

PROGRAM IMPACT REPORT

2022



EXECUTIVE SUMMARY

In 2022, we continued to refine our evaluation strategy in partnership FMG Leading. This effort led to the creation of an improved and more purposeful survey designed to evaluate program effectiveness and impact.

The survey comprises multiple choice questions, rating scale questions, and open-ended questions to elicit as much information as possible. We shared the survey with all past participants in early November 2022, and asked that responses be submitted by early December.

A response rate of 52%, 22 points above average, gave us a breadth of data to guide program improvements, strategize capacity building opportunities, and quantitatively and qualitatively measure program impact.

The impact is powerful, and we have been moved by the responses.



SURVEY OVERVIEW

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SAMPLE SIZE

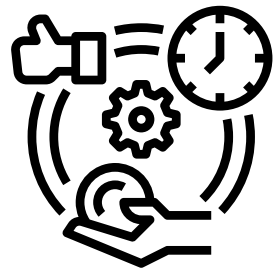
Graduates from 2016-2022 were interviewed

The survey contains a total of 17 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
 - (7 questions)

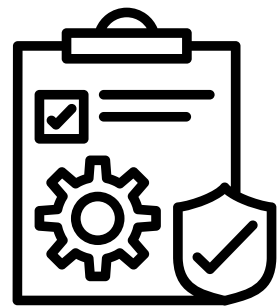
LEARNING OBJECTIVES



- Evaluate the effectiveness and impact of key program components, including pre- and post-program curriculum, the value of the horse-human connection, and mindbody modalities

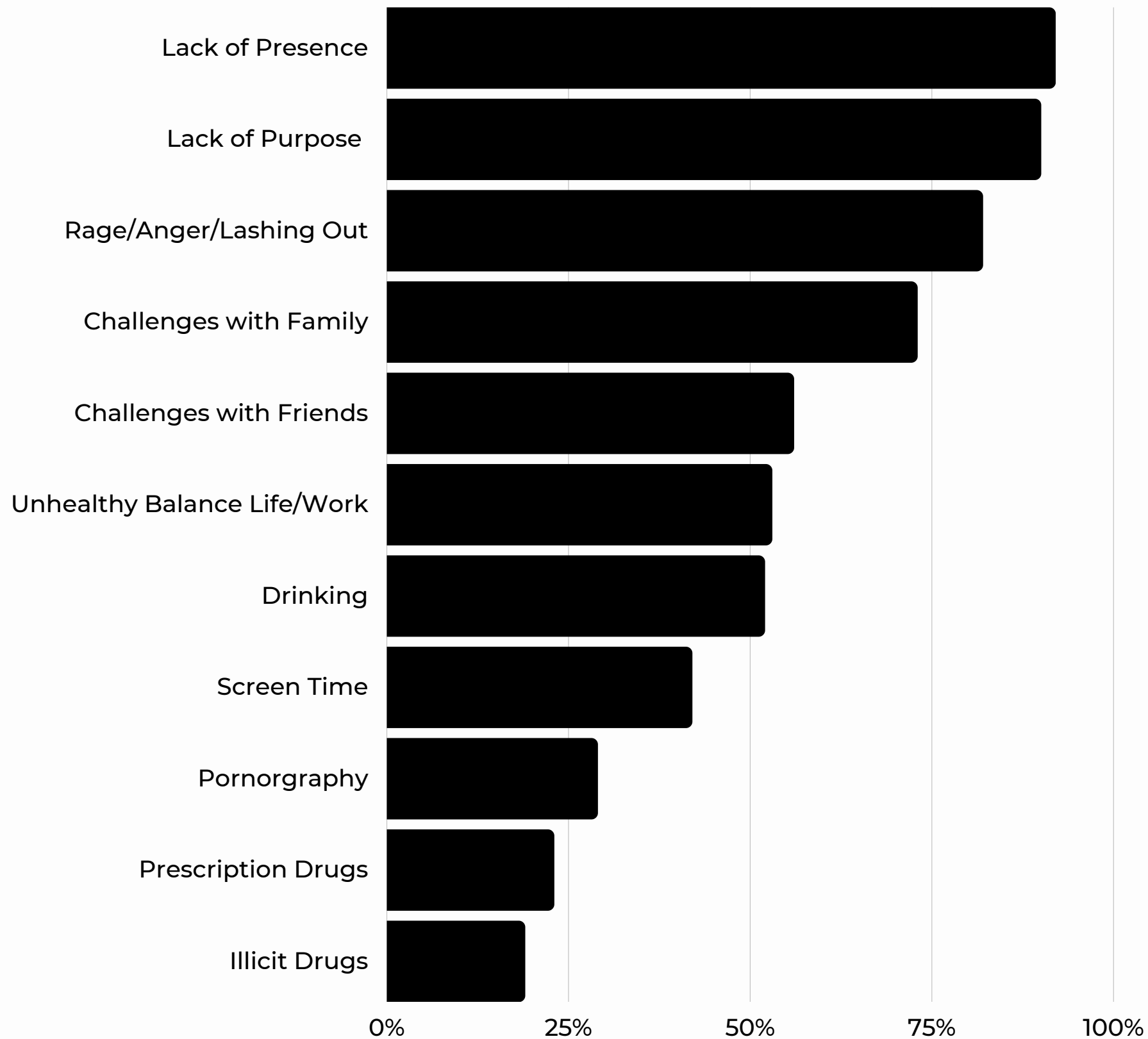


- Assess participants' state of mind, family relationships, healthy habits, and overall sense of purpose in life pre- and post-program



- Gain insights on the quality of program instruction and delivery

MINDSET PRIOR TO PROGRAM



IN THEIR OWN WORDS

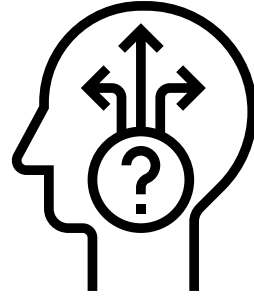
"I had given up on most everything and accepted that life was just shit. I was at a stress level I had never experienced before at a job that I hated. My marriage was struggling because of my apathy. My children scared of me due to my anger and rage."

"Hopelessness depression loss of purpose loss of drive and direction."

"I was taking 15 different medications prescribed by the VA. I stopped taking the medications 3 weeks prior to my arrival to HH. My body was going through withdrawals, and I was physically and mentally exhausted. I went through a divorce, marriage of 15 years, and was at a bad place in my life. I was medically retired from my job 1 year prior so struggling to find purpose in life."

"I was deeply lost. Without purpose. Everything I had built was put into my identity as a soldier and I had never wanted to be anything else."

EXPECTATIONS FOR THE PROGRAM



UNCERTAINTY

"I had no expectations, I came as a blank canvas. Open to anything. I just wanted to complete the program or die trying. Since I was pretty much dead already."

"I didn't know what to expect, I just knew I needed a change."



HOPE

"Hope of being able to turn my life around get back on point find a purpose."

"Hope, a healing place for me to find myself."

"Hoped to feel challenged. Wanted to find purpose again."



CHALLENGE

"I was hoping to challenge myself and break myself out of my own destructive cycle. I hoped to come away with a clear sense of purpose."

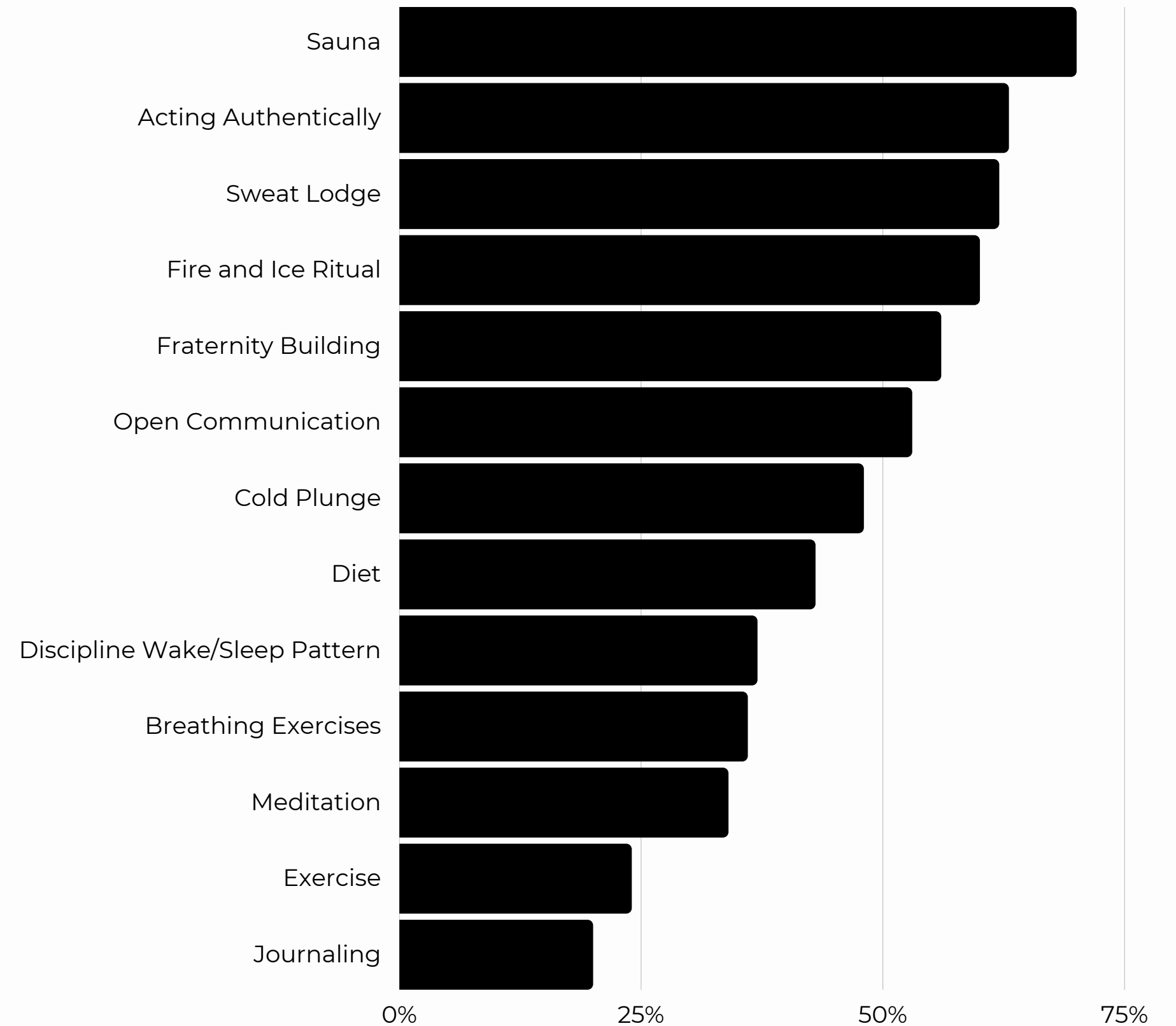
"I expected them to be challenging. I underestimated the intensity greatly. I was physically prepared but struggled mentally."

"Expected it to be hard. Expected to be completely out of my comfort zone. Expected the program to have an impact, but never knew it could be as great as it was."



GROWTH

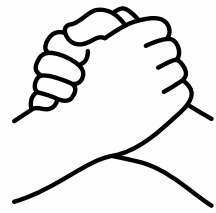
Program modalities and their contribution to participants' clarity, growth, and self-learning.



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

PERSONAL INSIGHTS

82%



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

92%



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

84%



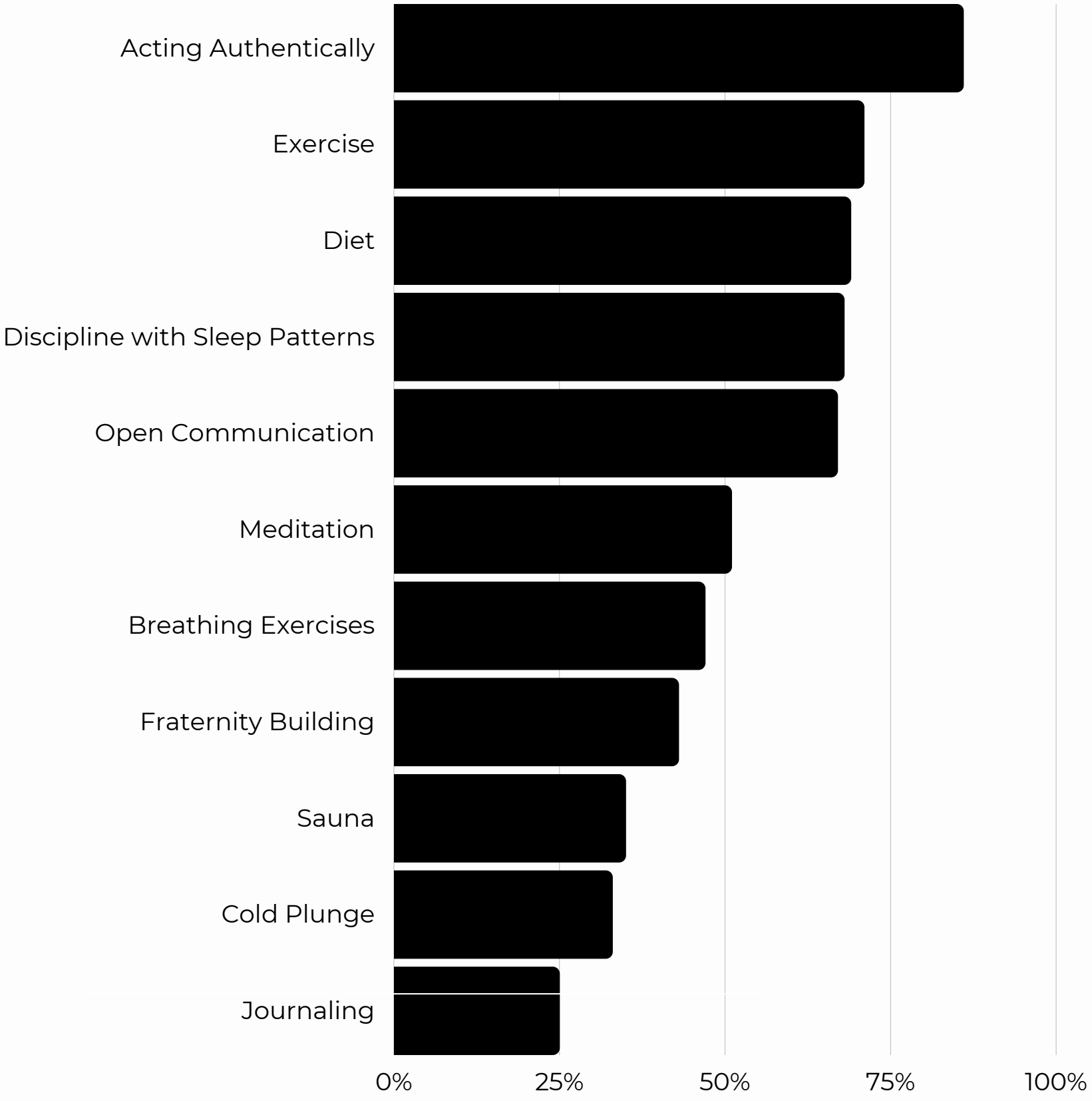
Participants reported that they found deeper meaning and sacred purpose in their daily lives.

"It was the experience we needed, not the experience we wanted. One take away I wasn't expecting was being comfortable in my own head. I also realized something that was missing in my life on that trip. Fatherhood." - Graduate

"I'm more present with my family, more in tune with my emotions. I'm able to identify negative thoughts and feelings and cut them off before I let them take over. I'm understanding of my place in life and my current outlook is that I'm exactly where I'm supposed to be." - Graduate

Life has become more peaceful and less conflict. When there is conflict, it is handled in a much different manner than before H&H. This has promoted a more healthy atmosphere within our family. - Graduate

Program modalities incorporated back into daily lives post-program



MOVING FORWARD

NEXT STEPS

The new survey has been instrumental in evaluating key program components, including pre- and post-program curriculum, the value of the horse-human connection, and mindbody modalities, as well as assesses participants' state of mind, family relationships, healthy habits, and overall sense of purpose in life pre- and post-program. This data is critical for future strategic planning, capacity building, and program growth.

Furthermore, anecdotal evidence shared by past participants related to personal insights, growth, and learning also serve as powerful qualitative data to demonstrate program impact and effectiveness.

Our post-program survey will be utilized annually and shared with each participant after graduation to measure short-term program impact.

To measure long-term program impact, our next step is to develop a survey to share with program participants every three years.

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