



2021

At A
GLANCE



**NORTHERN VIRGINIA
THERAPEUTIC RIDING PROGRAM**

IMPORTANT NEWS IN 2021

Completion of the Jean Edelman Indoor Arena

The dream has become a reality. If you've been with us for a while, you know this project has been a very long road with lots of unexpected twists and turns, but arrived at the finish! Our clients can now count on year-round riding, regardless of the weather. The new space includes the 17,000 square foot arena, with fans for air circulation, and the attached climate-controlled client observation and waiting rooms, Harbitter Learning Center, and restrooms.



We're Back!

NVTRP officially suspended services on March 16, 2020 due to COVID-19. While facing the challenges of a pandemic head-on was not on our bucket list, as we look back, we've had so many things to be thankful for and joyful moments to celebrate, which include:

- After resuming limited services in June 2020, by Fall Session 2020, more than 50% of clients were able to participate in-person. By Spring Season 2021, we returned to full client capacity.
- The pandemic also provided an opportunity to flex our creative muscle and introduce alternative program opportunities. These included: Facebook's Teddy Time Live; Teddy's Tack Boxes sent to our youth from marginalized communities program clients; virtual horsemanship lessons; and the Good Night Farm Drive-Thru.

Greg Pellegrino Excellence Award to Honor Military Personnel

In April, our community suffered a tragic loss when Greg Pellegrino, an NVTRP Board Member, passed away unexpectedly from a heart attack. Greg was passionate about helping to grow our programming for recovering service members and veterans. The military program has seen significant growth despite the pandemic, providing 170 more sessions in both 2020 and 2021 than in 2019. Greg's keen mind and generous spirit will live on through the lives of the military clients who will heal through programs at NVTRP he helped make possible.

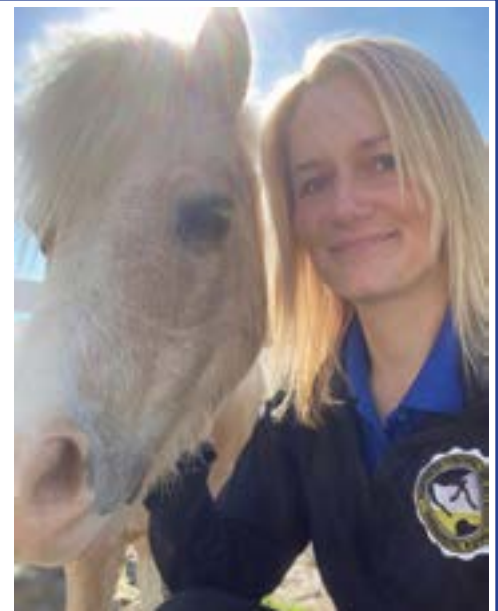
Recognizing Greg's deep commitment to our country's service men and women, NVTRP established the "Greg Pellegrino Excellence Award" which will be presented annually to a military client who has demonstrated excellence in pursuing both their own recovery and the advancement of the NVTRP community. Carol Baillie received the inaugural award in recognition of her dedication as both an NVTRP client and volunteer.



Executive Director, Kelsey Gallagher's 20th Year!

"I'm celebrating 20 years working with NVTRP and it is a true privilege to be a part of this organization. I am reminded that, beyond the incredible physical benefits and the many mental benefits of equine-assisted services, one of my favorite things horses bring us is an opportunity for adventure. Not only is adventure FUN, it leads to courage – courage to try new things, courage to connect with new people, courage to be our best selves."

In Kelsey's 20 years at NVTRP, our organization has come so far. She began as a volunteer when NVTRP had 5 horses, rented a farm and only dreamed of a place to call home someday. Since then, we've purchased a permanent location of O'Shaughnessy Farm, have 16 amazing horses, and completed construction on the long-anticipated Jean Edelman Indoor Riding Arena. What a year 2021 has turned out to be!



Polo Classic 2021: One for the Record Books

NVTRP held its 15th annual Polo Classic at Great Meadow in The Plains, VA – with a record-setting net income of \$180,000 to support program operations – while complying with all safety standards and protocols for a safe, in-person fundraiser in light of COVID-19. Guests were treated to an afternoon of polo with a COVID-friendly event format including individual tents with private lawn and deck space to allow for social distancing.



THE ORGANIZATION:

HORSES

We welcomed *three* new horses to our herd! (**Sur, Taco, Henry**)

16 program horses
1,841 bales of hay
441 bags of grain
130 farrier visits

HELP

242 barn and lesson volunteers
5 workday volunteers
9,657 donated volunteer hours

HANDS

18 Staff members **3** Full-time staff
8 Instructors and **2** Therapists

Types of Weekly Services



** Detailed financial information is available at nvtrp.org/financials or upon request from the VA Department of Agriculture and Consumer Services.*

INDIVIDUALS SERVED IN 2021:

98.10%

of clients reported improved mental well-being

4,766

Units of Service Provided

84.6%

of clients reported improved physical well-being

240

Unique Clients



SPECIAL THANKS

2022 CHAMPION CIRCLE DONORS

NVTRP Thanks these individuals/businesses for their donation of \$1,000 or more in 2021.

Anonymous (2)	Laurene Gallo	Old Dominion Land Conservancy
AT&T - Virginia	Todd Gambill and Timothy Watkins	Cathy and Bill Onufrychuk
American Legion Post 177/Fairfax	Gannett Foundation	Ourisman Fairfax Toyota
AmerisourceBergen Corporation	The Gates Family	Maura and Frank Perrier
Faye Austin	Robert Geize and Christine Hunter	Donald and Maureen Peterson
aXseum Solutions	Sandra and Benjamin W Glass	Roberti Family Foundation for Civic Engagement
Carol Baillie and Lauren Goebel	Marilyn Goodland	Theresa and Robert Rogers
Bob and Susan Baldassari	Brandee and EJ Gound	Jeff Ross
Michael Barth	Ryan and Clarice Gutman	Rumsfeld Foundation
Leslie Beck	Stacy Hall	Salamander Resort and Spa
The Becker and Bernat Family	Becky and Wayne Hamilton	Benjamin and Lucia Sanchez
Sherrie Beckstead	Kelly and Alan Harbitter	Conrad and Lisa Schmidt
Bentley Tysons	Keith and Jodie Harney	Amy Schneck
Gail Bolen	Hattie M. Strong Foundation	William and Glenna Shawn
Jody and Donald Bradshaw	Paul and Sharon Hayeck	Sharon Sheehy
Rebecca Brown Thompson	David Helfrich	Shelley Family Revocable Trust
Barbara Brown-Hawthorn	Herndon Woman's Club	Douglas Slingerland
Michael and Linda Burke	Daphne and Stuart Himelfarb	Karl and Barbara Smith
Melissa Burnett	Robert and Annette Hinaman	Petre Snegireff
Burns Family Charitable Trust	Otto and Carrie Hoernig	SOLID
Carol and Landon Butler	HORUS Tecchnology	Scott Steen
Kim and Kelly Campbell	William Hollaway and Phyllis Lovett	Mara and Evan Thayer
Barbara Chappell	Mark and Rebecca Huppert	The Arnold Baggins Foundation
Kristine and Rene Chaze	Zarrar and Liz Husain	The Ewing Family Foundation
Children's Charities Foundation	Sarah Jancuska	The Fremont Group Foundation
Christopher Reeve Foundation	Sheila C. Johnson	The Gemma Family Charitable Account
Sheila Clark	Jason and Crystal Kampf	The Helaine and Ronald Mario Fund
Victoria Clarke and James Graham	Kay Family Foundation	The LEEPS Foundation
Clifton Lions Club Charities	Robert and Amy Kelly	The Morris & Gwendolyn Cafritz Foundation
Alla and Barry Cline	Mary and Bob Klein	The O'Shaughnessy-Hurst Memorial Foundation
Jeannine and Jeff Cody	Ronald and Rhonda Knapp	The Sunnen Foundation
Congressional Sports for Charity	Elizabeth Krein	Will Thomas and Barry Dixon
Peter and Susan Converse	Chris LaMarca	Blake Thompson
David Cooper	The Lagasse Family	Annie Totah
Leah Coxsey	Shari Lama	Trace Systems
Ginny and Bill Craig	James and Tamara Laurent	LtGen (R) and Mrs. Richard Trefry
Crescent Cities Charities	Mark Lowham	Trinity Episcopal Church
Gary and Kim Cabbage	Lisa and Jeff Lutz	Barry and Kim Trotz
Craig and Kathy Curtis	MEBS Global	Heidi and Michael M Tryon
DP George & Company, LLC	Bernadette Mahon and John Kuzin	Louise and Steven Turner
Kathryn Dando	Ann and Ron Marlow	John and Terry L Tuthill
Claire Davis	Donald and Mallory McNamara	Nino Vaghi
George and Anne Decker	Merritt Charitable Fund	Van Metre Companies Foundation, Inc.
Gerardo and Elaine Del Cerro	Amare Merz	Rhonda VanLowe
Patricia DiCarlo	Sheila Meyer	Jennifer Walcott
Disabled Veterans National Foundation	James and Jill Mitchell	Gary and Marilyn Welschenbach
Claire Dvoskin	Bill and Molly Morris	Matt Widmer
Jean and Ric Edelman	Morrisette Family Foundation	Marlene Wilklow
Katherine Ellsworth and Pete Petronzio	Lani and Patrick Morrissey	Jeff and Sally Wilklow
Brian Engler	NOVA Chapter AFCEA	Wise Foundation
Catherine and Henry Ennis	NOVEC - Northern Virginia Electric Cooperative	Dan and Jett Wooldridge
Julie and Tony Ennis	Deborah and Alan Nash	Wounded Warriors Family Support
Federal Acquisition Strategies, LLC	Northrop Grumman Corporation	David Yurman
Louise and Mark Foreman	Rita Norton	
Form Policy, LLC	Janelle Nowak-Santo and Brian Santo	
Maria and Kirk Galiani	Jim O'Farrell	
Chris Galla	Barbara and Dermot O'Reilly	
Kelsey and Emmet Gallagher	Peter and Sara O'Keefe	



“From the outside, she looks like every other 11-year-old. But on the inside, she struggles daily.”

ALYSSA PETERSON

Eleven-year-old Alyssa Peterson is the happiest child you would ever meet.

According to her mom, Traci, she jumps and bounces all day long. She loves reading and math. She could spend all day writing and animating her own comic books. She loves drawing, building with Legos, and listening to music while bouncing on a yoga ball.

From the outside, she looks like every other 11-year-old. But on the inside, she struggles daily.

Alyssa has autism spectrum disorder (ASD).

“She feels such frustration with being misunderstood, not being able to communicate ‘typically’, and not being able to express herself for others to understand and accept,” Traci shared.

Alyssa was born without her corpus callosum, the largest single structure in the brain that joins the two hemispheres. As a result, she couldn’t even physically cross the midline of her body with her arms.

After many attempts at traditional physical therapy, the Peterson family found the Northern Virginia Therapeutic Riding Program (NVTRP) in Clifton, VA.

Alyssa started physical therapy sessions incorporating horses (formerly known as hippotherapy) and the results were remarkable.

“Early on, we saw the benefits of riding from a physical perspective,” said Traci. “Within a year of hippotherapy, Alyssa had completely even muscle tone on both sides of her body, she could easily cross midline, and was so balanced that standing on a horse while walking posed no issue.”

But what her mom is even more proud of is the peace that Alyssa has found at the farm.



“She knows that if she can stand on a horse, she can do anything.”



“While the physical changes and benefits are nothing short of incredible, what it does for her mind, body and spirit is even more amazing. NVTRP is Alyssa’s happy place. She builds a trusting relationship with the horses and all the autistic ticks she has on a normal basis disappear. Her anxiety subsides. There is a sense of calm that comes over her and allows her to observe and enjoy her surrounding environment. This is the only therapy she does that allows her to feel like a kid. Her childhood has been lost to therapies, doctors’ visits and surgeries. But here - at NVTRP - she finds joy.”

The Petersons have also found added benefits that come from equine-assisted services - the ability to take what you experience at the barn and translate that into Alyssa’s everyday life.

Traci explains, “With riding, she can see and feel the difference that it has made, which has given her a confidence that she has not found elsewhere. She is now able to carry that confidence with her to brave new challenges, overcome obstacles, and believe in herself. She knows that if she can stand on a horse, she can do anything.”

“Alyssa knows that at NVTRP, no one cares what her diagnosis may be. They care about who she is. They don’t see autism or ADHD,” said Traci. “They see a kid who doctors thought would never walk or talk, having the time of her life, putting forth her best effort, and finding out more about who she is as a person every time she rides. It is the only place that makes her feel like a person, and not a diagnosis.”

“For her, horseback riding and NVTRP are home.”

“Alyssa has found peace at the farm.”



“NVTRP is Alyssa’s happy place.”



NORTHERN VIRGINIA THERAPEUTIC RIDING PROGRAM

MISSION: *To help each individual realize their highest potential by providing equine-assisted activities to people with disabilities, youth from marginalized communities, recovering military personnel, and others in need in an inclusive, community setting.*

2021 NVTRP STAFF MEMBERS:

Kelsey Gallagher, *Executive Director*

Kelly Ayers, *Shift Leader*

Wendy Baird, *Development Director*

Hela Baer, *Licensed Master Social Worker*

Nicole Bass, *Instructor*

Mike Burke, *Facilities Coordinator*

Nalani Cochran, *Shift Leader*

Lisa Dowell, *Development Associate*

Christina Germinario, *Operations Director*

Clarice Gutman, *Equine Coordinator*

Tessa Hassett, *Program Director*

Rose Khattab, *Shift Leader*

Sarah Maceyak, *Instructor*

Kenna Mauro, *Volunteer Coordinator*

Shelby Morrison, *Grants and Communications Manager*

Sydney Sawyer, *Physical Therapist*

Kristen Stombres, *Program Assistant*

Katie Wanstrath, *Office Manager*

ORGANIZATIONS NVTRP PARTNERED WITH OR SERVED IN 2021:

Second Story+

Washington School for Girls+

Fairfax County Parktakes

Fairfax County Sheriff's Office+

Larmax Homes

Wounded Warrior Project

Chesterbrook Residences

Brightview Senior Living

National Capital Treatment and Recovery*

Walter Reed National Military Medical Center*

Major Local Military Installation*

+Fully subsidized by NVTRP

*new in 2021

Board and Staff Lists as of 12/31/2021

2021 NVTRP BOARD OF DIRECTORS:

Kelly Harbitter, *Treasurer*

Jeff Wilklow, *Chair*

Elizabeth Bille, *Secretary*

Gary Cabbage, *Vice Chair, Building Committee Chair*

Alla Cline, *Board Member*

Jean Edelman, *Board Member*

Louise Foreman, *Board Member*

Ann Marlow, *Governance Committee Chair/Board Member*

Mitch Martin, *Secretary*

Rita Norton, *Board Member*

Will Thomas, *Board Member*

John Tuthill, *Board Member*

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