



Region Conference

April 21-23, 2023

Presented by: PATH Intl. Region 1

**Hosted by: NESAR and
Riding To the Top Therapeutic Riding Center
Windham, Maine**

PATH Intl. Region 1 welcomes you to an educational and fun weekend with your friends and colleagues in Maine. Your registration fee includes a welcome reception Friday evening, breakfast and lunch on Saturday, and continental breakfast on Sunday.

CONFERENCE LOCATION

Friday & Sunday

Riding To the Top Therapeutic Riding Center

14 Lilac Dr.
Windham, ME 04062

Saturday

Doubletree by Hilton Portland

363 Maine Mall Road
Portland, Maine 04106

Lodging Options

Doubletree by Hilton Portland

363 Maine Mall Road
Portland, Maine 04106

Rate: \$155.00/night Code: C-PTH

Phone: 207-775-6161

<https://www.hilton.com/en/attend-my-event/pwmmmdt-pt-63620434-f6c9-4fa1-aa08-d2b5a8e2227f/>

PATH INTL. REGION 1 CONFERENCE REGISTRATION

Online registration will be available February 10, 2023, through April 7, 2023. After April 7, 2023, registration will need to be completed on-site.

IF YOU ARE A PRESENTER OR CONFERENCE COMMITTEE MEMBER, DON'T FORGET TO REGISTER WITH YOUR CODE!

Registration February 10, 2023 through April 7, 2023:

Full Conference \$200 members \$250 non-members

Registration on-site after April 7, 2023:

Full Conference \$230 members \$280 non-members

Refund Policy:

No refunds due to weather unless the conference is canceled.

Written cancellation request is required for refund. Email manderson@pathintl.org

Deadline for Full Refund – Request received in PATH Intl. office by **April 7, 2023.**

Deadline for 50% Refund - Request received in PATH Intl. office by **April 23, 2023.**

Individuals who do not submit a written request to PATH Intl. by April 23, 2023 will not receive a refund.

Education:

This conference satisfies up to 12.75 hours of continuing education requirements.

COVID-19 Information:

Riding to the Top follows all CDC and State of Maine guidelines regarding COVID-19 virus protocols. If you are ill or have been exposed to the virus at the time of the conference, we ask that you not attend. Please see the refund policy.

AGENDA

Friday, April 21, 2023

Riding To The Top Therapeutic Riding Center

12-7 p.m. Registration Open

Session A

1-2:15 p.m.

A1 Assessing the Equine for Equine-Assisted Services **CR All**

We all know what the ideal equine partner "looks" like. But how can we objectively assess the equine options we are presented with? How can we determine if the characteristics and behaviors are safe for our program? With clear understanding of our own skill and those of our horse experts, along with a rubric for the horse, we can determine, without emotions, if the horse is suitable for our specific needs.

Leora Barry is a licensed Occupational Therapist (OTR/L), and licensed Massage Therapist. As an OT, she has worked in a variety of inpatient and outpatient settings. She has extensive experience utilizing equine movement (hippotherapy) in her OT treatment sessions. Leora is a PATH Intl. CTRI and a MA licensed riding instructor.

2:30-3:45 p.m.

A2 Long-Lining: Improving Movement for Horse and Rider **CR All**

Working with horses on lead can present a number of issues for our horses, riders and volunteers such as our horses don't engage their hind ends, our volunteers may end up ahead of the horse and can't see what is going on, and our riders do not experience quality equine movement. Participants will get to experience being led and long-lined with each other and then leading and long-lining will be demonstrated with three different horses. We will review starting a horse on long-lines, tack required and safety considerations.

Gisela Rhodes-Heimsath has worked in the EAS industry for years and is the current President of HETI (Horses in Education and Therapy Intl.). Gisela is a PATH Intl. Advanced Instructor, CTRI, Vaulting Instructor and Evaluator.

Kate Jeton is the Program Director at Riding To The Top. She has a long history of riding - from foxhunters to horses destined for the racetrack to jumpers and dressage horses. She has been teaching horseback riding since the age of 16, only entering the world of EAS in 2018. Kate is a PATH Intl. CTRI and ESMHL.

4-5:15 p.m.

A3 Driving the "Non-Driver": The Effects of Carriage Driving on Individuals with Disabilities **CR Driving, CE**

Most often we think about teaching driving when we have a client in a cart/carriage. However, the carriage provides significant input which can be used to enhance learning and participation for individuals who perhaps can't or won't hold the reins. Riding in a carriage provides linear and vibratory movement that can help with self-regulation and arousal levels helpful for learning. Utilizing carriage driving in conjunction with ground based activities can yield surprising results!

Jeanine Loubier holds Instructor Certification from Morven Park International Equestrian Institute. She is PATH Intl. CTRI and Level II Driving Instructor and has been working in the industry for over 30 years, teaching able-bodied individuals and people with disabilities. She is passionate about retraining retired standardbreds in Maine for therapeutic riding and driving.

5:30-7 p.m. Welcome Reception and Networking hosted by NESAR and Riding To The Top

Saturday, April 22, 2023

Double Tree Hotel

7:30 a.m. Registration Opens

8-4 p.m. NESAR Silent Auction

8:15-8:45 a.m. PATH Intl. Region 1 Update and PATH Intl. Field Test Standards Update

Session B

9-10:15 a.m.

B1 Resiliency and Sustainability **CE**

Join Kathy Alm, CEO of PATH Intl., to explore how to navigate the ongoing sustainability of your center through the external changes and internal demands. Learn how to utilize emotional intelligence to address the difficult circumstances and challenging times. Understand what you need to build resilience while sustaining your center and your people. Determine where you need to focus your energy for the best sustainable outcome for your center. Connect with other center leaders for future ongoing support. Take away ideas and tools to build resiliency and center sustainability.

Kathy Alm began her service as chief executive officer of the PATH Intl. in August 2014. Previously, she served as Executive Director of Little Bit Therapeutic Riding Center in Woodinville, WA. She grew the previously grassroots organization from a \$280,000 annual operating budget to a \$2.1 million organization. Kathy served as the PATH Intl. board president in the 2010-2012 term, first joining the board of trustees in 2005. She has facilitated numerous workshops and presentations on board, staff, fundraising and strategic planning and enjoys the opportunity to share her experience as well as learn from others. Her dedication to the field of equine-assisted services spans over 19 years with a passion that was ignited the moment she walked through the door at her first therapeutic riding center.

B2 Walking With Horses **CE**

Walking with Horses pairs clients with horses who can no longer drive or carry a rider. This program can help get clients who are over your center's weight limit, don't want to ride or are on your waitlist, out of their homes and working with horses! Recently piloted at Equine Journeys at Ring Farm, this program is an opportunity for retired equines who are well-trained through years of service, to continue to have "jobs." This gives them meaning and purpose, along with providing income revenue for the center. In addition to the active walking session, this program features special guests who provide enrichment in relevant issues concerning the health and aging of horses and humans.

Jeanine Loubier See bio in Session A3.

Marian Rabe holds Maine certification for teaching individuals with severe disabilities and is a Board Certified Behavior Analyst. She works in a pediatric developmental center with children on the autism spectrum. She is a hay farmer and an amateur dressage rider.

B3 Equestrianism Choices through History and the Relationship to Equine Welfare and Well-being CE

Equine welfare and well-being are currently hot topics world-wide. Publications in the UK question if welfare concerns are being taken too far and if in the near future horses will no longer be ridden. The recent Kentucky Derby winner, Rich Strike, created an internet debate concerning how the stallion's biting incident was handled. People view equine welfare and well-being with a variety of lenses that are influenced by disciplines, economics, nature, nurture, and environment to name a few. This presentation will look through the lens of cameras that show photographs of horses primarily from the 20th century. The focus will be on equestrianism examples illustrated by the photographs and will include equipment choices, rider position, and equine behavior indicators. Discussion will include historical influences of the time and how they impact and relate to the current equine welfare and well-being discussions.

Lorrie Renker holds a PATH Intl. Master Therapeutic Riding Instructor Certification, A BS Degree in Elementary Education and is a graduate of Cheff Center for Therapeutic Riding. She is the recipient of the 1997 James Brady Professional Achievement Award and a 2021 Plaque of Merit from South Korea. She is an instructor evaluator and mentor and has lectured concerning EAS in the US and abroad.

10:15-10:30 a.m. BREAK - VISIT THE SILENT AUCTION!

Session C

10:30-11:45 a.m.

C1 Preventing and Managing Weight Loss in Your Aging Herd Part I CR All

Dr. Carrie Niederman will present normal equine dental anatomy, aging and function using slides and hands on examination of dried skulls of various ages, so participants can see how the transition from baby to adult teeth dictates how teeth will naturally wear with age.

Dr. Carrie Niederman is a retired equine veterinarian. She owned and operated a mobile equine dentistry and nutrition practice in Texas for 25 years, providing complete dental care and nutritional consultations for horses, donkeys and miniatures of all ages. Dr. Niederman has presented hands on dental workshops (anatomy/ageing) for pony and 4-H club members as well as lectures at American Association of Equine Practitioner (AAEP) Conferences and Veterinary Dental Forums. Dr. Niederman is a Fellow in Academy of Veterinary Dentistry/Equine.

C2 Research, Riding, Horses, Oh My! CE

Research is important to all those who love horses! Why? Because we need to know what works and what does not so that we can provide better services to our riders and horses. Some questions you might ask: "Why do horses react the way they do?" or "Does human interaction with a horse have a positive or negative effect on the horse?" or "How do horses sense our fear?" or "How can we provide a better experience for our riders?" These are a few questions you might want to research by breaking the questions down and searching for the right information. This session will help discover research and how it can benefit your program and the entire horse community.

Dr. Pebbles Turbeville is the Executive Director of Horses and Humans Research Foundation (HHRF). She holds a doctorate in Sports Management with an emphasis in leadership, a master's degree from NC State and a BA from Columbia College. She chaired the Equine and Sport Studies Department at St Andrews University where she was an associate professor teaching Therapeutic Horsemanship, Equine Studies and Sports Management courses. She is PATH Intl. certified as an Advanced Instructor, a CTRI instructor, and a credentialed mentor.

C3 Resilience Reins: Creating Family Connections CE

How can we partner with horses to develop resiliency for youth that have had adverse childhood experiences and their caregivers? Learn about a unique unmounted program model that engages youth and their caregivers, equipping them with skills needed to move forward in life. Discussion will focus on a description of the model, barrier resolution, program evaluation, and outcomes.

Kristen McGraw has been involved in EAS since 1996. Her certifications include PATH Intl. CTRI, Level II Driving Instructor and ESMHL. She is currently the Unmounted Program Manager at UpReach Therapeutic Equestrian Center and has also held several volunteer positions for PATH Intl. during her 22 years as a member.

11:45 a.m.-12 p.m. BREAK - VISIT THE SILENT AUCTION!

12-2 p.m. Lunch, PATH Intl. Update & 2023 PATH Intl. Region 1 Awards Ceremony

2-2:15 p.m.

BREAK - VISIT THE SILENT AUCTION!

Session D

2:15-3:30 p.m.

D1 Beyond the Miracle: A Behavioral Approach to Generalization of EAS Learning DE

This presentation will address creating a framework for generalization of skills learned in EAS programs to other environments (e.g. school), through collaboration with EAS professionals, behavioral professionals (BCBA's) and educators. Included is a look at the benefits of EAS through a behavioral lens.

***Miranda Bohl, MS, BCBA** received her first exposure to the concept of EAS in the early 1970's when she was a horse-crazy teenager and the industry was in its infancy. Since then she has been an active horse professional, parent, barn-owner and PATH Intl. CTRI. In 2012, she earned an MS in Applied Behavior Analysis followed by her BCBA credential. Since 2015, she has worked as a Behavior Interventionist and consulting BCBA in the Windham SE Supervisory Union school district in Brattleboro, VT, serving students with a wide range of behavioral, developmental and cognitive challenges. She has experienced first-hand the powerful contributions of horses and the barn environment to dramatic positive outcomes; and equally she has experienced the enormous challenge of creating anything at all comparable, in a typical public school environment. It is a life goal of hers to forge a link between the two.*

D2 Equine Wellness CR All

Horses & Humans Research Foundation wants to go beyond "Do No Harm" to maximizing well-being for "The Highest Good" of the horses, while respecting international cultures and guidelines. We believe this is essential to the quality of the research as well as the horse's well-being. When a horse is well managed and cared for with consideration and empathy, they build resilience to more effectively and safely cope with the inevitable stresses of life. The horse needs to be in optimal physical, mental, and emotional health to enhance their ability to engage and their willingness to work with humans. This presentation will incorporate the latest research and information from the HHRF Equine Well-Being committee to help you learn and do better for your horses.

***Dr. Pebbles Turbeville** See bio in Session C2.*

***Cathy Languerand** has been a lifelong horsewoman and learning to train, teach, share and listen to horses has been her life's mission. Cathy has been an active member of the US Pony Club, US Eventing Association, and Masters of the Fox Hunting Association. She is a CHA Master Instructor, a Reiki Master, and an instructor for Irwin Insights and Reach Out to Horses. She presently serves on the Equine Welfare Committee of the Horses and Humans Research Foundation (HHRF).*

D3 Evaluating the Potential Client for EAS CE

How do you objectively determine if your facility accepts a potential client? Do you have a system in place to do so? The aim of this presentation is to help you develop a critical eye for observation so that you can determine if a potential client can safely participate in services provided at your facility. This entails matching human and horse, equipment needs, support people requirements, mounting/dismounting needs, helmet needs, accessibility, personality matching, skill acquisition, and teaching styles. This presentation will give you tips and tools to assess if your center can safely provide services and what type of service is best for the potential client.

***Leora Barry** See bio in Session A1.*

***Christina Richardson, OTR/L** is a licensed Occupational Therapist who works in school settings and at the barn, where horses help her heal others using a variety of innovative and traditional therapy approaches. She is certified to Level II in hippotherapy by the American Hippotherapy Association, is a PATH Intl CTRI and is currently a Region 1 Ambassador.*

3:30-4 p.m.

BREAK – VISIT THE SILENT AUCTION, IT CLOSSES AT 4 P.M.!

Session E

4-5:15 p.m.

E1 Sharing Your Center's Impact CE

Organizations providing equine-assisted services chronically suffer from lack of sufficient financial resources. Articulating the relevance of EAS to the broader community will increase support and awareness. This can be done with improved messaging and education regarding the overall impact of the services. Providing consistent, meaningful feedback to participants, families, schools, social service agencies and donors will help

to increase the appreciation for the impact of the services. This presentation will focus on ways that the impact of services can be messaged to the community of donors, volunteers and participants to bolster fundraising and volunteer recruitment. Participants will be encouraged to network, share experiences and ways that impact can be messaged. Examples will be provided to stimulate further discussion.

Kitty Stalsburg is an EAS industry professional with over 30 years of experience in direct service provision. Kitty is a PATH Intl. Master Instructor and Executive Director of High Hopes Therapeutic Riding, Inc in Old Lyme, CT.

Claire Gadrow serves as Development Director at High Hopes Therapeutic Riding in Old Lyme, Connecticut. She has played critical roles in the success of the comprehensive campaigns ranging from \$60 million to \$3 billion at a number of universities. Her early career experience includes estate planning and public accounting with Ernst & Young in Providence and Deloitte & Touche in Boston. Claire has served as president of both the Planned Giving Council of Rhode Island and the Planned Giving Group of New England. Claire is a lifelong equestrian, competing in jumpers and is also an internationally ranked ultra-runner.

E2 Mentoring Staff, Volunteers & Instructors - Panel Discussion CE

The ability to effectively mentor other professionals in the industry is more critical than ever. Whether you are in an administrative leadership role, helping new instructors gain confidence and skills, or mentoring volunteers, this panel presentation will share most effective and appreciated mentoring experiences and key skills that shaped instruction, volunteer management and professional development with an opportunity to engage in an open discussion on best practices for mentoring others.

Chelsea Born, Sarah Miller, Jeanna Pellino and Lorna Young Panel members have combined 75 years of experience in EAS industry as directors, advanced instructors, professional mentors and volunteer managers.

E3 Understanding Cerebral Palsy And How Partnering With Horses Can Help DE

Cerebral Palsy is the most common motor disability seen in the pediatric population and the most common lifelong physical disability. Deciding to partner this population with horses is one that requires special considerations. In this course, we will look at the 5 different types of cerebral palsy, how they are classified, what typical presentations look like and how to safely accommodate any physical limitations.

Melissa Jean Jarzynski, MSPT, HPCS, ESMHL, is the owner of Melissa Jean, PT and Clinical Director at Endeavor Therapeutic Horsemanship in Bedford, New York. Since 2005, Melissa has been implementing equine movement into her physical therapy sessions while also learning how to partner with horses in a variety of ways. In addition to being a board-certified Hippotherapy Clinical Specialist, she also holds certifications with PATH Intl. and EAGALA. Melissa is also a Reiki Master and Trauma Informed Stretch practitioner.

5:15-5:45 p.m. Pick-up silent auction items. Dinner on your own.

Sunday, April 23, 2022

Riding To The Top Therapeutic Riding Center

Session F

9-11 a.m.

F1 CTRI Prep for Teaching the Riding Video CE

There have been many questions about how to successfully teach the riding video for the new CTRI certification. This presentation will help CTRI candidates and mentors become more comfortable with the specific criteria of the teaching component. Join certified instructors with many years of experience as they walk/talk through each piece of the pattern for the riding video. Following a review of the components, a PATH Intl. certified instructor will teach the riding pattern as if for the video. We will do this with two different rider/horse combinations.

Lorna Young is a PATH Intl. Advanced CTRI and ESMHL. She grew up on a horse farm in NH and was actively involved in Pony Club and 4-H. This led to starting a career in EAS at 19. Ever since, she has been starting and running programs as well as teaching. Mentoring new instructors is a favorite part of her job as it brings new people into the field and helps them get a strong start as instructors and in turn helping others.

Mackenzie Foss is finishing up her studies at the University of New Hampshire with a major in Equine Assisted Activities and Therapies. She interned at Riding To The Top in Windham, ME learning different teaching techniques from other instructors. Kenzie is a PATH Intl. CTRI and has first-hand experience with the new CTRI certification process.

F2 Preventing and Managing Weight Loss in Your Aging Herd Part II CR All

Using live case examples, Dr. Niederman will show how dental wear, which translates to loss of effective chewing function, should inform how horses in their late teens and twenties should be fed and how to respond when weight loss occurs. This part will include discussion on the differences between body condition score (BCS) and topline evaluation scoring (TES), how both assessments can help drive nutritional decisions and the value of serial evaluations when helping a horse return to ideal body weight and topline.

Dr. Carrie Niederman See bio in Session C1.

9-10:15 a.m. only

F3 Working with Visually Impaired Participants In and Out of the Arena DE

This presentation will equip professionals in the Equine Assisted Services industry with tools to better navigate common challenges that present when working with visually impaired participants. Presenter Diana Bezdedeanu was born with congenital cataracts; an eye disease that caused a white film to cover the lens of her eyes. At six weeks old, the cataracts were removed but she developed Glaucoma post-surgery, and currently lives with limited vision in her right eye. She has created a toolbox for working with visually impaired participants through her own experience as a visually impaired rider. There will be time for Q & A post-presentation, so please come with questions!

Diana Bezdedeanu is the owner of [Horses Offering People Education](#) (H.O.P.E. in MA, LLC), providing Equine Facilitated Learning and Horse Powered Reading sessions in southeastern Massachusetts since 2021. In addition, she is the Executive Assistant at The HERD Institute®. Diana may be a newer professional to the EAS industry; however, she has extensive experience volunteering for several local therapeutic horseback riding programs, as well as assisting in PT and OT sessions incorporating hippotherapy as a treatment strategy in a patient's overall plan of care. She has been a volunteer social media manager for several EAS programs and designed/maintained websites for those in the EAS industry pursuing private practice. As someone who has both a visual and a hearing impairment, she is committed to providing whatever adaptations are necessary for her clients' success.

11-11:15 a.m. BREAK

Session G

11:15 a.m.-1:15 p.m.

G1 Become An Expert At Observing Equine Behavior CR All

What is your perspective of the horse? What is the horse's perspective of you? How do you feel about yourself, the horse, the environment? Remember that as you read your horse, your horse has already read you. In this session we will invite three horses, one at a time, into the arena to be assessed. The horse will be asked to partner with the presenter as they move through a pattern or over an obstacle. We will observe and assess overall health, weight, top line, signs of stress, engagement of sympathetic and parasympathetic nervous system, and use of the six senses of both the horse and the human. Methods of communication will be demonstrated showing different levels of pressure, release of pressure, and positive reinforcement. The horse's responses will be observed and discussed. Many equine behaviors can be influenced by noticing and adjusting our human state of mind, our emotion, and body language. In a true partnership we take full responsibility for what we are thinking, feeling and saying with our bodies. This exercise will allow the horse to have a voice and the audience will observe and share what is seen and felt. We all benefit in many ways from learning from our horses how to feel safe, feel trust, and share respect.

Cathy Languerand See bio in Session D2.

G2 Western Saddle Fitting CE

For many programs, a western saddle is the go-to-saddle for some of our more involved riders who may need the extra support of the higher cantle, deeper seat and/or the horn of a western saddle. But how many of us on the east coast really feel comfortable fitting a western saddle to our valued horses? Improper saddle fit can be the number one cause of horses becoming unhappy in their work, which can lead to bad behaviors as a means of expressing their discomfort. Join Barry Gass, owner of Gass Horse Supply & Western Wear, as he walks through the steps of fitting a horse for a western pad, saddle and cinch. He will review all the tack and will demonstrate fit with the horse standing, walking and mounted with a rider to ensure proper fit. This promises to be a lively and informative session!

Barry Gass is the owner of Gass Horse Supply and Western Wear, a tack shop established over 100 years ago by his grandfather, in Orono, ME. Barry, now the 3rd generation owner of the family business, has a wealth of knowledge in western saddle fitting and travels to assist with saddle fitting challenges and concerns throughout Maine and Northern New England.

We look forward to seeing you soon in Maine!