

An Equine Assisted Activity and Therapies

Southwest Education Weekend

In Person or Virtual.

February 13th – 14th 2021

Hosted by: Horses Help and The H.E.A.R.T Center, Phoenix AZ.



Welcome! We are so excited to have you and your center join us for this educational and fun weekend. The registration fee includes a lunch on Saturday. Both centers are located approximately 15 miles from Cave Creek and Downtown Scottsdale, where you will find fun shopping and great restaurants. The weather should be wonderful!

This hybrid conference offers a choice of being onsite in person*, or tuning in to prerecorded and remote online sessions.

*Horses Help/The H.E.A.R.T Center are committed to the current Covid 19 Safety Policies.

CONFERENCE LOCATION

Horses Help
2601 E Rose Garden Lane
Phoenix, Arizona 85050

Phone (602) 569-6056

The Heart Center
21152 N 22nd St
Phoenix, AZ 85024

Lodging

Lodging Options

Comfort Inn & Suites (Phoenix North – Deer Valley)
17017 N Black Canyon Hwy
Phoenix, AZ 85023
866-306-0946

Hilton Garden Inn (Phx North Happy Valley)
1940 W Pinnacle Peak Rd
Phoenix, AZ 85027
855-797-6733

CONFERENCE REGISTRATION

Online registration opens January 28, 2021 ends February 10, 2021. After February 10, 2020, registration will need to be completed on-site.

Registration January 28- February 13, 2021:

Full Conference \$75

Due to Covid 19 - Limit of 40 ONSITE Attendees

No Limit to Number of Online Attendees

Saturday, February 13, 2021 Horses Help

Session A

8:00 – 9:00 a.m.

Classroom/Prerecorded

A-1, Pieces of you?

This is an activity that has been developed for our EFP program and I would like to share it with other programs. This activity focuses on bringing pieces of a person to the forefront for recovery and discovery. The horse is the key to putting this puzzle together.

Kristen Marcus is the Executive Director of CHAPS Equine Assisted Therapy in Sheridan, WY. She has an A.S. in Equine Science, A.S. in Animal Science (emphasis in equine nutrition and management), MA in Animal Science and M.S. in Agricultural Communications. Kristen has worked with and managed horses for 30 years and taught Equine Science at Sheridan College for several years prior to being the ED at CHAPS

9:00 – 9:15 BREAK

Session B

9:15-10:15

Classroom/Patio

B-1, Tell You Story with Impact, Bring in More Money

During this interactive session, attendees will learn best practices and tips on how to be more successful in securing foundation funding. Topics include fruitful foundation searches, presenting excellent financials and attachments, and writing compelling needs statements, goals, and objectives.

Shannon Mitchell started in the EAAT industry as a board member and transitioned to the Executive Director's role 5 years ago. Prior to entering the non-profit sector, I worked in corporate banking for 10 years. Her business

and management background has given her a unique perspective while running her organization. Shannon hopes to share her business knowledge with other organizations to ensure that we all remain sustainable and can have the greatest impact on our communities possible.

9:15-10:15

Classroom/Prerecorded

B-2, A Mother's Heart

Want ideas and strategies on how to incorporate wellness and self-care practices with your volunteers and the importance of this? Learn to use and change energy levels and natural horsemanship to effectively lead equines in EAAT. Empower your horse leaders to create a partnership with equines in order to increase effectiveness in their horse leading and how to build and establish that partnership in warm up.

Lena Masri is a PATH, Intl. ESMHL and Certified Therapeutic Riding Instructor. She received an undergraduate degree from Syracuse University, her MBA from University of Denver, and is pursuing a Master's in SLP at NYU. She works as an instructor for The Right Step, Inc. in Littleton, CO

10:15 – 10:30 Break

Session C

10:30-11:30

Classroom/Online

C-1, The Important Role of the Equine Professional in EFP

This presentation will focus on the important role the equine professional plays in EFP and will provide suggestions on how to enhance partnering with mental health professionals to form a unique and powerful human/equine treatment team.

Dr. Sheryl Harrison has raised funds for 15+ years in higher education and a variety of Colorado nonprofits. She was the Sponsorship and Development Manager at PATH Intl. from 2011-2015. She is also the Past President of the Association of Fundraising Professionals Colorado Chapter and has an MA from the Lilly School of Philanthropy at Indiana University.

10:30-11:30

Class Room/Patio

C-2, Budgeting that Works

An organization's budget is often a made-up set of numbers that we hope and pray we can achieve. Let's change that narrative and build a budget that is driven by the organizations goals and helps move our organizations forward. Attendees will identify the area's that should drive their budget figures, complete a draft budget worksheet, and discuss the process for maintaining accountability around the budget.

Shannon Mitchell started in the EAAT industry as a board member and transitioned to the Executive Director's role 5 years ago. Prior to entering the non-profit sector, I worked in corporate banking for 10 years. Her business and management background has given her a unique perspective while running her organization. Shannon hopes to share her business knowledge with other organizations to ensure that we all remain sustainable and can have the greatest impact on our communities possible.

11:30 -12:00 Break

12:00-1:00

LUNCH (Provided)

Session D

1:00-2:00

Classroom/Patio

D-1, Evidence based Interventions for Families

There is a growing interest in equine assisted learning among mental health professionals. This presentation seeks to explain EAL's significance in mental health, and to discuss how nurse practitioners can build and deliver an evidence-based EAL project. This presentation will also examine the preliminary and short-term impact of an evidence-based family-centered intervention on various mental health outcomes, including family satisfaction, child social emotional health, and three domains of family function.

Allison Solarz is a psychiatric nurse practitioner and doctoral graduate of Arizona State University in Phoenix, Arizona. She has over 20 years' nursing experience working with adults and children, promoting health and wellness through traditional and alternative avenues.

1:00-2:00

Arena

D-2, Ground Driving and Its Many Uses

Ground driving is such a diverse option for centers to incorporate into their programs. It can give both staff and students a 'feel' of what it might be like to sit behind a horse instead of on top. Learn how to start a driving program and discover its many uses.

Michelle LaFleur is an Advanced TRI and Level II Driving Instructor. She has been involved with EAAT for over 25 years. She started at Colorado Therapeutic Riding Center before starting her own small program in Broomfield, CO. She has been involved in several PATH Intl. committees and is currently serving on the Driving Committee.

2:00 – 2:15

BREAK

Session E

2:15 – 3:15

Classroom/Patio

E-1, Prepare for CTRI

You might be asking where the heck you should start, what you need to do, how to prepare for everything? I will give you tips, tools, and information that will help you better understand the process to prepare for application and certification. I want to share things I've gathered over the past decade in the EAAT industry as a candidate, mentor, and evaluator!

Saebra Pipoly lives in Arizona and owns and operates Hoof Falls & Footfalls, LLC, which provides resources to adaptive/therapeutic riding instructors and other equine professionals in the EAAT industry. Saebra has a passion for building up other instructors to be the best they can be so they can go out and impact countless lives by teaching their students and mentoring other instructors

2:15 – 3:15

Classroom/Patio

E-2, Code of the West - Cowboy Ethics

Covers Living Each Day with Courage, Riding for the Brand, Taking Pride in your Work and more! Cowboys are heroic not just because they do a dangerous job, but also because they stand for something — the simple, basic values that lie at the heart of the cowboy way. Even though their way of life has changed over the last 150 years, cowboys still honor and live by their code. They are an abiding source of inspiration to do better and be better than we are.

George Kiley is a retired superintendent of schools. He had worked directly with Jim Owens the founder and chief inspiration officer of the Center for Cowboy ethics ad leadership. George has developed a relationship and establishing a culture at many schools throughout the country and currently sits on the Board of Directors for Horses Help in Phoenix Arizona.

3:15 - 3:30

BREAK

Session F

3:30 – 4:30 a.m.

Classroom/Patio

F-1, T E.A.C.H

(Talk, Expect, Amplify, Care, Humor) How to Teach a Person with a Disability): A Presentation Given by an Instructor with a Disability. Learn and apply possible new ways of how to teach a person with a disability. Create or grow more personable relationships with your clients/riders/ students with disabilities.

Alicia Draper Became a P.A.T.H. Certified Therapeutic Riding Instructor in 2019 and works at Camelot Therapeutic Horsemanship as a Riding Instructor in Scottsdale, Arizona. She started her own public speaking business in 2006. Alicia loves to speak on disability awareness and give motivational talks for corporate and community events.

3:30 – 4:30

Online

F-2, Working at Liberty with Horses and Scripture

Provide hope and restoration to the hurting through a unique relationship with a horse. At Shepherd Youth Ranch, we believe that there is no greater love than that of our mighty Shepherd and Creator and through His creation itself, we can reach the unreachable. We do this by pairing our horse “counselors”, many of whom are rescued, with youth and families that are suffering, underserved or in need. Through Equine Assisted Therapy and Learning, therapeutic activities, and riding we encourage personal empowerment, spiritual growth and life-changing insights.

Ashley Boswell holds a B.A. in Communications from UNC-Chapel Hill and a Masters in Counseling from Southeastern Seminary in Wake Forest, N.C. She has counseled youth and families in traditional settings and taught children with autism in public school. In 2004, Ashley founded Shepherd Youth Ranch, accomplishing her life-long dream of pairing horses with youth in need. She is certified in Equine Assisted Psychotherapy and Learning through EAGALA. She is Level 4 graduate of the Parelli Natural Horsemanship program and serves as the Youth Programs Coordinator for the Parelli Foundation.

Sunday February 14, 2021 – The H.E.A.R.T Center

Session G

9:00 – 10:00 a.m.

Classroom

G-1, Meet the Heart Center

Meet the HEART Center: a therapeutic riding program and micro- school in Phoenix, AZ. Learn about micro-schooling and how programs you already provide can be expanded to support your students now learning from home or in self-directed education plans. Get tools that fit the TR scope of practice and can be implemented immediately to support social learning and executive functioning goals for your students. We also offer a few of our 'heart-centered' teaching philosophies that work wonders to support our horses and students.

Chelsea Harden and **Regan Mays** are passionate about using horses to enrich the lives of their students in any way that horses can. Going beyond the realms of therapeutic riding, we utilize our experiences in recreational therapy, behavior therapy, equine therapy and yoga respectively to make sure that our families feel seen, heard, and understood as they navigate this life with special needs.

10:00-10:15 BREAK

Session H

10:15 – 11:15 a.m.

Classroom/Arena

H-1-, Man O War's EAT-PTSD Research

“EAT-PTSD”, created by the Man O War Project and Columbia University, is the first university-led research trial to establish guidelines for and examine the effectiveness of EAT and PTSD. Learn about the clinical study and pilot program that proved EAT relieves PTSD symptoms in veterans. This presentation will explain what the EAT-PTSD program is, how it works and why it does.

Regan Mays is the Assistant Program Director at the H.E.A.R.T Center in Scottsdale, Arizona. She is a PATH CTRI/ESMHL, a certified yoga teacher, and a graduate of New York University with a BS in Psychology and BFA in Drama. She was one of four ESMHLs picked to train and participate in the pilot program for EAT-PTSD in 2019, and has been working with the curriculum ever since. Her work with Equine Therapy has been featured in *Strides Magazine*, *the Cowboy Lifestyle Network*, and appeared on television shows like *Good Day LA*, *Medcircle*, and *The Hallmark Channel*.

11:15-11:30 BREAK

Session I

11:30-12:30 a.m. Arena

I-1, Reading with High Risk Youth

Observe and explore an exciting new program that travels with horses into the inner city of Phoenix to reach children who are at high risk and living in transitional housing, shelters or have been displaced from their home in some other way. This unique program combines the benefits of EAAT with reading/writing skills to provide motivation and hope to those children struggling in one or more areas in their lives. Learn the benefits and struggles of such a program, and gain ideas on how to start a similar program of your own!

Lisa Pewe is a PATH Intl. Registered Therapeutic Riding Instructor and ESMHL as well as having a BS degree in psychology. The founder and executive director of Envision Therapeutic Horsemanship, she is also a national award-winning horse trainer and a riding instructor as well as an abuse recovery life coach. Drawing on her own trauma survivor experience gives her the insight and experience to recognize subtle nuances of equine behavior to help facilitate building core competencies in the clients.

Paulette Worden has a BA degree in elementary education and has taught for eight years in the public school system while serving as a consultant to a Navajo reservation where she helped teachers become aware of the reading/writing process and how to integrate it into all areas of the classroom. She is also a facilitator of Reading/Writing Process workshops for educators as a program coordinator for an outreach center.

11:30-12:30 a.m. Arena/Hands on Demonstration

I-2, Ground Driving and Its Many Uses (Part 2)

Learn safe and appropriate procedures to help improve the condition of lesson horses, without the added stress of carrying a ride, through a Hands-on Demonstration.

Michelle LaFleur is an Advanced TRI and Level II Driving Instructor.

We look forward to seeing you soon in Phoenix, Arizona!