MVLE rider on Chukker sharing a laugh with volunteers. Photograph by Sydney Sawyer.
Lessons military riders have gained that they will take into their daily lives include:

"It's ok to smile. Not everyone that touches you wants to harm you."

"People and horses are supportive."

"If I can ride a horse anything is possible."

"I am in charge."

"You can find peace in any situation."

"Take control of the situation whenever needed; you are in charge of your destiny."

"Stay calm and everything around you will calm down to a reasonable state."

Watching McKenna ride, you would never imagine the daily challenges she faces. McKenna, age 6, has FOXG1 Syndrome, an extremely rare brain development disorder that impacts only 300 people in the world. She cannot talk or walk independently and has trouble using her hands. But her personality speaks volumes.

“There’s an absolute sweetness and innocence about her,” shares Peter Colón, an NVTRP volunteer. “Even if I’ve had one of my worst days, I come see McKenna and immediately, she rights my world. Her smile is absolutely contagious.”

McKenna has succeeded on many levels since she started riding at NVTRP a year ago! Outside of riding, she is now strong enough to transition to a sitting position on her own, crawl, and knee walk, allowing her greater freedom of movement and opportunities to explore her environment.
**Recipient of the 2017 Fairfax County Clean Water Farm Award**

**Happy, named PATH Intl. Region 3 Equine of the Year**

**Board voted to break ground on Phase 1 of Build to Thrive Construction Project**

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**NVTRP AT A GLANCE**

- 14 program horses
- 1,719 bales of hay
- 121 farrier visits
- 487 lesson/barn volunteers
- 309 workday volunteers
- 23,739 donated volunteer hours
- 14 staff members
- 4 full-time staff
- 8 instructors

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**Individuals Served in 2017:**

- 3,918 units of service
- 95% of riders reported improved mental well-being
- 93% of riders reported improved physical well-being

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**Good News in 2017:**

- 2017 OPERATING INCOME:
  - Donations and Fundraising: $347,281
  - Program Revenue: $229,965
  - Grants: $110,700
  - Other: $47,257
  - Total Income: $735,203

- 2017 OPERATING EXPENSES:
  - Horse Care: $71,368
  - Mortgage and Upkeep: $121,059
  - Salaries and Wages: $285,364
  - Other: $179,218
  - Total Expenses: $657,009

**Total Net Operating Income: $78,194**

Detailed financial information is available at [www.nvtrp.org/about-us/financials/](http://www.nvtrp.org/about-us/financials/) or upon request from the VA Department of Agriculture and Consumer Services. Preliminary financial results. Audited financial information will be available in late summer.

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**Types of Service:**

- Therapeutic Riding: 52%
- Military Service Personnel: 8%
- Hippotherapy: 7%
- Horsemanship: 4%
- Equine Assisted Learning: 1%
- Fairfax County: 8%
- Community Lessons: 9%
- Camp: 8%
- Volunteer Lessons: 2%
- Youth-at-risk: 1%
- Other: 2%

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- Down Syndrome: 3%
- Cerebral Palsy: 3%
- Developmental Disabilities: 7%
- ADD/ADHD: 2%
- Neurological & Physical Impairments: 5%
- Emotional/ Substance Abuse: 33%
- Other: 2%

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**Individuals Served in 2017:**

- 442
- 2015: 354
- 2016: 285
- 2017: 3918 units of service

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- N/A: 17%
- Autism: 11%
- Emotional: 17%
- ADD/ADHD: 2%
- Cerebral Palsy: 3%
- Developmental Disabilities: 7%
- Down Syndrome: 3%

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**2015**

- 354

**2016**

- 285

**2017**

- 442

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- Neurological & Physical Impairments: 5%
- Emotional/Substance Abuse: 33%
- Other: 2%
- ADD/ADHD: 2%
- Cerebral Palsy: 3%
- Developmental Disabilities: 7%
- Down Syndrome: 3%
On October 19, 2017 NVTRP hosted the second annual Deputy Day, where more than a dozen deputies from the Fairfax County Sheriff’s Office joined forces with a group of at-risk youth from Second Story to take part in a series of equine-assisted learning activities. Second Story participants taught the deputies horsemanship skills they learned during their six-week session at NVTRP, as part of their after-school program. Together, the groups completed team building exercises like co-leading a horse in a drill team pattern.

“These kids are subject to seeing violence, so we are so grateful for having a chance to be in this environment (at NVTRP) where they are close to nature, interacting with a beautiful horse and learning life lessons,” said Nandred Navarro, Director of Community Based Services at Second Story. “This new initiative is invaluable to teaching them to trust authority, a relationship that has been tarnished by recent (national) events.”

NVTRP piloted this program in 2016 in response to all of the conflict between law enforcement and ethnic minorities. The goal of the program was to help students build trust for authority by finding common ground and participating in shared activities. NVTRP's 2017 Deputy Day program was selected as a finalist for the 2018 Greater Washington Innovation Awards in the Community Impact category.

“This is a chance for [the children] to be empowered,” said Second Lieutenant Emily Fary. “You could see it in their faces; the smiles knowing they accomplished something. It warmed the hearts of the deputies to see that in them. It’s definitely a good feeling to know that you touched a life in a positive way that maybe they have never experienced with law enforcement before.”
Peaches, overseeing the construction of Phase I of the Build to Thrive Capital Campaign project. Peaches passed away in March 2018 at the age of 38.

2018 NVTRP Staff Members

Kelsey Gallagher, Executive Director
Wendy Baird, Development Director
Nicole Bass, Instructor
Christina Duffy, Equine and Facilities Manager
Kayla Elias, Development Associate
Clarice Gutman, Logistics Coordinator
Tessa Hassett, Outreach Coordinator
Sarah Maceyak, Instructor
Nicole Martinez, Occupational Therapist
Shelby Morrison, Volunteer Coordinator
Sydney Sawyer, Physical Therapist
Olivia Taylor, Program Director
Katie Wanstrath, Office Manager

2018 NVTRP Board of Directors

Jeff Wilklow, Board Chair
Gary Cubbage, Vice Chair
Kelly Harbitter, Treasurer
Mitch Martin, Secretary
Elizabeth Bille
Alla Cline
Louise Foreman
Ann Marlow
Debby Michelson
Rita Norton
Will Thomas
John Tuthill

Organizations NVTRP partnered with or served in 2017

Second Story
Ft. Belvoir Residential Treatment Center
Ft. Belvoir, 4 South
Infant Toddler Connection
Fairfax County Parktakes
MVLE
Virginia Korean American Disabled People’s Association
Fairfax County Sheriff’s Office
Alternative Paths Training School
Washington School for Girls
* new partners are in bold

NORTHERN VIRGINIA THERAPEUTIC RIDING PROGRAM

Mission: To provide equine-assisted activities for children and adults with disabilities, youth-at-risk, recovering military service personnel, and their families in an inclusive, community setting.

6429 Clifton Road
Clifton, VA 20124

www.NVTRP.org

Photograph by Tessa Hassett.