

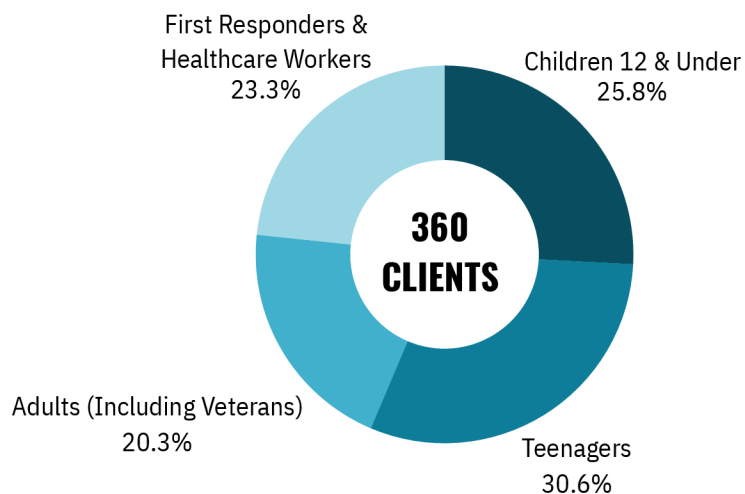


# OUR 2025 IMPACT

In Step With Horses demonstrates the powerful impact of equine-assisted services in addressing mental health needs in our community. Through strong community partnerships and innovative programming, In Step With Horses is able to offer accessible, effective alternatives to traditional treatment models. Together, we can continue to bridge gaps in mental health services and foster healing, resilience, connection, and hope.

## POPULATIONS SERVED

The populations served this year included Veterans, First Responders (including Front Line Workers, therapists, nurses, dispatchers), homeschool attendees, retirees, elementary/middle/ high school students, and children in foster care.



## CONTINUED GROWTH

2025 was a significant year for our program, where we expanded by 22%.

## 2025 OUTCOMES

Thanks to you...

- **77%** of clients reported decreased anxiety
- **74%** of clients reported decreased depression
- **79%** of clients reported increased self-confidence
- **86%** of clients reported greater awareness of emotions
- **92%** reported a greater appreciation for animals and nature

# OUR PROGRAMMING

All of our services center around equine-assisted activities and therapies.

### Equine-Assisted Psychotherapy

Individual Sessions for Children and Adults

### Equine-Assisted Psychotherapy

Group Sessions for Children  
*(EmpowHERd)*

### Equine-Assisted Learning

Individual Sessions for Children and Adults

### Equine-Assisted Learning

Group Sessions for Children  
*(Hoofbeats & HeART, Rainbow Herd, Lead the Herd)*

### Equine-Assisted Learning

Group Sessions for Adults  
*(Horses & Healing)*

### Military and Veterans Community Support

*(Service and Strides)*

### Healthcare Professionals and First Responder Wellness

*(Unbridled Wellness)*

### Programs for Organizations, Hospital Departments, and Schools

*(Equine Encounters)*

### Riding for Growth



## EXPANDING REACH ACROSS SEVEN COUNTIES

Our participants from 2025 came from seven counties, including Ashabula, Cuyahoga, Geauga, Lake, Portage, Summit, and Trumbull.

## FINANCIAL OVERVIEW

Our non-profit is funded by a combination of grants, private donations, fundraising activities, and program fees.

In 2025:

- 79% of our expenses went towards the programming we offered to our community.
- 59% of our clients received financial assistance for individual programming.

Providing affordable and accessible services to our community continues to be a priority for our organization.

### INCOME

Programs	23%
Fundraising Events	15%
Individual Donors	36%
Grants	21%
Other	5%

### EXPENSES

Program	79%
Administrative	16%
Fundraising	5%

