

**PATH Intl.
Regional
Conference**

**Presented
by
PATH Intl. Region 1**

Conference: April 24 – 26, 2020

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

PATH Intl. Region 1 welcomes you to an educational and fun weekend with your friends and colleagues in wonderful Newport, New Hampshire. Your registration fee includes light breakfast and lunch on Saturday, and light breakfast on Sunday.

CONFERENCE LOCATION

Full Circle Farm Therapeutic Horsemanship

80 Edgell Road
Newport, NH 03773
Use the website for directions (fcftherapeutic.org)

NOTE: GPS does not work

LODGING OPTIONS

Common Man Inn

21 Water St, Claremont, NH 03743
(603) 542-0647
<https://thecmaninn.com/>

Dexter's Inn

258 Stagecoach Rd, Sunapee, NH 03782
(603) 763-5571
<http://www.dextersnh.com/>

Newport Motel

467 Sunapee St, Newport, NH 03773
(603) 863-1440
<https://www.newportnhmotel.com/>

Mountain Edge Resort & Spa

1380 New Hampshire Rte 103, Newbury, NH
03255
(603) 763-4600
<http://www.mountainedgeresort.com/>

Sunapee Lake Lodge

1403 Route 103, Mt. Sunapee, NH 03255
(603) 763-2010
<http://www.sunapeelakelodge.com/>

PATH INTL. CONFERENCE REGISTRATION

Online registration will be available February 15 through April 11, 2020. After April 11, 2020, 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 15, 2020 through April 11, 2020:

Full Conference	\$180 members	\$230 non-members
Full Conference - PATH Intl. Higher Ed Student/Faculty Members		\$155
Full Conference - Higher Ed Student/Faculty (PATH Intl. non-members)		\$165 (Show ID)

Registration only available on-site after April 11, 2020:

Full Conference	\$210 members	\$260 non-members
Full Conference - PATH Intl. Higher Ed Student/Faculty Members		\$185
Full Conference - Higher Ed Student/Faculty (PATH Intl. non-members)		\$195 (Show ID)

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 11, 2020**

Deadline for 50% Refund - Request received in PATH Intl. office by **April 26, 2020**

Individuals who do not submit a written request to PATH Intl. by April 26, 2020, will not receive a refund.

Education:

This conference satisfies up to 9 hours of annual continuing education requirements.

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

Friday, April 24th

1:30 – 5 p.m. **PATH Intl. VT/NH State Meeting**

Registration, Introductions, Disability Case Studies Round Table with Sarah Bronson and Volunteers Roundtable with Sue Miller and Ellen Zaika. See detailed document at <https://www.pathintl.org/path-intl-membership/locate-my-region/region-1>

5 – 7 p.m. **Networking and the PATH Intl. Field Test Standards**

Join us for wine and cheese, the PATH Intl. Region 1 Scavenger Hunt and Field Test Standards by Sarah Bronson, Region 1 Representative. Winner of the scavenger hunt drawing will receive a FREE 2021 PATH Intl. Region 1 Conference registration!

Saturday, April 25th

8:15 – 9 a.m. **Registration and Continental Breakfast**

Watch for networking opportunities throughout the day!

Session A

9 – 10:30 a.m.

A1, How People Learn CR All

Through PowerPoint and activities, attendees will learn how children and adults take in, process and retain information, how to maximize learning and what are obstacles to learning.

Suzanne Porter is a PATH Intl. Equine Specialist in Mental Health and Learning. She received a BA degree in psychology from Quinnipiac College and an MA degree in special education from Southern CT State College. She currently teaches special education part time in Watertown, CT, and is a former therapeutic riding instructor. She most recently worked with hospitalized veterans in a carriage driving program.

A2, Viable Programs CE

How to assess needs of the community, current programs and future pilot programs.

***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 with CTRI and Equine Specialist in Mental Health and Learning. She was the Vermont state chair, regional communication chair, and is a site visitor and is on the accreditation task force for PATH Intl.*

A3, Mental Health and Therapeutic Riding CR Riding

A primer on working with mental health in the therapeutic riding world.

***Susanne Haseman, LCMHC, CEIP-MH**, has been doing horse-assisted psychotherapy for over 20 years. She specializes in working with adult and child victims of trauma. She had a private practice in Cornish, NH, called First Light Farm Counseling Services, and worked at High Horses Therapeutic Riding Program in Sharon, VT. Susanne uses a wide variety of approaches to trauma treatment, including EMDR (eye movement desensitization and reprocessing) and brainspotting, 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 and Equine Specialist in Mental Health and Learning. 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.*

10:30 – 10:45 a.m.

Break

Session B

10:45 a.m. -12:15 p.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 long-time 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, Memory: New Approach to Equine Interaction CR All

This session offers a review of current studies on memory storage and retrieval. How do we evaluate the interaction of horse and human? The horse lives in the present moment. How do clients who suffer from memory loss share an interaction with both physical and mental implications? Working with three facilities in small groups of 10, we have interactive models that allow for positive outcomes for clients.

***Ann Miles, PhD**, is executive director at The Carriage Barn Adaptive Therapy Program in E. Kingston, NH. She has over 20 years of experience in developing programmatic approaches to the horse and human bond.*

B3, Human Trafficking in New Hampshire CE

This presentation will provide attendees with an understanding of human trafficking, what it looks like in New Hampshire, the coordinated response in the state to investigate and prosecute these cases and services available to victims/survivors. The presentation will also aim to equip attendees with resources and tools, enabling them to respond to the needs of survivors who may receive services with them.

Rebecca Ayling is a social worker who received her master's degree at UNH. She began her formal career in 2008 with New Hampshire's Division of Children, Youth and Families. In 2015, Rebecca began to work in counter-trafficking internationally in India. In 2017, she returned to the United States and began working with Child and Family Services of New Hampshire as a part of their new Human Trafficking Victim Services Program. Rebecca is the project director for the New Hampshire Human Trafficking Collaborative Task Force, which strives to improve identification of victims of trafficking, support law enforcement to increase investigations and prosecutions of this crime, improve New Hampshire's ability to understand human trafficking and come together to combat both sex and labor trafficking across the state.

12:15 – 2:15 p.m. **Lunch, With the PATH Intl. Update and PATH Intl. Region 1 Awards**

Session C

2:15 – 3:45 p.m.

C1, Insights on Instruction for Individuals with MS DE

A case report on an individual with MS.

Calley Knapp is a PATH Intl. Certified Therapeutic Riding Instructor and a therapeutic horsemanship major at SUNY Cobleskill. She hopes to pursue a master's degree in occupational therapy following her undergraduate studies.

Carolyn Nelson is a PATH Intl. Equine Specialist in Mental Health and Learning and a veteran, pursuing her therapeutic horsemanship degree at SUNY Cobleskill.

C2, Equine Assessment for EAAT: 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.

Sarah Ryan has embraced a new career path following a successful career in technology and journalism. She is a PATH Intl. Equine Specialist in Mental Health and Learning and a therapeutic horsemanship major at SUNY Cobleskill.

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

C3, 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. Therapeutic Riding Instructor and Equine Specialist in Mental Health and Learning 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 activities and therapies.

Megan Ellis is a PATH Intl. Advanced Instructor with 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.

3:45 – 4 p.m. **Break**

Session D

4 – 5:30 p.m.

D1, 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 with CTRI and has taught lessons in New Hampshire, Ohio and Texas. Currently, Betsy works as an instructor at ROCK in Georgetown, TX, and as horse and program coordinator at New Trails Learning Systems 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.

D2, Unmounted Horse'n Around **CR All**

Unmounted programs can be a key component to a program, whether it is part of the lesson, a portion of summer camp or a program on its own. As a group we will explore different ways of providing unmounted lessons, from providing unmounted lessons to clients with limited mobility to our most advanced students and everyone in between. This will be an interactive lecture with time for sharing your ideas on unmounted learning.

Sarah Norris is a PATH Intl. Certified Therapeutic Riding Instructor and Therapeutic Driving Instructor with over 20 years' teaching experience at farms in both Massachusetts and South Carolina. Sarah is currently an instructor at The Bridge Center, a PATH Intl. Premier Accredited Center in Bridgewater, MA. Sarah is the current PATH Intl. Massachusetts State Chair.

D3, The Hardest Thing About Riding Is the Ground: Preventing and Coping with Rider Falls CR Riding

This presentation will cover issues that contribute to rider falls (horse burnout, weather, horse temperament, illness, pain, etc.) and how to evaluate and prevent these issues. This presentation will also cover how to manage rider falls for riders who ambulate independently or with assistance, how to evaluate riders upon falling and how to follow up with a rider post-fall.

Lauren Weisberg, PsyD, received her doctorate from Antioch University New England in 2019. She is also a PATH Intl. Certified Therapeutic Riding Instructor and has been working in the equine-assisted activities and therapies field for five+ years. Her focus is on attachment, trauma and how both affect individuals' ability to function in everyday life. She also has three horses of her own and avidly promotes cross-training and natural horse care in equestrian sports.

Sunday, April 26th

8:15 – 9 a.m. **Continental Breakfast and the PATH Intl. Region 1 Meeting**

9 – 9:30 a.m. **PATH Intl. State Meetings**
Come and meet peers from your state and network around state meeting topics, member needs, etc.

Session E

9:30 – 11 a.m.

E1, No Hoof, No Horse CR All

The equine hoof is a marvelous and amazing structure! We will review basic hoof anatomy, factors affecting hoof health and function and common hoof problems. We will also discuss hoof related strategies for enabling our equine partners to stay sound while in service.

Kelly Parlman is a full service farrier in New Hampshire with a diverse equine related background, a BS degree in animal science from the University of Massachusetts and a MEd degree from Pennsylvania State University.

E2, 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, LCMHC, CEIP-MH see bio under session A3

E3, Dementia Program DE

This presentation will cover the key components of how to run a mounted dementia program; how to obtain the clients and residential program in the community; how to identify community needs; training for volunteers/instructors/staff on dementia; how to address needs/goals of clients in creating the curriculum; class format/lesson plans/skills to teach; horse choice and how it is determined; mount and dismount considerations; debrief/follow up with care staff.

Jen Wright is a PATH Intl. Therapeutic Riding Instructor and Equine Specialist in Mental Health and Learning and is the program director at Windrush Farm Therapeutic Equitation, Inc., a PATH Intl. Premier Accredited Center in North Andover, MA. Jen is also a Level I Centered Riding instructor.

Jazz Ross is the community program director at The Carriage House. She does trainings for different programs that will be working with people with dementia.

11 – 11:15 a.m. **Break**

Session F

11:15 a.m. – 12:45 p.m.

F1, 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.

F2, Executive Director/Program Director Round Table CE

A round table discussion and brainstorming session for executive and program directors.

Jeanna Pellino is a PATH Intl. Advanced Instructor with CTRL and Equine Specialist in Mental Health and Learning. A professional in equine-assisted activities and therapies for over 20 years, Jeanna has served in a variety of leadership roles at a number of Connecticut programs. She is currently program director at Manes & Motions, a PATH Intl. Premier Accredited Center in Middletown, CT.

Lorna Young is a PATH Intl. Advanced Instructor with CTRL and Equine Specialist in Mental Health and Learning with 40 years teaching experience. She has started four programs serving as both executive director and program director for these programs. She is currently program director at Full Circle Farm Therapeutic Horsemanship, a PATH Intl. Premier Accredited Center in Newport, NH.

F3, Veteran Program Services: Collaboration and Implementation DE

In 2019, the therapeutic horsemanship program at SUNY Cobleskill began an equine-assisted activities and therapies collaboration (ground programming) with the Albany Stratton VA Medical Center. Veterans attending the program have reported a decrease in depression and anxiety symptoms. Data was collected to support the results. Activities did not occur without preparation, collaboration and a whole lot of trial and error.

Carolyn Nelson see bio under session C1

Marny Mansfield, MS, MSOTR/L see bio under session C2

Emma Paden is a PATH Intl. Certified Therapeutic Riding Instructor, Equine Specialist in Mental Health and Learning and is SUNY Cobleskill's equestrian center assistant equine manager. She is a fellow of the Institute for Rural Vitality at SUNY Cobleskill, working to bring equine-assisted activities to the surrounding communities through "The Pony Project."

Lyndsey Rhodes, RN, BSN is a registered nurse at the Stratton VA Medical Center, Albany, NY, and is transforming the way the VA cares for veterans. She was selected for the FY20 VHA innovators network program for her equine program for veterans. Lyndsey was the recipient of the 2019 Nurse of Excellence award in the RN role for making significant contributions to the improvement of patient care and to the nursing profession.

We look forward to seeing you soon in Newport, New Hampshire!