



HIGHER GROUND

ADVENTURE. SUPPORT. BELONGING.

OUR STORY

For over 20 years we have been helping give people of all abilities a better life. With recreation, therapy and continued support, we bridge the gap between disability and belonging.

WHO WE SERVE

Children and Adults with
★ Developmental ★ Cognitive
★ Physical Disabilities

Veterans
(Pre and Post 9/11)
and First Responders
with Visible and Invisible
Disabilities, Including
★ TBI ★ PTSD ★ MST
★ Polytrauma



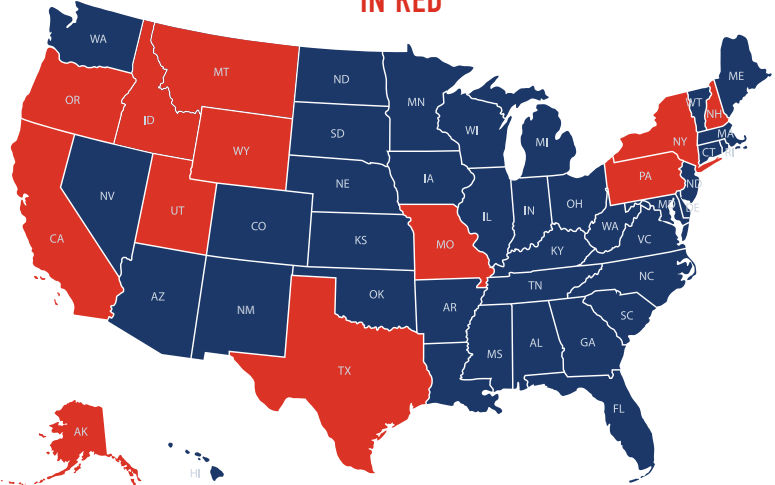
MISSION

Higher Ground enhances quality of life through therapeutic recreation and education.

With headquarters in Sun Valley, Idaho, and programs taking place nationally, we help transform lives across the country. Our programs strategically combine outdoor recreation activities with therapeutic processes to help all participants confront current struggles and develop skills to find success in daily life.

PROGRAM LOCATIONS

* IN RED



*Our veteran program has served participants from 48 states

OUR VOLUNTEERS

YEARLY STATS

PROGRAMS

124 Volunteers
2,330.5 Hours

FUNDRAISERS

112 Volunteers
488.25 Hours

TOTAL VOLUNTEERS

212

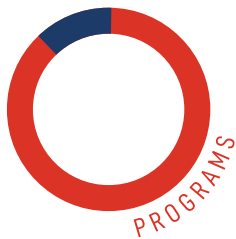
TOTAL HOURS

2,818.75

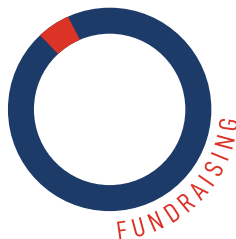
OUR VALUES

- ★ **INNOVATION** We work with partners like the National Forest Foundation and Wood River Trails Coalition to make hiking and biking trails accessible for individuals of all ability levels. With state-of-the-art adaptive equipment and creative approaches to all situations, Higher Ground staff are continuously innovating the world of adaptive sports.
- ★ **INTEGRITY** Higher Ground maintains sound financial practices, such as conducting annual independent audits, to ensure long-term sustainability and accountability for the organization.
- ★ **PASSION** Our staff is comprised of hard-working ambassadors that are devoted to accessibility and inclusion. This means that once they join the Higher Ground team they stay here, linked together with their passion for recreation therapy.
- ★ **SERVICE** We are a group of service-minded individuals with a mix of participants turned volunteers, vice versa and everything in between. All of our staff volunteers their time throughout the season to not only our programming but many local non-profits as well.
- ★ **TEAMWORK** We partner with other non-profits because by working together we can make even bigger strides in bettering our community and improving the world. We work with NAMI, Wood River Trail Coalition, and many others to force multiply our mission.

OUR STANDARDS



88% of donations go towards **PROGRAMS**



5% of donations go towards **FUNDRAISING**



7% of donations go towards **ADMINISTRATION**



IT WORKS

THIS LAND IS YOUR LAND (2016) PRINT

★ Key Takeaway ★

Participants had a statistically significant decrease of PTSD symptoms from clinical levels to nonclinical level after a one week at a HG Program.

THERAPEUTIC RECREATION JOURNAL, VOLUME 14, ISSUE 2

★ Key Takeaways ★

HG Programs significantly decrease negative mood disturbances which contributes to increased quality of life over time.

TESTIMONIAL

"I am in Recovery for PTSD/Substance Use Disorder.

Support and Belonging are two primary slogans underneath the Higher Ground logo. It is not easily acquired for me. I have never been closer to the felt experience for the meaning of those words as when

I participated in HG programs and activities. For someone like me who is a part of the group but never wants to be part of the team, it's a big deal for me to experience that. A gift of Hope is what I leave with."

