



CORRAL

connection

SPRING 2020

Our Community is Advancing CORRAL Forward

This past October, CORRAL rode boldly into its annual end-of-year campaign with a steeper challenge than ever before. Dubbed the “Advance #CORRALforward” campaign, the bar was set high at \$375,000 — an unprecedented end-of-year campaign goal. And, our matching gift criteria exclusively applied to new, increased or lapsed gifts, which prompted us to think about our financial sustainability differently. After factoring in the matching gift from an incredible community champion, we raised a total of \$336,562, which keeps us on track toward our \$1.1 million revenue goal to fund programming for 80 at-risk girls this year. While we fell \$40k short of our goal, we rejoiced in seeing 407 of our champions support our girls, including 94 of supporters from 2016 and previous years who returned to *Advance CORRAL Forward*. These new, continued and rekindled relationships proved to us that our community is willing to grow with us as we ride toward increasing our impact by 40 percent this year. Our hearts are full and our spirits refueled because this incredible community rose to this incredible challenge and proved, yet again, that our mission is a shared mission. Our champions contribute 63 percent of our annual revenue, which helps us sustain our 10-year vision of quadrupling our capacity. We could not be more thankful for each and every one of you!

COVID-19: Why CORRAL Can't Stop Serving

More than ever before, **the families of our girls are exhibiting an increased need** for counseling, support, and resources. Our girls were already entrenched in high-risk situations, and now, those risk factors are heightened. Additionally, their caretakers are overwhelmed with the circumstances COVID-19 has brought forth and dependent on the services and structures that were or are currently shut down.

If we shut down too, we risk losing our girls to self-destruction or dangerous situations and undoing hundreds of hours of therapy and progression they have received and experienced at CORRAL. Throughout this intense adaptation and constant change, **one thing has remained steadfast: we are rooted in our commitment to the safety and support of our girls.**

Faced with the challenges brought on by COVID-19, we've had to restructure our operations and **extend our services to the families of our girls.** This includes but isn't limited to providing one-on-one tutoring sessions, a daily activity and resource-rich kit for caretakers, and teletherapy sessions. But, we are also taking every measure to minimize the risk to our community by transferring most of our services to a remote space with a few exceptions in adherence to our Hygiene and Safety Protocol and CDC guidelines.

Realizing that many of you within the CORRAL community are likely facing similar challenges to some extent, we are sharing our expert tips and resources at corralriding.org/blog and on social media.

At CORRAL, we teach our girls that resiliency is the courage to bounce back amidst adversity and setbacks. This is our opportunity to practice what we preach. We are not giving up on them, and thanks to you, we are not alone in our mission.

LIFE AFTER CORRAL:

What Our Girls Take With Them

Each of our girls has their own unique story. The challenges they face as they struggle to heal and grow can push them to their limits. Let's face it — few of us are born with a love of facing our shadows in pursuit of transformational change. CORRAL endeavors to support our girls, but if we didn't also push them, that growth would never happen. At times they hit a wall, throw up their arms and walk away. But, this is the story of a girl who after repeatedly shutting down and giving up, slowly opened up and landed in a place she never thought was for her.

Ciara came to CORRAL in ninth grade with a 2.7, one of the highest risk scores within our internal risk assessment tool. A victim of childhood abuse, Ciara faced unprocessed trauma manifested in every aspect of her life. She suffered from depression, anxiety, self-harm, neglect, and academic failure. Coming from a broken home, she reported feeling abandoned and as a result, struggled to connect with others. Unable to safely process her frustration and anger, she would often erupt during challenges. Other times, she would fall into a deep 3–5 hour nap after school with little desire to work on homework, especially math where she was failing.

Initially, paired with rescue horse Ruffie, Ciara was challenged with a goal to practice attachment and connection to Ruffie, a small red-brown Paso Fino. Ruffie flat out refuses to work with any girls who exhibit anger or fear. After coaching Ciara how to redirect her energy, she learned to plant her feet on the ground, strike a power pose and breathe in a manner that provoked a desired response from Ruffie. The real magic



happened when she learned that she could apply these skills outside of CORRAL. For most of her youth, Ciara struggled with differentiating between assertive and aggressive behavior. She assumed that assertion in place of aggression was a sign of weakness. After working with Ruffie, she learned how to set assertive boundaries rather than resorting to aggression when dealing with relationship issues.

When transformation occurs, it affects more than one aspect of our life. When Ciara came to CORRAL, she had a 2.0 GPA but after spending 3.5 years in the program, she flipped her grades around and was on track to graduate high school. Now, a full-time freshman in Winston Salem State's nursing program, Ciara recently earned an A+ on a class paper. Not only did her paper receive the highest grade possible, but it was also selected as an example of outstanding writing.

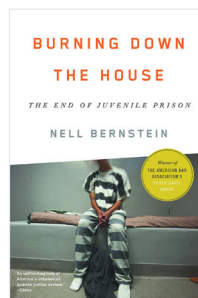
In reflection of her time at CORRAL, Ciara commented, "I never knew CORRAL was going to have such a big impact on my life. It was weird to have so many people care about me."

WHAT WE'RE *Reading*

Burning Down the House: The End of Juvenile Prison

By Nell Bernstein

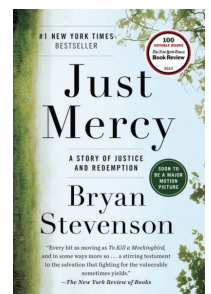
Offering a raw, in-depth look into the American juvenile prison system, *Burning Down the House* author Nell Bernstein exposes the myriad of abuse and racism woven within prison facilities. Through various studies, Bernstein concludes that incarcerating young people does not reduce future crimes and, instead, can further the trajectory of a young person's life into delinquency and eventually adult prison. CORRAL Referral Coordinator Rachel Smith commented, "I think what really stuck out for me from the book is that while the juvenile prison system has "improved," there's still no right way to lock children up. It is not a rehabilitative system, and instead one that perpetuates systemic racism. The "right" answer is never to lock a child up, but to provide community interventions so that kids can stay in their community and receive services in their own communities."



Just Mercy

By Bryan Stevenson

Winner of the Carnegie Medal for Excellence in Nonfiction, named one of the most influential books of the decade by CNN, and produced as a major motion picture, this memoir by Bryan Stevenson highlights the racial injustice prevalent in a system that was supposed to protect victims rather than create new ones. Through his journey of freeing Walter McMillian — a man who was sentenced to death for a murder he didn't commit — Stevenson illuminates the parallels between post-Reconstruction lynching and the high incarceration and execution rates of people of color in the U.S. In *Just Mercy*, Stevenson inspires outrage at the false notion of "due process" while simultaneously inspiring hope for the future from all those who travel alongside him in this pursuit of racial equity. Given that the majority of our referrals come from the Wake County Juvenile Justice System, CORRAL Marketing Manager Janvika Shah picked up this read to gain a greater understanding of the racial context underlying the juvenile justice system.



INTERGENERATIONAL TRAUMA

Through the Lens of ACEs

*The child may not remember...
but the body does.*

Researchers have discovered a dangerous biological syndrome caused by abuse and neglect during childhood. As the 2016 documentary *Resilience* reveals, toxic stress, as a result of childhood abuse, can trigger hormones that wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time and even, early death.

On a larger scale, traumatic childhood events, such as abuse, neglect, and witnessing experiences like crime, parental conflict, mental illness, and substance abuse, can result in long-term

negative effects on learning, behavior, and health. Often referred to as adverse childhood experiences (ACEs), these types of events can create dangerous levels of stress that can derail healthy brain development, and increase the risk for injuries, future violence victimization, substance abuse, depression, heart disease, and dozens of other illnesses and unhealthy behaviors throughout life. Ultimately, ACEs can result in lower educational attainment and limited employment opportunities, perpetuating a cycle of poverty, and often, intergenerational trauma.

INTERGENERATIONAL TRAUMA

Breaking the cycle of intergenerational trauma will be much more successful when both parents and children are taught resilience.

A recent study found parents' ACEs exposure was related to their children having a worse overall health status and higher odds of asthma. Though the "how" is not yet fully understood, the impact may be related to parents using the same parenting behaviors as those practiced by their own parents or the ongoing impact of significant environmental stressors like poverty, unsafe living conditions, or racial inequity across generations.

RESILIENCE: An Antidote to ACEs

Resilience is the ability to thrive, adapt and cope despite tough and stressful times. A natural counter-weight of ACEs, resilience allows children to deal with negative situations in a healthy way that won't have prolonged negative outcomes. It's not an innate characteristic, but rather a skill that can be taught, learned and practiced.

We all have a role to play in promoting the great childhoods that children deserve. "Resilience does not mean that children 'get over it.' It does mean that the caring adults in their lives have a lot of power to buffer, rather than cement, the effects of toxic stress," says Amanda J. Moreno, Ph.D., of the Erikson Institute.

While ACEs undermine the development and negatively affect the foundation of the brain, resilience can help repair structural problems and allow a person to "bounce back" from the trauma or adversity they had experienced.

STRATEGIES TO BUILD RESILIENCE

1. Define resilience
2. Change the discussion from "what's wrong with you?" to "what happened to you?"
3. Recognize toxic stress as the largest public health issue of our generation
4. Build critical collaborations
5. Promote safe, stable, nurturing relationships and environments
6. Prevent intergenerational transmission of toxic stress
7. Promote hope

FAST FACTS of ACEs



At least **1 in 7** children have experienced child abuse and/or neglect

64% of adults in the U.S. have experienced at least 1 ACE



Preventing ACEs could potentially reduce **1.9 million** cases of heart disease and **21 million** cases of depression

Women and minority groups are at greater risk for **4 or more** types of ACEs



85% of CORRAL girls have experienced trauma

HOW IS CORRAL ADDRESSING INTERGENERATIONAL TRAUMA?

CORRAL's five-pillar program, consisting of horseback riding, vocational training, mentorship, academic tutoring, and EAP, builds resilience in our girls that extends beyond their time at CORRAL. Additionally, CORRAL offers a monthly parent skill-building group and one-to-one parent sessions with a mental health professional. During these sessions, CORRAL parents learn strategies to support their daughter's emotional health, help improve their daughter's academics and improve the parent/child relationship. By intervening during early teen years, we focus on developing our girls into healthy and resilient adults and ultimately, ending the cycle of intergenerational trauma in their lifetime.

We pray that as a community, we continue to find the courage to restore power and access to every vulnerable young woman in our community by providing opportunities and healing from intergenerational trauma and systemic marginalization.

When we confront society's hidden challenges together, we are breaking the cycle rather than silently perpetuating it.

Sources: Centers for Disease Control and Prevention; ACEs Connection; Prevent Child Abuse America; Le-Scherban, Wang, & Boyle-Steed, et al., 2018; Community Partners: Advocates for Health in Action; Haven House

What We're Learning

Imagine you're out for a meditative walk around a lake, and you come upon a single, dead fish. Questions begin to arise, "Was the fish sick? Was the fish old? Did the fish make a mistake? Did it get hit by a boat?"

You shrug your shoulders and proceed to continue finishing your route. You return the next day and gasp. There are 2,000 dead fish. Now, your questions likely shifted to, "What is wrong with the water?"

This fish versus lake analogy sets the stage for the Groundwater Racial Equity Institute's (REI) examination of racism as not an isolated problem, but rather, a systemic issue. While this seems like a trending issue, a commitment to racial equity was one of the pillars upon which CORRAL was founded. We heavily invest in this commitment by making it a requirement for every staff and board member to attend the REI training and for every CORRAL girl to attend the youth REI training. This February, the REI facilitators presented studies conducted by institutes, including Duke University and the Harvard Business Review, revealing the following:

- Racial inequity looks the same across major systems
- Socio-economic differences do not explain racial inequity
- Systems contribute significantly to disparities.

After analyzing data across major departments, such as education, healthcare, employment, law enforcement, finance, and child welfare, our newest hires learned how our current systems are perpetuating racial inequity.

In their 2015 study of education and discipline, Stanford psychologists Jennifer Eberhardt and Jason Okonofua presented teachers with written vignettes of student misbehavior. The vignettes were identical except that half had "black-sounding" names and half had "white-sounding" names. Teachers of all races said that (fictitious) students with "black-sounding" names were more disruptive, more likely to be repeat offenders, and

more appropriately labeled as "troublemakers." Other studies pointed at a higher number of resume callbacks for "white-sounding" names versus "black-sounding" names when every other variable in the resume, including educational level and professional experience, was the same.

Where did this unconscious bias come from? Since the arrival of the first Africans in North America in 1619, 87 percent of our nation has been constructed within the confines of slavery and racial segregation. That fact alone is crucial to understanding the historical narrative that has led us to where we are today. Inaccessibility to land, education and voting rights over the past centuries have resulted in deeply rooted racial disparities that mold today's unconscious bias.

To "remedy fish" or clean up the lake one at a time won't work. The fixed fish or clean lakes will quickly become recontaminated by the toxic groundwater infiltrating the system at a groundwater level. To clean up systemic racial inequities at a groundwater level and build new systems requires a well-informed, conscious group of people willing to experience discomfort and willing to look at the system with a critical eye.

At CORRAL, every step we take as an organization is intentional and rooted in groundwater change. We serve the highest risk girls in our community. Among those risk factors is the intangible, yet pervasive influence of systemic racism. Our programming is a critical intervention in the perpetuation of trauma due to adverse events, including systemic acts of racism. As an organization, we're aspiring toward further embodying diversity and racial equity by ensuring that by 2022, our staff and board members mirror the diverse group of girls we serve.

The groundwater approach we take to healing girls in our community would not be possible without the support of conscious community members like you. So, thank you for giving our girls a chance at life when every odd is stacked against them and ultimately, helping to achieve systemic change.



Volunteer Needs

WANT TO VOLUNTEER? JOIN A CORRAL TEAM!

We have several teams of incredible champions who are committed to our mission and help us keep CORRAL functioning at its best. To date, our champions have contributed 30,948 hours toward our mission, equivalent to \$764,106 when factoring the national value of volunteer time in. Our current 266 champions belong to one or more teams based on their interests and skills and set their own schedule. Where do you see yourself best fitting in? For more information, email us at volunteer@corralriding.org. To the right are some immediate areas of need:



HORSE AND FARM TEAM: This team manages the care of the horses and farm and is composed of wonderful feeders, horse assistants, equine specialists and CORRAL cowboys and cowgirls.



TRANSPORTATION: Transportation is a huge barrier to services for our girls, and we're committed to getting our girls to the farm to receive the services they need! This team drives girls from home and/or school on weekdays and Saturdays to CORRAL, so that they can participate in our programs. Many of our girls would not get to participate at CORRAL without these champion drivers.



EDUCATION: The education team provides oversight for the tutoring program, including but not limited to: professional development opportunities for tutors, developing and implementing CORRAL's college preparatory program, and strengthening community among tutors, etc. This group consists of all-star tutors and vocational leaders.



GARDENING: Spring is here! The gardening team oversees CORRAL's garden and grounds surrounding the office, ensuring our grounds are maintained and that our garden continues to produce fresh vegetables and herbs for our girls. The nutritional component of our vocational training involves teaching our girls to cook healthy meals using the vegetables and herbs in season.



CORPORATE DEVELOPMENT TEAM: This team consists of administrators, marketing and public relations professionals, designers, office managers, grant writers, event planners, and fundraising superstars who assist with communications and help us achieve our fundraising goals.



FARM DAY LEADERS: Love CORRAL? Love talking with people? Become a CORRAL Farm Day Leader. It's a great way to share your love of CORRAL with people who are on our farm for the first time. The time commitment is from 8:45am-1pm on the 3rd Saturday of the month. Choose one or multiple months to lead farm day.

Neuse River Campus News:

On February 1st, we hosted an open house at the Neuse River Campus at which 44 neighbors showed up to meet Managing Director Lauren Clements, take a tour and visit the five horses. Later that month, we hosted our first volunteer orientation and since then, have been blessed with 53 champions volunteering their time toward the Neuse River Campus. In other news, The Wake Juvenile Crime Prevention Council (JCPC) awarded CORRAL an additional \$69K to further expand Neuse River Campus. Our Facilities Manager Rick Racine is working tirelessly with

his cowboys and cowgirls to beautify the property and prepare the land for a 1600-square foot double-wide lake house donated by a generous community member. The house will allow us to grow to full capacity by Fall 2021. But, it's not holding us back either. Since our opening in October 2019, we have already served 13 girls at the Neuse River Campus. WRAL-TV reporter Amanda Lamb visited our newest campus in February and in her video segment, shared the personal stories of two CORRAL girls and cast CORRAL's 10-year vision of growth and expansion.

CORRAL

RIDING ACADEMY

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Cealey was rescued by the United States Equine Rescue League when she was two and has been flighty most of her life due to neglect in her youth. She was matched with a girl in our program who is equally flighty and wary of horses. Essentially choosing each other, they have started to overcome their fears of close connection and are learning to be more responsive instead of reactive in uncertain situations.