



2023 Region 11 Conference

May 19-21, 2023

**Hosted by:
Giant Steps Therapeutic Equestrian Center
Petaluma, CA**

PATH Intl. Region 11 welcomes you to an educational and fun weekend with your friends and colleagues in California. Your registration fee includes Friday's wine and cheese social, Saturday's light breakfast, lunch and evening appetizers and light breakfast Sunday.

CONFERENCE LOCATION

Giant Steps Therapeutic Equestrian Center

7600 Lakeville Hwy
Petaluma, CA 94954

Lodging Options

Best Western Petaluma Inn
200 S McDowell Blvd, Petaluma, CA 94954
707-763-0994

Sheraton Sonoma
745 Baywood Dr, Petaluma, CA 94954
707-283-2888

Hotel Petaluma, Ascend Hotel Collection
205 Kentucky St, Petaluma, CA 94952
707-241-9136

Hampton Inn Petaluma
450 Jefferson St, Petaluma, CA 94952
707-397-0000

Courtyard by Marriot Petaluma Sonoma
700 Caulfield Ln, Petaluma, CA 94952
707-347-5400

PATH INTL. REGION 11 CONFERENCE REGISTRATION

Online registration will be available March 10, 2023 through May 5, 2023. After May 5, 2023, 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 March 10, 2023 through May 5, 2023:

Full Conference \$150 members \$200 non-members

Registration on-site after May 5, 2023:

Full Conference \$180 members \$230 non-members

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 **May 5, 2023.**

Deadline for 50% Refund - Request received in PATH Intl. office by **May 21, 2023.**

Individuals who do not submit a written request to PATH Intl. by May 21, 2023 will not receive a refund.

Education:

This conference satisfies up to 11 hours of continuing education requirements.

COVID-19 Information:

Giant Steps Therapeutic Equestrian Center follows all CDC and State of California guidelines regarding COVID-19 virus protocols. If you are ill or have been exposed to the virus at the time of the conference, we ask that you not attend. Please see the refund policy.

AGENDA

All times are Pacific Time

Friday, May 19, 2023

3 – 4 p.m.

Registration

4 – 5:30 p.m.

**Wine & Cheese Social
Keynote with Max Freitas**

Learning - Creative Arts and Community Connection **CE**

Enhance your repertoire of student learning opportunities incorporating educational and creative art projects which can additionally be used to provide an opportunity for connections within the community.

Max Freitas was the Founder, in 1993, and Program Director for Equi-Ed (Equines and Education) an adapted-therapeutic riding program in Santa Rosa, CA. Max has 35 years of experience as an at-risk secondary public-school counselor, primarily working with pregnant and parenting teens and 32 years at Santa Rosa Junior College as an Equine Science department instructor.

Saturday, May 20, 2023

7 – 8 a.m.

**Registration & Welcome
Light Breakfast**

Session A

8 – 9 a.m.

A1, Incorporating Functional Tasks Into Your Lesson Plan: An Occupational Therapist's Perspective to Therapeutic Riding **DE**

Discover how functional tasks can aid in developing riding skills. We will explore how these tasks can help address a rider's deficits and potentially enhance their outcomes on and off the horse. Examples of lesson plans will be given.

Klara Bergtholdt is an Occupational Therapist who started providing equine-assisted services at Happy Trails Riding Academy in 1998. She has over 25 years of experience working with children with disabilities. She is currently working full-time as a therapy manager at Kaweah Health Medical Center, one of the local hospitals in Tulare County. She volunteers 2-8 hours a week at Happy Trails, providing private classes and group classes focusing on but not limited to, balanced seat, attention, following directions and life skills.

9 – 9:15 a.m.

BREAK

Session B

9:15 – 10:15 a.m.

B1, Management and Care of the Aging Horse CR All

More often than not, equine-assisted programs are predominately supported by older horses. Care for the aging horse provides unique challenges; however, with advances in veterinary medicine, horses are living longer than ever. The bulk of this lecture will be organized around 4 main categories within geriatric medicine - nutrition, dentition, endocrine/metabolic disorders (and their ramifications), and maintaining athletic performance. Each section will lay out the recent research/knowledge base on the topic and will also provide strategies for providing proactive care.

Jill Thornton, DVM was born and raised in San Diego, CA, where her love of horses started at a young age. She received a B.S. in Cell Biology and a Doctorate in Veterinary Medicine from UC Davis. Following vet school, Jill completed an internship at Fairfield Equine Associates in Connecticut to gain more experience in advanced diagnostic imaging, lameness, and general care of performance horses. She migrated back to California in 2017 and practiced at a small sports medicine practice in the East Bay before ultimately joining Sonoma Marin Vet Services in 2019. Since moving to the North Bay, she has greatly enjoyed developing relationships with those in the local horse community.

10:15 – 10:30 a.m.

BREAK

Session C

10:30 – 11:30 a.m.

Facilitated Networking & PATH Intl. Field Test Standards Update with PATH Intl. Region 11 Representative Courtney Mellor

Includes a Poster Presentation: Unmounted Activities for EAL and TR Barn Lessons

This presentation includes several examples of unmounted lessons that support a variety of equine-assisted activities and explores some skill progression ideas and curriculum development. This offering is a continuation of the 2022 presentation "Developing and Implementing EAL Lessons Into Your Program."

Courtney Mellor is a PATH Intl. Advanced Therapeutic Riding Instructor, CTRI, Equine Specialist in Mental Health and Learning, and Mentor. She is Program Manager at Helen Woodward Animal Center in San Diego, CA. Courtney is also a member of the Region 11 leadership team and is excited to be the Region 11 Representative for the 2022-2023 term.

11:30 a.m. – 1 p.m.

Lunch & the PATH Intl. Update

Session D

1 – 2 p.m.

D1, 10 Hacks for Behavior Change DE

Teaching new skills or introducing a new environment (horses included!), especially to an individual with a developmental disability, can seem daunting. Using some basic principles of Applied Behavior Analysis (ABA), teaching can be more effective, efficient, and fun! "10 Hacks for Behavior Change" covers 10 action-oriented strategies from a behavior analytic perspective that anyone can implement when working with clients. Learn the Dos and Don'ts of behavior change and provide your clients with an even richer learning environment.

Tiffany Lee is the Founder and Executive Director of Daily Behavior Management & Consulting and a Board-Certified Behavior Analyst (BCBA) with over 13 years of experience in the field of Applied Behavior Analysis. In California's Central Valley, she works with individuals of all ages with varying diagnoses and specializes in consultation for residential facilities, families, and caregivers of all backgrounds. While brand new to the world of equine-assisted services, Tiffany boasts a one-time experience at a week-long horse camp as a young Girl Scout. Her assigned horse, Missy, taught her that learning, fun and respect come in all shapes and sizes.

2 – 2:15 p.m.

BREAK

Session E

2:15 – 3:15 p.m.

E1, The Role of Brand CE

This presentation will focus on the concept of brand, and how a broader, more strategic approach (beyond logos and visual identity) can deliver a greater impact for your organization. Participants will walk away with a framework to apply and develop tactical ideas for implementation. Unlock greater social impact, organizational cohesion and capacity with your brand.

Stephanie Unger has over 20 years of experience in media and entertainment. Before coming to REINS Therapeutic Horsemanship, she spent the last decade at Netflix honing her marketing and leadership skills, simultaneously working to develop the Netflix brand and its core title brands (biggest original films & series). A lifelong passion for horses brought her to REINS as a volunteer in 2021. And passion and excitement about the equine-assisted services industry led her to become the current Development Director and a CTRI-IT at REINS.

3:15 – 3:30 p.m.

BREAK

Session F

3:30 – 4:30 p.m.

F1, Partnering with Horses through Touch and Observation — Masterson Method CR All

Partnering with horses is an important component of EAS programs and includes various activities in which the horse is a fundamental part of the experience. By bringing some basic techniques of the Masterson Method Integrated Equine Bodywork to horses, staff, volunteers and program participants, you can create a win-win situation — your horses will benefit from receiving bodywork to help release tension and increase relaxation, and volunteers, staff and program participants can gain increased awareness and connection with the horse.

Mimi Duffy has volunteered at Giant Steps and Halleck Creek EAS riding programs. She has also taught Masterson Method techniques at the Project Hope Veterans EAS program for the last 3 years. She taught the Masterson Method at the USPC Festival in 2021 and actively teaches with the USPC. Mimi was an assistant instructor at the recent ESMHL Certification at Giant Steps in 2022 and has been a Masterson Method Certified Practitioner for 2 years.

David Ospital has volunteered for the last 3 years and instructed at the Project Hope Veterans EAS program. He presented the Masterson Method at the USPC Festival in 2021 and actively teaches Masterson Method techniques with the USPC. He has been a Masterson Method Certified Practitioner for 2 years.

4:30 – 4:45 p.m.

BREAK

Session G

4:45 – 5:45 p.m.

G1, Enhancing Your Lessons with Visual Supports: Don't Just Say It, Show It! CR Riding

Visual aids are an effective strategy for communicating with and supporting your participants/clients with diverse needs. Learn how to boost skill execution and retention simply by adding visuals, capturing the attention of 60-65% of the population who learn best by seeing. Don't miss the opportunity to tap into their imagination and let them SEE what you are asking. We will also explore opportunities to improve your policies and procedures in and around the barn. You can apply these methods to parents/caregivers, visitors, volunteers and staff. Receive practical tips for developing your own library of affordable, scalable and effective visual aids to set up you and your team for success.

Chrissy Stout is a PATH Intl. CTRI and Mentor, currently serving as the Program Director at Haku Baldwin Center in Makawao, Hawaii. With 13+ years in the field, she enjoys mentoring new and experienced instructors, helping to hone their skills and develop tools to set them, their participants, and their teams up for success. Chrissy is the owner of Teaching Aids for EAS, a company specializing in visual supports, developed specifically for adaptive riding instructors and other EAS professionals.

5:45 – 7 p.m.

**PATH Intl. Region 11 Meeting & 2023 PATH Intl. Region 11 Awards Ceremony
Wine & Cheese and Heavy Appetizers**

Sunday, May 21, 2022

7 – 8 a.m.

Light Breakfast

Session H

8 – 9 a.m.

H1, Hoof and Bone Anatomy CR All

This presentation will focus on the anatomical hoof and bone structures of the lower limb with Certified Journeyman Farrier, Sam Durham.

Sam Durham has 32 years of farrier experience and 10 years as a certification instructor. Sam is a Certified Journeyman Farrier through the American Farriers Association with a Diploma from Worshipful Farriers Association which allows practicing in Europe.

H2, Managing Volunteers: Can't Live With 'Em, Can't Live Without 'Em CE

This presentation focuses on a three-step process of Acquisition, Training and Assessment that allows centers to cultivate and manage a large, healthy and dynamic volunteer base. The goal for a center when implementing these methods is to retain a reliable, well-trained, consistent pool of volunteers who are ingrained in a larger mission and maximize three main benefits: financial, program and expressive. Learn a framework that demystifies a vital but challenging workforce in therapeutic riding by exploring specific programs, training tools and examples of how REINS Therapeutic Horsemanship has tapped into the potential of its most loyal base. We compare methods and tools to those of other centers and data collected from non-profits in other industries and how they can or cannot be implemented in a center like REINS.

Allison Solander is a habitual, lifelong volunteer. She has spent 10 years volunteering in therapeutic riding and 15 in broader education and politics. Allison also holds a B.A. in Biological Sciences from the University of Southern California. She is currently the full-time Volunteer Coordinator and a Certified Therapeutic Riding Instructor at REINS Therapeutic Horsemanship Program, a PATH Intl. Premier Accredited Center, a position she has held for two years. In this position, she manages over 150 weekly volunteers, teaches 15 of 200 lessons, and spends as much time in the saddle as possible.

9 – 9:15 a.m.

BREAK

Session I

9:15 – 10:15 a.m.

I1, On-boarding PATH Intl. CTRL-ITs CE

This presentation will cover the basics of training and mentoring aspiring CTRLs from initial contact to certification completion. Upon completing this presentation, participants will understand the training process for CTRLs and how to design and implement their own mentoring program.

Nikki Harmer (ATRI) and Grace Welch (CTRL) have over 20 years of combined experience at REINS Therapeutic Horsemanship. As tenured instructors and barn co-coordinators, they oversee all barn activity and horse care and teach an average of 400 lessons per session, respectively. In their free time, Nikki enjoys competing in Eventing and Showjumping with her OTTB while Grace competes in Western performance disciplines and develops client horses. They are extremely passionate about the equine-assisted services industry and bringing up the next generation of CTRLs.

I2, Admin Roundtable – Running the Business Side of a Non-profit CE

Many EAS center administrative teams are working to combat staffing shortages to continue offering services that are increasingly high in demand. Where/how do you recruit instructors? What is the role of the board? What nontraditional benefits can be offered to attract new staff? Attendees will leave with a better understanding of what other centers do to problem-solve creatively to operate a robust and sustainable business in the growing EAS industry.

Nicole Payne, since 2016, has taught horsemanship skills to children and adults with disabilities as a CTRL and ESMHL at the only PATH Intl. Premier Accredited Center in California's Central Valley. As their Director of Services, she also screens potential participants for eligibility in the five services Happy Trails Riding Academy provides.

Leslie Gardner joined Happy Trails Riding Academy as its Executive Director in 2006. Her responsibilities include charting the course of the organization's mission and services and keeping the organization financially viable. She has established and maintains effective relationships with the community served and has been instrumental in developing the Happy Trails 25-acre facility.

10:15 – 10:30 a.m.

BREAK

Session J

10:30 – 11:30 a.m.

J1, Teaching the Teacher CR All

In our Teaching the Teacher segment, you will begin to understand how YOU teach, apply what you have learned to communicate better to your rider or assistants (side-walkers) and analyze/evaluate your riders' progress and use their achievements, or lack thereof, as a benchmark for improvement on your teaching techniques. Create/develop more effective teaching methods which can be adapted to therapeutic adaptive horsemanship.

***Kimiko Kobayashi** is the Executive Director for M.A.R.E. Riding Center. Over the past 17 years, Kimiko has found fulfillment in the non-profit world by working and consulting for several therapeutic adaptive horsemanship programs throughout California. Her extensive equestrian experience has included 3-day eventing, hunter/jumper and dressage as well as managing summer camps, managing and training at a hunter/jumper barn with 55+ horses, owning a training stable and sales barn and continuing to train and coach clients as time permits. Kimiko is a member of PATH Intl. and a professional member of the United States Equestrian Federation and the United States Hunter Jumper Association.*

J2, Stronger Together: Discussing Program Collaboration CE

This presentation discusses a collaboration between a PATH Intl. center and an organization providing psychotherapy with horses. This presentation provides tips for managing mental health considerations in the barn setting, which EAS professionals may encounter in any sector of services. We include tips for language or phrasing and strategies for managing and responding to increased anxiety, fear and sadness. We also explore horses' unique role in helping clients navigate symptom management.

***Dr. Angela Sherman** is a licensed clinical psychologist with a long-standing interest in human-animal interactions and incorporating animals into therapeutic work. She has extensive experience working with individuals with emotional and behavioral difficulties and has worked in various settings, including community mental health, inpatient psychiatric hospitals, schools, residential treatment and correctional facilities.*

***Dr. Caroline Vetter** is a licensed Clinical Psychologist in California and Oregon. She completed her doctoral degree at The Wright Institute in Berkeley, CA. She has worked and trained in a variety of settings with diverse clients. Caroline has always loved being around animals and found that being in their presence, especially horses, helps her to live more in the present moment.*

11:30 – 11:45 a.m.

BREAK

Session K

11:45 a.m. – 12:45 p.m.

K1, The Connected Horse Program: How It Benefits the Horse CE

The Connected Horse Program was designed for older adults affected by dementia and their care partners, but it also benefits the horse. Older people, as well as older horses or even unwanted horses, endeavor to have purpose and be in relationships. This session will focus on the horse selection process for this program as well as the benefits to the horses and families affected by a dementia diagnosis.

***Dr. Claudia Sonder, DVM** is a Board Member of Connected Horse and the Equine Specialist for the program. She has worked with numerous research teams advancing the health and welfare of horses during her tenure as Director of the Center for Equine Health at the UC Davis School of Veterinary Medicine. Dr. Sonder currently practices in Napa, California as an associate of Napa Valley Equine. She sits on multiple boards advocating for horse welfare, safety and understanding including Sunrise Horse Rescue, Northern California Association of Equine Practitioners, and the Napa Community Animal Response Team.*

***Nancy Schier Anzelmo, MSG** is a co-founder and Educational Director of Connected Horse and is a widely known, highly regarded gerontologist and Alzheimer's/dementia care specialist, consultant, speaker and trainer. She holds a M.S. in Gerontology and has achieved national recognition and awards as a speaker, teacher and innovator in the field of Alzheimer's dementia care programming. Currently she is a board member and education co-chair of the California Assisted Living Association and a member of the American Society on Aging, the Assisted Living Federation of America and the Gerontological Society of America.*

***Paula Hertel, MSW** is a co-founder and President of Connected Horse, and she has spent the last 25 years focused on improving service delivery systems for elders in need of care and services through consulting*

projects and executive management positions. She has broad experience in senior housing and assisted living operations, staff training, regulatory compliance, new program development and family and community needs. She is the founder of Senior Living Consult and co-founder of The ElderHub and provides consulting services to organizations and individuals in need of operational and strategic direction regarding elder care services and program development. Paula holds a MSW from San Jose State University. She is actively involved in state and national industry associations including past commissioner of the California Health Policy and Data Advisory Commission, past board member of Assisted Living Federation of America (ALFA), past Board Member of the Emeryville Municipal Transportation Authority, and is currently a Board Member and Education Co-Chair for the California Assisted Living Association (CALA) and the Chair of the Presence Care Project.

Tineke Jacobsen, PT & PATH Intl. CTRI

K2, Center Collaboration CE

Center collaboration can have many benefits to not just your centers, but to the greater good of the industry as well. This presentation will talk about the ways to collaborate with other centers to utilize the individual needs and strengths of each program and to assist others, as well as learn from them. There will be real examples of challenges that REINS has resolved due to collaboration with another center, while at the same time solving a different challenge for that center. The impact shared donors can have on several centers is tremendous as it provides the opportunity to impact the state of the industry as well as one specific center.

Kaitlyn Siewert is currently the Executive Director of REINS Therapeutic Horsemanship Program. Having been in the EAS industry for nearly 30 years, Kaitlyn has witnessed the growth of REINS as well as the industry. As a PATH Intl. Volunteer for 8 years serving as the Southern California State Chair and Region Representative during COVID, Kaitlyn was able to watch the state of the industry as it transitioned from a largely in-person community to a standard hybrid business model. This growth has allowed programs and professionals access to education and networking opportunities that were not available before. Kaitlyn is passionate about the direction of the industry and REINS and plans on working diligently to help assist in the growth going forward.

12:45 p.m.

Food trucks available on adjacent property for lunch if interested

We look forward to seeing you soon in California!