

# Courageous

CONNECTIONS

## 2022 Annual Report

### Mission:

**To promote the physical and emotional development of people of all ages and unique abilities through safe, therapeutic, outdoor experiences with horses.**





# BOARD OF DIRECTOR'S STATEMENT

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2022 was a year of extraordinary growth! Not only the growth of our organization but also the incredible personal growth for everyone involved - participants, volunteers, staff, and of course horses!

After the isolation of lockdown, it was challenging for many people to get back to their previous activities and relationships. Our classes help participants develop life skills such as effective communication, self-confidence, and relationship building. There is a growing awareness regarding mental health and the need to promote self-care and awareness to be emotionally healthy. These are at the very heart of our programs and programs like ours are hard to find.

With the increase of community awareness, we were challenged to provide services for all the people who were reaching out to us. The Board worked together to develop creative solutions to expand our class and workshop capacity. The result was that we increased the number of classes per week from 8 in January to 19 in December. We also increased the number of workshops from 2 in 2021 to 11 in 2022.

We all experienced anxiety and sadness when Kathy's horse, Tres was injured. And, together, we celebrate his ongoing recovery. We were shocked and heartbroken when we lost one of our favorite horses, Izzy, but we grieved together and she will never be forgotten.

Courageous Connections ended the year financially strong thanks in large part to the generosity of our grantors and donors. It cannot be overstated that the strength and success of Courageous Connections is completely dependent on volunteers who spend their valuable time helping with classes or strengthening and growing our business.

We look forward to continued growth in 2022 and are truly blessed to have so many people and organizations helping to support our ability to provide much needed community services.

**KATHY SANDERS**  
Founder and Board President

**SUE EULAU**  
Founder and Board Treasurer

**BARB PARDEE**  
Board Member & Class Volunteer

**LISA HILLIS**  
Volunteer Manager & Board Member

**SHELLEY LOVELL**  
Board Secretary & Instructor



# Courageous Connections

## 2022 Impact by the Numbers

### Participants



- **71 Participants**
  - 51 new in 2022
    - 238% Increase over 2021
  - 14 qualified for financial aid
    - 100% increase over 2021
- **473 Classes**
  - 99.6% Increase in classes over 2022
  - 212 Classes at Alpine Ridge
  - 261 Classes At Kathy's Place
- **83 Workshop Attendees**
  - Bush School, Cancer Life Line, Cocoon House, and Sparkle Camp

### Staff



- 7 Staff Instructors
- 1 Volunteer Instructor
- 2 Instructor's in training
- 2 Mental Health providers on staff in first quarter



Checkout our video  
[www.Courageous-Connections.org](http://www.Courageous-Connections.org)

### Volunteers



- 58 Volunteers
- 3,777 volunteer hours.
- 48% of volunteers provide skilled business & IT services
- 11% Increase in volunteer base.
- 597 hours Classes & Community Service
  - 118% Increase over 2021
- 3,253 Business hours
  - 688 Volunteer Business Hours
  - 2465 Business Hours by board

### Horses



- 8 Horses
  - 13% increase over 2021
- 365 horse hours
  - 142% Increase over 2021
- **Tres** is the star having the highest number of hours for the second year.

### Our Herd includes 8 horses

Our program wouldn't be what it is without our amazing equine partners who teach us all how to be better humans.

#### Our Gratitude to:

Kathy Sanders for Tres & Snazee  
Alpine Ridge for Dakota, Mason, Scarlett, Ode & Delilah

**Special thanks to our beloved Izzy**

# Courageous Connections Highlights

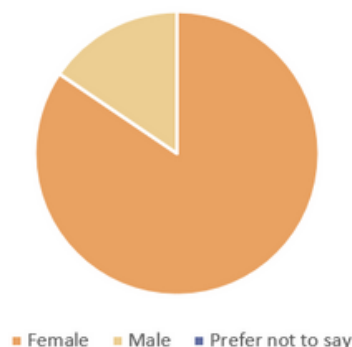
## What A Year It Was...

- Our workshop capacity expanded dramatically in 2022 and we were able to host a variety of organizations that included: Bush School, Camp Sparkle, Cancer Life Line, and Cocoon House.
- Our Board of Directors grew to 5 members.
- Program changes allowed us to expand our reach by offering semi-private classes and additional days per week.
- We sponsored a Seen Through Horses fundraiser supporting Mental Health Awareness and Equine Therapies which resulted in 12 first time donors many of whom live out of state.
- We continue to make progress with our program for 'Mini Visits with Seniors'. Ode and Delilah are doing well in class and we are now working to fund a van for transportation.
- Once again, we gave back to our community by supplying labor for a work party at H.O.M.E. and hosting a Clothing Drive. We began talks with Snohomish & Skagit County First Responders to offer free workshops beginning in 2023.
- AND oh the weather in 2022 – Wind, Rain, Snow, Freezing and flooding! We had it all.

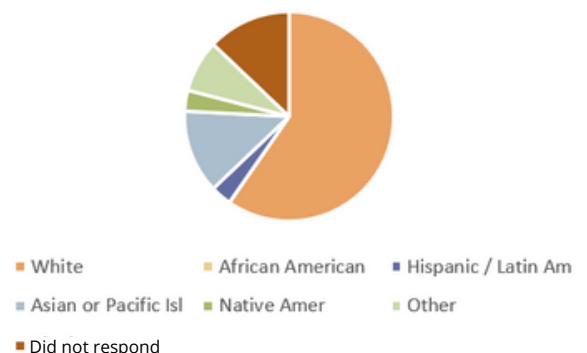
## 2022 REVISED INCLUSION STATEMENT

Courageous Connections is committed to providing an inclusive community that promotes and values every individual. We believe that organizations that are diverse in identity and perspective create an environment where everyone, from any background, can be their best self. Courageous Connections commits to increasing diversity, equity, and inclusion by collaborating with marginalized and/or underrepresented people and communities while actively seeking representation from these communities.

2022 Demographics - Gender



2022 Demographics - Ethnicity





# FINANCIAL OVERVIEW

Courageous Connections is proud to provide services aimed at improving mental health and behavioral health, as well as overall well-being. For the second year in a row, we have seen consistent and sustainable growth resulting in a 99.6% increase in classes over 2021!

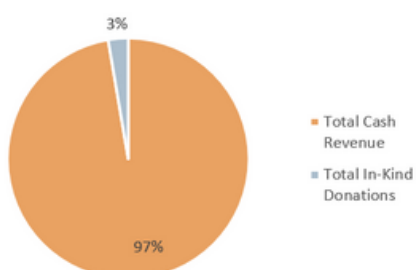
The generosity of grantors has largely contributed to our financial strength. This funding specifically allowed Courageous Connections to hire additional instructors to expand services while also providing 100% more scholarships to those in need of financial assistance.

Below find details outlining comparative annual financial statements from 2021 - 2022.

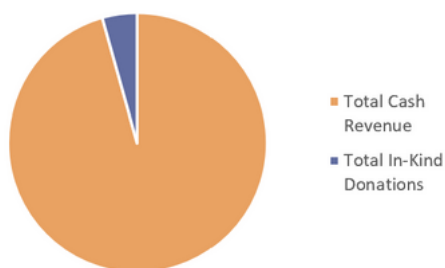
Please see page 7 for a full listing of financial contributors.



2022 Revenue



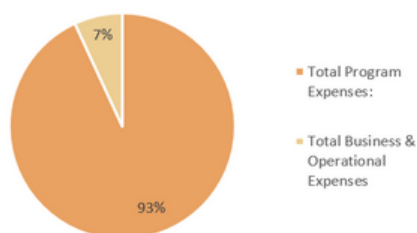
2021 Revenue



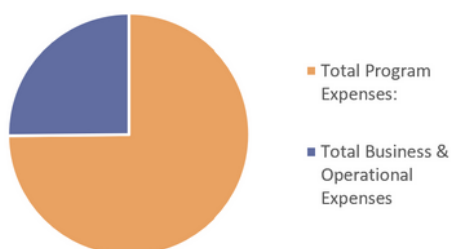
## 2022 Revenue

- Cash Revenue increase due to increases in Workshop & Program Fees
- Increases in Grants, Corp. Donors and Individual Donors

2022 Expenses



2021 Expenses



## 2022 Expenses

- 93 % of Expenses directly related to program
- 61% Increase in scholarships
- Horse Lease for full year

# FINANCIALS

## 2022 Consolidated Annual Report

### Courageous Connections Financials

| Revenue                        | 2022                | 2021                |
|--------------------------------|---------------------|---------------------|
| <b>Cash Revenue</b>            |                     |                     |
| Grants                         | \$ 15,500.00        | \$ 12,750.00        |
| Corporate Matching Gifts       | \$ 100.00           | \$ 537.37           |
| Individual Donations           | \$ 3,920.00         | \$ 2,501.74         |
| Corporate Donations            | \$ 3,041.97         | \$ 320.00           |
| Program Fees                   | \$ 22,783.90        | \$ 12,398.47        |
| Workshop Fees                  | \$ 3,000.00         |                     |
| Fundraisers                    | \$ 3,347.14         | \$ 4,392.35         |
| Other                          | \$ 150.92           | \$ 163.21           |
| <b>Total Cash Revenue</b>      | <b>\$ 51,843.93</b> | <b>\$ 33,063.14</b> |
| <b>In-Kind Donations</b>       |                     |                     |
| In-kind Donations *            | \$ 537.27           | \$ 150.00           |
| Donated Instructor Wages *     | \$ 875.00           | \$ 1,356.25         |
| <b>Total In-Kind Donations</b> | <b>\$ 1,410.27</b>  | <b>\$ 1,506.25</b>  |
| <b>TOTAL REVENUE</b>           | <b>\$ 53,254.20</b> | <b>\$ 34,569.39</b> |

## 2022 Consolidated Annual Report Continued

| Expenses   | 2022                | 2021                |
|--|---------------------|---------------------|
| <b>Program Expenses</b>                          |                     |                     |
| Salaries and Wages                               | \$ 12,206.10        | \$ 6,110.69         |
| Rent (Horse & Arena)                             | \$ 8,014.50         | \$ 3,189.00         |
| Horse Care                                       | \$ -                | \$ 24.75            |
| Equipment and Horse Tack                         | \$ 13.15            | \$ 417.60           |
| Liability Insurance                              | \$ 1,840.00         | \$ 1,910.00         |
| PATH Membership                                  | \$ 600.00           | \$ 780.00           |
| Scholarships                                     | \$ 2,513.50         | \$ 1,562.50         |
| Volunteer Appreciation                           | \$ 1,103.68         | \$ 223.52           |
| Workshop Costs                                   | \$ 146.87           | \$ 99.16            |
| Fundraising                                      | \$ 667.28           | \$ 108.07           |
| Horse Lease                                      | \$ 7,200.00         | \$ 1,200.00         |
| <b>Total Program Expenses:</b>                   | <b>\$ 34,305.08</b> | <b>\$ 15,625.29</b> |
| <b>Business &amp; Operational Expenses:</b>      |                     |                     |
| Accounting Fees                                  | \$ -                | \$ 741.07           |
| Consulting & Professional Fees                   | \$ 225.00           | \$ -                |
| Professional Development                         | \$ -                | \$ 93.85            |
| Office Supplies                                  | \$ 182.95           | \$ 258.75           |
| Marketing/Advertising                            | \$ 677.79           | \$ 1,100.78         |
| Information Technology                           | \$ 718.82           | \$ 356.47           |
| Taxes & WA State Fees                            | \$ 70.00            | \$ 60.00            |
| Bank/Credit Card Fees                            | \$ 646.55           | \$ 216.03           |
| Other  | \$ 27.09            | \$ 2,422.94         |
| <b>Total Business &amp; Operational Expenses</b> | <b>\$ 2,548.20</b>  | <b>\$ 5,249.89</b>  |
| <b>Total Expenses:</b>                           | <b>\$ 36,853.28</b> | <b>\$ 20,875.18</b> |





# DONOR RECOGNITION



## **Business Sponsors:**

PNW Group  
Kroeger  
Dirt Flickers  
Safeway  
Ricochet  
Target  
QFC

## **Grantors:**

Autism Speaks  
Glassybaby  
Ben's Fund/Seattle Foundation  
Dan Thompson Grant  
Glaser Foundation  
Stillaguamish Tribe

## **Corporate Matching:**

Amazon Smile  
Microsoft

## **In-Kind Donors:**

Sue Eulau  
Lisa Hillis  
Kathy Sanders  
Chloe Wilkins  
Starbucks

## **Facebook Fundraisers by:**

Joselyn Herrin-Morrison  
Laine Bailey  
Shelley Lovell  
Sue Eulau  
Tiffany Savoy

## **To ALL Our Donors:**

Thank you so very much for investing in Courageous Connections in 2022. Your contributions help us to keep our service fees as low as possible, provide financial assistance for those in need of our programs, care for our horses and support business operations. We are humbled by your generosity and support.

## **To Our Business Sponsors:**

We know many still feel post COVID economic hardship and we're especially grateful you've chosen to support our mission.

## **To Our Grantors:**

Courageous Connections was awarded 6 grants in 2022. This critical funding source allows funds to care for horses, to provide scholarships, and support business expenses.

## **To Our Corporate Matching Partners:**

Courageous Connections is honored to be recognized by Boeing and Microsoft matching programs as well as Amazon Smile.

## **To Our Individual Donors:**

We want to express our heartfelt gratitude to each of our donors who chose to support us. Thanks to you lives were changed for the better in 2022.

## **To Our Seen Through Horses Donors:**

We limited fundraising activity due to continued economic uncertainty. We are beyond grateful for those of you who donated through As Seen Through Horses that the one fundraiser we held had such a great response.

## **Individual Donors:**

Amanda Jones  
Amy Jespersen  
Barb Pardee  
Bette Powers  
Craig Steyn  
Kathy Luck  
Katrina Daskalogianni  
Kim Cummings  
Leslie Smith  
Marcia Lyman  
Mark Boulter  
Nancy Remak  
Stacy Rice  
Valencia Jones

## **Seen Through Horses Campaign Donors:**

Ashley Haney  
Barbara Pardee  
Bette Powers  
Brynn Selleck  
Caitlin Erickson  
Caitlyn Hillis  
Celine Williams  
Colin Gaddis  
Dale Meldrum  
Deborah Fertakis  
Elizabeth Hillis  
Jane Laird  
Jessica Normand  
Kathy Sanders  
Marcos & Val Torres  
Shane Meldrum  
Syrinda Sharpe  
Tim Valentine  
Vicki Rademacher

# Thank You, One and All!