



OUR IMPACT

With your support, we provide hope and relief to some of the most vulnerable in our community.



Children 12 & Under



Teens



Adults, Veterans



First Responders

Activity-based therapies incorporating movement and animals is significantly more effective at reaching adolescents than traditional therapy. From 2022 to 2024, we **quadrupled** the number of children 12 and under that we served.

Many Veterans and First Responders are not comfortable asking for help, and as a result, they are often averse to traditional talk therapy. The feedback we get from our adult clients is that they are much more receptive to working with animals than their experiences with traditional talk therapy.

In many instances, equine-assisted services work more effectively with longer lasting results than traditional talk therapy.



1,741 Equine-Assisted Sessions

Thanks to you...

- **69%** of clients reported decreased anxiety
- **84%** reported greater awareness of emotions
- **55%** reported decreased depression
- **72%** reported increased self-confidence
- **84%** reported a greater appreciation for animals & nature

WHY YOUR SUPPORT MATTERS MORE THAN EVER

2019

13% of adolescents in the U.S. report a major depressive episode, a 60% increase from 2007

2020

2 in 5 adults experience anxiety and depression, 3 times that in 2019

2021

Physicians are advised to screen patients of all ages for signs of deteriorating mental health

2022

44% of high school students in the U.S. struggle with persistent feelings of sadness or hopelessness

Mental health has been chronically underserved and under-recognized as a major health issue in our country. NOW is the time to address it with creative and proven services. Animal-assisted therapies are widely recognized as successful and necessary, particularly for young people and adults who have experienced trauma.

Reflecting on 2024, it is breathtaking to see the rapid and dramatic shift in the number and age of the clients that we serve. When we started in 2017, we focused primarily on adults managing chronic mental health, including military veterans. Today, we serve a more diverse and much younger population with a growing number of services and targeted support groups to connect peers facing similar challenges.

We rely on community support to provide life-changing services to the most vulnerable people in our community.

Three Ways to Help

Contribute to In Step With Horses' **scholarship fund**, which provides discounted rates to clients based upon their ability to pay, and free services to active military, veterans, first responders and their immediate family members

Contribute to **workshops** for first responders, schools, community leaders, equine-therapy practitioners, and community agencies helping clients manage chronic mental health

Contribute to our **new support groups** for Veterans or LGBTQIA+ Teens

