

2014 Annual Report

Through investment in rigorous research, Horses and Humans Research Foundation will serve as a catalyst to advance knowledge of horses and their potential impact on the health and wellness of people.

Since its founding, HHRF has awarded \$400,000 in professional research efforts led by eight research teams internationally.

- HHRF's 2014 research award was focused for the second time on military veterans. Both of our veterans grant awards were initiated from seed funding contributed by Caisson Platoon Equine Assisted Programs, which serves the National Intrepid Centers of Excellence Traumatic Brain Injury Clinic, Walter Reed National Military Medical Center and the DC Veterans Administration. The 2014 award was granted to a team from Baylor University for a study entitled "Examination of the effects of equine assisted activities on PTSD symptoms, quality of life and participation in combat veterans" (see #9 at right).

- HHRF-funded research from Washington University in St. Louis was completed in May (see #6 at right) and indicates that treating children who have autism in occupational therapy sessions utilizing the movements of the horse, commonly called hippotherapy, may significantly improve balance, social responsiveness and other "life outcomes."



- HHRF, in partnership with the The Kenneth A. Scott Charitable Trust, A KeyBank Trust, developed it's first webinar in 2014, describing research that shows how therapy utilizing the motion imparted while sitting astride a horse has significant impact on the head and trunk stability for children with movement disorders. The webinar and the corresponding resource report are available on demand and free of charge at the HHRF website.
- Throughout the year HHRF also expanded its board of directors and scientific advisory council, presented at multiple conferences throughout the United States, hosted educational outreach programs, attended professional conferences, meetings and expanded its outreach for educational research resourcing to over 10,000 contacts.

FUNDED RESEARCH

1. Study: **"Improvement in Trunk/Head Stability and Upper Extremity Control after HPOT;"** Washington University School of Medicine, Program in Occupational Therapy - St. Louis, MO. Funded 2006. Status: Published in the Archives of Physical Medicine and Rehabilitation, 2009 Jul;90(7):1185-95.
2. Study: **"The Effect of Equine Assisted Activities on the Social Functioning in Children with Autism,"** Good Hope Equestrian Training Center - Miami, FL, USA. Funded 2008. Status: Submitted for publication (Pilot study results published in the Journal for Autism & Developmental Disorders).
3. Study: **"Hippotherapy to Improve Postural Control in Children with Cerebral Palsy,"** Université de Sherbrooke - Quebec, Canada. Funded 2010. Status: Submitted for publication.
4. Study: **"Effects of Hippotherapy on Balance and Gait in Ambulatory Children with Spastic Cerebral Palsy,"** Central Michigan University, USA. Funded 2010. Status: Active. Pilot study published in Physical Therapy, Journal of the American Physical Therapy Association May, 2012
5. Study: **"Basic Neurobiological and Psychological Mechanisms Underlying Therapeutic Effects of Equine Assisted Activities (EAA/T),"** University of Rostock, Germany. Funded 2010. Status: Submitted for publication.
6. Study: **"Effects of Hippotherapy on Children with Autism Spectrum Disorders,"** Washington University School of Medicine, St. Louis, MO, USA. Funded 2011. Status: Active. Pilot study published in American Journal of Occupational Therapy, Nov/Dec 2013.
7. Study: **"Effects of Equine-Assisted Activities on PTSD Symptoms, Coping Self-Efficacy, Emotion Regulation, and Social Engagement in Military Veterans,"** University of Missouri, Columbia, MO, USA. Funded 2013. Status: Active.
8. Study: **"Effects of Equine Facilitated Psychotherapy on Post-Traumatic Stress Symptoms in Male Youth,"** Cummings School of Veterinary Medicine at Tufts University, Medford, MA, USA. Funded 2013. Status: Active.
9. Study: **"Examination of the effects of equine assisted activities on PTSD symptoms, quality of life and participation in combat veterans,"** Baylor University Waco, TX. Funded 2014. Status: Active

[Details and updates at the HHRF website](#)

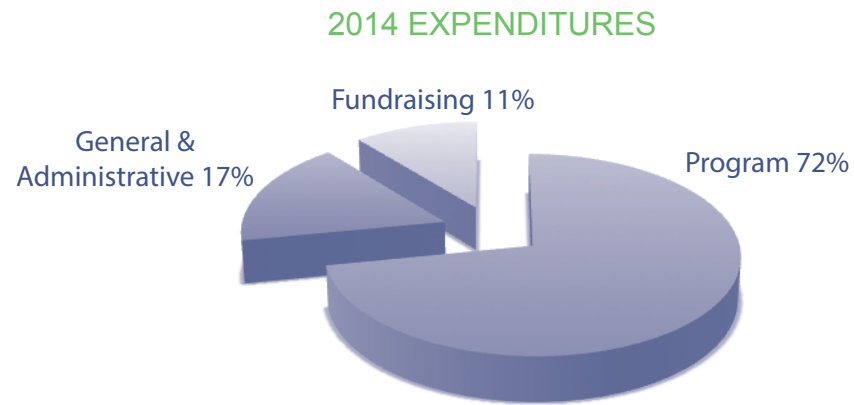
Financial Results



In 2014, one research grant was awarded - in direct furtherance of the HHRF mission. While contributions were lower than in the prior year (due to two major, non-repeating gifts/grants made in 2013), unrestricted Net Assets increased by \$21,000 as a result of careful controls by staff and the finance committee. This is reflected in a decrease of 21% in non-grant expenses. Restricted assets were reduced as some funds were allocated to grants. HHRF's endowment continues to grow slowly, but it continues to be critical that HHRF identify new donors and supporters to provide grants for the research critically needed.

EXPENDITURES	
Program	\$112,524
General & Administrative	\$26,893
Fundraising	\$17,026
Total Expenditures	\$156,443

INCOME	
Grants and Contributions	\$127,226
Endowment Fund Contributions	\$0
Special Events	\$100
Donated Goods and Services	\$1,405
Interest and Dividends	\$2,042
Investment Income	\$2,318
Total Income	\$132,280
Endowment Fund	\$141,963



BY THE NUMBERS: HHRF 2006-2014 grant applications**

Research Grant Applications Received: 188
 Number of Organizations (including Veterans Admin. programs): 24
 Number of Universities represented in applications: 135
 Number of USA States: 40
 Number of EAA/T programs represented in applications: 165
 Number of worldwide countries: 14

**Some applications are from combined sources

Research Resolve

VISIONARY SPONSORS

- Caisson Platoon Equine Assisted Programs (Fort Belvoir, VA)
- Carlisle Academy Integrative Equine Therapy & Sports (Layman, ME)
- High Hopes TRI, Inc. (Old Lyme, CT) in honor of Judith Lightfoot
- SIRE (Houston, TX)



COLLABORATING SPONSORS

Kathy Alm (Kenmore, WA), Cheff Therapeutic Riding Center (Augusta, MI), Good Hope Equestrian Training (Miami, FL), Riding To The Top (Windham, ME), Sarasota Manatee Association for Riding Therapy (Bradenton, FL), Liz Ritz (Beachwood, OH)

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Thank you for your support!

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