

BraveHearts



GRATITUDE





Platinum
Transparency
2024

Candid.

MISSION

BraveHearts brings hope, joy, and unlimited possibilities through the healing power of the horse.

VISION

BraveHearts envisions being the premier model for connecting horses with people as a catalyst for wellness. Everyone will have the opportunity to discover healing horsemanship through the BraveHearts model.

ACCREDITATION

BraveHearts, a 501c3 non-profit organization, is a Professional Association of Therapeutic Horsemanship (PATH Intl.), Premier Accredited Center and a member of the American Hippotherapy Association, Inc.

SERVICES

VETERAN & VETERAN FAMILY SERVICES

- An expansive recreational and therapy program using horses to help decrease suicide ideations, providing a safe network of support, while building trust.
- The largest program in the nation serving military Veterans at zero cost, providing over a dozen healing horsemanship opportunities.
- Veteran services are offered six days a week at both farms.
- One immediate family member is welcome to participate alongside a Veteran participant in services at no cost.
- BraveHearts also invites Gold Star Families to participate as a group in a lesson, one time a week, at no cost.

THERAPEUTIC RIDING

- A recreational activity/sport using horses to increase social, emotional, mental and physical health while focusing on building horsemanship and riding skills.
- Therapeutic Riding is offered six days a week at both farms.

OUTPATIENT CLINIC

- An alternative and multi-disciplinary approach to occupational, speech, physical and equine-assisted psychotherapy (EAP) using the horse to meet therapy goals.
- Operates out of BraveHearts' Poplar Grove facility and offered five to six days a week, delivered by licensed, credentialed therapists.

VOLUNTEERS

- An extensive volunteer program offering thirteen different tiers of volunteer advancement opportunities.
- Robust continuing education at every level offered continually at both farms, year-round.
- BraveHearts' goal is to recruit, retain, develop, and recognize outstanding individuals giving their time while expanding our mission.

LOCATIONS

Harvard Farm: 7319 Maxon Road, Harvard, IL 60033 | 815.943.8226
Poplar Grove Farm: 4950 IL-173, Poplar Grove, IL 61065 | 815.765.2113

Board of Directors

EXECUTIVE BOARD



Ken Boyd
& Brother
Chairman



Kathy Allegretti
& Hank
Vice Chair



Cynthia Gonya
& Boomer
Treasurer



Marge Tautkus Gunnar
& Karma
Secretary & Founder

A NOTE FROM OUR BOARD CHAIR:

To our supporters, friends, families, volunteers, and participants, I want to thank you for all your support in 2024. With your belief in our mission, BraveHearts has been able to continue to grow our amazing programs to serve those in need.

I believe BraveHearts to be the #1 program in the country, because of our incredible herd of horses. Our herd is the absolute best in the business. We have the best staff and volunteers who work tirelessly to make every session within every program intertwine so seamlessly and consistently deliver our product of unmatched programs.

This past year was a very busy year for our Board of Directors as we continue to give countless hours to ensure our three-year strategic plan remains to be the priority for development, funding and growth in all areas. What may look easy on the outside never is and we would not be successful without ALL of you.



Thank you for having our backs as we continue to move forward, ensuring a great 2025.

Ken Boyd

Board Chair
Gold Star Father



BOARD MEMBERS

Robert Brooks	BOARD MEMBER
Reneé Gonzalez	BOARD MEMBER
Chadd Hartwig	BOARD MEMBER
David House	BOARD MEMBER
Karen Smith	BOARD MEMBER
Tyler Wilke, J.D.	GENERAL COUNSEL

*In August 2024, BraveHearts' dedicated Board of Directors spent, "A Day in the Life" at our farms experiencing all aspects of our programming firsthand. From sidewalking, to learning about equine-assisted programming, hands-on experiences in foundation horsemanship, and speaking with participants, BraveHearts' Board of Directors were able to create deeper connections to the program and build a better understanding of how to best plan for BraveHearts' future. **BraveHearts' Board of Directors collectively gifted 3,873 hours of volunteer service in 2024 - the highest hours gifted by our Board in our history.***

ADVISORY BOARD

Meredith Birchfield	Andy Pataky
Patty Boyd	Jeff Payne
Dr. Denise Drane, Ph.D.	Rania Rahman
Karen Felix	Mitchell Reno
Barry Gelbman	Mark Schuette
Shannon Hall	Barbra Shulte
Jerry Kehe	Mike E. Smith
Laurie Johnson	Karla Wagner

Thank you Denise Drane, Andy Pataky, and Laurie Johnson for your service to our Board of Directors. These members termed off our Board of Directors and have shifted to being members of our Advisory Board.

BraveHearts' Advisory Board collectively gifted 652 hours of volunteer service in 2024.



Trail to Zero, New York City, 2024

A LETTER FROM OUR PRESIDENT/CEO:

Dear BraveHearts Community,

We are deeply grateful for YOU! Every year, we are able to serve more people, launch more programs, entrust more volunteers, develop more horses, and collaborate with more partners.

From my vantage point, I am amazed daily by the tremendous talents of our staff and the endless dedication, as our farms are operationally intense 365 days a year, 24 hours a day. There is not a day that goes by that I am not in awe of our staff's grace, kindness, and support they deliver to others. Our Board of Directors puts endless faith in our team and we are most appreciative of their support and trust, which allows us to be innovative changemakers every day.

Thank you is not enough to our donors, who support us through their wisdom and discernment in how we can best steward their most impactful financial gifts. From \$1 to \$10,000+, every gift is a blessing for our farms and without you the work we do would be impossible. We understand that each gift comes with great responsibility and we are honored to have your deep belief in our mission. Unfortunately, our farms cannot sustain on love alone, rather it costs a great deal to keep everything we do in motion. Thank you for your endless generosity.

To our Veterans and military families, we hope our work is evidence of our intention to thank, support, and honor you for your service. To our civilian participants, their families, and volunteers, we are glad you are a part of our farm family and pray you always feel both welcomed and challenged. Our farms are extraordinary places, and we hope you always see and feel the heart in our farms.

Finally, to the horses, and I am sure most of you know how I feel about them. Speechless. Our herd, I believe, is truly heaven sent. There is no amount of thanks I can ever say about our horses and all they do for all of us. I have a lot of hoofprints on my heart and in my life and we sure hope you do as well.



Where would YOU be had it not been for a horse? I hope that question fuels you to do more this year **with**, **at**, and **for** BraveHearts. With so many blessings ahead of us, we hope you all know how indebted we are to our horses and most of all to our Heavenly Father who created horses and makes our **miracle** farms come to life every day.

God bless you all. Proverbs 21:31

President/CEO
PATH Intl. Master Level CTRI
National Cowgirl Hall of Fame Inductee

Staff HIGHLIGHT



Jeanna Sorgani & Enzo
Administrative Director
CTRS & PATH Intl. CTRI



Amber Eck & Winston
Veteran Services Director



Kerm Ellsworth & Cookie
EAS Manager, PTA



Amanda Bethards & Beau
Volunteer Coordinator
U.S. Navy Veteran & PATH Intl. CTRI



Kim Davis & Boomer
Quality Control Coordinator
PATH Intl. CTRI



Julia Ackerman & Poptart
EAS Coordinator
PATH Intl. CTRI



Bill Mercurio & Oatie
Veteran Relations Coordinator
U.S. Army Veteran & PATH Intl. CTRI



Melissa Clark & Hank
Accounting Specialist



*Rachel Femminella
& ThatGuy*
Barn Coordinator



MaryKate Iaccino & Neal
Office Coordinator

Strategic Plan YEAR ONE

In 2023, after countless hours working with a leadership consultant, interviewing 70+ stakeholders, visiting with members of our team, and coming together to discuss the future of our farms, BraveHearts' Board of Directors developed the strategic plan shared below along with the year one update on each segment.

#1 BOARD DEVELOPMENT

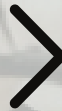
BraveHearts will elevate to a highly effective governing board demonstrated by strategic governance, implementing best practices and board policy, generative leadership and significant increased annual give or get per board member.



BraveHearts added new members, created term limits, updated committee structure, amended bylaws and articles of incorporation. 6 of the 10 Board of Directors did generously fulfill the new and increased annual "give or get" during its inception through personal gifts, fundraising, and in-kind donations.

#2 FUNDING

To develop a clear fundraising strategy with staffing and budget plan by end of 2024, resulting in abundant and diverse streams of revenue to propel BraveHearts' mission and programs.



*BraveHearts' fundraising committee met continuously to outline and to oversee all fundraisers to ensure and to **promote optimal outcomes**. This committee organized and developed various campaigns, virtual auctions, on-site events, merchandise launches, and other **unique, and creative ways** to secure and increase funding.*

#3 MANAGEMENT INFRASTRUCTURE

Implement effective management and staffing structure by rebalancing workloads by July, 2025.



*BraveHearts President/CEO and Board of Directors continue to seek and develop solutions to provide a **highly efficient and balanced staff** through the development of hiring additional team members and **placing qualified volunteers in roles to support the various departments of the organization**.*

#4 GROWTH

Develop a five-year campus master plan, demonstrating expanded facilities, programmatic and development scenarios, to maintain and further advance BraveHearts as the premier standard for equine-assisted services in the United States.



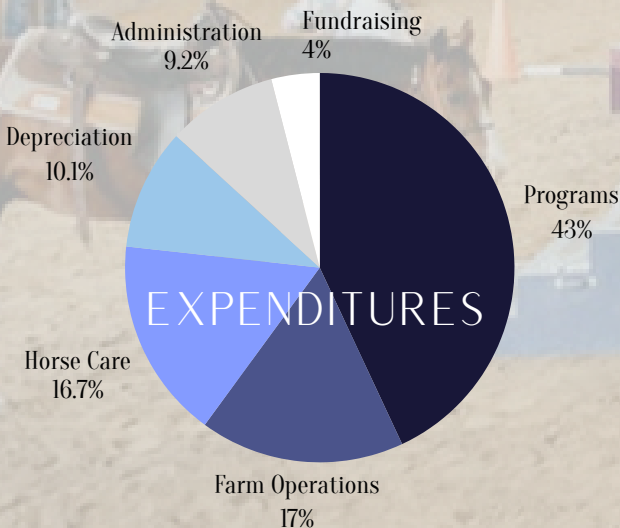
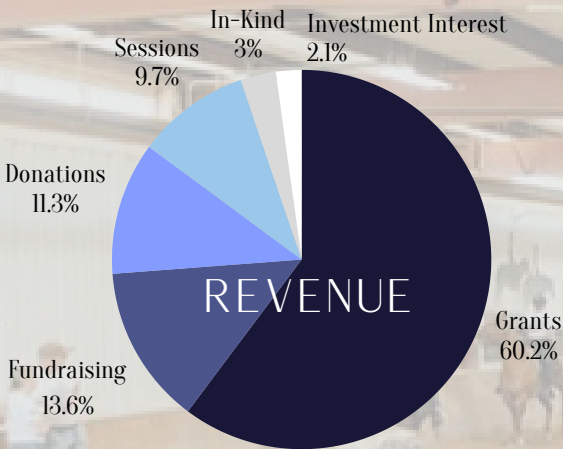
BraveHearts has been working hard to secure a new location with greater acreage to support the welfare for our herd and future additional programming. We intend to use the space primarily as a rest and rehab farm for our hardworking therapy horses as we understand the importance of prioritizing care for our priceless herd. Additionally, some specialized programming at an identified location will eventually be determined.

Full List of Our 2024 PROGRAMS

- Outpatient Clinic
 - Equine-Assisted Psychotherapy
 - BraveSisters Support Group (Veteran)
 - T.H.R.I.V.E. Support Group (Veteran)
 - Mental Wellness Day Retreats (Veteran)
 - Occupational Therapy
 - Physical Therapy
 - Speech-Language Pathology
 - Annual Horse Show
- Therapeutic Riding
 - Annual Special Events
 - Day Camps
 - Invitational Horse Show
 - Special Olympics
 - Riding and/or Groundwork Lessons
- Veteran
 - 65+ & Ride
 - 75+ & Ride
 - Annual Special Events
 - Cowboy Breakfast
 - Freedom Trail Ride
 - Red, White, Blue Event
 - Veteran Horse Show
 - Co-Ed Drill Team
 - Color Guard
 - Equine-Assisted Psychotherapy
 - Exercise Rider Prep
 - Graze & Groom
 - Various Horsemanship Clinics
 - Operation Mustang
 - Prayers for the Herd
 - Riding and/or Groundwork Lessons
 - Trail to Zero: NYC, Chicago, Wyoming Backcountry
 - Women's Drill Team
 - Veteran Family Lessons (with Veteran)
 - Young Loper's Club (Veteran Family)
- Volunteer Program
 - 13 Levels of Advancement



Annual Breakdown 2024



Cost Analysis

With all services at BraveHearts being subsidized in some capacity, the cost analysis breakdown provides great financial insight as to how much it costs BraveHearts to run one-hour of services for each of our programs. This amount is calculated based on evaluating 2024 income and expenses that had direct correlation to the specific program and the total hours provided.

COST BRAVEHEARTS INCURS PER HOUR OF SERVICES PROVIDED:

Veteran Programming	\$159
Therapeutic Riding Lessons	\$233
Outpatient Clinic Services	\$238

PERCENTAGE OF SERVICE COSTS COVERED BY BRAVEHEARTS:

Veteran Programming	100%
Therapeutic Riding Lessons	75%
Outpatient Clinic Services	45%



Year-Over-Year FINANCIALS

REVENUE

2020	\$1,965,959
2021	\$2,571,702
2022	\$3,014,413
2023	\$2,690,880
2024	\$3,071,974

EXPENDITURES

2020	\$1,772,967
2021	\$2,026,943
2022	\$2,564,590
2023	\$2,743,420
2024	\$2,805,200

The 2024 financial audit was in progress at the time of printing the 2024 Annual Report. All revenue and expenditures above are unaudited. Revenue in excess of expenditures includes pledges and restricted gifts, some of which have not been received, that will be used to support forecasted programming in 2025.

Building Our FUTURE

22
HERD HERO
SPONSORSHIPS

BraveHearts is grateful to our 2024 Herd Hero Sponsors, who gave a minimum gift of \$5,000 to help supplement the care of a therapy horse. Total raised in sponsorships was \$201,500, a 50% increase from 2023.

AVERAGE DIRECT COST PER
THERAPY HORSE:
\$9,342

75
GRANTS
RECEIVED

BraveHearts was awarded \$1,634,378 through grant funding to support all aspects of operations, a 36% increase in comparison to 2023. Majority of all funding is restricted to grant goals and outcomes clearly defined with each submission.

AVERAGE NUMBER OF GRANTS, REPORTS & FOLLOW-UPS SUBMITTED MONTHLY: **25**

15
BRAVEHEARTS'
HOSTED
FUNDRAISERS

BraveHearts hosts a variety of fundraisers and events throughout the year to support the growing needs of our farms and continue to sustain programs for the future. These fundraisers include the hosting of large and small events, merchandise sales, online auctions, and annual giving campaigns.

Special thanks to Ken & Patty Boyd and Bob Brooks for their efforts in organizing the Annual C.J. Boyd Memorial Golf 'Fore BraveHearts, raising funds to support the repairs and maintenance necessary for our flagship farm.

2024 Monthly Donor Recognition

BraveHearts thanks our 2024 monthly recurring donors whose consistent, reliable support is so gratefully counted on to support the essential and ongoing needs of our farms.

Kathy & Dick A.
Julie A.
Steven & Sandra B.
Amanda B.
Kyle B.
Ken & Patty B.
Gregory B.
Linda B.
Jameson B.*
Bill C.
Rosemary C.
Tara C.
Christina D.

Cheryl D.
Luis D.
Sherry D.
Lis D.
Robert & Melissa D.
Ryan & Amber E.
Kermalene E.*
Michael F.
Russell G.*
Meggan H-M
Raquel M.
Richard M.

Jenny M.*
Bill & Nancy M.
Karen O.
Shorty O-M
Philip R.
Glenn S.
Mike & Becky S.
Dana S.*
Brandon & Meagan S.*
Laura S.
Karen T.
Sarah Z-I*

*Special thanks to our newest recurring donors who have committed in 2025 (noted with *).*



For the love of Our HERD

54 supported 1,817 with 14,989
EQUINES INDIVIDUALS HOURS OF HEALING
HORSEMANSHIP

130

POUNDS OF
GRAIN FED
PER DAY

\$26,174

expended on grain and
supplement costs fed
in 2024.

409

FLAKES OF
HAY FED
PER DAY

\$44,639

spent on hay in 2024. We feed
big bales, small bales, and even
hydration hay as needed.

549

EQUINE CARE VISITS:

Includes 2024 various care visits from
Veterinarians, Farriers, Masseuses, Chiropractors,
Master Saddle Fitters, Nutritionists, and Dentists.

\$92,565

spent on equine care visits,
medications, and first aid
supplies.

Hey Big Guy,

I'm not sure if you know just how much you mean to me. Beau, when I was introduced to you for the first time, I was pretty intimidated and you tested me while being so patient with me. You've taught me to be confident, that it is okay to open up, and to trust when I'm not 100% in control, because you're sure-footed. You probably don't know it, but you've seen me through a lot of days, from being brand new, just out of the Army and trying to figure out life, there you were. After some rough days working in the emergency department or on the ambulance, you were there for me to just vent and love on. When my mind goes to dark places and I don't know what to do or how to figure out what to say, you come to my mind. I keep a photo of you as my lock screen, because when I feel myself retreating to those dark places, I look at you knowing that you wouldn't understand where I went or why I quit coming around. No matter what, I know you'll be there, ready to put the work in as long as I am too. So from the bottom of my heart, thanks for keeping me here.

*Very Respectfully,
Brandon*

-U.S. Army Veteran & First Responder





Dear Beau,

I thank God for you often. Your spirit is an answer to several prayers. You have brought Brandon back from the darkest places that I could not reach. Since he met you, he's been drawn to you. At times, you've given him the right amount of strong will that required him to fight to communicate with you. **Thank you for giving him something to fight for again.** Brandon has always wanted to push the limits and see what he's capable of; thank you for working with him and growing together so that he can be that man again. Thank you for your attentiveness and for recognizing when he has had a rough morning and needs a distraction or if he just needs a hug and you to help slow his breathing down. You have helped to soften his heart and to help him see the good in people and in the world again. You've brought him joy that excites him and he wants to help others feel that joy again. When Brandon comes home smelling like you, it is when he is happiest. Thank you for taking care of him. **Thank you for bringing him back to me.**

All my love,
Meagan 

-Wife of U.S. Army Veteran

Veteran & Family SERVICES

1,111

U.S. MILITARY
VETERANS SERVED

9,938

HOURS CONNECTING
VETERANS WITH HORSES



354

VETERAN FAMILY
MEMBERS SERVED

1,814

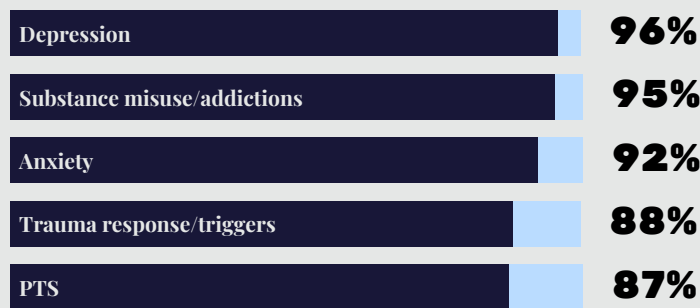
HOURS PROVIDING
SERVICES TO FAMILIES



All because of Horses & Veterans

<u>Top Areas of Greatest Impact:</u>	<u>Top Diagnoses Served Amongst Veterans:</u>
1. Feeling of purpose/fulfillment	1. Post-Traumatic Stress
2. Compassion	2. Anxiety and Depression
3. Confidence	3. Chronic Pain
4. Better Mindfulness	4. Mental Health
5. More “good days” & looking forward to days at the farm	5. Substance Abuse

Veteran identifying with diagnosis/symptom, shared “I often or consistently feel/see positive reduction” in these areas:



2024 survey results are from Veterans actively participating in weekly horsemanship lessons at BraveHearts.

28
STATES
REACHED

294
VETERANS REACHED
OUT TO
BRAVEHEARTS IN
2024 TO GET
CONNECTED TO
EQUINE SERVICES

4

CITIES

26

THERAPY HORSES

37

VETERANS RODE
THE SIGNIFICANT
20 MILE MISSION

39

VETERAN SUICIDE
MEMORIAL
RIBBONS CARRIED

88

NEW VETERAN
INQUIRIES &
CENTER
CONNECTIONS

151K

SOCIAL MEDIA
REACH

>1M

MEDIA
IMPRESSIONS





WHAT IS TRAIL TO ZERO?

"We started Trail to Zero in 2017 to garner attention to the serious epidemic of dozens of Veterans being lost to suicide every single day in the U.S. and as a call to action to get Veterans a solution against suicide, being horses. We know firsthand horses give peace, purpose, and transformation to those who come in contact with them. There have been endless additional benefits from Trail to Zero across the globe, more than we could have ever hoped or dreamed. Our deepest gratitude to our Board for their trust, to our donors for their unwavering support, to our staff for their resilience, to our volunteers for expanding our impact, to the mounted units for their partnership, to our Veterans for their bravery, and to our horses for their heart. BravelHearts rides Trail to Zero, knowing that with every mile we have the potential to reach and educate more Veterans, always riding to reduce the number of Veterans lost to Suicide."

Meggan Hall-McQuency - President/CEO

2024 MISSION HIGHLIGHTS:

- First ever back country ride in Wyoming!
- 100% attendance of 73 Veterans (70 riding & 3 unmounted) attended our Bull Valley kick off ride
- This year we had the MOST new Veterans to join us on a 20-mile Trail to Zero with 18 total riding for their very first 20-mile endeavor.
 - 37 total Veterans made up the 2024 Trail to Zero ambassador team riding 20 miles
- 26 of BravelHearts' incredible horses to support the mission
- 4 Veterans were welcomed from our selected PATH Intl. Changemaker programs with their accompanying mentor [REACH (TX), ROCK (TX), The Shea Center (CA) & CHAPS (WY)]
- Partnering with the AQHA in NYC
- Social Impact (which will continue to rise and posts are still viewable and being circulated)
 - Wyoming – 32.9k reached
 - Illinois (Bull Valley & Chicago) – 49.9k reached
 - New York – 68.1k reached
- Front page of the Chicago Tribune. Multiple major magazines. Two documentaries. Multiple podcasts. Full impact and impressions from media outlets are still being compiled and continue to circulate.

"Each of us have very specific things we can use our free will to either do or not do. One of the things BravelHearts as an organization has set out to do through leadership is to raise awareness that not only is there an astronomical number of Veteran suicides, but there are people here who care and want to help. By BravelHearts continually finding people who all want to contribute to the same noble goal, we will most certainly be successful in all that we do."

Ryan - U.S. Army Veteran





Therapeutic RIDING

222
STUDENTS

1,692
HOURS OF INSTRUCTION

“Therapeutic riding lessons have helped my daughter’s self-esteem and confidence grow immensely. It’s amazing to see all that she is learning. When she rides, she has such a genuine smile that we don’t get to see often. It is so wonderful to hear her say that she is proud of herself for doing something that she thought she couldn’t do like posting and loping.”

-Sheli

Mother of
Therapeutic Riding
Student

Surveyed areas of improvement:

Improved horsemanship, physical strength, stamina, balance, overall health & quality of life.

95.6%

Improved confidence, emotional regulation, and growth in peer relationships.

91.3%

Improved feeling of purpose, communication skills, empathy, and growth in equine bond.

86.9%

2024 survey results are from students actively participating in weekly horsemanship lessons at BraveHearts.

Top 3 Diagnoses Served:

1. Neurological Disorders
2. Anxiety/Depression
3. Autism Spectrum Disorder

2024 Highlights:

- 21 riders represented BraveHearts and competed in the Special Olympics Illinois State Equestrian Games.
- Therapeutic Riding Winter Camp options returned welcoming 12 participants collectively participating in 103 hours of horse education and riding.
- 132 individuals from local community organizations visited BraveHearts to experience equine-assisted services firsthand.

Dear Huey,

The barn is my second home, but it's my happiest place in the world. I love being around all my horse friends, especially you. I love being part of your family. I can just be myself. I feel your love, and you take away my anxiety. You and I are a lot alike; we calm each other down. You and all your horse friends have helped me to become more independent. You have helped to build my self-confidence. You have helped to give me my voice back. You are a hero!

Huey, thank you for being my special friend. I love everything about you. I love your color and your pink snip on your muzzle. I love that you look so white in the winter, only because you have a blanket on. I love how dirty you get when it's muddy outside. You are beautiful! I love watching you out in the pasture just being a horse. I love watching you roll, just standing there grazing, or being outside with your friends. Watching you has helped me learn how to be free, and how to release some of my anxiety. Watching you and your friends has helped me just be me. You are majestic! I love to groom you, especially after you have been enjoying the mud. I love it when you drop your head and start going to sleep when I'm grooming you. I love that you stand still and allow me to braid your mane and try different braids. You are patient! You taught me how to sit up and not fall forward on your neck. You were one of the first that I learned how to canter on. I love the way you prance, trot, and canter. You're a great teacher! I love bringing you in when it's time for dinner. I love watching you wait for your grain and listening to you eat. You are entertaining!

I never like to leave the barn. Before I leave, I have a routine that includes saying goodbye to all my horse friends, but you get a special goodbye. I love hugging you every time before I leave. I miss you on the days that I'm not at the barn. You are loved! Thank you, Huey for being my guiding friend. Guiding me through some of my struggles. Teaching me that even an orange cone or blue barrel can be scary, but only for a second. Teaching me to be someone who can overcome. I love you, Huey! You are amazing!

Love,
Sadie

-Therapeutic Riding Student + Volunteer





Outpatient CLINIC

130
CLIENTS

1,545
HOURS OF THERAPY

BraveHearts provides occupational, physical, and speech therapies as hippotherapy; used as a treatment strategy. Hippotherapy utilizes equine movement as part of an integrated intervention plan. The multidimensional movement horses provide is excellent in aiding clients to meet therapeutic goals.

Top Areas of Greatest Impact of HPOT Clients:

1. Range of Motion
2. Fine Motor Control
3. Communication Skills

Top 3 Diagnoses Served in HPOT Clients:

1. Neurological Disorders
2. Speech/Language Impairments
3. Autism Spectrum Disorder

2024 survey results are from clients actively participating in outpatient clinic services at BraveHearts.

"My son has always been a loving, kind boy and it is amazing to see him give and receive that love and care to the horses at BraveHearts. He is completely non-speaking, but shows his excitement and endurance when receiving occupational therapy. The way the horses seem to know his needs and the way his therapist helps him communicate and learn new skills each week is why we are grateful to BraveHearts."

-Crystal

Parent of Occupational Therapy Client

"BraveHearts is the only place my daughter has received speech-therapy where she has not fought us to attend. She has **connected with the horses** in a way that helps calm her body and behaviors while progressing in her speech therapy."

-Micah

Parent of Speech Therapy Client

Mental Health SERVICES

Exploring what horses can teach you about your own life and to help process thoughts, beliefs, and behaviors that facilitate emotional healing are some of the key concepts of equine-assisted psychotherapy (EAP) offered at BraveHearts. Services are provided by a licensed social worker, counselor, and/or Psy.D. Insurance and may be billed for civilians as psychotherapy services. All Veterans receive EAP at no cost.

Top Areas of Greatest Impact of EAP Clients:

1. Self-worth/confidence
2. Quality of life
3. Mental relaxation

Top 3 Diagnoses Served in EAP:

1. Anxiety and/or Depression
2. Post-Traumatic Stress
3. Autism Spectrum Disorder

2024 survey results are from clients actively participating in EAP at BraveHearts.

2024 Highlights:

- Two new EAP groups were implemented in 2024 to support Veterans - T.H.R.I.V.E. (Thursday Horse review and integrating Vital Exercises) and BraveSisters
- EAP Support groups and day retreats provided 233 hours of mental health services to U.S. Military Veterans
 - 100% of retreat attendees stated that their mental health improved from the start of day to end of day due to participation in BraveHearts' programming

"My worries and anxiety melt away during my time with the herd. BraveHearts most definitely is the key to my happiness and healing."

-Karen

U.S.M.C. Veteran

59%

OF EAP HOURS
PROVIDED TO
U.S. MILITARY
VETERANS

45

YEARS
EXPERIENCE
AMONG EAP
CLINICIANS



Volunteer RECAP

578

TOTAL VOLUNTEERS



28,363

HOURS GIFTED

\$ 957,534

VALUE OF HOURS GIFTED

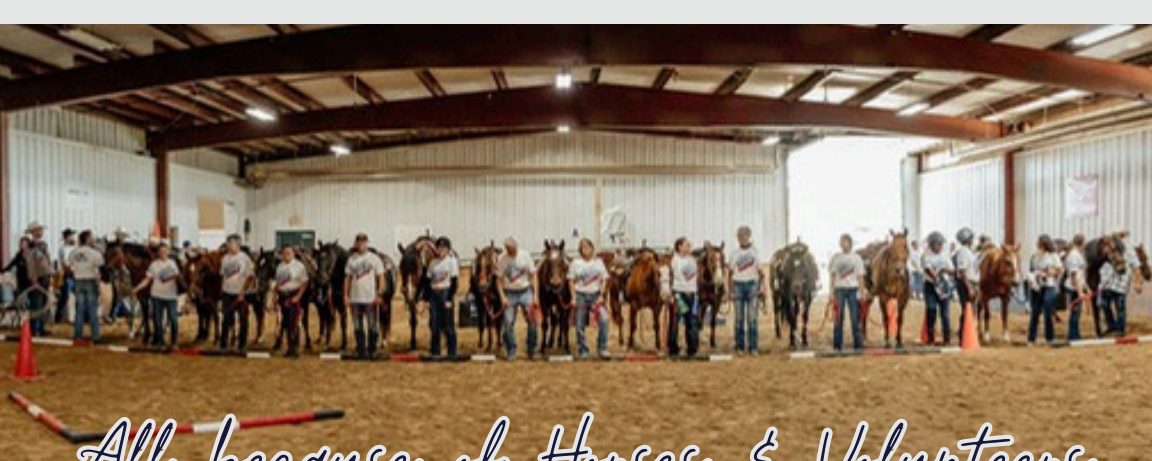
Based on the Independent Sector IL value of volunteer service at \$33.76 per hour.



Of the Year AWARDS

Laura Stieglitz
Sadie Mishler
Mandy Cavazos
Ellie Scholtz
Pam Bellon
Nancy Jonell
Andrew Wiesemann
Karen Smith
Chris Wallen
Brandon Spandet

TOP VOLUNTEER & HIGHEST HOURS
JR. VOLUNTEER
NEWCOMER
BARN VOLUNTEER
SPIRIT OF THE HORSEMAN
HEART OF A HERO
HANDY HEART
EXERCISE RIDER
BEST GENERAL COUNSEL
THE GUARDIAN AWARD



All because of Horses & Volunteers

Why do you volunteer at BraveHearts?



81%
VOLUNTEER
RETENTION
RATE

BraveHearts' volunteers stated the TOP way they wish to be thanked is receiving more time with the horses at our farms.

93 VOLUNTEER TRAININGS HELD

2 NEW TRAINING LEVELS ADDED

26%
OF VOLUNTEER
HOURS WERE
GIFTED BY U.S.
MILITARY
VETERANS.

"The connections I've made through volunteer work, both with BraveHearts' horses and BraveHearts' community, have left a lasting mark on my heart.

It is a privilege to be part of something that changes lives, and in many ways, it's changed mine too. Helping during hippotherapy sessions has given me a profound sense of purpose. Watching riders, especially those facing unique challenges, build confidence and strength in the saddle, is nothing short of inspiring."

-Tim

Volunteer & U.S. Air Force Veteran

Milestone AWARDS

Jamie Butler	10 YEAR MILESTONE
Kathy Meseck	10 YEAR MILESTONE
Polly Smith	10 YEAR MILESTONE

Lis Dewispelaere	5 YEAR MILESTONE
Heather Klebs	5 YEAR MILESTONE
Marty Potts	5 YEAR MILESTONE
Alex Rodriguez	5 YEAR MILESTONE
Randy Rutledge	5 YEAR MILESTONE
Heidi Trapp	5 YEAR MILESTONE



Dear Winston,

I wanted to thank you from the bottom of my heart for teaching me that I don't have to let my past define me. Just like you, I've experienced traumas that have made a major impact on different parts of my life, but because of you I'm learning to not let those traumas define me. Instead of looking at them as negatives or bad things, I am taking them as lessons learned. You have taught me that it's 'okay' to put my trust in other people again and that not everybody is the same.

Winston, you've taught me not to judge a book by its cover & to look for the positive... and to live in the present! So again, Winston, thank you! I truly do not know where I would be, had I not met you.

-Billy

U.S. Navy Veteran

Local Community PARTNERS

Aurora Vet Center
Belvidere High School
Belvidere North High School
Captain James A Lovell Federal Health Care Center
Chicago Veterans
Chicago Police Marine Corps League
Clement J. Zablocki Veterans Affairs Medical Center
DAV - Blackhawk - Life Chapter #29
Edward Hines Jr. VA Hospital
Heritage Woods of Belvidere
Huntley Vet Fest
Jesse Brown VA Medical Center
Kid's Rank
IL Survivor Outreach Services
Madison VA Hospital
North Boone High School
Racine County Veteran Stand Down
Rosecrance Behavioral Health
Rockford VA Clinic
Rockford Veterans Stand Down
Rock Valley Mustang Club
Sun City Veterans
Special Olympics
StoryPoint Bolingbrook
Superhero Center for Autism
Team RWB
The Oscar Mike Foundation
Veterans Drop-In Center
Veterans of Lake Barrington Shores
Veterans Outreach of Wisconsin
Veterans Path to Hope
Wounded Warrior Project

FIVE

WAYS YOU CAN GIVE TO BraveHearts TODAY

1

COMMIT TO MONTHLY GIVING

Your recurring donation provides consistent, reliable support necessary for our programs such as essential ongoing farm repairs, arena maintenance, and continual horse care. Your monthly gift can be setup at a recurring denomination of your choice and will directly support our mission to provide safe and quality services. Scan QR code below or visit braveheartsriding.org/donate for link to become a recurring donor.

2

DONOR-ADVISED GIVING

Your tax-deductible, charitable contribution, is placed into a donor-advised account to be invested and grow tax-free! At any time, you can recommend grants from your account to benefit charitable organizations like BraveHearts. Please see us or your financial advisor to set up a donor-advised fund.

3

LEAVE A LEGACY GIFT

This advanced planned giving allows you to create a philanthropic legacy with a future gift that impacts a mission most important to you. If you decide to name BraveHearts as a beneficiary in your will, please let us know so we may add you to our legacy donors list.

4

MERCHANDISE LAUNCHES

One simple way to not only support, but represent BraveHearts' brand, is by purchasing items from our merchandise launches. These items are limited and sell out quickly! Be sure to like our social media pages and be on our email list for when this limited edition items are released on our website.

SCAN TO SHOP & GIVE



5

SUPPORT A FUNDRAISER

BraveHearts hosts and is the beneficiary of numerous fundraisers all year long. Whether it supporting Trail to Zero, attending an event, gathering silent auction items, seeking sponsorships for a horse show or supporting our annual holiday appeal - we hope you will help! Please also share our fundraisers within your own community of family, friends, neighbors and co-workers! Got an idea or contact, please email generalinfo@braveheartsriding.org to share.

You never regret giving, because it's not a sacrifice, it's a privilege. To bless others with what you have, knowing generosity has a way of coming back around when you least expect it.

