

Small Miracles 2022 Therapeutic Horsemanship Annual Report

To each of our donors, volunteers and community partners, THANK YOU for supporting Small Miracles' Therapeutic Horsemanship program serving individuals with special needs and disabilities through Equine-Assisted Services (EAS). YOUR generosity enabled us to sustain and systematically grow this program, without adding financial burden to student families despite rising inflation. YOUR generosity bridged the gap between actual program costs and the participants' ability to pay, which eliminated financial barriers for 59 participants during 1,299 direct service hours.



SMALL MIRACLES STAYS CURRENT OF OUR COMMUNITY'S NEEDS

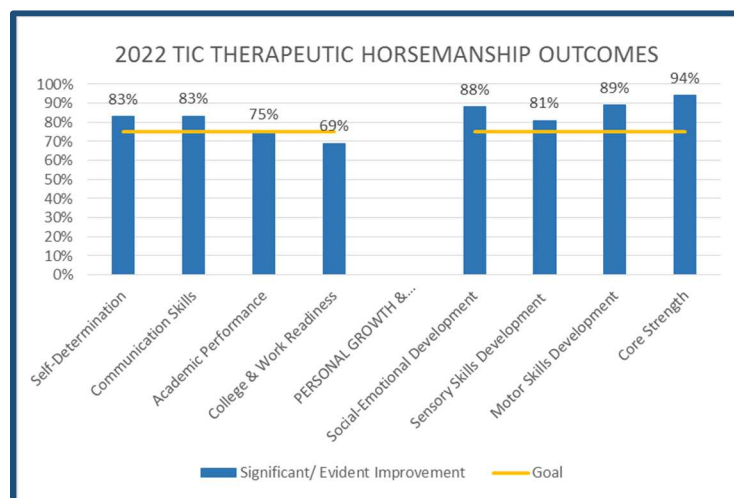
Therapeutic Horsemanship programs enhance the physical, social-emotional, cognitive and behavioral growth of our participants challenged with, but not limited to, Down syndrome, cerebral palsy, intellectual developmental disabilities, and neo-natal drug/alcohol exposure.

HOPE Connection specifically serves individuals on the autism spectrum and/or with sensory processing disorder. With an emphasis on social-emotional connection, these equine-assisted activities help to prepare students for higher learning and provides work-readiness skills.

For those who are also navigating co-occurring diagnosis due to Adverse Childhood Experiences, Trauma-Informed Care-Equine-Assisted Services (TIC-EAS) are facilitated in order to help mitigate harmful, negative effects, develop resiliency and give hope for a brighter future. An increase in requests for our effective, holistic and unique TIC-EAS continue from families, guardians, and medical- and mental health professionals. This has resulted in a post-pandemic increase in the numbers of individuals served and of those placed on our waiting list.

2022 THERAPEUTIC HORSEMANSHIP PERSONAL SUCCESS STORY

I can't say enough GREAT things about Small Miracles; what this program has done for Jimmy can't be measured. Due to Jimmy's autism diagnosis, he was previously involved in PT, OT, social skills groups and counseling. It was hard to manage all this. Small Miracles took the place of all of these and more! I have seen more improvement with Jimmy's participation at Small Miracles than all of the other services combined." SM therapy horse Terry has helped Jimmy progress over the past six months.



Thank you to our 2022 sponsors of Small Miracles' Therapeutic Horsemanship Programs:

United Way of Greater Kingsport, Ballad Health Foundation, Gray Community Chest, Palmer Center Foundation, Inc., Speedway Children's Charities, Tony Stewart Foundation, Tweed Family Foundation, Variety Children's Charities of Eastern TN,.



Small Miracles maintains the Gold Level of Accountability and Financial Transparency on www.guidestar.org

Small Miracles 2022 Positive Youth Development Annual Report

To each of our donors, volunteers and community partners, THANK YOU
for supporting Small Miracles Trauma-Informed Care
Positive Youth Development (TIC-PYD) Equine-Assisted Services.

YOUR generosity provided over 600 pro bono hours of service for 106 children and youth at-risk during 2022.

SMALL MIRACLES IS THE ONLY AGENCY IN NORTHEAST TN/SOUTHWEST VA OFFERING TIC-EAS

Small Miracles TIC-PYD strives to be a relevant program attuned to the community's increased pressing needs. We are "boots on the ground" providing services to our area's hurting children and youth who are dealing with the escalation of intense and complex mental health challenges due to Adverse Childhood Experiences (ACEs); a lack of basic needs and/or the presence of a caring adult, homelessness, the prolonged pandemic, and generational trauma.

This experiential, psycho-educational program encourages neuroplasticity, strengthening of the brain architecture, executive functioning and development of social-emotional resiliency skills— key factors that lessen or eliminate the potential harmful effect of ACEs. The responsibility and nurturing of another being— the horse keeps our traumatized children and youth present in the moment— develops a mutual, attuned relationship. This releases anger, stress and sadness, which opens the students' hearts and minds to receive hope and healing through TIC- equine-assisted services. Horses intuitively feel the student's emotional pain and surround them with hugs of love. Their soft ears listen as fears, hurts and dreams are shared.

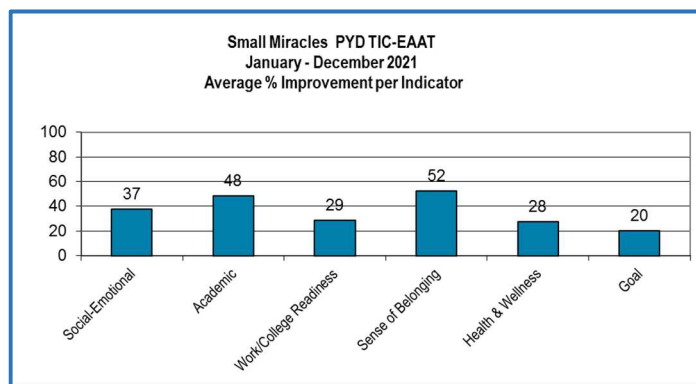
COLLABORATING WITH OUR COMMUNITY

Small Miracles' long-standing partnerships continue with Kingsport City's Washington Elementary Social Adjustment Project and John Sevier Middle School's diversionary program, Warrior's Academy; Frontier Health's two residential treatment homes for court-adjudicated female/males adolescents- Link House and Sullivan House—and Girls Inc. of Kingsport. Frontier Health also refers private children and youth, as does The Middle Path's Teens Group.



A SUCCESS STORY

Addie came to Small Miracles through our collaboration with Link House, coming from a Behavioral Health residential treatment program for youth. She struggled with homelessness, abandonment, trust issues, and anxiety. She was drawn to therapy horse Phoenix who had a relatable story. Through TIC-EAAT lessons, Addie experienced calming, trust and self-worth. She is currently living with her grandmother, attaining her educational and social - emotional goals. "Small Miracles helped me so much!"



Thank you to our 2022 Positive Youth Development TIC-EAS Sponsors:

**United Way of Greater Kingsport, Ballard Health Foundation,
East Tennessee Foundation Youth Endowment, Speedway Children's Charities**



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Small Miracles 2022 Horses Empower Heroes Annual Report

To each of our donors, community partners and volunteers, thank you for supporting Horses Empower Heroes.
YOUR generosity enabled Small Miracles to provide over 1,0650 hours of pro bono Trauma-Informed Care Equine-Assisted Services (TIC-EAS) for 45 to military veterans. Small Miracles served veterans from three James A. Quillen Mountain Home V.A. programs and veterans from The Vet Center in Johnson City.

Horses Empower Heroes (HEH) promotes the self-sufficiency and emotional well-being of veterans navigating PTSD, TBI, depression, moral injury, Substance Use Disorder and Military Sexual Trauma (MST) by enhancing cognitive, emotional and social growth through Trauma-Informed Care EAS that emphasizes an awareness of living in the moment, while moving forward in life with clarity and intentionality.

HEH is increasingly imperative as the isolation caused by the prolonged COVID pandemic accelerated anxiety, depression, PTSD, and combat stressors within the Veteran population.

Because Small Miracles appreciates the brave military service people who have already greatly sacrificed—and continue to sacrifice on a daily basis— HEH is provided at no cost.

Small Miracles does not receive funding from the Veteran's Administration or any government source, so YOUR support helps to ensure the sustainability of our Horses Empower Heroes program.



"I just wanted to thank you again for having Horses Empower Heroes and Petey available to help heal my wounded heart. September 28th was the last day I had an active thought of killing myself. Right now I think of it the same as October 5th. That is sobriety date. I won't forget my *suicide thought free* date. Two days later I met Petey. I don't think it was coincidence that I haven't thought of suicide since I started my relationship with Petey."

Petey

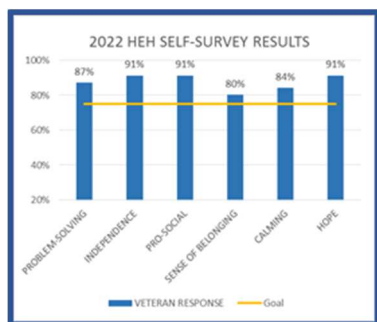
Ken, 2022 HEH Veteran

Horses Empower Heroes program graduate and U.S. Army Military Police Veteran, Michael, lives with PTSD and severe post-combat stress. He shared "I am very broken ... I am so filled with shame; I tried to take my life. This place [Small Miracles] helped me to want to seek treatment; I knew if I went to the VA for help, I could come out to the horse program."

Michael and therapy horse, Lakota, "chose each other" and instantly bonded. "She rested her head on my shoulder and took my pain away." He asked about Lakota's story. I shared that when Lakota was born, she was "tagged" for destruction, fortunately, she was rescued. "See, I knew we understood each other, neither one of us was supposed to live." Michael

went on to share more about his combat experience and his job responsibilities as M. P. that required him to train the Iraqi police, though he was only 18. On March 22nd, 2005, his unit was driving through a rural town outside of Bagdad, when an IED deployed. He lost 5 of his buddies that day and Michael was shot in his left thigh — he will never forget that day. When Michael recovered, he rejoined his unit and went back into the field. "You can say nothing to your horse, you can say everything to your horse; they are listening," Michael said with tears in his eyes. Michael successfully completed his treatment program at the VA and secured housing close to Small Miracles. Michael continues to consider Lakota his therapist — giving him peace and healing his war torn heart.





Daily Veteran's Surveys validate the hope and healing the horses bring to the participants. Once again, 100% of the veterans reported that they would recommend HEH to their fellow veterans.

Thank you to our HEH sponsors:

-United Way of Greater Kingsport

-Citi Community Contribution Program

-Walmart Community Foundation (Stores #5734, #1080 & Sam's Club #8222)



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