PATH Intl. Regional Conference

> Presented by Region 3

March 29-31, 2019

Hosted by: Glade Springs Therapeutic Riding Center Daniels, WV PATH Intl. Region 3 welcomes you to an educational and fun weekend with your friends and colleagues in beautiful Daniels, West Virginia. Your registration fee includes lunch and dinner on Saturday, 3/30. Breakfast is included with your room reservation.

# **CONFERENCE LOCATION**

# All Sessions:

**The Resort at Glade Springs** 255 Resort Drive Daniels, WV 25832

# Lodging:

**The Resort at Glade Springs** 255 Resort Drive Daniels, WV 25832 (877) 814–7316 Ask for the PATH Intl. room block, reserve by 2/20/19 \$99/night, includes Breakfast

# **SILENT AUCTION**

This year's silent auction proceeds are for the PATH Intl. Disaster Relief Fund. Many PATH Intl. centers have experienced weather and fire related disasters in the last year, and the need is ongoing. Please consider donating an item or basket of goodies. Please bring your donation with you to the conference. Please email <u>oneagleswingswva@gmail.com</u> to let us know you have an item. The Silent Auction will be open Friday from 6:00 – 9:00 p.m., and Saturday from 8:00 a.m. to 6 p.m.

# PATH INTL. CONFERENCE REGISTRATION

Online registration will be available January 18, 2019, through March 15, 2019. After March 15, 2019, 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 Fees**

# Registration January 18, 2019 through March 15, 2019:

PATH Intl. Standards Course*	\$40 members	\$55 non-members
Full Conference – Higher Ed S	ull Conference – Higher Ed Student/Faculty Members:	
Full Conference	\$175 members	\$225 non-members

\*Register by March 1, 2019. If less than 15 are registered by this date, this course will be cancelled and refunds issued. Registration on–site is not available.

FirstAid/CPR/AED Adult/Child\*\* \$30 members \$45 non-members American Heart Association Heart Saver Course. \*\*Register by March 1, 2019. Registration is limited to 20.

Registration on-site after March 15, 2019:

Full Conference	\$205 members	\$255 non-members
Full Conference – Higher Ed Student/Faculty Members:		\$180

# **Refund Policy:**

Written cancellation request is <u>required</u> for refund.

Deadline for Full Refund – Request received in PATH Intl. office by March 15, 2019. Deadline for 50% Refund – Request received in PATH Intl. office by March 31, 2019. Individuals who do not submit a written request to PATH Intl. by March 31, 2019, will not receive a refund.

\*Deadline for Standards Course Refund – Request received in PATH Intl. office by March 1, 2019. No refunds after this date.

# No refunds due to weather unless the conference is canceled.

# **Education**:

This conference satisfies up to <u>hours</u> hours of annual continuing education requirements.

TYPE	DESCRIPTION	LIMIT	CEU Conversion
DE	Disability Education	Minimum six hours (no maximum)	60 min = 1 DE
CR	Certification Core Requirement	Minimum of two hours per certification	60 min = 1 CR
CE	General Continuing Education	No minimum or maximum requirement	60 min = 1 CE

# <u>AGENDA</u>

# Friday, March 29, 2019

- 10 am 8 pm **Registration**
- 6 9 pm Silent auction opens
- 11 am 6 pmPATH Intl. Standards Course CEBring your 2018 Standards Manual with you.Register by March 1, 2019. This<br/>course will be cancelled if less than 15 people register by this date.
- 11 am 6 pmFirstAid/CPR/AED Adult/Child CE<br/>American Heart Association Heart Saver Course. Register by March 1, 2019.<br/>Registration is limited to 20.
- 6 7:30 pm Dinner on your own

- 7:30 8:30 pm **PATH Intl. Region 3 Meeting & State Meetings** Join us for drawings for Goodies and Surprises!
- 8:30 pm ? Networking Session & Icebreakers Join us for drawings for Goodies and Surprises!

### Saturday, March 30, 2019

- 8 am 9 am **Registration & Welcome**
- 9 am 6 pm Silent Auction open

## Session A

8:30 – 9:30 am A1, How to Run Your Center Like a Business and Still Keep the Heart Part 1 - Kathy Alm 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** 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 grass roots organization from a \$280,000 annual operating budget to a professional \$2.1 million organization. Kathy served as PATH Intl.'s 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.

### 8:30 – 9:30 am A2, Conditioning the Therapeutic Riding Horse 101 - Liz Dulski CR All

Tips and Tricks to getting your equine head in shape for their job. This presentation will go over several conditioning methods. Methods will include riding and ground work exercises. Liz Dulski is a PATH Intl. Certified Advanced Instructor, mentor, currently the head instructor, and equine manager at Misty Meadows Mitey Riders, a PATH Intl. Premier Accredited Center in Weddington, NC. Previously Liz was the St. Andrews Ride Like A Knight Program Director and approved training course faculty.

# 8:30 – 9:30 am A3, From the Saddle to the Ground: The Benefits of a Ground School Curriculum in EAAT Programs - Sherri Moore and Ashlyn Batten CE

Learn about an extensive ground school program and how to integrate ground school curriculums into your EAAT center to maximize EAAT benefits for students who may not be appropriate for or are contraindicated for mounted therapeutic riding activities. **Sherri Moore** is a PATH Intl. registered therapeutic riding instructor and interactive vaulting instructor. She currently teaches at and is the barn manager at Rocking Horse Ranch Therapeutic Riding Program in Greenville, NC. She has been involved in the EAAT field for close to 20 years. Sherri lives in Greenville with her husband, four dogs, a bunny and a chinchilla. **Ashlyn Batten** is a PATH Intl. registered therapeutic riding instructor at Rocking Horse Ranch in Greenville, where she is also the volunteer coordinator and exercises the horses. She has a Master's Degree in Sacred Music from East Carolina University and plays organ for a small church near Greenville. Ashlyn has three horses, all of whom have worked in EAAT programs at some point, and a guinea pig named Ludwig.

9:30 – 9:45 am **BREAK** 

# Session B

# 9:45 – 10:45 am B1, How to Run Your Center Like a Business and Still Keep the Heart Part 2 - Kathy Alm CE

See Session and Bio under A1.

### 9:45 – 10:45 am B2, Hurdles and Challenges to EAAT - Pebble Turbeville CE

Specific Hurdles and Challenges that have been identified in previous surveys in the USA provide the base for this study. The continued investigation through 2018 provides insight into Barriers that can positively and negatively affect EAAT currently and in the future. The intended outcome is to help guide decisions in the EAAT field.

**Pebbles Turbeville** is an associate professor and chair of the Equine Studies Department at St. Andrews University. She currently working on her Doctorate in Sport Management and received her Master's degree in Recreation from NC State and BA in Physical Education from Columbia College. Pebbles is a PATH Intl. Advanced instructor, Mentor Faculty, Associate Faculty for the PATH Intl. Advanced certification and Lead Faculty for Registered On–Site Workshop/Certification. She served on the NARHA Board and served on several committees for PATH Intl. Pebbles has taught over 100 college students in the field of therapeutic horsemanship at St. Andrews. She has presented at different national and regional conferences on several topics in the therapeutic horsemanship field. One of her favorite hobbies is photography. Pebbles has been published regionally, nationally and internationally in American Horse, Dressage Today, Horse Illustrated, Strides, Horse of Kings, Stable Mates, RDA New South Wales postcards and Southeast Equine Cover.

# 9:45 – 10:45 am B3, TRAAC – Therapeutic Riding Assessment for Adults and Children - Cheryl H. Coughlin CE

The TRAAC (therapeutic riding assessment for adults and children) is a tool developed to facilitate a point scale for rating student's strengths and areas of needs as assessed during the riding session. It is a numerical scale that can document present skill levels of engagement and allow for notation of progress in the different areas of riding performance.

**Cheryl H. Coughlin** has been involved with therapeutic riding since the age of 18. She was executive director of the premier center– Hawthorne Riding Centre. She is actively involved with the Therapeutic Association of Virginia, holding official positions on the board as well as chairing the national conference in 1994 She continues to sustain her interest moving from an active participate professional in the therapeutic riding industry to a research based focus from an occupational therapist and therapeutic riding instructor perspective.

10:45 – 11 am. **BREAK** 

# Session C

# 11 am - 12 pmC1, Train the Way To Success: Develop Effective Volunteer Training Material and<br/>Programs to Meet Your Centers Needs - Beth Yurkovac CE

Design and implement volunteer training programs that will ensure the success of your volunteers, participants, and programs. Walk away with tips on how to build training protocols that are engaging and keep best practices and safety at the forefront of each training and

most importantly setting your volunteers up for success.

**Beth Yurkovac** is the Operations Manager for Dream Catchers, a PATH Intl. Premier Accredited Center in Williamsburg, VA. She is a PATH Intl. Advanced Instructor, ESMHL, and Mentor. She holds a BA in Healthcare Administration from Florida Gulf Coast University and is a Certified Medical Reimbursement Specialist. Beth has over 20 years of experience in the EAAT field, including working Internationally as well as developing and teaching volunteer training programs.

### 11 am – 12 pm C2, Creative Programs lead to Center Sustainability - Jo Anne Miller CE

There are many creative programs that create sources of funding that other centers have discovered, without compromising their mission in order to increase their revenue streams. Partnerships, alliances, and programs geared to specific community needs offer centers financial stability long after the founders are gone. Based on research in the industry, new and innovative programs will be presented, and a roundtable discussion will follow "thinking outside the box" of ways to generate more revenue, helping to make centers sustainable. **Jo Anne Miller** has been involved in the field of EAAT for over 30 years. She is the founder and Executive Director of a PATH Intl. Premier Accredited Center, and is a College Professor of Equine Science. She has presented both in the United States (PATH Intl., Homes for Horses Coalition, ASPCA) and abroad (HETI) on topics on Equine Welfare, Equine Assisted Learning, and best business practices.

# 11 am – 12 pm C3, Equine–Assisted Leadership Development<sup>™</sup> (EALD<sup>™</sup>) - Jeff Arnold, Carol Petitto CE

In this session we will share the Equine–Assisted Leadership Development<sup>™</sup> (EALD<sup>™</sup>) methodology proven in multiple PATH Intl. Premier Accredited Centers to develop leadership skills for local organizations (corporate/professional), colleges/universities, veterans, and at-risk youth. The methodology focuses on advancing an individual or team's leadership skills using Equine–Assisted Learning (EAL) – assisting organizations and society to develop better and more inspiring leaders while creating a unique and innovative additional revenue stream for your facility. Join us to learn about the methodology, licensing, certification, and results Centers have experienced in generating revenue to support their employees, horses, programming, and infrastructure.

Jeff Arnold has spent a 24-year career working in corporate consulting with clients all over the world developing leaders. He has worked with more than 100 CEOs and client organizations world-wide, including Colleges & Universities, Fortune 100 companies, non-profits, and faith-based organizations. He is a student of leadership, and believes that each of us is on a journey to become a better leader, and that becoming a better leader is an adventure requiring both new skills and practice opportunity. Through Leadership Adventures, Inc., he partners with PATH accredited Centers to deliver accelerated experiential learning to local organizations, colleges/universities, veterans, and at-risk youth to advance their leadership skills using EAL. In 2008, he was honored with the esteemed Inspiring Leadership award by the world's largest consulting firm as measured by revenue, a Fortune Global 500 company. He was recently featured in JH Style magazine discussing the use of experiential, accelerated, equine-based leadership development.

Carol Petitto, Ph.D. is founder and Executive Director of On Eagles' Wings Therapeutic Horsemanship Center in Fairmont, WV. She is a PATH Intl. Therapeutic Riding Instructor, PATH Intl. Equine Specialist, served on the PATH Intl. Higher Education Task Force, and also was on the PATH Intl. Membership Oversight Committee for two terms. She has been an adjunct professor in the Davis College of Agriculture, Natural Resources and Design at West Virginia University for the last twelve years. She developed and currently teaches the PATH Intl. −based equine–assisted activities and therapies minor within West Virginia University's equine program, and is certified in the EALD™ program. 12 – 1:15 pm Lunch and PATH Intl. Update and Field Standards Hearing

# Session D

#### 1:30 – 2:30 pm D1, Equine Activity Liability Acts — Are you blindly galloping along? Part 1 -Debbie Manasco CE

Are you prepared to defend if you or your center is sued? Hear a summary of the origin and protections of the Equine Activity Liability Acts nationwide and what it means in your state. Hear about some of the cases that have tested the immunity of the EALA and gain valuable insight and understanding why compliance with PATH standards is important in the courtroom. **Debbie Manasco** is a life-long equine enthusiast and has competed, coached, judged and taught horsemanship in various settings for over 40 years. In 2007, she retired from practicing law and now returns to practice with the Alabama Legislature during Regular Session each year. Debbie teaches therapeutic horsemanship part time at Storybook Farm in Opelika, AL, a PATH Intl. member center. She is a PATH Intl. Registered Instructor, Mentor and Site Visitor.

# 1:30 – 2:30 pm **D2**, Interactive Vaulting at your center: Examples of successful Interactive Vaulting programs in Region 3 Part 1 - Anja Cain, Sherri Moore CR Vaulting

The presentation "The Circular Classroom" will give an overview of the WHAT, HOW and WHY of Interactive Vaulting. Charleston Area Therapeutic Riding in South Carolina has offered this PATH Intl. program to Public School Groups for the past seven years. In the second presentation the audience will learn about Interactive Vaulting at Rocking Horse Ranch Therapeutic Riding Program in North Carolina. This presentation will cover the most common diagnoses seen in Interactive Vaulting groups as well as the benefits of collaborative research involving Interactive Vaulting and ways to find appropriate collaborations for research. Following presentations there will be a Question and Answer period featuring a panel that will answer questions regarding many aspects of starting an Interactive Vaulting program: finding a suitable equine, equipment, PATH Intl. certification. Please bring your questions, the panel will try to answer them and give audience members the tools to start Interactive Vaulting programs at their centers!

**Anja Cain** is a PATH Intl. Registered Level Riding Instructor, Interactive Vaulting Instructor and B.Ed. She is the Education Coordinator at Charleston Area Therapeutic Riding in Charleston, SC. Together with her colleague, Amanda Gerald, Anja has presented at Regional, National and International Conferences about Interactive Vaulting and Lungeing. **Sherri Moore** see bio under A3.

1:30 – 2:30 pm **D3, Cost Analysis: Your Value Proposition and Program Sustainability - Kathy Alm CE** This presentation will focus on the use of cost analysis and a discussion of the value proposition to enhance sustainability for your program. We will examine ways to calculate actual cost per service and how to use this as a tool to support program operation, set fee levels and understand fundraising needs. Discussion will be on the gap between tuition and actual cost as well as ways to communicate the value of services to the community. **Kathy Alm** see bio under A1.

# Session E

# 2:45 – 3:45 pm E1, Equine Activity Liability Acts — Are you blindly galloping along? Part 2 - Debbie Manasco CE

See session info and bio under D1.

2:45 – 3:45 pm E2, Interactive Vaulting At Your Center: Examples of Successful Interactive Vaulting Programs in Region 3 Part 2 - Anja Cain, Sherri Moore CR Vaulting

See session info and bio under D2.

2:45 – 3:45 pm E3, How to incorporate vagal tone and core muscle activity assessment into Equine Assisted Activity sessions in order to improve functional outcomes. Part 1 -Catherine Wycoff CR Riding

This presentation highlights one piece of the puzzle that is often overlooked: the vagal tone and how it can affect and be affected by the patient's core muscle activity in equine assisted activities. Through anatomy review, videotaped equine movement observation and experiential learning (Awareness Through Movement lesson), this presentation will develop the instructors and volunteer's ability to assess their rider's vagal tone and to understand the degree to which it interacts with their rider's core muscles' activity and therefore posture. Catherine Wycoff, PT, DPT, HPCS graduated from Liege University (Belgium) in 1989 with a B.S. in Physical Therapy, and from Des Moines University (Des Moines, IA) with a Doctorate in Physical Therapy in 2008. She is a certified Feldenkrais, Myofascial Release, Kinesiotaping and Anat Baniel Method (for Children) practitioner. She is a Hippotherapy Clinical Specialist and a PATH Intl registered Therapeutic Riding Instructor. She recently graduated from the University of Tennessee's Certified Equine Rehabilitation Specialist program. Catherine is a lifelong horse lover and rider, with experience competing in jumping and training in dressage and driving. She has been incorporating hippotherapy in her private Physical Therapy practice in northern Virginia since 2007. She is the owner of 3 horses who are involved in hippotherapy, therapeutic riding and therapeutic driving. She recently started providing physical therapy treatment for horses, specializing in rescue horses and those involved in therapeutic riding/driving and hippotherapy. She is also an ergonomics consultant for the World Bank in Washington, DC, and, as such, conducts regular group presentations and trainings both in English and in French for the World Bank staff in Washington, DC and in country offices all over the world.

# Session F

## 4 – 5 pm F1, DIY (Do Your Own) Tack - Liz Dulski CE

Simple ways to create adaptive tack to use in your therapeutic riding program. There are many things you can DIY in your barn to create adaptive tack From fun creative reins to simple saddle adjustments.

**Liz Dulski** is a PATH Intl. Certified Advanced Instructor, mentor, and currently the head instructor and equine manager at Misty Meadows Mitey Riders, a PATH Intl. Premier Accredited Center in Weddington, NC. Previously Liz was the St. Andrews Ride Like A Knight Program Director and approved training course faculty.

# 4-5 pm F2, Weight Carrying and Workload for the Equines in our Center: The Latest research and how to apply it to the new field test standard, with the intended outcome of increasing the longevity of the equines in our programs. - Jo Anne Miller CR All

In 2017, PATH Intl. put into field test a new standard for written records for establishing weight carrying and workload limitations. Join us to learn the latest research that has been done in order to better be able to determine weight carrying and workload abilities for our equines in our centers, ensuring their longevity in the program.

Jo Anne Miller see bio under C2.

### 4 – 5 pm F3, How to incorporate vagal tone and core muscle activity assessment into Equine Assisted Activity sessions in order to improve functional outcomes. Part 2 - Catherine Wycoff CR Riding

See session info and bio under E3.

# 5:30 – 7 pm Dinner and PATH Intl. Region 3 Awards

Bluegrass music on the patio

### Sunday March 31st, 2019

8 am

Silent Auction Item Pickup

#### Session G

#### 8:30 – 10:30 am G1, ASD (Autism Spectrum Disorder) Insights: Neurologistics & Stay Calm Strategies - Suellen Hill & Elizabeth Hill DE

What makes this educational workshop exciting is that Elizabeth is on the autism spectrum and speaks of "her view" as she describes the sensory overload she endures and the coping mechanisms she has learned throughout her life. Her mother, Sue speaks first on the underlying neurophysiology and current research in the field. As a retired physical therapist and professor of neurology, Sue presents in a manner that is upbeat, visual, and inter–active. Elizabeth then follows with her "Stay Calm" strategies relevant to working with clients on the autism spectrum. The daughter/mother dynamic and comfort with the subject allow the audience to become engaged with their own questions, thoughts, and tips for working with those on the autism spectrum.

**Suellen Hill**, PT received her degree from West Virginia University in 1972. For over 45 years, she practiced physical therapy in all settings: acute care, skilled nursing, rehabilitation, home health, early intervention, and education. Neurology has always been an interest of Sue's, but the interest turned to a desperate need to find answers when her fourth child, Elizabeth, was diagnosed as mentally retarded at age six. An Assistant Professor of Physical Therapy at Pierpont Community & Technical College for 17 years, Suellen was titled Faculty Emerita upon her retirement in recognition of her service to the Physical Therapist Assistant Program. Sue has the ability to take complicated neurological concepts and present them in a manner which allows her listeners to utilize "neurologistics" in a variety of settings. Of interest to those who enjoy horses, Sue was the "nanny" for her family's herd of 28 Appaloosas at Clifton Farms in Shepherdstown, WV.

**Elizabeth Hill** was speaking in complete sentences by the age of one and did not walk until she was two. At age four she could recite word for word the Discovery Channel episodes on Wolves and Whales, and only knew two colors, pink and blue. Finally, at age 18, the diagnosis of Asperger's Syndrome gave Elizabeth a sense of freedom from the taunts of "retard" she had endured for years, but gave no guidelines as to her next steps. Having grown up with horses, she knew she wanted to help others discover the soothing bond these gentle giants provided. Now at 31, Elizabeth has spent years as a volunteer at "On Eagle's Wings" under the mentorship of Carole Petitto. By chance, Elizabeth was asked to share her story with Carole's students at WVU and her mother's students at Pierpont Community and Technical College. Her rapport with her audience and her comfort with giving her inside view of sensory overload and the challenges she overcomes each day allow Elizabeth to be a strong voice for those on the autism spectrum who cannot speak.

#### 8:30 to 10:30 am **G2, Support for Executive Directors: An Authentic and Honest Panel Discussion for Executive Directors in the Field of EAAT - Susan Koehler, Laura Pallavicini, Barbara Ford & Carol Young CE**

Improve your leadership and management skills as a panel of four current and experienced EAAT Center Executive Directors talk about how to tackle common and shared challenges confronting EDs in our specific field and how to tap your unique talents to address them. Bring your own questions and challenges to this discussion–based workshop. You'll learn about how to handle pressure and demands from stakeholders, facilitate change, maintain focus on your mission serving those with special needs, and caring for your herd.

**Susan Koehler** was appointed Interim Executive Director of Loudoun Therapeutic Riding in May 2018. As an experienced executive director and development director, she understands the complexities and joys of nonprofit work. Susan is dedicated to ensuring Loudoun Therapeutic Riding's ongoing excellence and consistent quality of programming while drawing upon her know-how to transition LTR toward a new beginning. In 2015, BoardSource selected Susan to serve as a Governance Trainer and Susan is a judge for the prestigious Center for Non-Profit Advancement AIM award for best managed nonprofit in DC, MD and VA.

Laura Pallavicini is the Executive Director of Riverwood Therapeutic Riding Center. In addition to 30+ years riding and horse experience, Laura brings professional know-how working with foster care families and children/adolescents with severe mental/emotional traumas and behavioral disorders to her position. She is a PATH Intl. Equine Specialist and a PATH Intl. Advanced Instructor.

**Barbara Ford** is the Executive Director of Untamed Spirit and is a Resident in Counseling at Integrative Counseling and Wellness and Untamed Spirit. She also works with a variety of community mental health agencies at the farm. Barbara is a "former" board member of TRAV and holds a Certificate in non-profit management. From 1989 through 2011, she served as Executive Director and Founder of EQUI-KIDS Therapeutic Riding Program. She has received the James Brady Professional Achievement Award and National Volunteer Leadership Award from PATH Intl.

**Carol Young** is Executive Director of Healing Strides of Virginia, an organization she grew over the last ten years coming from \$140k of debt and serving 15 participants to a million-dollar facility that serves almost 200 participants a week in all of the programs combined. Carol is an entrepreneur owning her own business which lends great experience and a working knowledge as a business leader. She has utilized those skills to successfully develop and grow Healing Strides of VA. Carol is a PATH Intl. Mentor at Registered and Advanced Levels, a PATH Intl. Certified Instructor, EAGALA Level II/Advanced Trained Equine Specialist and Certified Life Coach.

11 am Check-out! Safe travels!

We look forward to seeing you soon in Daniels, West Virginia!