

PATH Intl. Regional Conference

Presented

by

PATH Intl. Region 11



VIRTUAL

April 10th, 2021

Hosted by:

REINS Therapeutic Horsemanship Program

PATH Intl. Region 11 welcomes you to an educational and fun day with your friends and colleagues – virtually!

PATH INTL. CONFERENCE REGISTRATION

Online registration will be available February 12 through April 7, 2021.

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

Registration February 12 through April 7, 2021:

Full Conference

\$100 members

\$150 non-members

Refund Policy:

No refunds. Content will be recorded and available to watch on your own time.

Education:

This conference provides a minimum of 5 hours of annual continuing education requirements and up to 9 hours if you watch the recordings of all the sessions you do not attend live!

TYPE	DESCRIPTION	CEU Conversion
DE	Disability Education	60 min = 1 DE
CR	Certification Core Requirement	60 min = 1 CR
CE	General Continuing Education	60 min = 1 CE

AGENDA

All times are Pacific Standard Time

Session Zoom links will be provided prior to the conference.

Saturday, April 10, 2021

9 – 10 a.m.

Welcome!

PATH Intl. Region 11 2020 & 2021 Awards With Kathy Alm, PATH Intl. CEO

PATH Intl. Region 11 Meeting With Kaitlyn Siewert, PATH Intl. Region 11 Rep.

PATH Intl. State Meeting Breakouts With PATH Intl. State Chairs

10 – 10:15 a.m.

Stretch Break

10:15 – 11:15 a.m.

Keynote: Creative Fundraising CE

Dana Butler-Moburg has been the executive director of the J.F. Shea Therapeutic Riding Center, a PATH Intl. Premier Accredited Center in San Juan Capistrano, CA, for 21 years. Her work in the therapeutic riding industry has been nationally recognized a number of times.

11:15 – 11:45 a.m.

Facilitated Networking Breakout Sessions

11:45 – 12 p.m.

Stretch Break

Session A

12 – 1 p.m.

A1, Working With Parents During Stressful Times: Impact of Ambiguous Loss DE

The purpose of this presentation is to review the development of parent-child (p-c) interaction from 0-3, and how that process is often impacted by the discovery that your child has a developmental disability or delay. We will compare and contrast the traditional trajectory of p-c interaction and the impact any diagnosis may have on families. The discussion will include Pamela Boss' study Ambiguous Loss in the '70s, including her work with families experiencing lack of closure following the loss of a loved one through Alzheimer's disease and related losses. Her discussions provide a strong framework for understanding the process our families experience when they sense or determine that their children have a life-impacting developmental disability or differences. We will discuss typical development, the evolution of becoming a parent, typical communication development and how engaging their children in therapeutic horseback riding can help normalize their experiences as well as facilitate language skills.

Karyn Searcy, author of *Early Intervention in Speech & Language (2011)*, has worked in hospitals, private practice and an undergraduate school before relocating to San Diego County in 1988. She founded *Crimson Center for Speech & Language* in 2003 (now *TERI Crimson*) and has been a clinical supervisor at SDSU since 2010. Karyn has been consulting with riding instructors at *REINS Therapeutic Horsemanship Center* for nearly 10 years.

Kaitlyn Siewert has a B.S. degree in kinesiology and is a *PATH Intl. CTRI*. She has been working in therapeutic riding for over 20 years. Kaitlyn has been working at *REINS Therapeutic Horsemanship Program* for her entire career in therapeutic riding and has been the program manager at *REINS* for the past seven years. She is currently serving as the *PATH Intl. Region 11 Representative*.

A2 Acquiring, Retaining and Organizing Volunteers CE

Volunteers are one of the pillars of therapeutic horsemanship. Without them, most organizations would find it very hard to operate at the capacity/level that they do. So how do we acquire them? And how do we make them want to stay? After overhauling our volunteer program almost seven years ago, and continuing to refine it every year, we have found successful ways to make volunteering inviting, fun, safe and organized. We wish to share some of our experiences, both positive and negative, that have helped us manage over 100 weekly volunteers.

Maggie Kibler began volunteering at *REINS* at the age of 11. She went on to become a speech language pathologist assistant, but when the full-time volunteer coordinator position became available in 2013, she jumped at the opportunity. *REINS* was a safe haven for her as a young volunteer, and she hopes to provide that same sense of community for other volunteers today.

1 – 1:30 p.m. Stretch Break & Grab Your Lunch

Session B

1:30 – 2:30 p.m.

B1, Horse Camps – Help Out Your Bottom Line! CE

Horse camps are a great way to not only bring valuable income to your program but also to offer healthy and positive outdoor experiences to children! The presenter will share advice from over 12 years of offering camps, including what activities have worked best and what to watch out for.

Dana Vennen has been in the therapeutic riding industry for most of her life. Starting as a volunteer with *Therapeutic Horsemanship of Hawaii*, a *PATH Intl. Premier Accredited Center* in Waimanalo, HI, in high school, she stuck it out for over two decades, eventually becoming the executive director and a *PATH Intl. Advanced Instructor*.

B2, Successful Outpatient Treatment Protocol for a Complex Comorbid Diagnosis CE

This single case study demonstrates the combined effectiveness of equine-assisted therapy and the innovative use of smartphone technology to create a unique therapeutic intervention resulting in (1) recovery from 10+ years of compulsive slot machine gambling and subsequent losses leading to severe financial consequences and serious disruption to normal daily functioning; (2) ongoing recovery from posttraumatic stress disorder due to childhood and later life family trauma; and (3) ongoing recovery from a recent ischemic stroke with severe left side paralysis, stemming from chronic hypertension related to gambling and other life stressors. In addition, the importance and significance of the therapeutic alliance will be addressed.

Dr. Peter Claydon is a clinical psychologist with 36 years of experience working with clients individually and 24 years providing therapy incorporating equines to children identified as at-risk, adolescents and adults, including veterans. He was a NARHA certified riding instructor and is currently both a PATH Intl. Equine Specialist in Mental Health and Learning and an EAGALA certified equine specialist. Dr. Claydon is the founder and president of the Santa Barbara Youth Project, a 501(c)(3), and is an active advocate for underserved populations. His experience as a lecturer at the University of California, Santa Barbara, adjunct faculty at Antioch University and the Santa Barbara City College inform his ability to engage with a diverse audience in a way that enhances learning through active engagement. Dr. Claydon has a special interest in endurance riding and has successfully completed the TEVIS 100 mile race three times to date on his horse, Remy a.k.a. Knight to Remember.

2:30 – 2:45 p.m. Stretch Break

2:45 – 4:15 p.m. **PATH Intl. Update With Kathy Alm, PATH Intl. CEO**
PATH Intl. Field Test Standards Hearing

4:15 – 4:30 p.m. Stretch Break

Session C

4:30 – 5:30 p.m.

C1, Connected Horse – Research-Based Program for People Affected by Dementia DE

Through Connected Horse's Equine-Assisted Study, conducted in partnership with UC Davis, researchers measured the effectiveness of equine-assisted services on stress reduction and quality of life indicators for people with early-stage dementia and their care partners. Xenophon Therapeutic Riding Center in Orinda, CA, and Kids and Horses Therapeutic Center in Minden, NV, both PATH Intl. Premier Accredited Centers, have successfully launched this evidenced-based program in their communities. Now, Connected Horse and Xenophon are offering an evidenced-based training program to other barns in the region. In this session, participants will learn why research/evidenced-based programs are important, hear a case study from Kids & Horses Therapeutic Center, and gain knowledge of special considerations for therapeutic centers when working with this population.

Nancy Schier Anzelmo is a co-founder and educational director of Connected Horse and is a widely known, highly regarded gerontologist and Alzheimer's/dementia care specialist, consultant, speaker and trainer. As principal and founder of Alzheimer's Care Associates LLC, she strives to enable her clients to achieve excellence in dementia care. Whether the environment is assisted living, adult day programs, skilled nursing or home care, Nancy is dedicated to promoting "person-centered" care that offers those with dementia opportunities to grow socially and spiritually and to enjoy enriched and satisfying lives. Nancy's career spans nearly 20 years and includes hands-on understanding of senior care marketing, operations, budgeting, program development, planning and evaluation gained as staff in a variety of long-term care settings. She is a faculty member in the Gerontology Department of California State University Sacramento and the Program Forum Professional Training Program Coordinator for the Alzheimer's Association of California. Nancy holds a master's degree in gerontology and has achieved national recognition and awards as a speaker, teacher and

innovator in the field of Alzheimer's dementia care programming. Currently, she is a board member and education co-chair of the California Assisted Living Association and a member of the American Society on Aging, the Assisted Living Federation of America and the Gerontological Society of America.

Catherine O'Brien has been involved with Kids & Horses since January 2017. The center has been in Minden, NV, for 20 years working with children and adults with disabilities. She came on as equine manager and program director and went on, in the summer of 2017, to become a PATH Intl. Certified Registered Instructor. She retired from 20 years in public education, teaching English as a Second Language and Spanish in elementary, middle school, adult education and college programs. She has had horses in her life for the last 30 years. She began attending facilitator sessions, through Connected Horse, in January 2018 at Xenophon. She continued to attend sessions at UC Davis where research was being conducted and at Connected Horse sites in Alameda County. She launched the first Connected Horse session at Kids & Horses, along with the support of Connected Horse in October 2019.

Wanda Sayuk has been involved with therapeutic riding programs for close to a decade. She has been a PATH Intl. Registered Instructor for nine years and was instrumental in launching the first pilot Connected Horse Project at Xenophon just over two years ago. She is now the lead facilitator and trainer for the Connected Horse program. She has also been a certified Jazzercise instructor and franchisee for the past 34 years.

C2, Boundaries and Burnout CR All

For many of us, horseback riding is not only our career but our passion. This complex dynamic of the personal and professional can easily lead to burnout. We will discuss how to recognize burnout before it consumes your love of the job, and how to remedy it. One of the best ways to guard against burnout is creating boundaries, both in your organization and in yourself. We will share ideas for creating boundaries with volunteers, with students and their parents, and with social media. Although PATH Intl. training sets up instructors to teach horseback riding skills, we often spill over into areas of mental health. In setting boundaries and preventing burnout, it is important to know what is and what is not within our scope of practice.

Rebecca Palter is a certified instructor with additional training in the mental health field. She began volunteering in 2013 and received her certification in 2019. In 2019 she also earned her master's degree in child and family development with an emphasis in early childhood mental health.

Samantha Hoffman discovered therapeutic horseback riding in 2013 and began teaching at Partners Therapeutic Horsemanship, a PATH Intl. Member Center in Lakeside, CA. In 2014, she completed her PATH Intl. instructor certification, and in 2018 completed the PATH Intl. Mentor Course so she can help others as they work toward their certifications.

5:30 – 5:45 p.m. Stretch Break

Session D

5:45– 6:45 p.m.

D1, Equine Acupressure Keeping Horses Balanced and Happy CR All

This presentation will give the audience a few more tools to evaluate and support the mental and physical wellbeing of the horses in their program. We will provide a hands-on demo and points to deal with and prevent mental and physical fatigue; points for new horses in the program that will help with the adjustment to their new surroundings and their new job; and some good points to help ward off mental burnout.

Nedra Abramson has worked in animal rescue for the past 11 years. She became a Reiki Master in 2008 and started her journey toward becoming a small-animal acupressure practitioner in April 2010. She is nationally certified in small animal acupressure, equine acupressure and small animal massage through NBCAAM (National Board of Certification for Animal Acupressure and Massage). She

believes traditional Chinese medicine (TCM) is a lifelong practice and is looking forward to the journey. Nedra works with all types of creatures: dogs, cats, horses, exotics and humans.

D2, Center Sustainability and Navigating the New Normal CE

The pandemic's effect isn't just temporary. With the impact of COVID-19 on center operations came opportunities for centers to adapt and create new ways of fulfilling their mission. Many of these new or adapted programs continue to be a vital part of services offered as we navigate the ways the pandemic has permanently impacted center operations. The pandemic also brought new ways of fundraising and financial operations. Assessing best practices and determining how your center will deliver on its mission in a financially sustainable way is key to ongoing organizational health and success. Join Kathy Alm, CEO of PATH Intl., as she explores successful new business and program practices and provides you with an opportunity to see how you might continue to pivot your center to successfully operating now and into the future.

Kathy Alm 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, a PATH Intl. Premier Accredited 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 services spans over 19 years with a passion that was ignited the moment she walked through the door at her first therapeutic riding center.

We look forward to seeing you soon online!