



Welcome

- Welcome to Hope for Heroes Equine Therapy Consulting
- Thank you for Helping Veterans!



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Training Agenda

- ★ Finding Veterans
- Special Veteran Needs & Conditions
- Special Precautions
- Communication Suggestions
- How Horses Help Veterans
- Rider Orientation & Assessment
- Horse Evaluation for Veterans



Training Agenda (cont.)

- ★ Program Staffing & Settings
- Special Horse Equipment
- Initial Lesson Plan
- ★ Skill Progression
- ★ Horse Retention
- Research
- Fundraising / Grant Writing



★ Finding Veterans

- Mental Trauma causing isolation
- Going to where the Veterans are at
- Community Veteran Resource Fairs
- Wounded Warrior Project
- Free Advertising,
Coffee Shop Flyers
- College Admission Offices
- Veteran Courts
- Vet Centers vs Veterans Administration
- ? American Legion, VFW, American Veterans ?





★ Finding Veterans

Definition of a Veteran

Veterans Affairs (VA) definition:

- A person who served in the active military, naval, or air service, and who was discharged or released under conditions other than dishonorable





Special Veteran Needs and Conditions

- Post-traumatic stress disorder (PTSD or PTS)
- Mental health conditions
 - Schizophrenia, Bi-polar, Depression/ Anxiety
- Combat injury
 - Traumatic brain injury (TBI), Amputation,
Lower Back, Limbs & Hands
- Military Sexual Trauma
- Age related conditions
 - Stroke (CVA), Cancer, Obesity





Special Veteran Needs & Conditions - Physical

- Limitations in: range of motion, muscle tone, and motor function
- Decreased ability to perform motor activities
- May have difficulty in new situations
- Difficulty with mounting/dismounting
- Adaptive equipment may be used (NOT required)
- Challenge appropriately: do not assume, do not limit





Special Veteran Needs & Conditions - Emotional

- Isolation and low self-esteem, self-worth
- Increased suicide rate
- Anxiety and/or depression
- Distractibility
- Difficulty sequencing or
problem solving
- Impaired memory or
short attention span
- Challenge appropriately: do not assume, do not limit
- Provide safe environment to challenge appropriately





Special Precautions

- Height and weight suitable to equine, staff, volunteers, and equipment provided by the facility
- If sensation is absent or impaired
- Poor endurance caused by breathing difficulties or circulatory problems
- Gather as much information as possible on rider application, from care providers, or family.
- Know your contraindications





Communication Suggestions - Boundaries

Decide your Boundaries ahead of time

- Phone calls, sharing your phone number
- Becoming friends outside the program
- Visiting
- Have a no drug/alcohol policy
- Dating/fraternizing
- Social media limitations
- Office hours/ times allowed at the facility
- **Keep Firm Boundaries – maintain a professional relationship and limit the risk of a veteran misunderstanding the relationship.**



Communication Suggestions - Terminology

- Air Force: **Airmen**
- Army: **Soldiers**
- Marine Corps: **Marines**
- Navy: **Sailors**
- Coast Guard: **Coast Guardsman**



• “Best policy is to go by first names, and not ranks.”



Communication Suggestions

What to Say and **What Not to Say** to a Veteran

- “Thank you” and “Welcome Home” are always appropriate.
- Let the veteran lead the conversation
- It is best to talk with a veteran in a quiet place, one on one.





Communication Suggestions for Flashbacks

- Speak calmly
- De-escalate the situation
- Orientate to the present
- Exhibit respect
- Validate
- Allow Time
- Offer help





Communication Suggestions - Veterans Perspective

- Build TRUST , so that your center is a safe place to come to.
- Never ask personal questions, service related questions.
- Let them share stories, say “thank you for sharing”, but do not ask follow-on questions.
- Do not even ask what branch of service or rank.



How Horses Help Veterans

- Horses mirror human anxiety, providing instant feedback on self-management techniques.
- Successful horsemanship creates self-confidence.
- Horses demand real relationship building, which helps break avoidance/reclusive behaviors.
- Horses supply adrenalin rush for soldiers.
- Veterans will re-integrate with their families, friends and work environments because of partnering and building trust with their horse.





How Horses Help Veterans - Life Skills

ACTION

1. Movement of Horse produces movement in rider's body.
2. Doing exercises in sequence.
3. Teaching horse to relax when they are frightened.
4. Being the leader for the horse

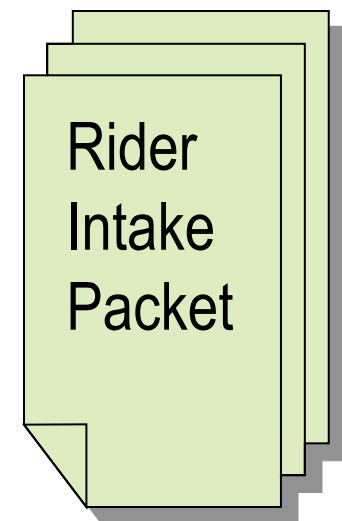
RESULT

1. Increase core body strength.
Improve balance
2. Develop gross and fine motor skills. Exercise memory and sequencing abilities
3. Self-manage their anxiety.
Help with independence and social skills
4. Build self-confidence



Rider Orientation and Assessment

- Is your candidate a Veteran?
 - Verification of status – Military ID, DD214
 - Post 9-11 or pre?
 - Post 9-11 may qualify to be signed up with Wounded Warrior Project.
- Importance of a good application
 - More information you have on the application, the less questions you will have to ask (some veterans don't like questions)
 - Rider Medical History
 - Current Medications
 - Physician's Statement
 - Participant Assessment (possibilities to include)
 - Physical
 - Emotional/ Behavioral
 - Home & Family
 - Spiritual
 - Personal Goals
 - Scat2 Assessment - # of concussions





Rider Orientation & Assessment

•DD214

CAUTION: NOT TO BE USED FOR IDENTIFICATION PURPOSES		THIS IS AN IMPORTANT RECORD. SAFEGUARD IT.		ANY ALTERATIONS IN SHADED AREAS RENDER FORM VOID	
CERTIFICATE OF RELEASE OR DISCHARGE FROM ACTIVE DUTY This Report Contains Information Subject to the Privacy Act of 1974, As Amended.					
1. NAME (Last, First, Middle)		2. DEPARTMENT, COMPONENT AND BRANCH		3. SOCIAL SECURITY NUMBER	
		USMC-11			
4a. GRADE, RATE OR RANK	b. PAY GRADE	5. DATE OF BIRTH (YYYYMMDD)	6. RESERVE OBLIGATION TERMINATION DATE (YYYYMMDD)		
PFC	E-2	19890927	20100916		
7a. PLACE OF ENTRY INTO ACTIVE DUTY Chicago MEPS Des Plaines IL 60018		b. HOME OF RECORD AT TIME OF ENTRY (City and state, or complete address if known)			
8a. LAST DUTY ASSIGNMENT AND MAJOR COMMAND 3RD 1STMAR 1STMARDIV CAMPEN CA (RUC 11130)		b. STATION WHERE SEPARATED IPAC Outbound HqSptBn MCB Campen CA (RUC 33060)			
9. COMMAND TO WHICH TRANSFERRED N/A		10. SGLI COVERAGE <input type="checkbox"/> NONE		AMOUNT: \$ 400,000	
11. PRIMARY SPECIALTY (List number, title and years and months in specialty. List additional specialty numbers and titles involving periods of one or more years.) 0311-Rifleman (1 Years 7 Months)		12. RECORD OF SERVICE			
		YEAR(S)	MONTH(S)	DAY(S)	
		a. DATE ENTERED AD THIS PERIOD	2008	08	04
		b. SEPARATION DATE THIS PERIOD	2010	09	16
		c. NET ACTIVE SERVICE THIS PERIOD	02	01	13
		d. TOTAL PRIOR ACTIVE SERVICE	00	00	00
		e. TOTAL PRIOR INACTIVE SERVICE	00	00	00
		f. FOREIGN SERVICE	00	00	00
		g. SEA SERVICE	00	00	00
		h. INITIAL ENTRY TRAINING	0	04	11
		i. EFFECTIVE DATE OF PAY GRADE	2010	04	15
13. DECORATIONS, MEDALS, BADGES, CITATIONS AND CAMPAIGN RIBBONS AWARDED OR AUTHORIZED (All periods of service) Global War on Terrorism Service Medal, National Defense Service Medal, Rifle Sharpshooter Badge.		14. MILITARY EDUCATION (Course title, number of weeks, and month and year completed) Rifleman Course (10 weeks, February 2009)			

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Rider Orientation & Assessment – Instructor Role

- Knowledge of Precautions and Contraindications
- Verify height and weight
- Matching horse and rider (may be done through observation during orientation)
- Selection of equipment
- Mounting/dismounting procedures





Rider Orientation & Assessment

- Applications can be filled out onsite (Medical Release is needed ahead of time)
- Overview of the program, tour of facility
- Introduction of staff and safety rules
- Introduction to horse philosophy
- Introduction to grooming tools and equipment
- Letting them know ahead of time that they will be wearing a ASTM-SEI equestrian helmet.
- Evaluating the participant – experience, energy, anxiety
- Herd dynamics demonstration
- Rider input on horse selection (do not make promises)
- Rider Handbook or worksheets for homework before next class
- Survey veterans on what they would like to learn/ accomplish
- Get them moving!
- Food.....More Food....Coffee.....drinks!**



Horse Evaluation for Veterans

- Meeting the horses during Orientation
- Staff observation of interaction between veterans and the horses
- Matching horse and veteran energy level is critical in teaching the veteran to adjust.
- Using the rider assessment in helping to match the correct horse.





★ Program Staffing and Settings

- Facility and Staff transmit relaxed atmosphere
- Student/Instructor Ratio
- Lead Volunteers
- Note Takers
- Photo Person
- Hospitality/Food/Coffee
- Paperwork Coordinator
- Minimize Over-crowding around Veterans





Special Horse Equipment

- Bit-less
Bridles
- Surcingle
& pad
- Grooming
box & tools
- Halter &
lead rope





Initial Lesson Plan - Volunteers

- Annual volunteer training
- Special training all jobs
 - Lead Volunteers
 - Side walkers
 - Note Takers
 - Mounting/ dismounting

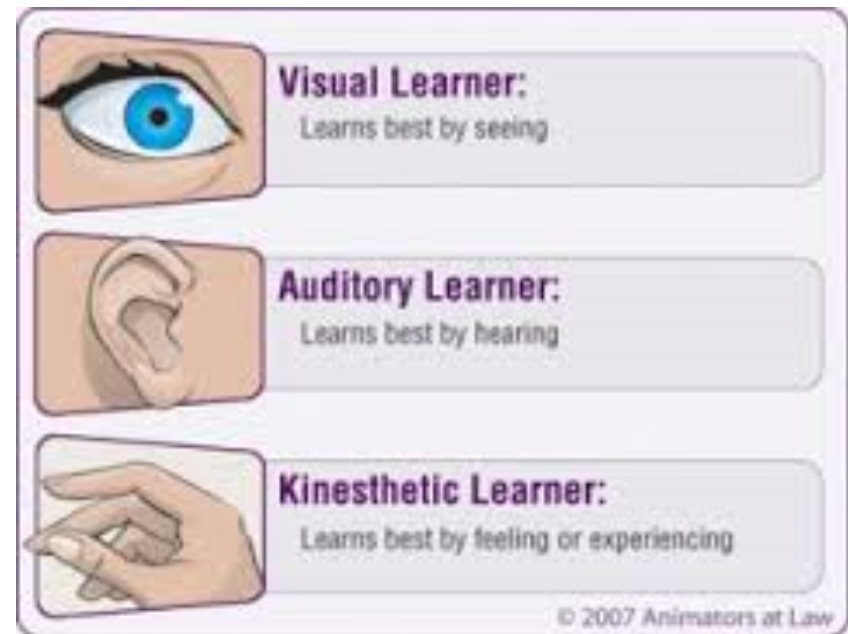




Initial Lesson Plan - Learning Styles

•Focus on DIGNITY

- Don't insult them with kiddie games
- Visual – ~~Follow the leader~~
- Auditory – ~~Hold reins like ice cream cones~~
- Kinesthetic- ~~Bean bag on head, Simon Says~~
- Measurable Objectives





Initial Lesson Plan – Slow Processing Speed

- Be Patient
- Slow thinking does not mean unintelligent
- Speak more slowly
- Take longer pauses
- Allow more time for responses





Initial Lesson Plan

Impaired Working Memory

- Do not overwhelm the veteran with information or instructions
- Give information in small parts (task analysis)
- Repetition may be needed
- Ask the veteran to repeat or state back what you said





Initial Lesson Plan

Hearing Impairment

- Ask if the veteran can hear you well.
- Face the veteran when talking to him or her
- Use trained volunteers to assist
- Use gestures
- Recognize that hearing loss can create distrust
- Speak very clearly





Initial Lesson Plan

Short Attention Span

- Take the veteran to a quiet area to work and talk
- Repeat instructions and ask for clarification
- Minimize distractions
- Keep lesson pace moving





Initial Lesson Plan Teaching Techniques

Difficulty Problem-Solving

- Allow time to think
- Breaking tasks into smaller parts
- Offer choices and options





Initial Lesson Plan

Always start on the ground building relationship with veteran and horse first

- Grooming
- Groundwork
- Round Penning
- Horse-care skills
- Basic Riding Skills
- Trail Riding





Initial Lesson Plan - Practice

- Mock lesson plans with volunteers first
- Everyone does it the same way





Initial Lesson Plan - Instructor Preparation

- Teacher Preparation/Equipment Needed
- Objective of Lesson (action, measurable, amount of assistance)
- Lesson Content/Procedure:
 - KNOW YOUR CONTENT – you can't fool a veteran**
- Warm-Up Exercises
- Explain Objectives: What, Why, How
- Lesson– make it challenging but in a safe manner
- De-Brief with veterans
- Summary and Evaluation





Initial Lesson Plan - Recording Progress

Rider:	Horse:	Class Time:	Date:
Pre-Lesson: Rider fills out information in box below			
General Anxiety	Not Anxious ←————→ Very Anxious 0 1 2 3 4 5 6 7 8 9 10		
Feeling Detached	Not Anxious ←————→ Very Anxious 0 1 2 3 4 5 6 7 8 9 10		
Physical Pain	Not Anxious ←————→ Very Anxious 0 1 2 3 4 5 6 7 8 9 10		
Irritability	Not Anxious ←————→ Very Anxious 0 1 2 3 4 5 6 7 8 9 10		
Fatigue	Not Anxious ←————→ Very Anxious 0 1 2 3 4 5 6 7 8 9 10		
Energy	Not Anxious ←————→ Very Anxious 0 1 2 3 4 5 6 7 8 9 10		
Insomnia	Do you experience insomnia? ___ Yes ___ No If yes please rate your insomnia since your last lesson No Insomnia ←————→ Insomnia 0 1 2 3 4 5 6 7 8 9 10		
Objectives for class today			
Objective one:		Objective two:	
Staff and Volunteer Notes observations:			
Hope for Heroes Curriculum Manual			
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•Pre Class Form

•Each class has 1-3 horsemanship objectives.

•Detailed notes are kept on rider progress, pain levels, anxiety, learning styles and interaction with horse and team

•Notes are reviewed by instructors each week and can be made available to medical teams as needed



Recording Progress

Rider:	Horse:	Class Time:	Date:
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Post Lesson: Please fill out this information below after your lesson.

General Anxiety	<p style="text-align: center;">Not Anxious Very Anxious</p> <p style="text-align: center;">←————→</p> <p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p>
Feeling Detached	<p style="text-align: center;">Not Anxious Very Anxious</p> <p style="text-align: center;">←————→</p> <p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p>
Physical Pain	<p style="text-align: center;">Not Anxious Very Anxious</p> <p style="text-align: center;">←————→</p> <p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p>
Irritability	<p style="text-align: center;">Not Anxious Very Anxious</p> <p style="text-align: center;">←————→</p> <p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p>
Fatigue	<p>Do you experience Insomnia? ___ Yes ___ No</p> <p>If yes please rate your insomnia since your last lesson</p> <p style="text-align: center;">No Insomnia Insomnia</p> <p style="text-align: center;">←————→</p> <p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p>
Energy	<p style="text-align: center;">Not Anxious Very Anxious</p> <p style="text-align: center;">←————→</p> <p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p>
Insomnia	<p>Do you experience Insomnia? ___ Yes ___ No</p> <p>If yes please rate your insomnia since your last lesson</p> <p style="text-align: center;">No Insomnia Insomnia</p> <p style="text-align: center;">←————→</p> <p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p>

Rider Comments:

Your comments help us better to serve you.

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- **Post class form**
- Evaluation of same items taken before class
- Rider comments
- Use data for promoting program



★ Skill Progression

- Groundwork to Trail Riding to Advanced Training
- NO PONY RIDES!!!
- Insecure soldier is the alpha with their horse, lots of natural horsemanship training needed for this.
- A veteran unsuccessful with their horse will NOT put up with the frustration caused by their horse and will leave.
- Have advanced training lessons ready for them.





★ Skill Progression



- Surcingle
- Saddle
- Trail
- Obstacle Courses
- Horse Camping
- Complete Horsemanship & Horse Care Skills





★ Horse Retention

- Horses biting, kicking, bucking will disrupt program.
- Plenty of herd pasture time in good pastures.
- Work hour limits on each horse per week.
- Quality training time each week from quality trainers.





Research

- Why is research important?
- Work and share with other centers
- Statistical studies are best done with university partnerships and multiple centers
- Institutional Review Board (IRB) permission (research ethics review done by the military and the university)





Internal Research – Performed by you

- Value of internal research, tracking your center weekly status
- Keep it simple, but record names, dates, classes, horses, etc.
- **Qualitative Data** (words, opinions, feelings)

Good for rider quotations in your promotional flyers

- **Quantitative Data** (numerical ratings)

Good for graphing timeline improvement of rider's progress.

Gather 20+ data points

- Opportunities to validate to your community supporters that your program works.



External Research – Run by another organization

- Kinds of Research;
 - Student Papers based on veteran interviews
(3 month timeline which allows any sized center to participate independently)
 - University Professor Research
(2 year timeline, large centers needed for adequate numbers)
- Interested centers should communicate with PATH office.
- Current ongoing study with Baylor University, Dr. Beth Lanning.



Fundraising – Grant Writing

- Do lots of community awareness presentations
- Church groups, 4-H clubs, MC clubs, etc.
- Use PATH website access to Foundation Center
- Take classes from local Non-Profit Support Clubs





★ Key Points

- Finding Veterans - Isolating, mentally fragile
- Program Staffing and Settings – Welcoming, Safe, Professional
- Skill Progression – Be ready with advanced instruction
- Horse Retention – Exposure to anxiety



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