



Equine Assisted Growth, Learning and Psychotherapy

Final Grant Report

Windows To My Soul

Presented By
Cindy R. Skelton-Hodge
Founder & President

Acorn Grant
Awarded: July 1, 2016
\$5,000

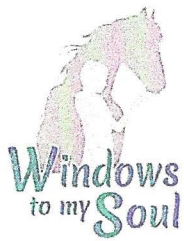
Report Completion
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Windows To My Soul is a 501 (c)(3) charitable organization. Tax ID 46-3598122



PART I: PROGRAM NARRATIVE

1. *List the goals and objectives of the project/program followed by the progress made toward achieving each goal and objective.*

We remain trauma focused with therapeutic goals seeking to help clients improve resilience, connection to self and others, and connection with community.

A significant Windows To my Soul program goal is to provide services despite a person's ability to pay. The number of sessions per client is dependent on the depth of an individual's trauma and personal goals. Almost all sessions were either partially or totally funded by grants and community support. At times we may have a waiting list, but no services have been declined for inability to pay.

2. *What difference did this grant make in your community and for the population you are serving? Please provide specific outcome results and/or data to support your impact (e.g. age groups, number of unduplicated clients, ethnic populations, etc.)*

Windows To My Soul anticipated serving 100-130 individuals in 2016 - we served 106 clients and provided 265 sessions. While there were a handful of small retreats, most of our work was providing individual sessions.

Services were provided to the following populations:

- Veterans = 48 percent
- Individuals with Developmental Disabilities = 47 percent
- Families/Others = 5 percent

Clients reported the following:

- Significant increase in meeting therapeutic goals over traditional talk therapy
- Significant improvement in managing emotions
- Significant improvement in handling anxiety
- Better able to problem solve
- Significant improvement in personal relationships
- Better able to connect to self and others



3. Did you meet any unexpected challenges during the project/program? If so, how did you handle them?

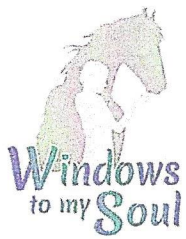
For the first time in our four year history, weather became a challenge during the winter of 2016/2017. The significant rain caused us to cancel many sessions. Operational stability and client welfare became a top concern and seeking cover for our horse-related outdoor activities became a top priority. Through the Women's Fund membership we met member Danielle Slater who offered her covered facility for all occasions when inclement weather or severe heat would otherwise cause us to cancel sessions. This has allowed us to offer stability to both our clients and the mental health team dependent on compensation from client sessions.

4. Describe lessons learned. What would you do differently?

Our therapist of two years resigned, causing us to consider options that would create a more resilient and sustainable organization that can better handle the impact of operationally critical staff loss. Two therapists were hired to split the session load previously handled by one. In addition, session compensation for therapists was raised to account for deeper and broader trauma experience. Compensation costs shifted in April of 2017, long past the time that our grant funds ran out, but in the future, we will more carefully consider our operational costs before submitting budget information.

5. Has this grant helped a) attract new funds? Or b) increase volunteer involvement? If so, how?

Yes, yes and yes! Just after receiving our Acorn Grant and after applying multiple times, Windows to My Soul received our first El Dorado Veterans Mini Grant from the El Dorado Community Foundation in December of 2016. Since receiving our Acorn Grant, we are more known in the philanthropic centers of influence, we are receiving speaking engagement requests, our volunteer list has grown significantly and we've been able to hire two well respected therapists with experience in trauma and Equine Assisted Therapies. Recently we've developed a collaboration with Images of Hope, led by Executive Director and Women's Fund member Wendy Goosen. Together we are developing services for cancer patients and their families. Women's Fund member Danielle Slater joined our board to help us network in the community and attract new funding sources. All of this is made possible by the inherent recognition and networking possibilities associated with receiving the Acorn Grant.



6. *Please provide at least one success story from the project/program that was a direct result of the WFED's funding. Stories do not need to be lengthy (250 words or less is typically sufficient) and should be written in third person. Please feel free to attach pictures.*

This 31 year old female Naval veteran received 41 sessions, double the amount of any other veteran to date. She received 6 fully funded scholarship sessions and 35 funded at 50 percent. Her story begins as a young child and includes sexual abuse, domestic violence and the murder of a young friend. Her naval story starts with abduction and torture and ends with a 100 percent PTSD disability rating from the Veterans Administration (VA). Ten years after her discharge, neither she nor the VA believe in her ability to live a happy, purpose filled life or even one without suicidal thoughts. The VA has stopped funding her ongoing education efforts and is offering multiple medications to treat her PTSD.

Our sessions begin by teaching body awareness and emotional regulation skills to help deal with anxiety. She creates a relationship with a large horse that teaches her the importance of setting boundaries, asking for what she needs and recognizing the needs of others. Time and her growing trust allows her to delve deeply into her darkest secrets, all the while learning skills to manage the triggers and overwhelming moments.

One year later, this reclusive young woman with suicidal thoughts, that was "never going to have a good life" has run a half marathon, completed two fully loaded semesters at UC Davis funded on her own, recreated healthy relationships with family and friends and taken a seven week course in Africa. She is making plans for graduate school and is free of all medications associated with treating PTSD and mental health issues. According to her, she is "living her best life". She attributes her year of success to a commitment to "doing the work", the horses and the Windows to My Soul therapeutic team.



PART II: PROGRAM BUDGET

- 1. Please provide a copy of your approved budget, a list of actual expenditures of the Women's Fund El Dorado grant funds during the project/program, and an explanation of any differences. (If a portion of your grant remains unexpended, please contact the Women's Fund prior to submitting your final report.) Please use the Excel spreadsheet Line Item Budget template provided.*

Please see attached budget and expense list.

- 2. How will this project/program be sustained in the future?*

Windows to My Soul continues to seek funding through community support and other grant opportunities. Each year we host two fundraisers, accounting for more than 60 percent of our revenue. Monies raised in 2017 will determine the number of sessions budgeted in 2018.

Windows To My Soul Session Funding

Line Item Budget

Grant Title:	Acorn Grant			
Name of Person Preparing Budget Report:	Cindy Skelton-Hodge			
A. Original Grant Budget Submitted:	5,000			
B. Grant Amount Approved*	5,000	<i>* if different than original grant submittal</i>		
C. Interim Expense Report:	Start Date:	7/1/2016	End Date:	1/31/2017
D. Final Expense Report:	Start Date:	7/1/2016	End Date:	6/30/2017

		A	B	C	D
Line	Revenue*	Original Budget	Approved Grant Budget	Interim Report	Final Report
1	Women's Fund El Dorado	5,000	5,000	-	5,000

** report only expenditures for Women's Fund Grant - not local organization contribution*

		A	B	C	D
Line	Grant Expenditures**	Original Budget	Approved Grant Budget	Interim Report (expense to date)	Final Report
2	Staff salaries and wages	4,542	4,500	-	4,542
3	Fringe benefits	-	-	-	-
4	Occupancy and utilities	-			
5	Equipment	-			
6	Supplies and materials	-			-
7	Printing and copying	-			
8	Telecommunications	-			
9	Travel and meetings	-			
10	Marketing and advertising	458	500		458
11	Staff and volunteer training	-			
12	Contract services	-			
13	Miscellaneous	-			
14	Other	-			
15	Other	-			
16	Total Expenditures (equals revenue line 1 except for Interim Report)	5,000	5,000	-	5,000

*** Not all categories of expenditures may pertain to your proposal*

Expense List**62100 · Contract Services/Mental Health Professional**

Bill Pmt -Check	07/01/2016	1214	-76.00
Bill Pmt -Check	07/07/2016	1215	-126.00
Bill Pmt -Check	07/08/2016	1217	-226.00
Bill Pmt -Check	07/14/2016	1218	-304.00
Bill Pmt -Check	07/15/2016	1219	-126.00
Bill Pmt -Check	07/21/2016	1220	-430.00
Bill Pmt -Check	07/23/2016	1197	-228.00
Bill Pmt -Check	07/27/2016	1196	-152.00
Bill Pmt -Check	07/29/2016	1198	-76.00
Bill Pmt -Check	08/03/2016	1221	-152.00
Bill Pmt -Check	08/04/2016	1222	-202.00
Bill Pmt -Check	08/05/2016	1223	-226.00
Bill Pmt -Check	08/17/2016	1201	-302.00
Bill Pmt -Check	08/18/2016	1202	-278.00
Bill Pmt -Check	08/19/2016	1203	-176.00
Bill Pmt -Check	08/24/2016	1225	-76.00
Bill Pmt -Check	08/25/2016	1226	-202.00
Bill Pmt -Check	08/26/2016	1204	-100.00
Bill Pmt -Check	09/01/2016	1227	-506.00
Bill Pmt -Check	09/02/2016	1207	-200.00
Bill Pmt -Check	09/08/2016	1208	-228.00
Bill Pmt -Check	09/09/2016	1209	-150.00

Total Staff Salaries & Wages**-4,542.00****65000 · Operations****65005 · Marketing**

Constant Contact	07/27/2016	Credit Card Cha	40.00
Constant Contact	08/27/2016	Credit Card Cha	40.00
Constant Contact	09/27/2016	Credit Card Cha	40.00
Constant Contact	10/27/2016	Credit Card Cha	40.00
Constant Contact	11/26/2016	Credit Card Cha	40.00
Constant Contact	12/27/2016	Credit Card Cha	40.00

Total 65005 · Marketing

240.00**65030 · Printing and Copying**

Brochures & military	04/10/2017	1303	178.80
Printing of IDD Bool	05/15/2017	1286	39.20

Total 65030 · Printing and Copying

218.00**Total Marketing & Advertising****458.00**