



Dear Friends,

On behalf of our entire organization, I would like to open this letter with two words: Thank you.

Once again, our dedicated supporters and volunteers have made it possible for us not only to deliver the highest quality programming possible, but for us to improve and expand our learning opportunities. These are tough times for non-profits, support in down, and we have felt it too as our yearly support was dramatically reduced. However, instead of closing programs, cutting volunteers, or worse...rehoming horses that have been brought here for new lives as therapy horses, we came together as an organization and went to work to find ways to improve.

During 2015 our organization re-evaluated its past, and its future. It was a task we didn't take lightly, and after months of discussion and analysis, it became clear that our strengths lie in our abilities to connect horses and humans, in those face to face, heart to heart moments. It is the gift our horses give so honestly and freely to those who call this farm a sanctuary in their unsettled lives. And so, along with our new name reflecting this change, we make the decision to focus our efforts on equine assisted learning, coaching and change for adults and children. Our specialization will be in assisting Veterans, women and girls, and individuals in recovery from addictions, trauma, violence and PTSD.

In addition to our programming, we will be offering training for professionals both in person, and virtually. These trainings will be based upon the Heartwork with Horses (tm) EAL/EAP method that all of our work is based upon. It is our goal to bring this important work to small and large facilities who are seeking a more personalized approach to their work in the community. Lives are changed here, and it is our mission to make that possible for every person who can benefit.

One unfortunate circumstance arose from this change, and that is that we will no longer be offering our scholarship based therapeutic riding and hippotherapy for children. Services will continue to be available on a case by case, paid basis, as our availability and budget allows. It wasn't decision we wanted to make, but we feel it is best for our organization at this time.

In all, it has been an incredibly positive experience creating the path that our organization will embark on for the next 10 years. These were changes we anticipated and planned for our the next decade of service, but as a team, we felt ready, excited, and determined to begin our new direction with the 2016 year, two years ahead of schedule, and we are thrilled to share these changes with you today.

In the pages that follow, you'll see our programs, our budget, our results and our goals for the future. We hope they inspire you, and that you will continue your much appreciated support for our work in the community. We welcome your involvement, and encourage you to join us in any capacity you feel you can. As an all volunteer program, there is something for everyone, and we hope to see you soon!

On behalf of the clients, horse, volunteers and myself, thank you for caring about this program, and the work we do. Without you, we couldn't deliver this life changing program!

Warmly,

Colleen Cheechalk, CWC, CES-EAL/EAP
Founder, Executive Director and Lead Facilitator

The Center For Equine Assisted Wellness Mission

The Center For Equine Assisted Wellness, Inc. strives to offer equine assisted experiences that will enhance health, build life skills and bring great joy and self-esteem to children, adults and families with physical, developmental, intellectual, emotional or socioeconomic special needs. We do this by providing comprehensive equine (horse), animal assisted activities, agricultural and environmental learning opportunities, and the research and development of innovative, beneficial projects.

We believe that in fostering the wellness and independence that develops through the beneficial relationships between people, animals and the environment we can make a positive impact on our community and its future.

Our services are offered at Epona Farm in Union Center, NY, which is a 501c3 non-profit educational farm program that specializes in rehabilitative services for horses and humane education. We have worked thoughtfully together to develop the farm specifically to provide equine, agricultural and environmental experiences for children and adults with special needs. The Center has no outside interests such as boarding, training or sales so we are able to fully devote our time and attention to the individual needs of each student, and provide them with the privacy and dignity they deserve. This also ensures that donor and volunteer support are used specifically to support our non-profit mission. Each animal on the farm has been specifically chosen to be a partner in our program. Many have special needs of their own, and as the students grow within the program very unique connections between the students and animals are formed.

The Center For Equine Assisted Wellness, Inc. offers several programs that are modeled after accepted practices in equine assisted learning, mental health and psychology, including OK Corral Series, PATH Intl and EAGALA. Our staff is fully trained and credentialed, and has been delivering these life changing services for our program since our beginnings in 2008. The Center For Equine Assisted Wellness, Inc. specializes in sessions that are groundwork based, making these programs available for those whom equine assisted therapies and activities may have been previously contraindicated.

The Center For Equine Assisted Wellness, Inc. is a New York State Non-Profit Corporation, and an IRS Certified 501(c)3 Non-Profit Organization. Our EIN number is 27-0327968. Your support to our organization is tax deductible.

The Center For Equine Assisted Wellness Team

Colleen Cheechalk – Founder, Executive Director and Lead Facilitator

Relevant training and certifications:

- Level I Equine Skills and Treatment Principles – American Hippotherapy Association
- Equine Assisted Learning and Psychotherapy – OK Corral Series/Greg Kersten, creator of EAL/EAP & founder of EAGALA
- Psychological First Aid – Johns Hopkins University
- Psychological First Aid - The National Child Traumatic Stress Network and the National Center for PTSD
- Horse Boy Method Level 1 – Horse Boy Foundation
- Mind Body Method Coaching With Horses – Kathy Pike
- Therapeutic Exercise Specialist Certification – American Council on Exercise
- Certified Wellness Coach & Certified Holistic Life Coach - NESTA
- Equine Sports Massage Therapy – Equissage and Masterson Method
- Current Adult and Pediatric First Aid/CPR/AED

Colleen also has specialized education in the needs of Military Personnel, our Veterans and First Responders and Law Enforcement Officers. Coursework includes the Psychology of Combat, Psychology of Disaster, Psychology of Terrorism, Psychology of Addictions and Substance Abuse.

Allyson Cheechalk – Co-Facilitator

Relevant training, certifications and awards:

- Level I Equine Skills and Treatment Principles (Audit)– American Hippotherapy Association
- Equine Assisted Learning and Psychotherapy – OK Corral Series/Greg Kersten, creator of EAL/EAP & founder of EAGALA

Recipient of the Ariat International Scholarship and Equus Foundation Champion of Service Award and Recipient of the Presidents Volunteer Service Award

Allyson also has specialized education in the needs of Military Personnel, our Veterans and First Responders and Law Enforcement Officers. Coursework includes the Psychology of Combat, Psychology of Disaster, Psychology of Terrorism, Psychology of Addictions and Substance Abuse. She is currently preparing to begin her MA in International Relations with a concentration in Conflict Resolution and Peacekeeping.

Our Horses

The Center has 6 horses on its team, and has others available as needed for progression and the individualized needs of our clients. We also have two professionally trained therapy dogs on our team, and small farm animals including chickens, ducks, and goats that entertain and delight visitors to the farm.

Each member of our team of therapy horses is professionally trained, and maintained with a large team of caring veterinary and farrier professionals, as well alternative and holistic health professionals who provide massage, chiropractic, energy work, behavioral training, and nutritional support. They receive the utmost care and attention 365 days a year, and are monitored 24/7 to ensure their safety and wellbeing.

Our Programs

The Center For Equine Assisted Wellness specializes in Equine Assisted Learning, Coaching, Psychotherapy and Wellness. Our holistic approach helps our clients regain control of their lives after addictions, trauma, life threatening illness or injury or violence. We also serve our Veterans, active duty servicemen and women, and their families through a unique program developed specifically for their needs.

The Center's programs promote healthy life choices and help our clients lead happier, more productive lives. Each person who comes to the farm will have a unique experience that builds on their personal goals and desired outcomes. Our programs are peer based, supportive, honest, and encourage clients to dig deep and find their own path to personal wholeness and happiness.

Our clients work with an incredible team of horses whose stories and experiences lend meaningful opportunities for metaphorical learning and growth. They will also have volunteer mentors who will be with them, every step of the way. They begin to feel stronger physically and emotionally, and they will be given essential wellness tools to help you go out into the world and be live the best life possible.

There is no horse experience or riding required for this transformative work, as our programs are ground work May 1st through October 31st each year. Our seasonal programming allows our horses time to rest, complete training, and just be horses so we can preserve and protect their emotional and physical wellness.

It is our goal to be able to offer all of our services at no cost, and our ability to do that is based upon the success of our fundraising events, grants, and corporate and private donors.

Our 2016 Budget

Each year we strive to serve a minimum of 35 individuals through group and private sessions. For 2016 we are pleased to bring you this budget, which we hope you find competitive, and making the most of your donations to deliver the most good. The majority of programs serving similar numbers have budgets nearly double, or sometimes triple what ours is. We are able to keep costs low by serving the majority of clients through peer based group sessions, which also facilitate their learning and growth to its maximum potential. We are also a 100% volunteer based program with no salaries or payroll and minimal administrative expenses.

Annual Costs:

General veterinary care, feeding, farrier care, supplements, stabling, equipment and 24/7/365 care for 6 therapy horses:	\$31,000.00
Facility lease and maintenance (6 months) including cleaning and repairs, utilities, parkings, office space, and storage.	\$6,000.00
Instructional training and development for staff	\$1,500.00
Insurance	\$1,800.00
Office expenses including phone, internet, mailing and copying.	\$1,200.00
Adaptive equipment, program learning tools, consumables, program services delivery	\$11,000.00
Care Fund For Veterinary Emergency Care	\$1,200.00

Annual Budget for 2016	\$53,700.00
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With this budget proposed, we have developed the following cost per client based upon the services we deliver. It is our hope to always deliver these life changing programs at no cost. We do this through donor support and fundraising throughout the year. Clients are welcome to contribute any amount they wish to toward their services, but it is not required.

To ensure that we are able to deliver services immediately upon the beginning of our program year on May 1, and continue through the end of the season on October 31, we need to have 75% our operating budget in place prior to May 1. This requires us to have our most active fundraising initiatives from September through April each year, and allowing us to concentrate of program delivery May-October.

Programs for Veterans, active duty military personnel, first responders, law enforcement officers and their families

These sessions will be offered at no cost to participants through the Willis Ashley Foley Jr., Warrior and War Horse Scholarship program.

6 weeks of private sessions which will serve 8 clients

(2) 6 week group sessions which will serve 12 clients

Total served: 20

Programs for women and girls in recovery from life threatening illness, abuse, violence, or traumatic life circumstance

These sessions will be offered at no cost to participants through the HOPE with Horses Scholarship Fund.

6 weeks of private sessions which will serve 8 clients

6 week group session which will serve 6 clients

Total served: 14

Programs for teens and adults in recovery from addictions

These sessions will be offered at no cost to participants through the New Beginnings Scholarship Fund.

(2) 6 week group sessions which will serve 12 clients

Total served: 12

If our budget is met for 2016, we will be able to increase our target goal of 35 clients served to nearly 50, with more than 98% of the budget being allocated for the delivery of program services.

Contact Information

The Center For Equine Assisted Wellness, Inc.
PO Box 70
Maine, NY 13802
Telephone and Fax (888) 286-1935
Email: info@equineassistedwellness.org
website: www.equineassistedwellness.org