

## **Healing Hoof Steps**

Equine Assisted Mental Health Counseling & Therapeutic Riding Services





3942 Jace Drive Crestview, Florida 32539 www.HealingHoofSteps.org



## THE MENTAL HEALTH OF OUR COMMUNITY MATTERS.

As of 2022, Florida ranks 49<sup>th</sup> out of 50 States for access to mental health care

Citation: Adult Data 2022 | Mental Health America (mhanational.org)

(States ranked 39-51 indicate adults having higher prevalence of mental illness but lower rates of access.)

(2017) Florida average of Adults who experience major depressive disorder: 17%

**In Okaloosa County it's 20%.** That's nearly 40,000 residents based on most recent census (statistic not updated in the 2022 County Health Assessment data)

Over 4,000 instances of domestic violence occurred in Okaloosa from 2018-2020; 30% higher than the state of Florida average for domestic violence

Suicides in Okaloosa have been higher than the Florida average overall **since 2001**. In past 10 years, **381 Okaloosa residents died by suicide**. Of those who died by suicide, 78% were male and 90% were White

In 2020, nearly **2,000 Okaloosa residents hospitalized** due to mental disorders

# Florida Congressional District 1 572,209 Adults 18+

**Civilian Population** 

18 years +

469,479

Adults Who Have Experienced a Major Depressive Disorder 17.7% FL State Avg.

Veteran Population

101,280

102,730

Escambia, Santa Rosa, Okaloosa & Walton Counties







PATH
Therapeutic
Riding Program







Horses



101363



#### **Our Mission**

To create lasting, positive change in the lives of individuals along the Emerald Coast through therapeutic engagement with horses.

#### **Our Vision**

Passionately impacting our community by engaging horses and innovative techniques at a premier facility to improve the mental, physical, and emotional well-being of the Emerald Coast.



#### **Equine Assisted Mental Health Counseling & Therapeutic Riding Services**



MANE POWER EVENTS Corporate Team Building Workshops



Veterans Services



T.R.A.C.S. Program for At-Risk youth



Therapeutic Riding Sessions for Veterans & First Responder



Workshops Workshops



Individuals Dealing with Depression, Anxiety, PTSD



Women & Family Services



PATH Certified Therapeutic Riding Program





#### Healing Hoof Steps provides mental health services through:

Equine Assisted Mental Health Sessions require additional staff compared to traditional In-Office Therapies
Licensed Mental Health Professional + Equine Specialist + Horses

Less than 5% of our clientele directly pay for our services. We rely on fundraising to cover the additional components required to safely provide this unique model of therapy.



































#### Healing Hoof Steps provides therapeutic riding services through:

Lessons are typically 1 hour in duration per week.





















Healing Hoof Steps receives referrals through:

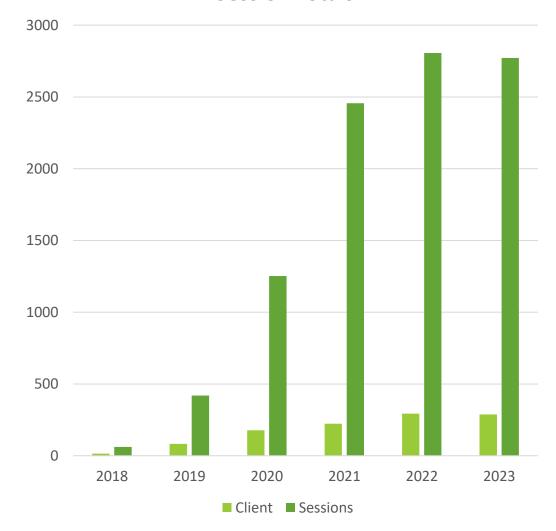
#### Exponential **Growth YOY** Driven By The Need In Our Community for **ALTERATIVE MENTAL** HEALTH **TREATMENTS**

#### *Since 2018:*

- 850+ Clients Seen
- 8,477 Completed Session Hours



## Unduplicated Clients and <u>Completed</u> Session Totals



## Our Board of Directors



Board President, Founding Member PTA & Associates Archeology Firm



Travis Peterson, MSgT USAF Ret Veterans Services Chair, Founding Member Moral Compass Foundation, Director



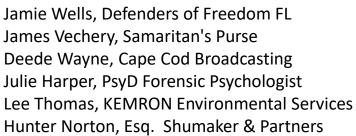
Lee Glaser, Lt Gen USAF Ret **Board Vice President** Northwest Florida Real Estate, Founding Member



**Candie Arrowsmith Fundraising Chair** Volunteer Sector



Lee Thomas Board Secretary, Founding Member Volunteer Sector





Carol Missildine **Board Treasurer** Accounting Business Support, LLC Corcoran Reverie Group



**Actively Seeking New Board Members** 

Due to our programs' rapid growth, we are looking to grow our board of directors!





## **Community Connections**







































<sup>\*\*</sup>The organizations above have met with Healing Hoof Steps and shown tremendous interest in our program. We are in the process of scheduling demonstration events OR they have already participated in a demonstration event at Healing Hoof Steps in since 2018\*\*





## **Annual Fundraiser Events**







April 25-27, 2025







September 21, 2024

### 4th Annual Equestrian Challenge

October 26, 2024

Local equestrians compete on site in an obstacle points challenge and a horse & rider costume contest

## Waiting Lists..... 83 individuals

Our mental health counseling program and (4) licensed therapists currently have a 6-9 month waiting period for services due to our current maximum facility capabilities.

Our therapeutic riding program currently has a 4-5 month waiting list due to limited facilities that are subject to inclement weather and extreme heat concerns.

Thanks to the State of Florida & ARPA/Okaloosa County, we have been able to start many of our expansion projects to minimize wait times. Unexpected delays have led to increased material and construction costs to complete all of the projects as planned.

### Brick & Mortar Expansion Projects in progress 2024!

#### Our Biggest Projects---->

Our consistently growing client base requires us to increase our facilities to continue to meet the needs of our community.

The completion of these projects will allow Healing Hoof Steps to continue to serve our mission of creating lasting, positive change for individuals along the Emerald Coast through therapeutic engagement with horses.



85' 140' Arena Cover Space and New Counseling Offices will be provided by grant funding from ARPA/Okaloosa County and Governor Ron DeSantis, FL House & Senate totaling \$324,430

#### **Mental Health Out Post Suites**

(4) 12'x20' Finished Office Cabins(1) Bathroom Cabin(1)Landscaped Common Area

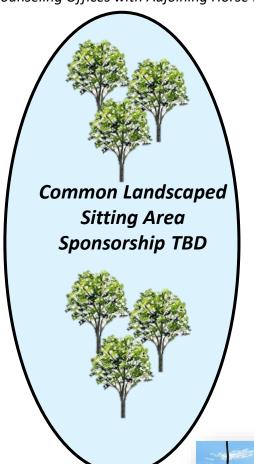
#### Mental Health Outpost Suites \*\*\*Completion Fall 2024!\*\*\*

\*Private Counseling Offices with Adjoining Horse Pastures\*

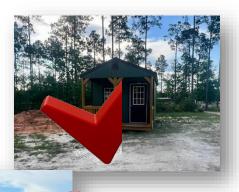
A

В









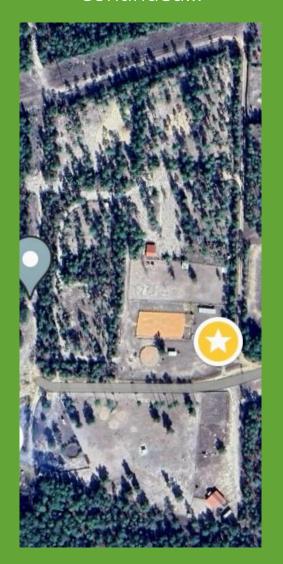
Bathroom Building

C

## Healing Hoof Steps 2024 Aerial View 10.5 Acre Facility



#### Brick & Mortar Sponsorship Opportunities Continued...



Project Description	Estimated Cost
10'x 20' Lean To Shelter in Pasture MH 4	\$750
10' x 20' Lean To Shelter in Pasture MH2	\$750
Multi Horse Feeder in MH Pasture 4	\$500
Garden boxes built in front of tack building ated in Memory of 3/C Justin Zemse	* \$500
Livestock Well Pump House/Cover  Multi Horse Feeder in MH Pasture 3 Donated in Memory of Nature	\$500
MH Outpost Building C Interior Completion	\$7,300
MH Outpost Building D Completion	\$15,800
Fencing Materials to Divide TR 2 & TR 3	\$3,500
Larger Hay/Feed/Heavy Equipment Building	\$27,650
Admin Office Conversion	\$3,200
Admin Bathroom & Laundry	\$7,100
MH Outpost Waiting Area Landscaping	\$3,500

## Program Sponsorships Available

Description	Cost
12 Month Individual Horse Sponsorship-11 available!	\$3,000
HOOFSTEPS4HEROES- <u>Counseling Scholarship</u> for <b>3 veterans to have 12 sessions each!</b>	\$3,600
HOOFSTEPS4HEROES- <u>Therapeutic</u> <u>Riding</u> Scholarship for <b>5 veterans to have 8</b> lessons each!	\$2,100
Youth Therapeutic Riding Scholarship age 5-17yrs. Old 5 children in need will receive 8 lessons each	\$2,100









Become a monthly donor and join the Healing Hoof Steps Cavalry of Giving!



WE WANT YOU to Join our Cavalry of Giving! Members of our Cavalry of Giving donate \$10, \$20, \$50 or \$100 every month and receive exclusive gifts, invitations, and communication from Healing Hoof Steps.

Your monthly gift will help to provide the necessary elements to maintain the highest levels of care to our clients, riders and working herd of incredible horses! Click the monthly giving option below and JOIN OUR CAVALRY of GIVING today!

Visit the Cavalry of Giving page on our website to sign up today!













# Thank you for allowing us to share our programs with you!







