determined, met the rigorous criteria and high standards set by the foundation. Therefore, the overall expenses were lowered, with 64% still expended for program-related expenses including staffing, outreach and planning. \$100,000 is now available in grant funding for 2008, thanks in part to the Dolan Foundation’s 2007 Research Grant.

Year-end Research Update

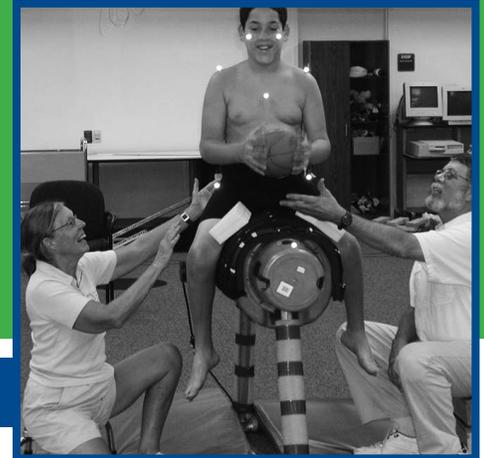
The Human Performance Laboratory at the Program in Occupational Therapy of Washington University School of Medicine (St. Louis, MO) is in the final phases of data gathering for a study funded by HHRF.

Preliminary findings show major improvements for children with spastic diplegia cerebral palsy after twelve weeks of hippotherapy. The team found overall improvements in head and trunk control after 12 weeks of 45 min hippotherapy treatments, with the changes persisting even three months after the hippotherapy session ends.

“On average they have reduced movement at the head and upper trunk by 1/3 of their pre-hippotherapy movement,” explains researcher Tim Shurtleff. “Preliminary results show that all these changes have persisted and remain statistically significant after the three month washout period after they stopped riding horses.”

“The take home message is that we think we will be able to show with objective measures that hippotherapy improves motor control of the head and trunk and that the improvement sticks with them.”

The team’s exciting news was presented at the North American Riding for the Handicapped Association’s National Conference in November and was also covered by publications including *The Northern Horse Source*, *Horsetalk* of New Zealand, *the Journal Sentinel* of Milwaukee and *Equestrianmag*.



Research • Validation • Education

In 2007, HHRF:



- ▣ Received a research grant of \$50,000 from the Dolan Foundation
- ▣ Established Advisory Council and Scientific Advisory
- ▣ Completed a marketing development plan, funded by the William J. & Dorothy K. O’Neill Foundation, that brought us a new logo, brochures, table top display, materials and an outreach plan
- ▣ Received 19 funding applications from 16 respected Universities, involving 24 EAA programs
- ▣ Presented HHRF educational information at four North American Riding for the Handicapped Association (NARHA) regional conferences, the National Technology Assessment Workshop, at Walk On of Chicago, the American Hippotherapy Association National Conference and the NARHA National Conference.
- ▣ Completed first comprehensive organizational strategic plan
- ▣ Published the ‘call for proposals’ and research updates in numerous national and international publications and online news sources, viewed by thousands of individuals
- ▣ Sent our first ‘e’ newsletters, in addition to established postal newsletter outreach
- ▣ Completed a full financial review through an independent accounting firm

2008 Plans Include:

- ▣ Organize an international symposium to aid further developments and progress in research
- ▣ Expand international outreach
- ▣ Establish an endowment to sustain further growth in research investments
- ▣ Collaborate with other organizations interested in furthering this research
- ▣ Publicize and publish results of currently funded research project

View our Strategic Plan in the Ads/Media section of www.horsesandhumans.org

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