



STARLIGHT THERAPEUTIC RIDING CENTER

# IMPACT REPORT

2020

# Introduction

Horses transform us. They teach us about trust, accountability, and partnership. They urge us to become more physically robust and strengthen our confidence. Their inherent accepting nature helps us heal and discover who we are. Our Impact Report gives a glimpse into how Starlight's horses enrich our students' lives and help them develop and achieve milestones they never imagined possible.

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# Our Story So Far

## Our History

Growing up on a ranch surrounded by horses, Starlight Therapeutic Riding Center founder Chim Williams Welborn knew first hand the powerful connection between horses and humans. This inspired her to create a nonprofit therapeutic riding center with horsemanship for people with disabilities at its core.

And with that, Starlight Therapeutic Riding Center was born.

## Our Leadership

**Chicora Williams Welborn**, *Founder & President*

**Greg Welborn**, *Vice President/Treasurer*

**Elizabeth Woodside Jones**, *Secretary*

**Chris Considine**, *Founding Member*

**Jennifer Davis Hord**, *Founding Member*

**Modesta Williams**, *Founding Member*



## Our Mission

To improve the mental wellness, physical ability, behavior, and cognitive skills of people living with disabilities in partnership with the horse.

## Our Purpose

We recognize that persons with disabilities worldwide face distinct and complex challenges, and we believe it's our duty to do more. To us, that means no matter who you are or what challenges you face, your body, mind, and spirit can flourish in partnership with the horse.

## Our Partners

STRC has strategically partnered with local schools and organizations, including the Bynum School, Lazy3 Ranch, Midland Polo Club, Williams Equestrian Center, and the Midland Girl Scouts, to help people with disabilities in our community thrive.

Starlight is also collaborating with Texas Tech Associate Professor of Psychology, Stephanie Moses, Ph.D., to study the benefits of equine-assisted activities and therapies (EAAT) in youth with anxiety.



# Our Goals

Equine-assisted activities and therapies (EAAT) are now gaining the attention of the research community. Published studies consistently validate the anecdotal evidence instructors, volunteers, parents, and others have observed for many years.

In 2020, Starlight implemented a multi-prong evaluation tool consisting of five specific points to assess and track long-term student progress, which may be readily recalled by the acronym C.A.R.E.S – Connection, Awareness, Resilience, Empathy, Self-Regulation.

Starlight's curriculum is designed to magnify the horse's impact on helping the student improve each specified goal or characteristic.

## 1

### **Connection**

Healthy connections with animals, community members, and peers are precursors to developing and sustaining healthy bonds throughout a lifetime.

## 2

### **Awareness**

Recognizing how our actions and behaviors impact others can help improve verbal and non-verbal communication.



## 3

### **Resilience**

Empowering students to learn from mistakes and persevere in uncomfortable situations builds resilience and paves the road to success at home, school, and daily interactions.

## 4

### **Empathy**

Recognizing and relating to others' feelings and situations, whether it is a horse, peer, or volunteer, creates empathy and understanding in relationships.

## 5

### **Self-Regulation**

Realizing that energy and actions affect others and influence how others respond to us is important in relationships. Learning to monitor these responses and adjust this energy creates emotional awareness and self-regulation, essential for emotional well-being.

# Our Strategy

Financially secure and armed with a strategic plan, Starlight weathered the COVID-19 crisis by concentrating on flexibility to meet our community's changing needs. Thanks to the strong, visionary leadership of our Board of Directors, we were well-positioned to adapt to the adversity ahead. In the spring, we promptly transitioned to effectively working from home and shifted our focus from in-person lessons to planning innovative learning opportunities for our participants and volunteers, developing a mental health pilot program, and collaborating with the Bynum School to design a curriculum to meet their students' needs. We are grateful to the participants, volunteers, community

partners, and donors who stood by us during this virtual journey.

Starlight is now open. Participants, volunteers, and staff have been reunited with our herd of happy horses. We remain careful yet innovative as we adapt programming, fundraising, and financial plans to address the future. Starlight will continue to be a vibrant community where horse and human interactions improve lives. Please come for a visit, email, Zoom, or phone for a chat. We want to hear from you, and we thank you for your continued help and support as we rise to meet the demands of a changing world.

## PROJECTS

## DETAILS

## OUTCOME

### Capital Campaign

Raise \$441,000 to build an indoor riding arena

- Exceeded fundraising goal in nine months
- Construction begins in Spring 2021

### Community Partnerships

Develop a partnership with the Bynum School to provide weekly lessons

- Lessons for 75 Bynum students in 2021

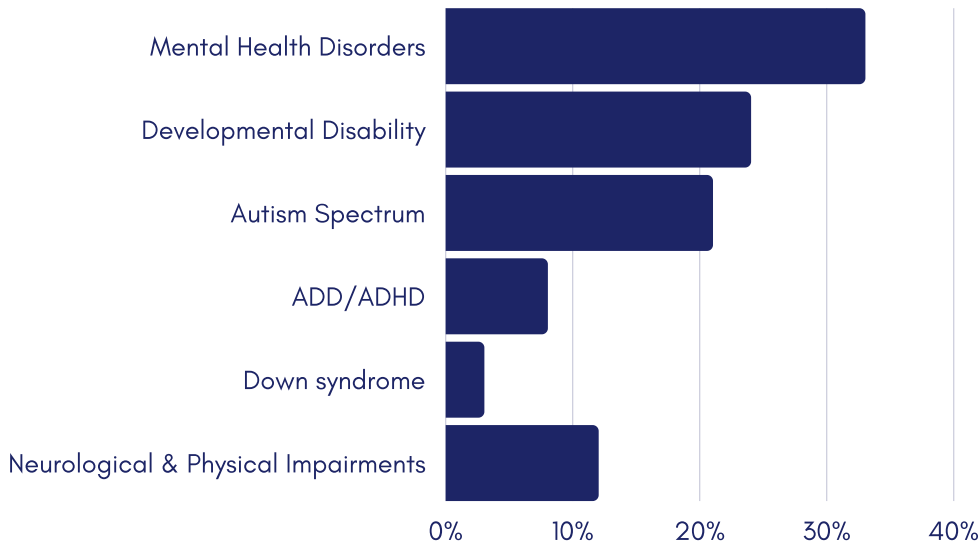
### Equine-Assisted Mental Health Pilot Study

A collaborative study with Stephanie Moses, Ph.D. and her fellows from the Texas Tech Psychology Department

- TBD

# Our Students

## Primary Identified Diagnosis



100%

of parents surveyed agreed that Starlight met or exceeded the goals outlined for their child

95%

of participants are children, ages five to 18

51%

of our students are male and 49 percent female



”

What an amazing resource for families in Midland, Texas. Starlight has changed my child, built his confidence, and helped him so much ... Starlight exceeded every expectation.

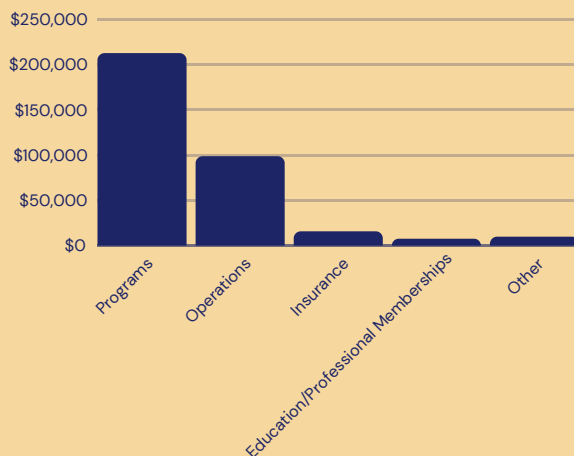
BRITTANY PYEATT BLANDFORD

# Our Financials

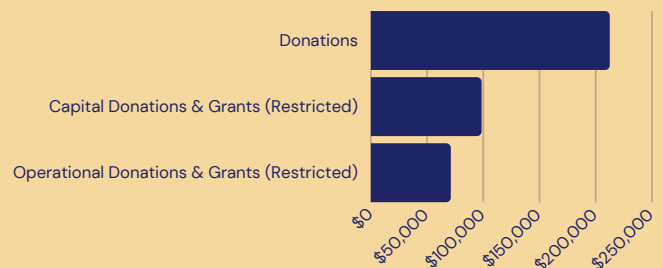
Starlight's Board of Directors provides strategic, fiduciary oversight combined with a strong vision for the future. The board and staff actively seek partnerships and fundraising opportunities to help ensure Starlight's sustainability. The COVID-19 crisis created financial challenges, yet; by concentrating on adaptability and utilizing existing collaborations, Starlight was able to offer modified programs and services.

## Snapshot

<b>Total Operating Income Total</b>	<b>\$541,910</b>
<b>Operating Expenses</b>	<b><u>\$285,627</u></b>
<b>Net Operating Income</b>	<b>\$256,283</b>



<b>Donations (Unrestricted)</b>	<b>\$211,660</b>
<b>Capital Donations &amp; Grants (Restricted)</b>	<b>\$260,000</b>
<b>Operational Donations &amp; Grants (Restricted)</b>	<b>\$70,250</b>



(Based on 2020 unaudited financials)





# Thank you for your ongoing support of Starlight

Kip & Sally Agar  
Roberta Aldridge  
Vincent & Jann Bash  
Carlton & Lynda Beal, Jr. Fund  
Betenbough Homes  
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Modesta Williams  
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## Capital Campaign Gifts

Davis Partners, LTD  
The FMH Foundation  
The Henry Foundation  
The Holt Catania Foundation  
The J.E. and L.E. Mabee Foundation  
The Scharbauer Foundation

*\*Donors as of December 2020*



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