

**PATH Intl.
Regional
Conference**

**Presented
by
PATH Intl. Region 1**

**VIRTUAL
April 23 - 24, 2021**

**Hosted by:
Full Circle Farm Therapeutic Horsemanship
Newport, New Hampshire**

The PATH Intl. Region 1 Conference Planning Committee welcomes you to the 2021 PATH Intl. Region 1 Virtual Conference offering plenty of educational and networking opportunities with your friends and colleagues. We have been intentional in making this conference extremely affordable for our membership! In addition to no hotel, meals, travel or child/pet/farm-care expenses, this conference is offered at an all-time low price point, recognizing the challenges so many individuals and programs have faced during the past year. We hope you will join us!

PATH INTL. CONFERENCE REGISTRATION

Online registration will be available February 13 through April 21, 2021.

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

Registration February 13 through April 21, 2021:

Full Conference

\$75 members

\$125 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 10 hours if you watch the recordings of all the sessions you do not attend live!

TYPE	DESCRIPTION	CEU Conversion
DE	Disability Education	45-60 min = 1 DE
CR	Certification Core Requirement	45-60 min = 1 CR
CE	General Continuing Education	45-60 min = 1 CE

AGENDA

All times are Eastern Daylight Savings Time

Session links will be provided prior to the conference.

Friday, April 23

6 – 7 p.m.

Welcome & Conference Overview

PATH Intl. Field Test Standards

PATH Intl. Region 1 Meeting

Sarah Bronson, PATH Intl. Region 1 Representative

7 – 7:15 p.m.

Stretch Break

7:15 – 8:45 p.m.

Networking: Lessons Learned in 2020 and Moving Forward in 2021

Facilitated by Jeanna Pellino and Lorna Young. Join us for virtual wine and cheese (or dinner)!

Saturday, April 24

Session A

9 – 10:15 a.m.

A1, Viable Programs CE

What are the needs of your specific community? Are your current programs meeting those needs? How do you make decisions about new program development? In this presentation, Sue Miller will discuss how to become familiar with and assess the needs of your community, evaluate your current programs and brainstorm for future pilot programs all while keeping program viability in mind. We have all faced challenges in the past year with COVID19, and this presentation will help you to lay the groundwork for re-imagined and/or new programs for your center.

Sue Miller is the program director of High Horses Therapeutic Riding Program, a PATH Intl. Premier Accredited Center in Sharon, VT, as well as a PATH Intl. Advanced Instructor, CTRI and Equine Specialist in Mental Health and Learning (ESMHL). She was the Vermont state chair and regional communication chair, and is a site visitor and on the accreditation task force for PATH Intl.

A2, Trauma Recovery: Horses Helping Victims of Trauma DE

This presentation will use lecture, discussion and experiential activities to explore how trauma impacts the brain, and how horses, with the assistance of educators, equine specialists and therapists, can provide experiences that help people recover from their trauma histories and symptoms.

Susanne Haseman, LMHC, CEIP-MH, has provided psychotherapy incorporating horses for over 20 years and specialized in working with adult and child victims of trauma. She had a private practice, First Light Farm Counseling Services, in Cornish, NH, and worked at High Horses Therapeutic Riding in Sharon, VT. Susanne uses a wide variety of approaches to trauma treatment, including EMDR (eye movement desensitization and reprocessing) and Brain Spotting, both of which she has provided to clients while riding. She is a mental health faculty for the PATH Intl. ESMHL course. Her credentials include PATH Intl. Advanced Instructor, CTRI and ESMHL. She has also worked with Sharon Wilsie to explore the use of Horse Speak in treating clients. Susanne has retired from practice and has begun exploring mindfulness circles with equine assistance.

10:15 – 10:30 a.m. **Stretch Break**

Session B

10:30 – 11:45 a.m.

B1, Back to Basics: Positioning for Performance CR Riding

What is a good seat? How do we assist our riders in achieving a stable yet fluid seat? What modifications and accommodations can we make to our equipment to achieve this? By understanding the basic principles of riding, starting with the seat and positioning, we can enhance the outcomes for our students. Knowing about the support required for stability allows for more independence in a safe setting.

Leora Barry, OTR/L, was a longtime volunteer before becoming a PATH Intl. Certified Therapeutic Riding Instructor. She worked for adaptive recreation programs and as a massage therapist prior to returning to higher education to obtain her master's degree in occupational therapy. Throughout this time, she has trained and refined her horsemanship skills with a large variety of instructors and continuing education. In her OT job she uses task/activity-based treatment focusing on body mechanics, self-awareness and ergonomics to increase independence. This skill base has transferred to her riding instruction style. She believes that with a solid foundation and desire to learn, anything is possible.

B2, Resiliency After Adversity DE

This workshop will provide an overview of the ACE (Adverse Childhood Experience) Study and a discussion of how services and supports can be offered to children and adults in a trauma-informed way. Attendees will also discuss resiliency factors and how people can achieve positive growth after adversity.

Linda Douglas is the trauma informed services specialist for the NH Coalition Against Domestic and Sexual Violence, working to enhance the capacity of programs of the coalition and local communities to address the complex needs of victims with responses to trauma. She has been training statewide and nationally for the past 10 years.

11:45 a.m. – 12 p.m. **Grab some lunch to enjoy during the PATH Intl. Update & Region 1 Awards!**

12 – 1:30 p.m. **PATH Intl. Update and PATH Intl. Region 1 2020 & 2021 Awards**
Kathy Alm, PATH Intl. CEO

1:30 – 1:45 p.m. **Stretch Break**

Session C

1:45 – 3 p.m.

C1, Going Paperless: You, Too, Can Do It! CE

Most PATH Intl. programs and equestrian centers still rely heavily on paper and pencil and Excel spreadsheets (and sticky notes!) to keep track of donations, participants, volunteers, etc. Low or no cost software is available to nonprofit PATH Intl. centers to help reduce your workload and run an efficient operation. The presenters will explain the process of customizing the software to fulfill your "wish list" and demonstrate the results. They will also discuss change management concepts that can help your center embrace technology and get assistance and training to support it. Some of the applications featured will include Salesforce, Form Assembly, Google suite and others. A matrix of products and features will be provided to help guide centers to select the right fit.

Polly Kornblith is a PATH Intl. CTRI and ESMHL with a master's degree from the Harvard Graduate School of Education. With 40+ years of experience designing teaching and learning experiences, she has now turned her attention to the field of equine-assisted services.

Megan Ellis is a PATH Intl. Advanced Instructor and CTRI and currently instructs and mentors at High Hopes Therapeutic Riding, Inc., a PATH Intl. Premier Accredited Center in Old Lyme, CT, where she also assists with their database administration.

C2, Equine Assessment for EAS: Identifying Best Practices Through Survey Research CE

The horse is the center of the therapeutic team. Proper initial selection and ongoing behavioral evaluation are essential to addressing both program and equine needs. A 2018 survey explored how PATH Intl. centers evaluate and re-evaluate their program equines and asked what tools (forms, checklists, etc.) were being used to these ends. Attendees will leave with new insights and tools for assessing and managing their herds.

Marny Mansfield, MS, MSOTR/L, is a PATH Intl. Master Instructor, CTRI, ESMHL, registered therapist, faculty/evaluator and mentor. She is an associate professor and program director for SUNY Cobleskill's therapeutic horsemanship bachelor's degree program.

3 – 3:15 p.m. **Stretch Break**

Session D

3:15 – 4:30 p.m.

D1, Volunteer Management During a Pandemic: Program Considerations and Opportunities CR All

The pandemic has forced all of us to re-examine our policies and procedures ranging from infectious disease guidelines/plans, to paperwork, to how do we on board new volunteers, to how to keep volunteers engaged remotely. It has also provided some opportunities for reshaping our volunteer programs. Jeanna will share the process that Manes & Motions went through and will lead a discussion about the challenges of recruiting, training and managing volunteers during a pandemic.

Jeanna Pellino is a PATH Intl. Advanced Instructor, CTRI and ESMHL. Jeanna has worked in the EAS industry for over 20 years, developing new programs and managing various aspects of centers. She is currently program coordinator at Manes & Motions, a PATH Intl. Premier Accredited Center in Middletown, CT.

D2, From the Ground Up: How the ATHENA Horse Training Program Supports Veterans and Builds Better Equine Partners CR Riding

The classical riding masters share with us a tradition of in-hand ground exercises created to prepare horses for battle. Today, we can use this system to prepare horses for healing and, in doing so, create safer, stronger and more engaged equine partners. Equine partners must be physically and mentally fit to provide the balanced, rhythmic movement necessary to calm stressed brains. This presentation describes the ATHENA horse training program's eight-week pilot with the Rock On Veterans at ROCK (Ride On Center for Kids), a PATH Intl. Premier Accredited Center in Georgetown, TX. Through eight weekly 1.5 hour sessions, the ATHENA horse training program covers a basic history of classical dressage and explores texts from the masters to inspire connection with our equine partners and ourselves. Results of the pilot will look at how equine partners became safer and more effective in their work and how participants improved in horsemanship skills, communication, mindfulness and self-efficacy. The ATHENA horse training program is created and provided for use in this pilot by New Trails Learning Systems.

Betsy Kahl, LCSW, is a PATH Intl. Advanced Instructor, CTRI, and a certified Franklin Method Equestrian Ball instructor. She has taught adaptive and non-adaptive lessons in New Hampshire, Ohio, and Texas. Currently, Betsy works as an instructor in the veteran's program at ROCK in Georgetown, TX, and is the director of Wonder Horse Ranch in Elgin, TX. Betsy completed her undergraduate work at the University of Notre Dame and earned her master of social work at Cleveland State University. A licensed clinical social worker, Betsy has studied and practiced animal-assisted therapy and has been able to partner with horses, dogs, turtles, snakes and skunks to connect with others and facilitate change.

We look forward to connecting with you soon!