

# PROGRAM IMPACT REPORT

2023



# EXECUTIVE SUMMARY

Over the years we have tried to capture data in various ways. Nothing felt right. As defining success in another person is a too common mistake. Today in partnership with FMG leading we created a process that allows the individual to self-define success post the 41-day course. In this report you will hear from unique individual perspectives of their transformation and change journey. Our goal is to holistically represents the truth as opposed to fragments or biased portions of information.

A response rate of 93% gave us significant data to guide program improvements, strategize capacity building opportunities, and quantitatively and qualitatively measure program impact. The impact is inspiring, and we continued to be moved by the responses.

Thank you for making this possible.





# SURVEY OVERVIEW

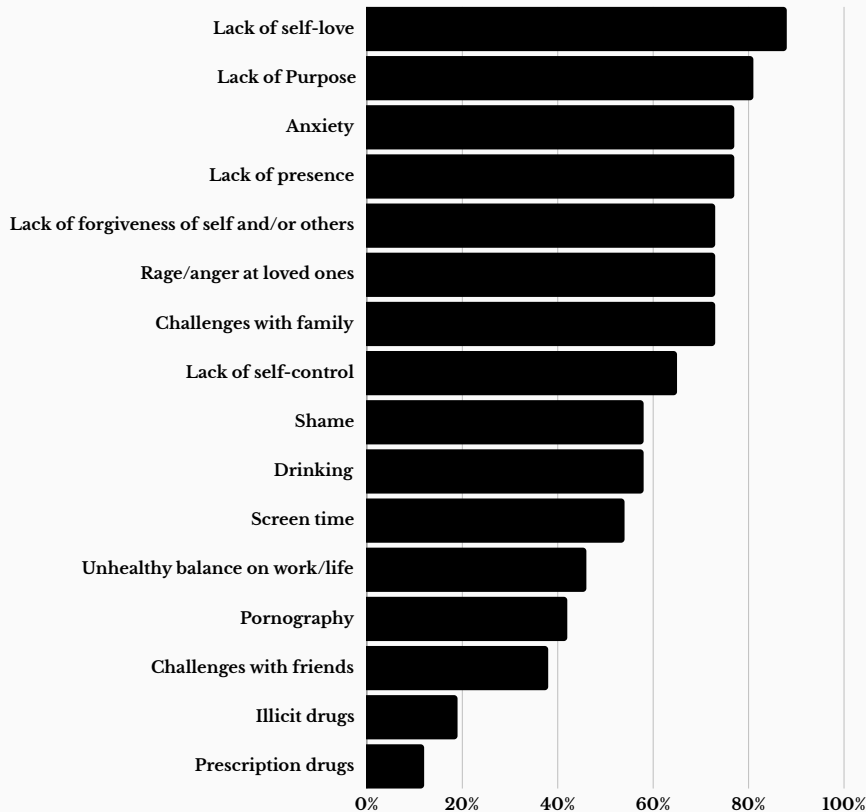
The survey contains a total of 19 questions and is formatted with multiple choice, response scale, and short answer questions to provide both quantitative and qualitative data.

The survey is divided into three sections:

- Pre-program self-assessment and curriculum
  - (6 questions)
- Horse-human connection
  - (4 questions)
- Mindbody modalities and post-program impact
  - (9 questions)



# MINDSET PRIOR TO THE PROGRAM



## IN THEIR OWN WORDS

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*"I was confused. I knew I was not satisfied with my life yet I did not know what I wanted. I was full of depression and self hatred. I was insecure about my performance at work and being a father due to my drinking and numbing out."*

*"My relationship with my wife was drifting towards more distance. I felt without purpose and divorced from civilian life. Life had little joy."*

*"I was not grounded in reality, I drank daily. Averaging a dozen drinks a day. I used psilocybin to balance myself during the day and also smoked THC. I didn't feel anything but was easy to anger. My relationship with my family was strained because of my erratic behavior."*

*"Numb to everything and ready to call it quits."*



# EXPECTATIONS FOR THE PROGRAM



## HOPE

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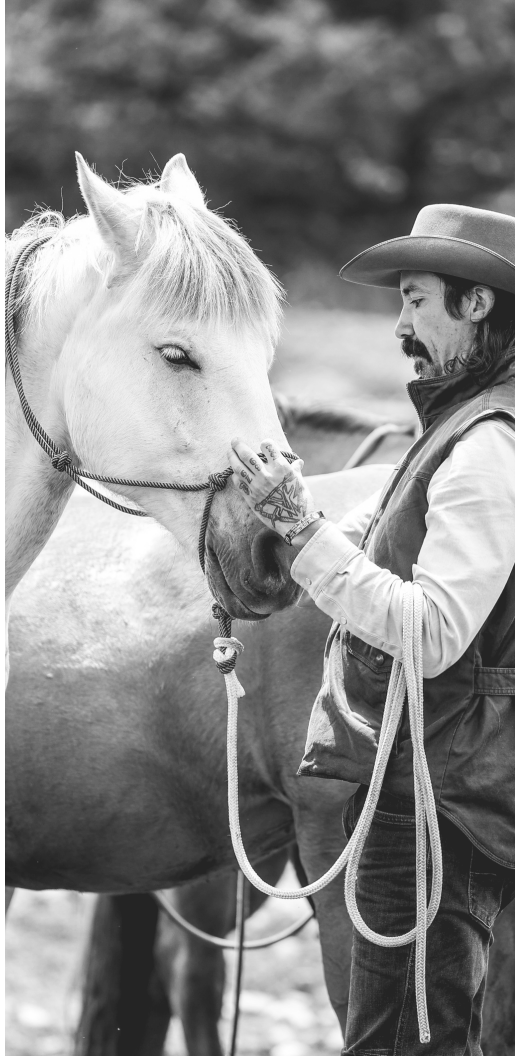
*"Work through my issues and figure out the why and how to bet better and stay better. Not fail my marriage by being angry and not sympathetic or appreciate."*

*"I anticipated being able to find myself again and heal the wounds of the past."*

*"I was hoping to kick start a reintegration process, to rediscover some connectedness and find joy and purpose, and to reconnect with horses, which I knew had previously really provided a connection for me."*

*"I was open to everything, as nothing I was doing was working and my mental health was in steep decline. I was hoping to find new perspectives and a better approach to life. I wanted to "reboot" my current trajectory and rebuild a deeper relationship with my wife, and family and have the strength to better assist those who needed and relied on me. I anticipated that the program would be a life-changing experience and was willing to fully open up to every element that was offered - horses, diet, exercises, maxim labs, and fellow veterans. I wanted to be surprised by the unexpected and the potential outcomes in myself that might result."*





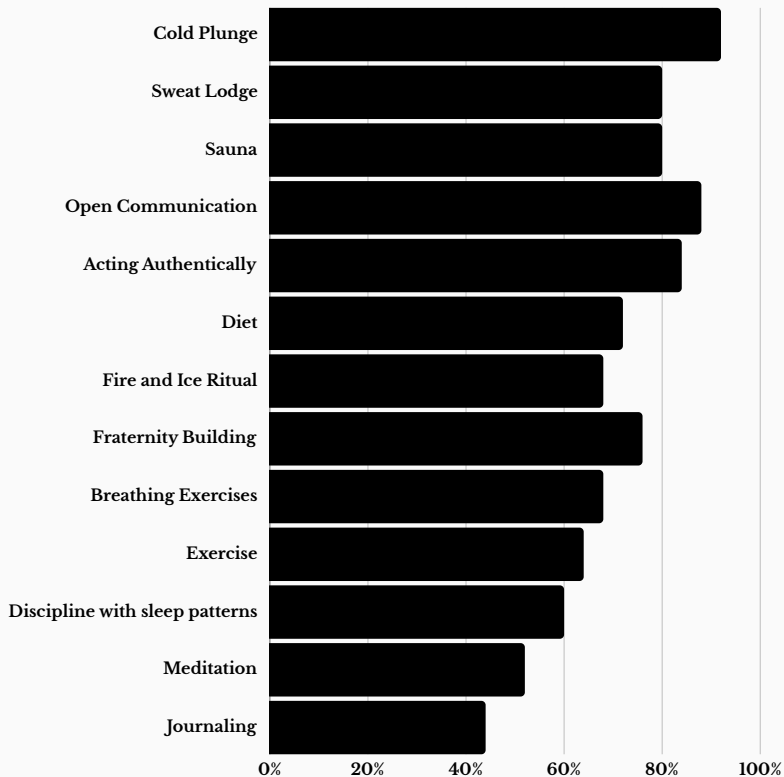
# THE POWER OF THE HORSE

*"I learned (and am still learning) more from my horse and those of other riders than I can list here. My horse seemed to sense every feeling I had and responded to me accordingly. I learned how short-tempered, unforgiving, mean, and controlling I was. I learned patience, compassion, understanding, loyalty, and compromise from him. I believe the most growth I gained from the course was in interactions with my horse."*

*"The horse/veteran relationship was THE central element of the entire program. It is not cliché to say that my horse was the mirror to the depths of my soul and I am becoming emotional just thinking about that connection... On deeper reflection that horse has saved my life and has caused me to change how I now live my life! Every day I reflect on that connection and the impact it has had on me."*

*"As I began to pay more attention to my thought process when training on my horse, it became abundantly clear that I cared more about what people thought of me than actually accomplishing a successful relationship, my horse was able to show me what my thought process was like under stress, which was identical to the way I handled stressful situations at home. It wasn't until the trip that I realized I kind of had a mind full of razor blades, and I just couldn't wait to use them on myself and others. My horse taught me how to be more patient in life through its forgiveness. I truly believe that my horse made me a better father I have a different understanding of patience now."*


Program modalities and their contribution to participants' clarity, growth, and self-learning.



*\*Data represents the percentage of participants who responded "very" or "extremely."*




# PERSONAL INSIGHTS

100% 


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Participants reported that they found more peace, serenity, and acceptance of things they cannot change.

96% 


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Participants reported that they can apply lessons learned from H&H to their community.

96% 

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Participants reported that they found deeper meaning and sacred purpose in their daily lives.

88% 

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Participants reported that their relationships with their families are more meaningful, healthy, and authentic.

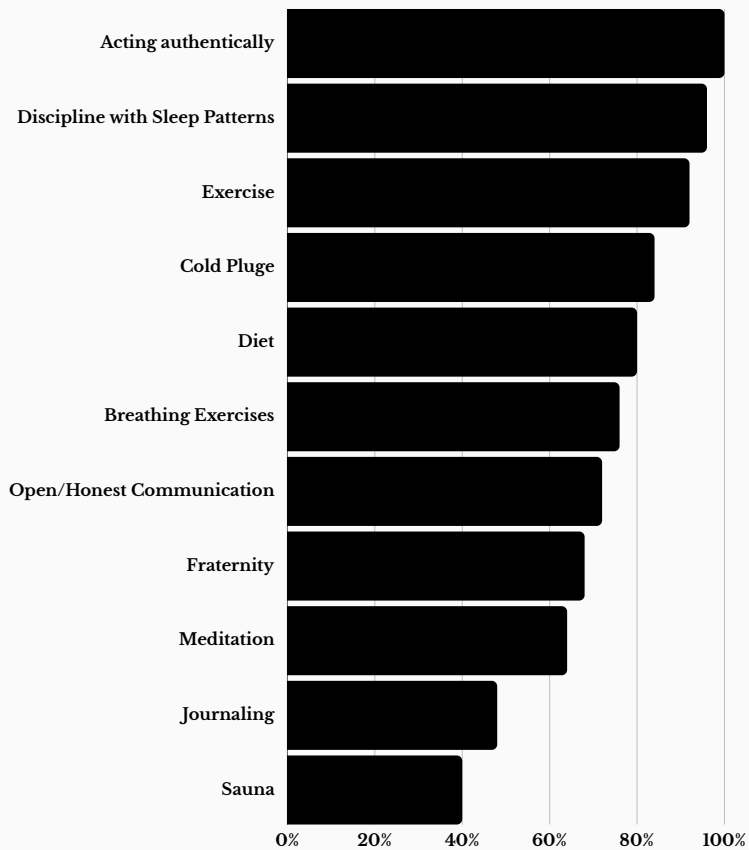
*"I am more open, I have more understanding and sympathy of the defenses that I built up and how they effected those around me and myself, and how I could deconstruct those defenses and open myself up to life and those around me."*

*"I've had some open and candid conversations with my family, and as a result, I think they appreciate some of my struggles. I am trying to be present in their lives, and trying to support them in the ways that they are currently supporting me both physically and emotionally, some of these are daily struggles with a work-family balance but at least we are having an open discussion and hopefully it will make a stronger bond."*

*"I'm around other veterans every day at work and I continue to do the hard stuff and have deep meaningful conversations about obstacles, life, and being mindful always though the ways I learned at HH."*

*"The changes were slow but I think the most beneficial thing I took from HH is practicing patience and thinking positively."*

## Program modalities incorporated back into daily lives post-program



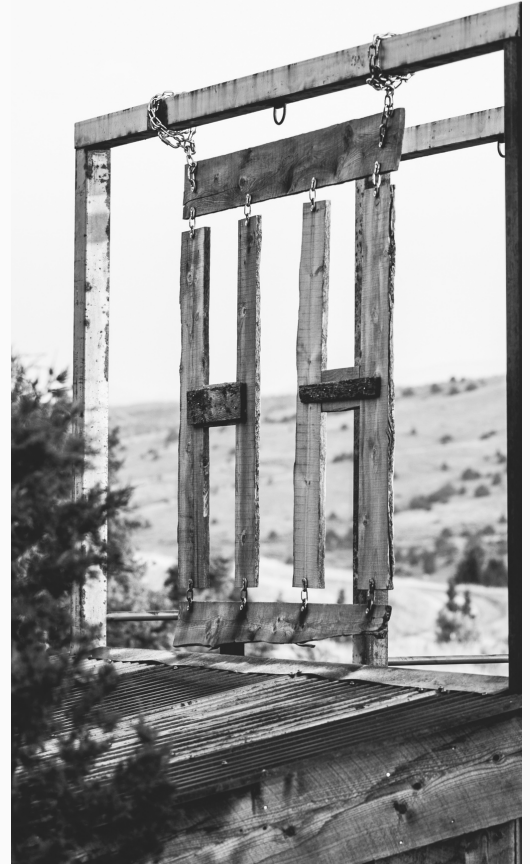
# FINAL THOUGHTS

*“I truly believe there is magic happening at the H&H Ranch and that all the people I encountered there truly care about the vet attendees, the animals, and the mission. This was truly a life-changing experience that will have life long and far-reaching impacts on not just attendees but their families, friends, and communities. Sincerely appreciate the opportunity to attend and hopefully serve to help others in the future.”*

*“I am extremely grateful for the opportunity, the people I met there, and the mindset of the individuals that helped guide me. It's a place I call home with some people I now consider family, who I look forward to helping change the world with.”*

*“Heroes and Horses was life-changing for me. It still is changing my life. Every day I strive to be just a little bit better. I found a new way to think about trauma, trials, obstacles, and life! “*

*“The experience I gained throughout my time there has truly changed my life for the better. Never before that, I held myself more accountable with the understanding that the inside world truly does create the outside world. I understood that I should go where I'm appreciated versus tolerated, and that I deserve to be here.”*



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