

2023

CHANCE OF A LIFETIME IMPACT REPORT & GIFT OPPORTUNITIES





ONE PAUSE AT A TIME

A Chance of a Lifetime, or COLT, is a nonprofit organization located in Santa Fe, New Mexico. Founded in 2019, our mission is to honor transformational healing between humans and horses, one pause at a time.

COLT is a place where horses deemed dangerous, untouchable or worthless are treated with deep compassion and provided time to heal from trauma. Most horses stay with us and learn to work with people who are likewise challenged in their personal lives.

This past year, COLT's horses, who are skilled at mirroring hope, supported 250 people in their healing journeys.

We are a living sanctuary. And as we continue to expand our reach, we are grateful for the support of individuals like you.

Your gift—no matter the size—is critical to reaching all who come seeking solace and healing.

Thank you for your generosity.

Joost & Erica

JOOST LAMMERS & ERICA HESS

COLT Founders



HEALING HORSES

Our horses come to us from brutal circumstances. At the time of their rescue, most are deemed worthless and untouchable. But upon admittance to our ranch, COLT works to restore each animal's well-being—to develop heartfelt relationships until they feel confident, connected and trusting. Today, we have 15 horses who facilitate healing connections with people from all walks of life.

HEALING PEOPLE

Interaction between horse and human is integral to the success of our mission. Our clients come to us with pain beyond what some humans can fully understand or appreciate. But when they are paired with a horse who has also experienced tragic circumstances, our clients become the recipients of unexplained trust and acceptance that is a catalyst for healing from addiction, abuse, exhaustion, depletion, and other personal traumas.



FY 2023 FACTS & FIGURES

128

group and individual sessions were conducted.

\$282,750 in revenue

23%

Fundraising, awareness and administrative overhead

99%

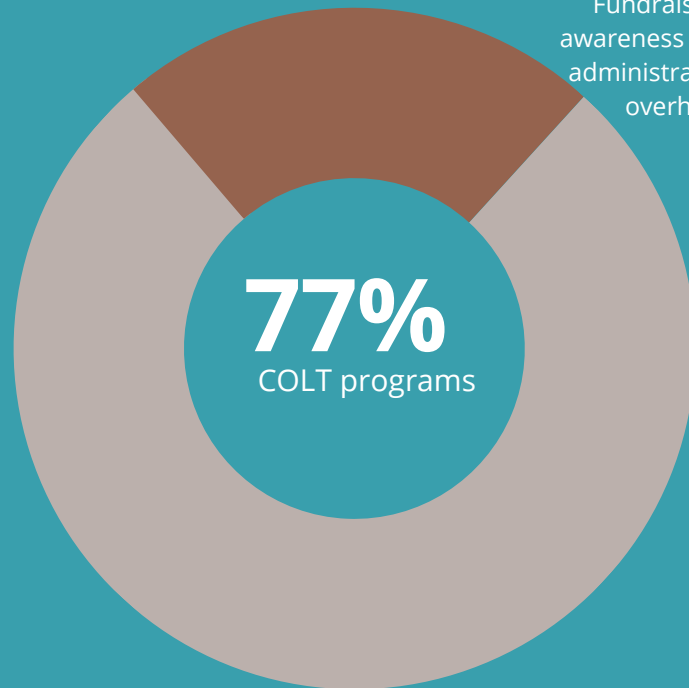
of participants surveyed said they would recommend COLT.

144

new clients enrolled in COLT programming.

156%

increase in clients enrolled in COLT programming.



Participant Survey Highlights*

■ Strongly Agree
 ■ Agree
 ■ Disagree

I have a better understanding of my role when interacting with the horses.



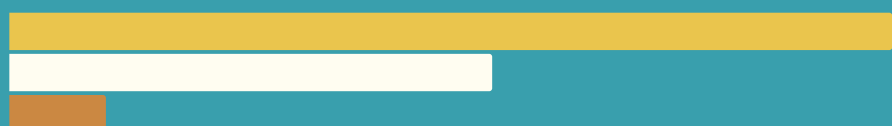
I learned something new about myself.



The session offered me an opportunity to process my feelings.



I have a better understanding of myself and what I can work on.



The session offered me an opportunity to connect with others.



*This outcome data is from 1 of 8 surveys administered at COLT by the Behavioral Health and Services Division.

GIFT OPPORTUNITIES



\$300

INDIVIDUAL SESSIONS

Through a series of intimate one-on-one sessions, we facilitate horse-human connections that are designed to improve the health and well-being of both species. A gift of \$300 can provide a one-hour horse and client session led by our co-founders.

\$500

VETERINARY CARE

Our horses live in an environment where their safety and security are the first priority. We provide a place for them to heal physically and emotionally. A gift of \$500 can provide an annual dental visit.

\$1,000

THERAPEUTIC TRAINING

Our veteran trainers believe that by allowing horses to be who they were meant to be, they eventually develop into conduits of therapy for people who are struggling and as such, become an asset to the community. A gift of \$1,000 can provide one month of intensive training for one horse.

\$2,300

REHABILITATION AND TIME TO HEAL

Our horses come to us with traumatic histories and unique needs. Rehabilitation and retraining these special horses may take months, and often years. A gift of \$2,300 can provide one year of food and basic care for one horse.

\$3,000

GROUP WORKSHOPS

Our goal is to help clients increase self esteem, strengthen boundary setting, and learn relationship building. A gift of \$3,000 can provide a daylong workshop for 6 clients, each of whom is paired with a horse and guided through a process where they learn to interact with the horse.



\$10,000

PAY IT FORWARD



As our organization grows, so do opportunities to train the next generation of young professionals with similar passions to learn how to facilitate the mutual healing of horses and humans. Co-founders Joost Lammers and Erica Hess are veteran trainers with decades of experience in horsemanship, dressage, liberty training, leadership and equine assisted coaching.

A gift of \$10,000 can help provide paid internships and work studies for therapists, social workers and horsemen to gain experience and enhance their expertise, while also contributing to COLT's general operations and overall capacity to serve the many people who come to us from across the state of New Mexico.

IN HONOR OF OUR GRANDFATHER

Fifteen years ago, we received the gift of a large and handsome rescue horse, Yogi, who'd been described as a "useless, good-for-nothing and unrideable" animal. Yogi was given to us out of the belief that if anyone could retrain him, it would be one of us.

We succeeded briefly, but it soon became clear that Yogi could barely tolerate a rider because of some profound trauma. We began the process of retraining Yogi at liberty—using no ropes or tack to restrain him, so he was free to stay or leave. In the time that followed, we developed with Yogi the kind of relationship that few horses and humans ever experience.

As we worked to rehabilitate Yogi, it became clear that with his trauma also came an understanding—a recognition, if you will—of heartache in humans. This kind of horse-human connection, we observed, could help heal both species. Our relationship with Yogi grew into a bond that ultimately sparked a vision for the kind of work we accomplish today.

Last year, Yogi won the John Henry Award for the most outstanding service animal in New Mexico. Sadly, Yogi passed away just recently at age 35—nearly 100 in human years. He was our gentle giant and the spiritual master of our herd. And he will always be the foundation of our program for horse-human healing, continuing to guide, inspire and heal us.

A gift in honor of our kind, loving and deeply wise grandfather horse will help us support the entire herd—and keep a place for you to visit anytime.



WE ARE SO GRATEFUL FOR THE SUPPORT OF:

Our Community Partners

Casa Familia Emergency Shelter for Women & Families

The Celia Lipton Farris & Victor W. Farris Foundation

Four Corners Equine Rescue

The Life Link

Marineau Family Foundation

The New Mexico Behavioral Health Department

Santa Fe Community Foundation

Serenity Mesa Recovery Center

St. Elizabeth Shelters & Supportive Housing

Our Board of Directors

Kristina Flanagan, President

Jonathan Smolowe, Vice President & Secretary

Christine Wendel, Treasurer

Brian Hughes, Special Advisor

Barbara Groth, Special Advisor

**The many generous individuals who give
from their heart to our herd.**



a CHANCE of a LIFETIME
healing for horses and humans

**THANK YOU
FOR YOUR SUPPORT**

