

HAHA QUARTERLY

HARNESSING THE POWER OF HORSES TO TRANSFORM THE HUMAN SPIRIT

PAST, PRESENT, FUTURE: HAHA GOALS

BY THE BOARD OF DIRECTORS

The past year was full of success for HAHA. We expanded our services by adding therapists, horses, and riding instructors, and we constructed the new HAHA office building! Looking back on 2018, we met each of the goals listed:

- **Serve 70 clients per week:** While we averaged closer to 65 clients a week, there were several weeks where we had at least 70 clients.
- **Provide 2,000 therapy hours in 2018:** We provided a total of 2,200 hours.
- **Add 2 new therapists:** We added Kathi Hachmeister and Dr. Brenda Murrow.
- **Build a therapy office at HAHA:** Construction for the new office began in the late summer; its grand opening as an office space was in January 2019.
- **Build an indoor waiting room:** This is part of the new office building.
- **Train the Clydesdales to drive:** The Clydesdales received some training, but because the past summer was so wet, they're going back for more training this spring.
- **Get 1,000 Facebook followers:** As of December 31, HAHA had 1,097 likes.
- **Add a board member:** Dirk Christian joined the HAHA Board of Directors in December.

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NEW BOARD MEMBER

UPCOMING DATES

- **Raise \$3k from Hogs & Horses and \$4k from Topeka Gives:** We didn't meet that goal with Hogs & Horses, but we surpassed that goal for Topeka Gives and added another \$1,100 from #GivingTuesday!
- **Make a sensory stall in the barn:** The last stall on the left is our sensory stall, which is used during inclement weather or to transition high arousal clients into their session time.

Board member Joy Bancroft has been working on a strategic plan for HAHA, which should be finalized in the first quarter of 2019. The strategic plan includes the program's short- and long-term goals and the plans to achieve them.

2019 GOALS

- Implement a veterans program.
- Fundraise at least \$15,000 (about 25% of the cost of the program).
- Build our infrastructure by appointing a Development Director to plan fundraising and pursue grants and by adding riding instructors.
- Establish Institutional Review Board approval to collect and analyze data for research and publication.
- Increase programming opportunities for adults.
- Improve outreach through Instagram and additional media.

A DAY IN THE LIFE OF MICAELA SANDS

Micaela Sands is one of our student interns for the '18-'19 school year. We asked her a few questions about how she got involved with HAHA and what she's learned from her experience so far.

What brought you to HAHA as an intern?

As an undergrad at Washburn University, I enrolled in Dr. Leslie McCullough's class on animal-assisted social work. The class visited HAHA, and it was love at first sight. I'm very interested in alternative approaches to the therapeutic process, so HAHA seemed like the perfect fit.



Micaela with Amigo.

What program are you studying?

Master's in Clinical Social Work

What do you do besides school and HAHA?

My Jack Russell terrier, Gypsy, is a certified therapy dog. We visit local non-profits and work with children and adults. I also practice Bikram yoga, which is a main outlet of self-care.

Did you have any expectations going into the program at HAHA?

I entered the program with an open mind, eager to gain experience and knowledge about clinical therapy and equine therapy.

How have those expectations changed after being a part of the program?

My expectations have stayed the same and I am enjoying the people I have met through the program, as well as the theoretical knowledge I have gained from the therapists I have the privilege of working under.

What do you like best about HAHA?

The developmental approach we utilize with clients. Equine therapy meets the clients where they are, and gets them into their bodies and out of their heads. The progress that can be made in a few sessions at HAHA would take months in a traditional therapeutic setting. It's like magic!!!

GIVING TUESDAY: THANK YOU SO MUCH!

Giving Tuesday began in 2012 as a social media movement (#givingtuesday) to encourage people to donate to charity the first Tuesday after Thanksgiving. Following Black Friday and Cyber Monday, Giving Tuesday is an opportunity to support charities during the holidays. This is the first year HAHA joined the cause. We asked on Facebook, and **you gave \$1,155!**

A huge thank you from all of us at HAHA (horses included!) goes out to:

- Andrew Gorman
- Annette Thornburgh
- Carol Manis
- Charisse Wilson Powell
- Claire Bancroft
- Damen Webster
- David Allen Russo
- Deepthi Abbireddy
- Don Ryan
- Elizabeth Hover
- Emily Tew
- Joy Bancroft
- Katherine Jordan
- Marla Forst
- Shannon Forst
- Sheryl Strathman
- Stephanie Myers
- Terrie Francis
- Troy Patrick Johnson



NEW BOARD MEMBER!



Welcome to Colonel Dirk A. Christian, our newest member of the HAHA Board of Directors! Dirk will be advising us as we develop services for veterans. He served for 30 years in the U.S. Army and the Army National Guard and completed tours of duty in Kosovo (2006), Afghanistan (2009-2010), and Jordan (2017-2018). Dirk is also the volunteer Fire Chief at Shawnee County Fire District #4, on the west side of Topeka. He has been a Firefighter/EMT, Rescue Specialist, and Fire Officer for the past 29 years and continues to volunteer as a First Responder at the local and state level.

He explained that he has joined the BOD because "I want to assist other soldiers, service members, and first responders that are dealing with post traumatic stress and potentially serve as a peer mentor, assisting in their healing processes. It is another great way to give back and to assist brother and sisters that have served and continue to serve."

We are delighted to have him on board and look forward to working with him in 2019.

NEW OFFICE = FEWER SESSION CANCELLATIONS

January and February has brought some bitterly cold weather, but with the upcoming grand opening of the office, sessions will be able to take place inside during days we cannot work with the horses. During these indoor sessions, we will still do therapy and horse-related activities, like learning more about our equine partners (e.g., body parts, tack, horsenalties, etc.). We will also make use of the office on rainy days, and though it's hard to imagine now, also on days that are too hot!

We will always post on Facebook if sessions are canceled, so make sure you follow us (facebook.com/hopeandhealingacademy). Please contact your therapist if you decide you cannot make it due to weather or an unexpected event. Your therapist will review our cancellation policies with you if you have any questions.

UPCOMING DATES

UPCOMING BARN BREAKS

APR 29-MAY 4

Q2 VOLUNTEER ORIENTATION

APR 6 (TENTATIVELY)

