



Regional Conference

August 18-20, 2023

Presented by: PATH Intl. Region 5

Hosted by: Calvin Center in Hampton, Georgia

PATH Intl. Region 5 welcomes you to an educational and fun weekend with your friends and colleagues in Georgia. Your registration fee includes Friday dinner, all meals on Saturday and breakfast on Sunday.

CONFERENCE LOCATION

Calvin Center Therapeutic Riding Program

13550 Woolsey Road
Hampton, GA 30228

LODGING

Calvin Center Conference and Retreat Center

13550 Woolsey Road
Hampton, GA 30228

Call: (770) 946-4276 or Online: <https://ccequestrian.campbrainregistration.com>

Choices: Conference Lodge - Single and double occupancy \$70/per room; Unit 5 Cabins: Sleep 8-bunk or 3-bunk style rooms \$35/bed; or Hicks Lodge: 4-bunk style rooms sleep 8 and two rooms sleep 4 \$35/bed

Off-campus housing available on your own.

PATH INTL. REGION 5 CONFERENCE REGISTRATION

Online registration will be available June 9, 2023 through August 4, 2023. After August 4, 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 June 9, 2023 through August 4, 2023:

Full Conference	\$145 members	\$195 non-members
\$120 PATH Intl. Higher Ed Faculty/Students		\$135 Higher Ed Faculty/Students Show ID

Registration on-site after August 4, 2023:

Full Conference	\$175 members	\$225 non-members
\$150 PATH Intl. Higher Ed Faculty/Students		\$165 Higher Ed Faculty/Students Show ID

Refund Policy:

No refunds due to weather unless the conference is canceled.

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

Deadline for Full Refund – Request received in PATH Intl. office by **August 4, 2023.**

Deadline for 50% Refund – Request received in PATH Intl. office by **August 20, 2023.**

Individuals who do not submit a written request to PATH Intl. by August 20, 2023 will not receive a refund.

Education:

This conference satisfies up to 6 hours of continuing education requirements.

COVID-19 Information:

Calvin Center follows all CDC and State of Georgia 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

All times are eastern standard time.

Friday, August 18, 2023

4 – 5:30 p.m. Registration

5:30 – 7 p.m. Welcome, Dinner, PATH Intl. Update and Field Test Standards Update

7 – 9 p.m. Facilitated Networking and Fun

Saturday, August 19, 2023

7:30 – 8 a.m. Registration

8 – 8:45 a.m. Breakfast

Session A

9 – 10 a.m.

Staying in Your Lane CR ESMHL

Understand the roles, responsibilities and liabilities of the mental health professional and the equine specialist. Find out what is needed before starting, growing or improving an equine-assisted psychotherapy program at your facility. Attendees will learn the best practices when working as a treatment team and professional liability and legal implications of stepping outside your professional scope of practice. This presentation will cover topics from the lens of the mental health professional and an equine-assisted services program director.

Connie Baldwin MS, LMHC-S is a PATH Intl. ESMHL and an EAGALA Equine Specialist and is the Clinical Director of Healing Hoof Steps in Crestview, Florida.

Narissa Jenkins is a PATH Intl. ESMHL and an EAGALA Equine Specialist and is the founder and CEO of Healing Hoof Steps. Healing Hoof Steps offers an equine-assisted mental health counseling program as well as a PATH Intl. therapeutic riding program that serves over 120 clients per week.

10 – 10:15 a.m. Break

Session B

10:15 – 11:15 a.m.

Fundraising 101: What My Horse Taught Me About Fundraising CE

Sometimes the biggest lessons horses teach us have nothing to do with riding. Attendees will learn how to identify, build and maintain relationships with donors through horse interactions.

Missy Lamont, PATH Intl. CTRI has a strong sense of serving her community that led her to create the HonorBee Advisory Group in South Florida. Missy holds a BS degree in Recreation, Parks and Tourism Management with an

emphasis in Commercial and Community Recreation from Penn. State University. In 2019, she earned a certificate in Non-Profit Strategies from Harvard Business School.

11:15 – 11:30 a.m. Break

Session C

11:30 a.m. – 12:30 p.m.

Tack Fit & Equine Welfare Are Closely Related DE

How tack fits the horse is directly tied to equine welfare and rider comfort. Poorly fitted tack can cause discomfort, pain and even injury to the horse, while adversely affecting the rider. This combination can have an overall negative effect on a rider's learning ability within the lesson process. Attendees will learn the benefits of properly fitting tack as it relates not only to the horse, but how it will directly affect the rider – physically, cognitively and emotionally.

Amy Austin, MS, OTR/L, CCAP is a PATH Intl. Advanced Riding Instructor and CTRI. She is the former Program Director for Chastain Therapeutic Riding Program in Atlanta and is a retired faculty member and seasoned equine competitive professional.

12:30 – 1:30 p.m. Lunch

Session D

1:45 – 4:45 p.m. **DE**

Join the PATH Intl. Region 5 Conference Planning Committee and its tenured industry professionals down at the barn for an afternoon of hands-on learning and innovative programming. These sessions will help instructors and program directors with new and diverse disability-focused curricula. The afternoon will target lesson plans for a full spectrum of disabilities. We will be offering five unmounted lesson plans in round-robin fashion, allowing all conference goers the opportunity to participate in each lesson. Sessions are educationally based with the primary objective to introduce a variety of inventive plans to include projected outcomes that can be utilized in disability specific EAS.

Lesson 1: GaitWay to the Brain

When individuals with disabilities begin to engage in therapeutic or adaptive riding, outcomes may be very encouraging, however after an initial period, progress may plateau, and some participants progress very slowly or not at all. The GaitWay to the Brain program builds on the concepts of neuroplasticity and neurogenesis. Regardless of disability, this program helps the participants build the neural pathways necessary to receive information (store and organize) and retrieve/use information. The pathways we use to receive information are the auditory, visual, vestibular and tactile pathways. For individuals with autism and other cognitive disabilities, sensory deficits in these pathways may cause them to experience the world as a bombardment of sensation frequently resulting in "behaviors". The GaitWay to the Brain exercises stimulate underutilized parts of the brain, giving participants the improved ability to focus and center themselves. Participants in the program along with horseback riding, have demonstrated sustained improvement in cognitive and motor function. Attendees will learn about the Gaitway to the Brain program and gain an understanding of why Gaitway to the Brain activities are suitable for individuals with disabilities. They will get hands-on experience with some of the Gaitway to the Brain activities, learn about pre- and post- program measurements and understand how to implement this program at their facility.

Robin Bramson, PATH Intl. CTRI & ESMHL is the Program Director at Whispering Manes Therapeutic Riding Center. She has been teaching therapeutic horseback riding for over 15 years. Robin has attended the Gaitway to the Brain in-person training at Manegait in Texas, as well as online training for this program. Whispering Manes has been incorporating some of the Gaitway to the Brain exercises for the last four years. Over the last year they have expanded the program to offer it as a 30-minute session immediately prior to therapeutic riding sessions. Whispering Manes is also working to incorporate an at-home activity component for the Gaitway to the Brain exercises.

Lesson 2: Barrel Balancing

Innovative lesson plan to encourage balance through alignment without a horse! A great idea for rainy days, camp lessons or lesson fun day. This lesson plan targets a full spectrum of riders from those with first-time anxiety to those with low tone in their core.

Michele Ripley, PATH Intl. CTRI is an instructor at Whispering Meadows Ranch in Flagler Beach, Florida.

Lesson 3: Presence in Partnership

Presence in Partnership incorporates yoga-based techniques to enhance a participant's cognitive, emotional, social development and awareness while interacting with the horse. Those with emotional disabilities benefit by learning to read a horse's body language and adjusting their presence to complete obstacles with the horse as a partner. Participants establish themselves as the leader in a herd of two thus encouraging assertiveness and decision-making skills.

Kristine Aguirre, PATH Intl. CTRI is co-founder and director for Whispering Meadows Ranch in Flagler Beach, Florida. She has been an instructor and mentor for 15 years.

Lesson 4: Beyond the Saddle Equine-Assisted Literacy

Horse Powered Reading (HPR) research shows social-emotional issues, ADHD, anxiety, depression and other mental health or learning concerns can get in the way of student learning. HPR integrates social-emotional learning with academics, allowing students to see and experience reading with their entire mind, body and emotions, by creating metaphors for the skills involved in reading. Learning objectives include overcoming learning barriers, learning new study skills, decoding, vocabulary enhancement, fluency and comprehension while learning with our reading buddy – the horse. Attendees will participate in a sample of a HPR lesson known as Alphabet Round Up to experience decoding and phonetic awareness. The presentation will close with a discussion of the exercise and the benefits of equine-assisted education programs.

Tammy Sliger, PATH Intl. ESMHL & CTRI, CLC is the executive director of Kiddy Up Ranch. She is EAGALA certified, a Horse Powered Reading Certified Facilitator and a Special Olympics Tier 2 Equestrian Coach.

Lesson 5: Incorporating Music and Creative Movement into the Equine Session

Music exposure and education has been the subject of many research studies over the years, providing evidence of benefits across multiple areas. Music can be incorporated into the equine session to help teach concepts to riders, unmounted participants and volunteers in a fun and engaging way. After a brief presentation of the available research data on incorporating music into education, attendees will participate in a sample unmounted lesson teaching horse gaits, rhythm and tempo with miniature horses, to learn to differentiate a walk, working walk, jog and working trot using music selections to encourage the correct gait. This session will focus on those with disabilities who will most benefit and offers expanded applications for music in an equine session.

Lauren Brown, MA has a BA in Music and an MA in Social Anthropology-Ethnomusicology. She is a USPC H-B graduate and a Special Olympics Certified Equestrian Coach. Lauren is in the final phase to achieve PATH Intl. CTRI certification.

5:30 – 7 p.m. Dinner and the 2023 PATH Intl. Region 5 Awards Ceremony

7 – 8 p.m. Campfire and S'mores with Peers in Your State

Sunday, August 20, 2022

8 – 9 a.m. Breakfast and Closing

9 a.m. Checkout and Depart

We look forward to seeing you soon in Georgia!