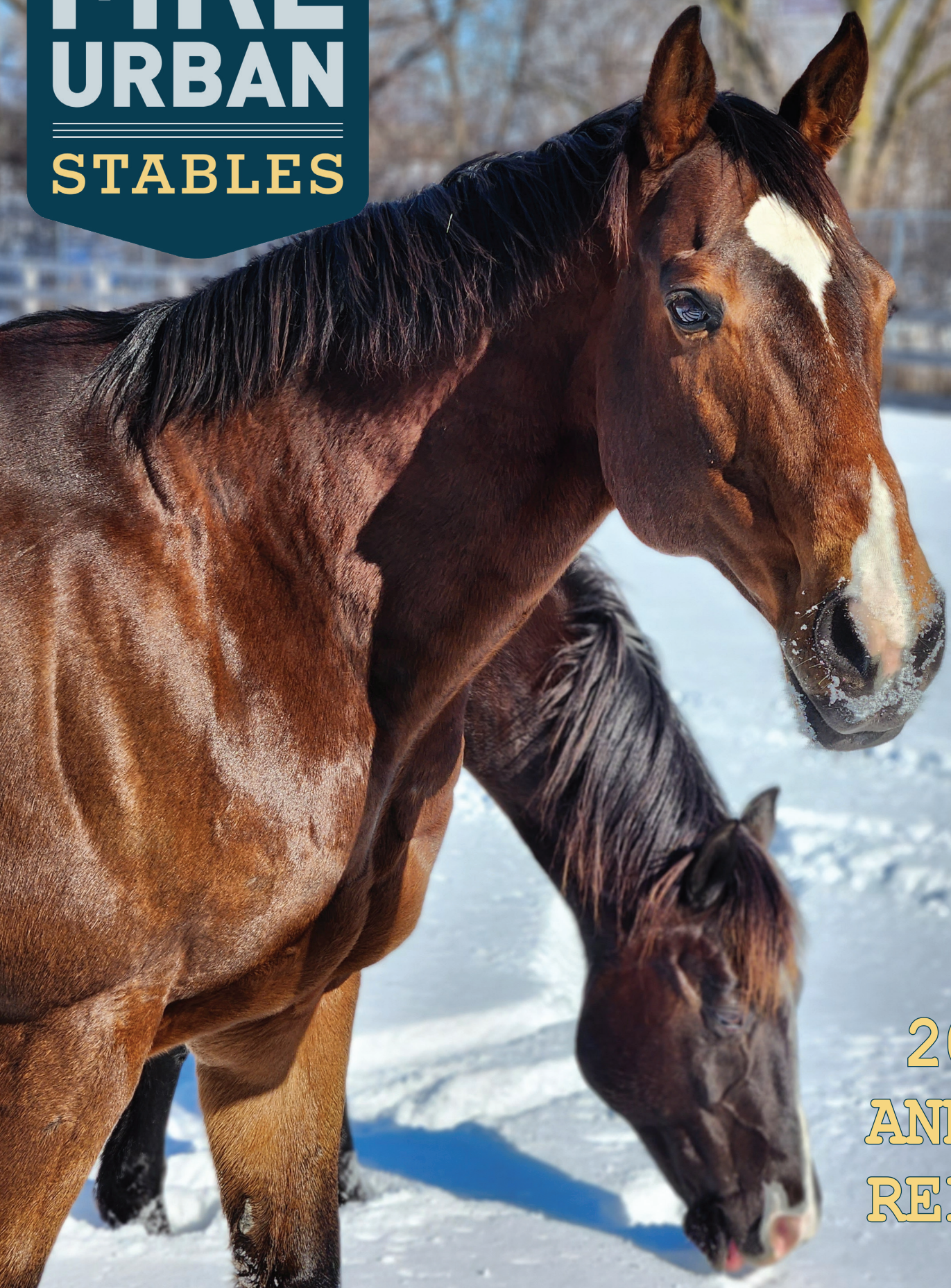


MKE
URBAN
STABLES



2022
ANNUAL
REPORT

Dear Friends of MKE Urban Stables,

Thanks to the unwavering support of our community, 2022 has been one to celebrate. We are humbled and grateful for your continued support of our mission. We have come a long way this past year, our first full year of providing equine-assisted services, and we are very proud of our achievements. Everything that we set out to do this year has been accomplished.

We are fully staffed with the strongest, most experienced, energetic team. These individuals are at the core of everything we do, ensuring that our participants and families have a warm, inclusive, and safe space as we grow to extend our programming to future participants.

This time last year, we had a small handful of dedicated volunteers. Thanks to a new vibrant training program this past year, we have expanded to over 53 trained volunteers, with another 60 on a waiting list. These essential volunteers serve as ambassadors, barn helpers, horse handlers, and fundraisers. We would be lost without them as they help us promote a culture of service and a supportive community.

Many thanks to our flagship partner, the MPD Mounted Patrol, for their flexibility and collaborative effort in working alongside our staff and volunteers to ensure the best experience for all our program participants. And special thanks to Chief Norman and his leadership team for promoting and using the stables as a multi-cultural gathering place for youth and the community. It is refreshing to see the impact we have on people from the community when allowed to interact positively with police, whether on a tour, in a meeting in the Community Room, or on their majestic horses in the stable or paddock. Peace and good will always prevail here.

Last, we thank everyone who took a leap of faith and invested in our vision, supporting us through these early years. Thanks to your generosity, we are proud to say that we met our fundraising goal this year.

As we start the new year, we are excited for the future of MKE Urban Stables—building upon a solid foundation to expand our impact, increase our reach, and accelerate our pace. Thanks for staying with us on our journey.



Mary McIntosh
Executive Director



Kent Lovren
President



2022 BOARD OF DIRECTORS

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Milwaukee County District Attorney's Office*

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*Lawrence G. Regner Executive-in-Residence
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Business, UW Milwaukee*

Fred Royal, Jr.
*1st Vice President-NAACP Milwaukee Branch;
Manager of Youth Services - The Center for
Self Sufficiency*

OUR MISSION

*Connecting people with
horses and with each other,
to build community through
service, care and healing.*

MKE URBAN STABLES PROGRAM PERSPECTIVES

Over the past year, we have had the privilege of hosting a wide variety of groups for programs at MKE Urban Stables. As a result, we have designed a collection of equine related activities that help us meet a range of goals such as team building, creating empathy, and reducing anxiety and stress. We also offer practical knowledge as participants learn how to groom and care for our horses and how to communicate with the horses in the most effective way.

After consulting with our partners, MKE US staff select activities or create new activities that will guide participants to work toward achieving their goals. Sometimes the goals are as simple and delightful as a first-time encounter with a horse or donkey. Often, however, we hope participants learn about these impressive animals and themselves in profound ways that are unique to human-horse interactions.

We offer two types of programs: Equine Assisted Learning and Equine Assisted Therapy.

Equine-Assisted Learning (EAL) is an experiential learning style that promotes the development of life skills. Personal growth and social/emotional development are taught through horsemanship. Through a horse-human bond, clients can reach personal goals such as trust, self-esteem, emotional regulation, and self-confidence. Our staff and horses (and our donkeys) provide a safe environment for clients to experience a reduction in stress and anxiety while learning emotional and social awareness. Research has demonstrated that EAL programs enhance social competencies and reduce stress among youth participants. We have served grade-school, high-school, adult and developmentally challenged populations, each of them leaving with a sense of calm and a greater understanding of themselves and the horse.

Equine-Assisted Therapy (EAT) is an effective modality of psychotherapy which uses a team approach in healing individuals suffering from various mental health disorders. The sessions include a client, a licensed mental health therapist, a certified equine specialist, and an equine (or several equines). An example of why horses are effective in therapy is when the equine “mirrors” the emotions that the client brings to the session. The equine specialist recognizes the behaviors in the animal and the therapist works with the client to understand, recognize, and work through their emotions in a healthy and safe manner. There are many different EAT treatment modalities that aid in healing a wide range of mental health diagnoses including trauma, anxiety, PTSD, emotional regulation, social isolation, self-confidence, self-worth and more. Individual and group therapy is provided by mental health professionals from Rawhide Youth Services and Clement J. Zablocki VA Medical Center while the facility, equines and equine specialists are provided by MKE Urban Stables.

VOLUNTEER SPOTLIGHT: KATHRYN SCHEER

The Volunteer Training at MKE Urban Stables has become a program unto itself.

Having worked with therapeutic riding programs all my life, I have seen the horse behavioral problems that develop due to inconsistent handling by the many people involved in a program. There usually is not time to provide training to volunteers since the program emphasis is on servicing clients and fund raising. However, you cannot service clients effectively if you are struggling with horse issues.

The main labor force at a non-profit is the volunteer base. Everyone knows a business needs skilled labor to succeed. This is no different with a non-profit organization. Volunteers come with passion and a desire to serve. By providing education in the art of horsemanship, MKE Urban Stables is not only enhancing the life experience of the horses used in therapy but also the lives of the volunteers.

One volunteer is a retired nurse who has loved horses all her life. She told coworkers that when she retired, she was going to “get down and dirty” with horses. She is participating in the advanced training sessions and feeling fulfilled and loving the knowledge she is gaining. A volunteer who is a veteran is learning in-depth ground handling skills and horse psychology in her volunteer training at MKE Urban Stables. Her hunger for more knowledge is being satisfied.

What every volunteer learns in the training is that they can use these skills with any horse they encounter in their life beyond MKE Urban Stables. However, the art of horsemanship requires the human to evaluate him/herself. The manner in which the human interacts with the horse is a reflection of their personal energy level, stress carried from previous experiences, self-esteem issues either being low or high and empathy for other creatures’ perspective on life. Some people call this equine assisted learning.

By offering organized training for the volunteers, MKE Urban Stables is giving back to the people who freely give of their time. Basic volunteer

“Big Brothers Big Sisters is a proud supporter of MKE Urban Stables. Our ongoing partnership has been a wonderful opportunity for the youth and volunteer mentors we serve to develop a better understanding of working with horses and building relationships in our community.”

*Kelly Klus
Senior Director of Program Services
Big Brothers Big Sisters Milwaukee*

“Participants felt the calming effects of the horses through the engaging activities. It was easy to see the pride our participants felt in meeting, grooming, walking, feeding, and playing with the horses. The hands-on experiences they were provided has left a lasting impression.”

*Laura Mooney, MS, CTRS
REcreation Supervisor
Therapeutic Recreation*

training has created calmer horses for everyday handling which is a safety concern. Advanced volunteer horse handling training is creating a closer connection between horse and human which is enhancing the therapy sessions.

But what really is a “therapy session”? If everyone is truly honest, we all need mental and emotional therapy at some point in our lives. Often, spending time in nature is a recommended therapy, but hard to come by in an urban environment. MKE Urban Stables has brought a powerful force of nature to the concrete of the city.....the horse. Everyone who comes in contact with the horse gains the benefits of the therapy they have to offer.

Submitted by Kathryn Scheer





I cannot say enough about the work ethic, kindness and help they afford all the volunteers and organizations they host. This organization is one of utmost integrity.

Vicki Gumina



Volunteering at the stables means quality time spent with family and meeting great new friends like Ms. Sue, not to forget about the wonderful animals! I truly look forward to spending time doing chores, grooming, and being surrounded by the animals. Such a sense of peace and healing comes over us for the week. Thank you, Urban Stables!

Nadia Negron



Volunteering gives me a lot of satisfaction working with the horses, & seeing how we, with the horses, can assist the participants to grow, feel more confident, & even feel joy.

Linda Hunn



I have seen the happiness that both the horses and the staff bring to visitors. It is amazing. But I must say that it is a feeling that I share as well. I love the time I spend here as does my granddaughter. I am so thankful to be a part of this wonderful organization.

Jackie Zelmer



I came to the stables with the simple desire of wanting to add horses to my life, while knowing nothing about them. MKE Urban Stables and the staff provide a safe and lovely environment to learn about horses - so much so that I find myself GENUINELY excited to come muck stalls. Read that again... I'm excited to come muck horse and donkey stalls! All in all, I've found great personal growth and fulfillment with this lovely community at MKE Urban Stables.

Timm Gable



While working at the stable, I love seeing the joy and happiness on the faces of our guests when they interact with the animals. Also, I've seen the progression of the animals to become better therapy partners thru the training we have received.

Mary Koenig

At MKE Urban Stables, it's all groundwork, and this allows me a closer connection to the animals being face-to-face

Glenn Scheuerman



As a volunteer, the horses have been my greatest blessing. I have embraced peace, trust, connection, vulnerability, even silence. Immeasurable Gratitude to MKE Urban Stables. I am bursting with excitement for 2023 current and future programs.

LaVerne Casella



ARION & KHANE



MEET THE HERD

Every day our equines show up ready for work to take on our clients' burdens. They don't complain or disengage – ever. Instead, they willingly interact; each in their tender, compassionate way. That is precisely why they get the best care possible. Free-choice hay, high-quality grain, grooming, baths, vet and farrier care, exercise, grazing, and unconditional love. Our staff and volunteers spend countless hours ensuring every equine gets the care they need. Khane and Arion are featured on the front cover.

BRACKEN



Arion - 12-year-old Thoroughbred Gelding

There is no doubt that Arion would rather be running his heart out, but his body just can't handle the strain. He is our biggest challenge, requiring a lot of vet and farrier care, exercise, training, and TLC. And food. He is learning to dial down his energy to interact with clients. He is a big, beautiful boy with a kind and caring soul.

Khane - 15-year-old Paint QH Gelding

Khane is the newest addition to the herd, on loan to us from a very generous local horsewoman. We weren't sure how he would react to living with the donkeys, but he quickly became their ambassador. He loves them. Khane is already known as the "confidence builder" in therapy sessions. He loves to entertain a crowd, and in human terms, he would be known as the class clown or the life of the party!

FRANNY & HAWKEYE



Bracken - 21-year-old Dales Pony Gelding

What can we say...Bracken is THE BOMB! He is a favorite in the barn with staff, clients, visitors, and volunteers. He is an intuitive and human-like counselor of broken souls. In therapy sessions, he is a mind-reader, making soulful connections with everyone he meets. Bracken is also on loan to us by a dear friend of the Stables.

Franny & Hawkeye - 20+-year-old Miniature Paint Horses

Franny and Hawkeye are featured together because they are inseparable. These two horses are the champions of the underdog. Coming from a neglectful situation, they were wary and wild upon arrival. They will challenge people with bold personalities, but if you're shy or afraid, they will be your best friend.

PRISSY & PJ



Prissy - 20-year-old Miniature Donkey

The mascot and matriarch of MKE Urban Stables! She is slow in her demeanor but sweet and solid. Prissy is caring and intuitive; if she has a message to communicate with you, she will not quit until you understand. Some say that donkeys are stubborn, but in fact, they are thoughtful and careful.

PJ - 5-year-old Miniature Donkey

PJ is Prissy's side-kick. PJ is young and learning, just learning the ropes. He loves and trusts kids more than adults. By the looks of his damaged ear, he has suffered some trauma in his life, just like so many people that come to the Stables. But our kind and consistent environment has allowed his personality to shine!

MONTY



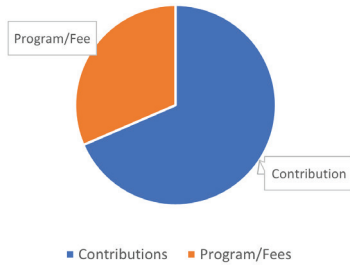
Monty - Barn Dog

If you've been to the Stables, you've probably been enthusiastically greeted by Monty. Whether doing tricks for Board members, chasing squirrels, leading Prissy out to the pen, or making new friends, he is a busy (and happy) barn dog.

2022 AUDITED FINANCIAL RESULTS

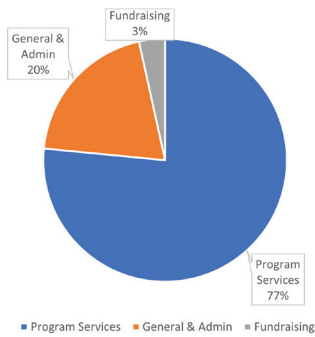
Support & Revenue

Contributions	365,281	69%
Programs/Fees	<u>167,973</u>	31%
	\$ 533,254	



Functional Expenses

Program Services	424,307	77%
General & Admin	110,949	20%
Fundraising	<u>19,099</u>	3%
	\$ 554,355	



Special thanks to the following organizations that supported our mission in 2022:

1895 Bancorp of Wisconsin Community Foundation, Inc.
 Bader Philanthropies, Inc.
 Forest County Potawatomi Foundation
 Greater Milwaukee Association of Realtors Youth Foundation
 Greater Milwaukee Foundation - Violence Prev.
 Green Bay Packers Foundation
 JX Gives Back Family Foundation
 William Collins Kohler Foundation
 Overwatch Alliance
 Tellier Foundation
 We Energies Foundation

Statement of Financial Position

Assets:

Current Assets	511,440
Property/Equipment less depreciation	5,584,446
Other Assets	<u>30,000</u>
	\$ 6,125,886

Liabilities & Net Assets:

Current Liabilities	247,856
Long Term Liabilities	1,395,578

Net Assets

Restricted	4,242,452
Unrestricted	240,000
Total Net Assets	<u>4,482,452</u>
	\$ 6,125,886

2022 Impact	# Clients Served
Equine Assisted Learning	420
Equine Assisted Therapy	75

Community Partners

Milwaukee Police Department
 Veterans Outreach of Wisconsin
 Wisconsin Department of Veteran Affairs
 Wraparound Milwaukee
 Harbor District
 16th St. Community Health Center
 Young Marines

Equine-Assisted Learning Program

United Community Center
 Milwaukee Recreation
 Safe and Sound
 Big Brothers Big Sisters
 Bay View High School
 Milwaukee Center for Independence
 UMOS
 Milwaukee Public Schools
 Teens Grow Greens
 Wauwatosa East High School
 Helping Hands
 Next Step Coventry
 Longfellow School
 MIAD
 For The Children MKE
 Repairing Together
 Veterans Upward Bound

Equine-Assisted Therapy Program

Rawhide Youth Services
 Zablocki VA Medical Center



Meet Our Staff!

Left to right, front row: Cody Cottrell, Monty, Patti Winter. Left to right, back row: Mary McIntosh, Nancy Ryan, Gwen Spangler, Bonnie Flynn, Anya Richardson



HOW YOU CAN HELP IN 2023

Sponsorship

We incur many expenses with our hard-working therapy horses, including veterinary costs, farrier and dental fees, feed, shavings and equipment, to name a few. A \$6000 sponsorship supports many of these expenses we incur throughout the year.

General Donations

MKE Urban Stables is a non-profit 501 ©(3) organization that relies on the generosity of our community. General, undesignated offerings are welcome year-round to assist with daily operations and take special care of our horses. Your donation is tax-deductible to the extent allowed by law.

You can donate on our website, www.mkeurbanstables.org, on a one-time or recurring monthly basis.



2023 IMPORTANT DATES

May 2

Veteran Meet and Greet, sponsored by the WI Dept. of Veteran Affairs, 5 to 7:30 pm

June 3

PJ & Prissy Private Event for Families and the Veterans, 10 am to 1:30 pm

July 14-16

Milwaukee Charity Horse Show, Ozaukee County Fairgrounds

July 18

Rotary Club of Milwaukee Luncheon, MKE Urban Stables, Noon

August 18-20

Milwaukee Charity Horse Show, Ozaukee County Fairgrounds

September 24

Harbor Fest, 600 E. Greenfield Ave. MKE, 11 to 3 pm

December 11

Volunteer Holiday Party, MKE Urban Stables, 5:30 to 8 pm

Stay up to date on MKE Urban Stables news and events by following us on Facebook!

