

**PATH Intl.
Regional
Conference**

**Presented
by
Region 7**

February 22-24, 2019

**Hosted by:
Exceptional Equestrians
Washington, MO**

PATH Intl. Region 7 welcomes you to an educational and fun weekend with your friends and colleagues in beautiful Washington, Missouri. Your registration fee includes lunch on Friday, 2/22, and breakfast and lunch on Saturday, 2/23.

CONFERENCE LOCATIONS

All Sessions Except Survive and Thrive:

Exceptional Equestrians

785 Yellow Finch Lane
Washington, MO 63090
(636) 390-2141

Survive and Thrive:

St. Gertrude's Parish Old Hall

6535 Hwy YY
Washington, MO 63090

Lodging Options:

Super 8

2081 Eckelkamp Ct.
Washington, MO 63090
636-390-0088

<https://www.wyndhamhotels.com/super-8/washington-missouri/super-8-washington-mo/overview>

\$89.88 per night (+ tax) – Make reservations via phone and mention PATH Intl. Region 7 before January 22nd to receive discounted rate.

Best Western Plus

2621 E. 5th St.
Washington, MO 63090
636-390-8877

https://www.bestwestern.com/en_US/book/hotel-rooms.26174.html?groupId=R35QL7K5

\$111.60 per night(+ tax) – Use the link above and make reservations before January 22nd to received discounted rate.

AGENDA

Friday, February 22, 2019

8:30 a.m. - 4 p.m. Registration open at Exceptional Equestrians front office
(Survive and Thrive participants will register at St. Gertrude's 8:30 a.m. - 9 a.m.)

Session A

9 a.m. - 3 p.m. **A1, From Surviving to Thriving: An Organization Roadmap for Sustainability** ^{CE}
Moving from surviving to thriving requires knowing organizationally where you are, where you want to be, and how to get there. It requires understanding the seven areas of a nonprofit organization's life, the different stages of development and the progression and timing of moving from stage to stage. In this workshop you will assess seven areas of your organization, understand which stage(s) you are at, identify your future and map out specific next steps to get there. Previous attendees have reported this workshop changed the direction of their center, which led to health and sustainability. Come and learn how to create the best possible future for your center.

Kathy Alm, PATH Intl. CEO, began her service as chief executive officer of the Professional Association of Therapeutic Horsemanship International (PATH Intl.) in August 2014. For the previous 16 years 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 professional \$2.1 million organization. Kathy served as 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 activities and therapies spans over 19 years with a passion that was ignited the moment she walked through the door at her first therapeutic riding center.

10 a.m. - 6 p.m. **A2, PATH Intl. Standards Course** ^{CE}
Bring your 2018 Standards Manual with you. **Register by January 24, 2019**. This course will be canceled if less than 15 people register by this date.

Session B

10 a.m. - 12:00 p.m. **B1, Using Long-Lining in Therapeutic Riding Sessions for Happier, Stronger Horses** ^{CR-Riding}
This session will provide hands-on instruction in the basics of long-lining. Participants will learn about required tack and tack modifications, how to determine if your horse and client are appropriate, and how to maintain a safe PATH Intl. therapeutic riding session while long-lining. Participants will get an opportunity to long-line a variety of different horses.

Exceptional Equestrians of the Missouri Valley, Inc. Staff have more than 40 years combined experience in providing equine-assisted activities and therapies. EE has been utilizing long-lining in both TR and licensed therapy sessions for more than 15 years.

12:00 - 1:00 p.m. **Networking Lunch**

Session C

1:15 - 2:30 p.m. **C1, Utilizing TR to Increase Participation and Reduce Fall Risk in Older Adults** ^{DE}
Falls are the leading cause of injuries and deaths in adults over the age of 65. The purpose of this research is to explore the use of equine-assisted activities and therapies to improve the balance, posture, fear of falling and participation in older adults.

Dr. Timothy Shurtleff received an OTD from the Program in Occupational Therapy at Washington University School of Medicine in 2006. He was the first recipient of a Horses and Humans Research Foundation research grant and also received a grant from the American Hippotherapy Association to research the

effect of hippotherapy on children with cerebral palsy. Tim and his wife, Charla, founded Exceptional Equestrians at their home in 1990.

1:15 - 2:30 p.m. **C2, Equine Chiropractic Care** CR-ESMHL

This presentation will focus on chiropractic care for horses. Topics to be covered include what is chiropractic, signs a horse may benefit from a chiropractic adjustment, how horses respond to care and an overview of what is assessed during a chiropractic evaluation.

Dr. Melissa Georgevitch, DC, graduated from Pacific High School in 2010. In August 2016, she graduated from Logan University as a Doctor of Chiropractic. During her time at Logan, she completed her acupuncture certification. Dr. Georgevitch also has a passion for helping animals. She has worked in the veterinary field since 2009 as a vet tech assistant. After graduation, she attended Options for Animals in Wellsville, Kansas, where she studied animal chiropractic through a course consisting of 210 hours of classroom and hands-on learning. She became certified by the International Veterinary Chiropractic Association (IVCA) in February 2017. She treats both small and large animals at multiple veterinary hospital locations in Missouri. Dr. Georgevitch has experience with horses, dogs, cats, show cattle, goats and pigs.

2:30 - 2:45 p.m. **BREAK**

Session D

2:45 - 4 p.m. **D1, Trauma 101** DE

This session will provide you with a basic understanding of the effects of traumatic events on children, families and the community. You'll receive an overview of symptoms that could be caused by a traumatic experience, as well as tips for how to assist children affected by trauma.

Mary Beth Schwenk, LPC, is a licensed professional counselor with a master's of education degree. She is the school-based supervisor for Crider Health Center, providing mental health services to young people in Franklin County, Missouri.

2:45 - 4 p.m. **D2, Keeping the Senior Horse Happy, Healthy and Working** CR-ESMHL

Senior horses are invaluable to EAAT programs, but they come with a unique set of health challenges. Arthritis, endocrine disease, tooth decay and digestive problems can plague older horses. Here, common pitfalls and preventative/therapeutic measures of geriatric horses are discussed.

Dr. Shanna Nelson is a mixed animal veterinarian at Fox Creek Veterinary Hospital in Wildwood, MO. Her background includes extensive horse experience as a rider, owner, competitor, trainer and clinician. After completing her graduate degree at Drury University, Dr. Nelson attended the University of Missouri College of Veterinary Medicine. While at vet school, she served as the president of the student chapter of the American Association of Equine Practitioners (AAEP), and she worked extensively on several research projects. Following graduation, Dr. Nelson completed an internship at Wilhite & Frees Equine Hospital before coming to Fox Creek, where she currently strives to provide high quality preventative, medical and emergency care to all her patients.

4 p.m. **Dinner on your own. Stay tuned for information on potential networking events!**

Saturday, February 23, 2019

7:30 - 8 a.m. Registration open at Exceptional Equestrians front office

8 - 9:30 a.m. **Welcome breakfast with Region 7 meeting and PATH Intl. update**

Session E

9:45 - 10:45 a.m. **E1, How to Run Your Center Like a Business and Still Keep the Heart - Part 1** CE

Do you think of the service you provide as a business or is it a service fueled by passion and giving back to the community? Fortunately, these descriptions are not mutually exclusive. Most of us join this field because of our passion for equine-assisted activities and therapies. In researching the challenge of sustainability for centers, one of the top issues consistently raised was business knowledge. In order to be

sustainable, it is important to not only follow the passion and mission but to approach service delivery from a business perspective. Join PATH Intl. CEO Kathy Alm as she explores the steps to running your center in a sustainable manner while remaining focused on mission delivery and the "heart" of your organization.

Kathy Alm, PATH Intl. CEO see bio under Session A1.

9:45 - 10:45 a.m. **E2, The Masterson Method of Equine Massage - Part 1** CR-ESMHL

The Masterson Method offers a unique connection with the horse. It works with the horse rather than on the horse, relying on feedback from the animals' nervous system, exhibited in twitches, snorts, yawns, changes in demeanor, heart rate, respiration and posture to let the therapist know what procedure or body part to work with next.

Diane Engelsdorfer, LMT, has been a practicing massage therapist/bodyworker since 1991. In the last 13 years, her focus has broadened to include bodywork for companion animals and equines. Since 2010 she has practiced The Masterson Method Equine Therapy with a variety of horses from small ponies to large draft animals. Diane is proficient in several forms of body work including myofascial release, Russian medical massage, craniosacral therapy, Reiki, sports massage, lymphatic drainage, visceral manipulation, Tellington Touch as well as the certification in neuromuscular therapy.

10:45 - 11 a.m. **BREAK**

Session F

11 a.m. - 12 p.m. **F1, How to Run Your Center Like a Business and Still Keep the Heart - Part 2** CE

Do you think of the service you provide as a business or is it a service fueled by passion and giving back to the community? Fortunately, these descriptions are not mutually exclusive. Most of us join this field because of our passion for equine-assisted activities and therapies. In researching the challenge of sustainability for centers, one of the top issues consistently raised was business knowledge. In order to be sustainable, it is important to not only follow the passion and mission, but approach service delivery from a business perspective. Join PATH Intl. CEO Kathy Alm as she explores the steps to running your center in a sustainable manner while remaining focused on mission delivery and the "heart" of your organization.

Kathy Alm, PATH Intl. CEO see bio under Session A1.

11 a.m. - 12 p.m. **F2, The Masterson Method of Equine Massage - Part 2 and The Bemer** CR-ESMHL

The Masterson Method offers a unique connection with the horse. It works with the horse rather than on the horse, relying on feedback from the animals' nervous system, exhibited in twitches, snorts, yawns, changes in demeanor, heart rate, respiration and posture to let the therapist know what procedure or body part to work with next.

Diane Engelsdorfer, LMT see bio under Session E2.

The Bemer is designed to improve circulation, thereby supporting the body's natural self-regulating processes. Blood is the body's universal means of transport. Oxygen, nutrients, chemical messengers (e.g., hormones) and immune cells are all transported through our blood. When our body's cells, tissues and organs are adequately nourished and metabolic waste products are removed, our bodies become healthy and function properly.

Marilyn Moore is the executive director and co-founder of ASPIRE Therapeutic Riding Program in Waterloo, Iowa. She is also a licensed social worker and an associate site visitor for PATH Intl. Marilyn has two grown children and four grandchildren. Marilyn has presented at two different regional conferences. Marilyn loves to write and has had numerous articles published in a book and magazines. ASPIRE has recently acquired The Bemer and Marilyn has taken some training regarding its use.

12:00 - 1:30 p.m. **PATH Intl. Awards Lunch**

Session G

1:45 - 2:45 p.m. **G1, Techniques to Improve Client Communication** CR-Riding

Many participants in therapeutic riding programs struggle with communication. During this session, attendees will learn techniques that both instructors and volunteers can incorporate into their lessons to help improve client communication.

Karen Schmeider, MS, CCC, is a nationally certified and state licensed Speech Language Pathologist since 2001. Karen graduated with a bachelor's degree in communication disorders from Truman State University. She attended Southern Illinois University at Edwardsville, where she completed her master of science degree in speech-language pathology. During her professional career, Karen has had the opportunity to work with a variety of populations and disorders. Currently, Karen works for the school district of Washington, Missouri, primarily serving children within the life skills classrooms.

1:45 - 2:45 p.m. **G2, Incorporating Competition to Your TR Program** CR-Riding

There are a number of opportunities for therapeutic riding clients to participate in competitions, both on the local and national level. This panel discussion will cover the AQHA's Equestrians With Disabilities (EWD) program as well as Special Olympics Equestrian Games.

Brenda Wasser has been a professional in the horse industry for 35 years. She has a BS degree in equine science from Northeast Missouri State University. Locally, she serves on the MidRivers Saddle Club Board, as a 4H Horse Project Leader as well as an instructor of therapeutic horsemanship.

BraveHearts Special Olympics/Sports Management Team has hosted the Special Olympics Equestrian Games for six years. Meggan Hill-McQueeney, BraveHearts Therapeutic Riding and Educational Center President/ COO also serves on the Special Olympics Sports Management Committee and has been a head coach for 17 years and been a trainer for Special Olympic coaches for 15 years. Her team of staff and fellow industry professionals on the sports management team are committed to having a safe and quality event where teams can attend and enjoy the sport and all it has to offer.

2:45 - 3 p.m. **BREAK**

Session H

3 - 4 p.m. **H1, The Best Story Wins - Making Your Program into a Recognizable Brand** CE

Once upon a time the brand behind a product simply had to play a supporting role or be the silent partner. Today, the brand is front and center, and the expectation is that the brand's story is personal, relatable and authentic. Cutting through the deluge of information that bombards people today can be challenging, but taking the time to craft memorable, ownable stories is the key to breaking through the clutter. Learn tips for making your brand narratives stand out in ways that inspire action, garner media attention and rally community support.

Kaite Flamm is the senior manager of programming at Nestle Purina PetCare Company - Purina Farms, overseeing special event coordination and marketing. Kaite works with dog and cat clubs around the country to coordinate all-breed shows and national specialties at the Purina Event Center, a multi-million dollar facility right outside St. Louis, built especially to host pet events. The facility is located at Purina Farms where they host more than 380 pet-centric events a year. Kaite co-hosts the largest trivia night in St. Louis, benefiting 16 local animal welfare groups.

3 - 4 p.m. **H2, Facilitating Life Skills Through the Horse** CR-ESMHL

This hands-on groundwork session teaches humans how horses speak by using body language, team work and respect for one another and then parallels this into our life situations. It includes groundwork exercises that can be utilized by participants of all abilities.

Lulu Bogolin is a certified facilitator with Equine Connection, certified therapeutic riding instructor with Spirit Horse International and is PATH Intl. trained with over 350 hours of teaching equine-assisted learning. Lulu is currently the director of equine learning at Equine Assisted Therapy in Eureka, MO.

4 p.m. **Dinner on your own.**

Sunday, February 24, 2019

8 - 8:45 a.m. **PATH Intl. Field Test Standards Hearing and State Meetings**
Join us for a surprise!

8:45 - 9 a.m. **BREAK**

Session I

9 - 10 a.m. **I1, How to Integrate Vaulting Into Your Program** **CR-Vaulting**
Vaulting activities encourage teamwork, communication and creative thinking. Learn games and activities that any instructor can utilize to begin introducing vaulting to your participants and horses. **Lindsay Mohr** is a PATH Intl. Certified Advanced Therapeutic Riding Instructor and currently the administrative manager and an instructor at Exceptional Equestrians. **Dayna Baynes** is a PATH Intl. Certified Registered Therapeutic Riding Instructor and the program manager at Exceptional Equestrians. Lindsay and Dayna have more than 20 years combined experience in therapeutic riding. Both Lindsay and Dayna have incorporated vaulting activities and techniques into their therapeutic riding sessions with great success.

9 - 10 a.m. **I2, Making the Connection: Understanding and Working With a Person Affected by Paralysis of the Lower Body and Legs - Part 1** **DE**
This workshop will include active participation and professional development directly from a person with paraplegia. Attendees will increase instruction skills while expanding knowledge relating to groundwork with horses, clients and volunteers.
Julie Gavin-Freeman is a professional anatomist who holds several accreditations in the medical, massage therapy, yoga and equine professional fields. She is a certified yoga therapist, board certified practitioner of complementary and alternative medicine, licensed massage therapist, certified in reflexology, and holds a master of acupressure degree. She also is an A&P department head, higher education instructor and a PATH Intl. Certified Registered Instructor, Driving Level 1 Instructor, Equine Specialist in Mental Health and Learning, and mentor for riding and driving.
Michael Richardson's credentials and experience can be best summarized by the example he has set with his own life after a jeep accident left him a paraplegic in his early 20s. For the past 30 years, Michael has committed his life to the development of horses and to sharing the lessons he has learned by overcoming the most difficult of challenges and adapting to new circumstances with a positive attitude.
Rick Freeman started riding at 3 years old and has worked with Quarter Horses, Arabians, reining horses and Dressage trainers. He retired from showing a few years ago to focus his passion on training and sharing his heart's love for the horse. Rick doesn't like to be called a "trainer." He says, "The horse is the trainer." His number one rule - Relaxation!

Session J

10:10 - 11:10 a.m. **J1, What the Horse Can Teach Us About Leadership** **CR-ESMHL**
Learn about the power of equine-assisted learning and how working with equines can help motivate people to improve their leadership and interpersonal skills. These changes will carry over to both work and personal lives.
Cindy Schwarz is an equine assisted coach, master facilitator, experienced corporate executive and equine enthusiast. Cindy has worked with a diversified client base ranging from CEOs to entry level employees in corporate, family-owned and nonprofit organizations. Cindy's qualifications include a master's degree in organizational development. She is an IFC credentialed Professional Certified Coach and administrator of many assessments.

10:10 - 11:10 a.m. **J2, Making the Connection: Understanding and Working With a Person Affected by Paralysis of the Lower Body and Legs - Part 2** **DE**
See description under Session I2.
Julie Gavin-Freeman, Michael Richardson & Rick Freeman see bios under Session I2.

11:10 - 11:25 a.m. **BREAK**

Session K

11:25 a.m. - 12:25 p.m. **K1, Coordinating Brain Functioning and the Movement of Animals** ^{DE}

Breakthroughs in brain science research the last 20 years reveal a picture of the actual damage to a developing brain caused by trauma, neglect or even attachment wounds. Fortunately, the same pictures also revealed that most brains have neuroplasticity, or the capacity to utilize restorative treatments and therapies to rewire neural networks to increase and remediate functioning. Many of those treatments point to healthy relational attachments and movement as key components in increasing cognition and overall brain functioning. Learn basic neurotypical brain hemispheric development timelines, with an introduction to primitive reflexes. The interactive and collaborative process will take the basic sensory motor integration interventions, which help rewire the brain to decrease neuro-behaviors that resulted from developmental delays and trauma, and adapt those movements to use in an equine-assisted activities and therapies setting.

Karalee White has an undergraduate degree in therapeutic recreation from the University of Missouri, Columbia. The path to recreation therapist came after an automobile accident at age 20 that resulted in a wishbone, pelvic and sacral injury with various inpatient hospital and rehabilitation facilities over the course of a few months. After a childhood spent riding and showing horses, riding horses gave way to a career in recreation therapy that often included supporting EAAT programs that work with the children and adolescents mental health settings. She is a Certified Therapeutic Recreation Specialist and a Certified Low and High Ropes Adventure Course Facilitator. She is certified in conflict resolution and crisis de-escalation techniques for: CPI, TACT, SCM, Handle with Care and Trauma Informed Care. Additionally, Karalee has used Management by Strength Supervision and Brain Hemispheric Integration Coaching. Karalee currently works as a recreation therapist at KidsTLC in Olathe, Kansas.

11:25 a.m. - 12:25 p.m. **K2, Unique Funding Opportunities for Nonprofits** ^{CE}

Nonprofit funding is a rapidly changing landscape; however, there are still many grant opportunities available. From private and foundation grants to state tax credits and match funds, learn about different ways to add diversified funding streams to your program income.

Lindsay Mohr is the administrative manager of Exceptional Equestrians of the Missouri Valley, Inc. In her 15 years with the organization, Lindsay has raised more than one million dollars in grant funds for the organization. These funds were used to purchase a new facility, renovate the barn and add an additional riding arena.

We look forward to seeing you soon in Washington, Missouri!