

# HUNKAPI PROGRAMS ANNUAL REPORT 2023



H U N K A P I





# HUNKAPI MISSION

**“We teach the world how to fear less and love more.”**

Hunkapi is a farm that teaches the world to fear less and love more. We create somatic experiences with our land and animals to connect all beings from their head to their toes. We believe that feeling is well-being and that you can plant, pick or trot your way to healing. We **are** the safe space to **OPEN YOUR HEART.**

## OUR VALUES

- BE Real
- BE Kind
- BE Grateful
- BE Fair
- BE Curious
- BE Playful



# CLIENTS/SERVICES DATA JAN 2023–DEC 2023

## HUNKAPI AND OUR HERD OF HEALERS DELIVERED 16,726 SESSIONS TO THE WORLD IN 2023

### Top 5 Diagnoses Served

- PTSD
- ADHD
- Adjustment Disorder
- Anxiety
- Autism

## DESCRIPTIONS OF PROGRAMS:

We have developed and implemented our own Somatic Equine Experience Curriculum into each program that we offer. At our farm, all clients, young and veteran, learn how to identify, feel, and move emotions in their body through our somatic approaches with and without our herd of four-legged healers.

**Equine Assisted Life Skills:** Clients work with the horses and Bachelor or Master's Level Behavioral Health Technicians in the arena to address identified treatment goals. These are most commonly unmounted activities with the horses and, on occasion, mounted. Session sizes range from private to groups of 12 and from 30 minutes to 4 hours. Common treatment goals include improving social skills, following directions, the ability to cope with anger, or identifying emotions. Hunkapi is proud to partner with the State of Arizona to provide life skills services to our Medicaid youth as well as other valley schools and organizations.

**Therapeutic Riding:** Goal-oriented riding program taught by PATH certified instructors for children with special needs. The focus is on learning to ride a horse despite challenges.

**Equine Assisted Psychotherapy:** Clients work with the horses and a Master's Level Professional in the arena to address identified treatment goals. These sessions are most commonly unmounted but, on occasion, mounted. Session sizes can range from individual to group and from 1 hour to 2 hours in duration. Common treatment goals include, but are not limited to, processing trauma, identifying coping skills for stress, and decreasing anxiety or depression. Hunkapi is proud to provide equine-assisted psychotherapy services to many of our Valley police and fire departments, addiction/recovery centers, and other community-based groups.

**Horseplay:** Revolutionary team-building experience that uses a beautiful setting, social interactions, and horses to flush out strengths, excitement, and positive change in teams and their workplaces. We have served corporations and institutions including Lululemon, American Express, Kargo, HonorHealth, Scottsdale Police Department and more at the list below.

## CORPORATIONS/ORGANIZATIONS THAT HAVE PARTICIPATED IN HORSEPLAY INCLUDE:

- |  |   |   |
|--|---|---|
| <ul style="list-style-type: none"><li>• American Express</li><li>• Lululemon</li><li>• Springboard Recovery</li><li>• Next Level Practice</li><li>• Gateway Academy</li><li>• Aurora Day School</li><li>• The Village Athletic Clubs</li><li>• The First Tee</li><li>• HonorHealth</li></ul> | <ul style="list-style-type: none"><li>• Scottsdale Police Department</li><li>• NCAA Basketball Commissioners Special Event</li><li>• Lead MD</li><li>• Desert VIP Services</li><li>• Lifetime Dental Care</li><li>• Victoria's Secret PINK</li><li>• Avenir Consulting Partners</li><li>• MC&amp;A</li><li>• Kaia Ra</li><li>• MercuryGate</li><li>• Arizona Public Service</li><li>• APS</li><li>• Kargo</li></ul> | <ul style="list-style-type: none"><li>• StrongTie</li><li>• KGHM</li><li>• Mayo Clinic</li><li>• New Pathways for Youth</li><li>• Limitless Actualization</li><li>• APAAC</li><li>• StoneTurn</li><li>• APS</li><li>• Kargo</li></ul> |
|--|---|---|



# FALLEN HORSE ANGELS

## ADIRA (STRONG)

"One look in her eyes and we knew there was something special about her so we rescued her from a kill pen with big hopes that we could nourish her up to fill a void we had in our herd. She was big and strong and once we got her off the trailer, broken, bruised and battered we realized she was even more strong on the inside than she was on the outside and so she was named "Adira" (strong).

We got her for her size to use a therapeutic riding horse, but in the end it wasn't her size that helped heal people, it was how she showed others how to heal from trauma. People watched her physical wounds heal while also watching her emotional wounds heal as she learned to receive love, touch, affection, hair braiding, food and treats. They watched her nicker come out and the spark fill her eye and one abused teen even said "If Adira can heal from what she has been through, then so can I".

She healed her heart, so that others could have hope that theirs could heal too.

Her life as an Amish horse had required her to be strong for so long. Strong pulling a cart and strong as a mama and it left no space for her to feel tired, weak, or cared for. It took the full 9 months she was here for the love and commitment we had for her healing to soak all the way into her soul, but I think it finally did and when it did, I think she laid down and said "I'm tired now". On Monday morning, we found her laying down and unable to get up. Her body had given out and she laid there quietly, not fighting, not straining as if to give us permission too to not fight for her anymore.

If we would've known the sickness, vet bills, and stress of what we were going into with her from the start, saying "yes" to Adira would've been hard to do. But, as we stood there in her final hours and circled her in love and laid our hands on her to thank her for the million ways she had touched our souls, I realized that no matter how short the time or how badly our hearts were breaking, ALL beings deserve to go out with that kind of love and peace. All beings- and we would and WILL do it again for another. This is the strength that was Adira and that even in her death she allowed us to feel." - Terra Schaad, Executive Director and Founder.



# THANK YOU TO OUR HORSES



Our beloved four-legged healers all have diverse backgrounds, each one finding a loving home through Hunkapi via generous donations or rescue efforts. Their incredible stories are not only amazing but also deeply touching. Serving as the very soul of our program, the horses of Hunkapi tirelessly contribute every day, making a profound impact by bringing their backgrounds of challenge and trauma into every session. This allows our clients to feel connected and hopeful that they can heal too.

## Thank you for your unconditional love and kindness



## Volunteer Info

Total Volunteers 2023:  
425  
+ 18,000 volunteering  
hours

## Board of Directors

Terra Schaad  
Founder, Executive Di-  
rector

Heather Malenshek  
Board Chair  
Land O'Lakes

Kristina Read  
Vice Chair  
Read Family Foundation

Jennifer Hersh  
Secretary  
Merrill Lynch

Toby Block  
Chair  
Block Energy Group

Arnie Zucker  
Chair  
Proctor & Gamble  
(retired)

Cassandra Helbert  
Chair  
BD

## Key Hunkapi Staff

Terra Schaad  
Executive Director  
B.S. Pre-Veterinary Medicine  
M Counseling Psychology

Sandi Carretero  
Operations Director

Ray Wood  
Business Operations Manag-  
er

Lacey Schuster  
LPC  
Clinical Supervisor

Seth Jenkins, L.P.C., L.I.S.A.C.  
Clinical Supervisor

Anne Keller  
Accounts Manager

Melissa Garner  
HR Manager

Jill Rivera  
Sales & Marketing Associate

Roxanne Holcomb  
Compliance & Quality Im-  
provement Specialist

Sandra Dontes  
LMSW

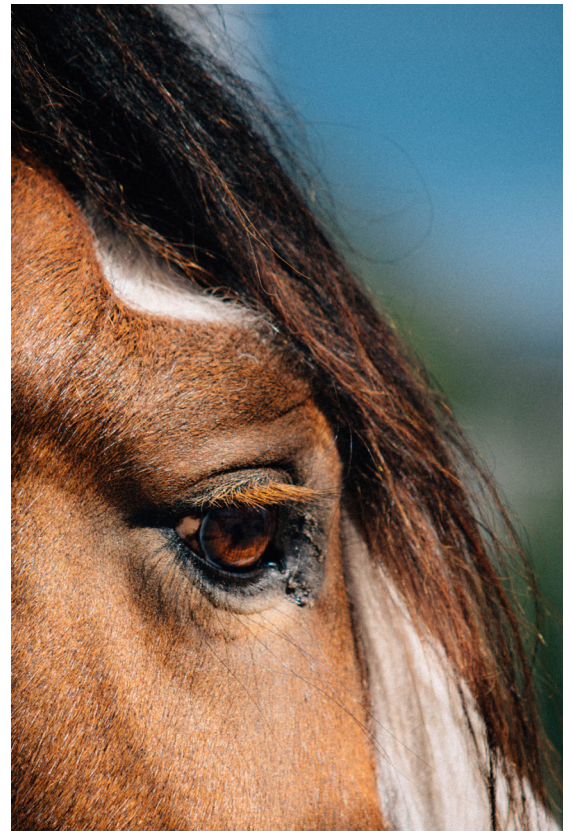
Jennifer Benacci  
LPC

Diana Unaitis  
PATH-CTRI, BHT

Gabbie Krause  
BHT

Amy Schecterson  
BHT

Toni Keberlein  
Volunteer Coordinator



## Our Center

### Sustainability

Hunkapi Programs Inc is dedicated to exemplifying and teaching skills for sustainability. Recycling and compost bins are located throughout the property, and staff members and guests are encouraged to dispose of used materials responsibly. All events held at the farm feature meals arranged from locally and humanely raised products, and these meals are served on recyclable materials. Previously a family farm, the structures at the farm have been rebuilt—or are in the process of being rebuilt—using reclaimed items: old barn doors have been repurposed into gathering tables, while rope and metal brackets have been refurbished into light fixtures illuminating the farm kitchen.

### Somatic Experience

All programs offered by Hunkapi Programs Inc are based on the principles of somatic experience: the connection between the perceptive experience and the experience of the body. All clients are encouraged to recognize what they feel within the body when they experience such responses as fear and love. Clients are encouraged to notice—without judgment—a step back and an increased heart rate upon the approach of a horse. Clients are encouraged to notice a smile that naturally spreads across the face and butterflies in the stomach upon mounting a horse for the first time.

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# HUNKAPI PROGRAMS, INC. FINANCIALS

	2022	2023
<b>INCOME</b>		
Donations	\$345,872.00	\$518,871.00
Grants	\$75,000.00	\$323,180.00
Program	\$1,673,784.00	\$1,250,269.00
Fundraising	\$175,000.00	\$325,653.00
Other	\$18,000.00	\$40,551.00
<b>TOTAL INCOME</b>	\$2,287,656.00	\$2,458,524.00
<b>EXPENSES</b>		
Program	\$1,412,329.53	\$1,777,467.00
Management & General	\$663,901.98	\$685,306.00
Fundraising/Mar- keting	\$63,300.00	\$76,465.00
<b>TOTAL EXPENSES</b>	\$2,139,531.51	\$2,539,238.00

# DONORS

## **Shire (\$300,000)**

Gila River Indian Community

## **Warmblood (\$100,000-\$140,000)**

McS Charitable Foundation

Arizona Sports and Tourism Authority

Bridges to Hope

## **Haflinger (\$20,000-\$35,999)**

Alberta B. Farrington Foundation

Cardinals Charities

NaturVet

Repta Plastic Surgery

## **Belgian (10,000-\$19,999)**

Rowe Family Charitable Foundation

Margaret Krupa

UBS Financial Services

Smith Tieken Foundation

The Pakis Family Foundation

The BDL Foundation

Ryan Deegan

Aaron Read

Ken Dickey

## **Thoroughbred (\$5,100-\$9,999)**

Penelope Cooper

Alliance Bank of Arizona

Laura Heard

Karen Johnson

Sacate Pellet Mills, Inc.

The Diane & Bruce Halle Foundation

Mary Gerdts

## **Quarter Horse (\$2,600-\$5,000)**

Gillian Hormel

Green Animal Mountain LLC

Uckele

CHAPS Charities

Susan Kaufman

Desert Diamond Casinos & Entertainment

The Diane & Bruce Halle Foundation

Meadows Bank

Cardinals Charities

The Charro Foundation

Jason Begalke

Casino Arizona

John Bunyard

Bunger Steel

Toby Block

Paul Natale







## TESTIMONIALS:

I had a foster kiddo that was able to attend. She came from a very hard place and was in numerous types of therapies. I can honestly say Hunkapi made the biggest difference. The work they do is invaluable to traumatized children.  
—Dena B.

THE MOST AMAZING PEOPLE! This is truly an amazing place! My wife of 16 yrs was diagnosed with cancer. Through another awesome foundation my two boys have been given the opportunity to spend a couple hours a week here. For them it is so awesome to be able to forget about the day to day and be kids! They learn, they love, and they get to be in the moment! Thank you to all the staff! You have made a tremendous impact on the healing and mental state for my boys! THANK YOU with all my heart!  
—Garrett M.

I got the opportunity to volunteer here. I came out on a Sunday for “farm care”. I got to help take care of the horses and groom them at the end of the day when all the work was done. The farm is a wonderful place filled with love and acceptance. My heart was so full after I left the farm, I can not wait to be able to come back next week!  
—Heather

Hunkapi has been a blessing for our family. Their efforts have made a real difference! If you have teens or anyone in your life in need of equine therapy, I feel completely confident in recommending their services. The staff is caring and capable. This is a perfect fit for people who respond well to animal therapy..  
—C H.

My son has had only four lessons with Ms. Dee, but I can already tell how much of an impact it's making on him. He's so calm and confident when he's finished. The other day I saw him trotting along by himself and it brought tears to my eyes. He looked so strong and happy up there on his horse. Even though we are new to Hunkapi, I really do adore it so much.  
—Rebecca W.

Terra and the staff are unbelievable. Hands down the best therapeutic program around. My autistic granddaughter has been going here for over 3 years and the progress has been fantastic. I do not hesitate to recommend them to whomever will listen.  
—Ted