



Region 6 Conference

March 8-10, 2024

Hosted by:

**Building Equine-Assisted Mobility Into New Growth
(BEAMING) Inc.**

Neenah, Wisconsin

PATH Intl. Region 6 welcomes you to an educational and fun weekend with your friends and colleagues in Wisconsin. Your registration fee includes continental breakfast and lunch on Saturday and breakfast on Sunday.

CONFERENCE LOCATIONS

Friday & Saturday

Bridgewood Resort Hotel & Conference Center

1000 Cameron Way
Neenah, WI 54956

Sunday

BEAMING Inc.

2692 County Rd. GG
Neenah, WI 54956

LODGING OPTION

Bridgewood Resort Hotel & Conference Center

1000 Cameron Way
Neenah, WI 54956

Rate: \$139+tax

Limited discounted rooms, Reserve by 2/7/24. Use code: **PATH2024**

(920) 720-8000 or (800) 514-5206, <https://bridgewoodresorthotel.com/>

PATH INTL. REGION 6 CONFERENCE REGISTRATION

Online registration will be available December 29, 2023, through February 23, 2024. After February 23, 2024, 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 December 29, 2023 through February 23, 2024:

Full Conference \$130 members \$105 PATH Intl. Higher Ed \$180 non-members

Registration on-site after February 23, 2024:

Full Conference \$160 members \$135 PATH Intl. Higher Ed \$210 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 **February 23, 2024.**

Deadline for 50% Refund – Request received in PATH Intl. office by **March 10, 2024.**

Individuals who do not submit a written request to PATH Intl. by March 10, 2024, will not receive a refund.

Education:

This conference satisfies up to 10 hours of continuing education requirements.

COVID-19 Information:

BEAMING Inc. follows all CDC and State of Wisconsin 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

Friday, March 8, 2024

Bridgewood Resort Hotel & Conference Center

4:30 – 6:30 p.m. **Registration**

6 – 7 p.m. **Welcome and Keynote DE**

This keynote will highlight the world of dementia and the scope of its depth in individuals. The presenter will discuss specific ways to communicate and interact with individuals with dementia and their care partners that are applicable to real life situations. The presentation will conclude with an array of specific points to consider when bringing equine-assisted services for individuals with dementia into your program.

***Traci Edmondson** is the Dementia Care Specialist for Outagamie County with the Aging and Disability Resource Center (ADRC), Wisconsin Department of Health and Human Services. Prior to her current position, Traci was a caregiver for seven years for her husband who had early-onset Alzheimer's disease. During that time, Traci and her husband Rick, were regular participants in equine-assisted Memory Cafes at BEAMING Inc. and the Riding in the Moment (RIM) program, the evidenced based equine-assisted program for those living with dementia and their care partners.*

***Nancy Pontius** is a passionate advocate for people and their families living with dementia. Nancy has completed her Certified Dementia Practitioner certification through the National Council of Certified Dementia Practitioners. Nancy was a care giver for her mother with memory loss for almost eight years. Nancy continues to pursue more education on dementia to be able to enhance the programs at BEAMING Inc. and in the community. She has been a volunteer at BEAMING Inc. for almost three years and assists with the RIM and Memory Cafes.*

7 – 8 p.m. **Facilitated Networking**

Program swag presentation, PATH Intl. Committees and Volunteer Opportunities, and more!

Saturday, March 9, 2024

Bridgewood Resort Hotel & Conference Center

7 – 8 a.m.

Registration, Continental Breakfast & Announcements

Session A

8:15 – 9:15 a.m.

A1, Understanding ADHD in EAS: Effective Strategies for Success DE

ADHD is one of the most common neurodevelopmental disorders diagnosed in children, an estimated 6 million aged 3-17 years old (CDC, 2023). Partnering with horses can provide a powerful opportunity to practice skills that those with ADHD can struggle with, including executive functioning skills such as attention, concentration, memory and social skills. This presentation will provide clarification of the symptoms and differences between ADHD and ADD and explore the differences in learning that those diagnosed sometimes experience. We will investigate various adaptations and simple, effective ways to help participants with ADHD reach new heights with their equine partners in the arena.

Dr. Kaiti Otte is a licensed occupational therapist and PATH Intl. CTRI at Heartland Equine Therapeutic Riding Center (HETRA) in Nebraska. She has a background in pediatric clinical therapy, focusing primarily on sensory dysfunction and behavior modification. She is project coordinator at HETRA, producing numerous educational webinars, mentoring professional students and hosting HETRA's exclusive podcast, "Not Just a Pony Ride."

A2, Marketing & Grant Writing for Nonprofit Equine Centers CE

This session will cover the fundamentals of marketing and grant writing for nonprofits, including branding, messaging, development of printed and electronic communications materials, marketing tools, public relations and grant writing basics. Attendees will leave with a basic outline of how to establish their equine center's brand and messaging, how to apply that to printed and electronic communications materials, tools they should consider for increasing their brand awareness and reaching their target audiences, how to write and distribute news releases for public relations initiatives, and the high-level basics of the grant writing process.

Emily Anderson has more than 25 years of experience in marketing communications, public relations and grant writing, both at advertising agencies and with nonprofit organizations. She is currently the marketing & outreach director for BEAMING Inc. in Neenah, Wisconsin.

9:15 – 9:30 a.m.

BREAK

Session B

9:30 – 10:30 a.m.

B1, Myth Busting the PATH Intl. Center Accreditation Process CE

Is the PATH Intl. center accreditation process intimidating or confusing? Not sure how to satisfy a standard? Are you feeling bogged down with constant problem-solving? This session is designed to dispel doubts and uncertainty around the PATH Intl. accreditation process. Learn how to get back on track towards either completing the accreditation process for your center, or simply strengthening your policies and procedures for a more effective day-to-day operation. Come prepared with questions, comments and concerns, access to a PATH Intl. Standards Manual if you have one (not required), and be ready for a fun, casual group discussion. This will be a workshop-style session and is geared towards all positions at a PATH Intl. center.

Monica Schaefer is a PATH Intl. CTRI and Mentor that has been actively teaching therapeutic riding lessons for over 14 years. She has been mentoring for about 10 years. She became dually certified with Spirit Horse International this past spring. She is currently working at Heaven's Gait Ranch in Cedar Grove, Wisconsin, and at Cedar Springs Ranch in Slinger, Wisconsin. She has worked at two separate centers through the PATH Intl. accreditation/re-accreditation process.

B2, Sensory Systems: How They Affect Riders DE

This session will briefly review all the sensory systems and how they can impact riders. The session will focus on how to apply effective strategies for your EAS sessions using all sensory systems. Warning signs to look out for such as hypo-arousal as well as hyper-arousal levels will also be addressed.

Katie Havelka, COTA/L, PATH Intl. CTRI, graduated from NDSCS in May of 1999, and has served in many settings from private practice to school systems to mental health facilities. Katie is currently employed with Beyond Boundaries Therapy Services in Fargo, North Dakota. Katie has many years of experience with emotional regulation, behavior management and using equine movement to assist in reaching therapy goals. In her spare time, she loves the outdoors, and watching her children's many sporting events.

10:30 – 10:45 a.m.

BREAK

Session C

10:45 – 11:45 a.m.

C1, From Zero to ESMHL Certification CE

This session will share the resources and preparatory techniques developed at Minnesota State College Southeast to successfully take college students who have never handled horses before to ESMHL certification within a matter of months. A step-by-step task book and timeline will be provided to attendees. Navigating partnerships with local higher education institutions to recruit volunteers and instructor candidates will also be discussed. This session will be appropriate for current PATH Intl. professionals who want to mentor others through the process of becoming certified. The session is also appropriate for program managers who are looking to grow their pool of certified staff.

Elizabeth Micheel is a PATH Intl. ESMHL, CTRI and Mentor. She holds master's degrees in both biology and equestrian education. She has been working in EAS since 2010.

C2, Financial Reporting and Budgeting CE

Learn how to create a budget and plan for the year to make it a success.

Wendy Stabler works at Beaming Inc. and is responsible for record keeping and managing the staff schedule. She enjoys riding and showing her Morgan. She has a bachelor's degree in business administration. Wendy also assists NPO's in the area and coaches the Winnebago County hippology team. She enjoys networking and assisting at BEAMING Inc. in and out of the arena with her daughter and staff.

11:45 a.m. – 2 p.m.

Lunch, PATH Intl. Update, Field Test Standards Update and Region 6 Awards

Session D

2:15 – 3:15 p.m.

D1, Seamless Transitions: Integrating New Horses into EAS Programs CR All

Change is hard for humans and horses and transitioning new equines into programming can be a BIG change. We all love our "steady eddie," so how do we get the whole team on board with our newest equine partners? Instructors may be hesitant, horse leaders might be unfamiliar, and parents and participants might feel disconnected. This presentation explores the crucial process of transitioning new horses into programming and provides a comprehensive overview of the steps, considerations, and tried and true practices for successful transitions.

Shelby Schult grew up riding and showing American Quarter Horses, in a barn where adaptive riding and therapy services were being offered every day. Upon graduating with her bachelor's degree in animal science, she took a full-time position at Heartland Equine Therapeutic Riding Academy (HETRA) as the Equine Operations Manager. She has recently moved into the role of program manager. She is a PATH Intl. CTRI, ESMHL and Mentor and was selected as the 2023 PATH Intl. Region 7 Equine Caretaker of the Year. Shelby is driven by building and maintaining a herd that is "healthy, happy, sane and sound" and strives every day to learn from the horses and to share that knowledge with others in the EAS industry.

D2, Bridging the Gap: EAS and Special Education DE

This presentation will focus on common characteristics of students receiving special education services under the three most frequently identified educational disability categories: specific learning disability, speech-language impairment and other health impairment. In addition, participants will learn about identification of lagging skills, development of educational programming and implementation of individualized instruction as it relates to each category and how centers can bridge the gap between special education and EAS.

Emily Dilliard has worked in the EAS field for 12 years and is a PATH Intl. CTRI and ESMHL. She earned her school psychology degree in 2020. She currently works at a K-8 special education public school with integrated project-based STEAM and gross motor program opportunities. She also directs an EAL program.

3:15 – 3:30 p.m.

BREAK

Session E

3:30 – 4:30 p.m.

E1, EAS Outreach and Partnership Opportunities for Your Center CE

Learn about different partnership and outreach opportunities for your center to support the important work you do in the EAS industry.

Erika Berg, PATH Intl. Advanced Instructor, CTRI and ESMHL, has a Ph.D. in animal science and is the program director for *Bison Strides*. *Bison Strides* supports an undergraduate minor in EAS at North Dakota State University.

E2, An Overview of an Adaptive Horseback Riding Program for Persons Living with Dementia CE

There are more than 5 million Americans living with some form of dementia and experiencing a decline in quality of life as a result. *Riding in the Moment* is an evidence-informed, community-based, standardized adaptive horseback riding program designed to improve the quality of life of persons living with dementia and their family caregivers. Over the course of eight weeks, family pairs are provided a safe, supportive and dynamic context where they can ride, groom, and pet horses, as well as socialize with friends, staff and other community member volunteers. This program is guided by implementation and curriculum manuals, which helps support program fidelity and effectiveness. This presentation will discuss the creation, importance and content of these manuals. The manuals were co-created with a community-academic *Riding in the Moment* advisory board and are continually being updated to reflect the latest information. The manuals are critical to the success of *Riding in the Moment* and its positive effect on the growing number of dyads experiencing dementia.

Dr. Beth Fields, PhD, OTR/L, BCG, is assistant professor at the University of Wisconsin-Madison. She is the principal investigator of the Geriatric Health Services Research Lab and lead researcher for the *Riding in the Moment* program. Her research focuses on family-centered geriatric caregiving.

Abby Hays is a graduate research assistant in the Geriatric Health Services Research Lab at the University of Wisconsin-Madison. She is working towards her Occupational Therapy Doctorate and Doctor of Philosophy degrees. Abby is interested in occupational therapy's role in EAS. She is originally from Indianapolis, Indiana.

4:30 – 4:45 p.m. **BREAK**

Session F

4:45 – 5:45 p.m.

F1, Understanding Trauma and It's Impact on the Brain and Body DE

This session will discuss trauma from a mental health provider's lens. There will be discussion of criteria to receive a trauma diagnosis according to the DSM-5tr. Attendees will understand the developmental impact of trauma on the brain and body and know the importance of trauma-informed care in EAS.

Shania Rentschler is a PATH Intl. CTRI for NDSU *Bison Strides*, and a mental health therapist for White Earth Reservation. She graduated from NDSU in 2019 with a major in equine science and a minor in EAS before earning a master's degree in clinical mental health counseling. In August 2023, Shania completed a post-masters program earning an 'Equine Assisted Mental Health Practitioner' certificate; and is an alumni of the University of Denver's institute for human-animal connection (IHAC) professional program. Shania currently utilizes canine-interactions in her psychotherapy practice while working with a marginalized and underserved population.

F2, Strategic Planning and Board Development CE

This session will discuss how to take a board to the next level with a Strengths, Weaknesses, Opportunities and Threats (SWOT) analysis.

Walt Zerrenner is the president of the BEAMING Inc. board of directors. He has Bachelor of Science and Master of Science degrees in marketing from Cal West. Walt was honorably discharged from the United States Marine Corps in 1963. He has served on multiple boards and been the senior vice president and chief information officer for multiple healthcare organizations throughout his life. In 2017, he received the Family CareGiver of the Year Award from the Alzheimer's Association and received Senatorial Recognition from Senator Johnson for his work as a family caregiver. In 2020, he received the Paul and Elaine Groth Mentoring Award sponsored by the Mielke Foundation and received an award as Industry Fellow of the Decade for the BSU Center of Information and Communication Sciences. He formed a Healthcare IT Consulting Company in 2005 but had to stop working in 2007 when his wife was diagnosed with Dementia. Walt is married with two children and five grandchildren.

5:45 p.m. **Dinner on your own**

Sunday, March 10, 2024

BEAMING Inc.

8 – 9 a.m. **Breakfast and PATH Intl. Region 6 Meeting and Networking**

9 – 9:15 a.m. **BREAK**

Session G

9:15 – 10:15 a.m.

G1, Poor Saddle, Poor Back: Saddle Fitting Basics CR Riding

Attendees will learn to identify saddle fit based on both horse and saddle conformation and be introduced to a variety of saddle types that may be used in EAS programs.

Shannon Gher has been a PATH Intl. Instructor since 2016 and is a current CTRI and Mentor. She is co-founder and executive director of Allied Horsemanship located in southwest Wisconsin with two lesson locations. She is a graduate of University of Wisconsin – River Falls with a bachelor's degree in animal science with a chemistry minor. Shannon is also a WISE Life Coach and Animal Reiki Master.

Dawn Adkins is a co-founder of Allied Horsemanship. Dawn has been a registered Nurse for 31 years and a Nursing Instructor for 20 years.

G2, Creative Solutions: Engaging High Needs Participant CR Riding

Engagement is key! Goal-specific props (that don't break the budget) are an excellent way for a student to improve skills faster, make lesson time more interesting, and shorten the entire process to advancement in riding skills. Appropriately used props can improve physical parameters (strength, range of motion, etc.) and cognitive and educational deficits, visual and motor skills, memory, language and more.

Martha Airth-Kindree served as executive director and grant writer of Mile Bluff Medical Center Foundation for 23 years and then began following her dream of working with special needs individuals and horses. She has a masters in ethology and is a PATH Intl. CTRI, ESMHL and Mentor. She is also a Spirit Horse Certified Advanced Instructor. Martha began teaching at Baraboo River Equine-assisted Therapies in Baraboo, Wisconsin and has recently co-founded Bluff & Ridge Equine-Assisted Therapies, which provides EAS for children, youth and adults. Her best buddies are her Arabians, Highness and Lady, mini's Duke and Patrick (both EAS horses), border collies Jenny, Kipling and a myriad of felines.

Beth Kettner received a human services degree from the University of Wisconsin-Oshkosh. She is a PATH Intl. CTRI and ESMHL. Recently she became certified with Spirit Horse International. Beth has worked with those with special needs for over 25 years and specializes in individuals who have high support needs. She has a special place in her heart for those who are sight impaired and non-verbal. With dedication to continue her reach, she provides comprehensive community services engaging equines or small animals with people of all ages who struggle with mental health and/or substance use disorders. Beth also offers community sessions for mindfulness and meditation with God and equine. Beth is currently working at BEAMING INC. in Oshkosh, Cedar Springs Ranch in Slinger and on the board of Bluff and Ridge Equine Assisted Therapies, Inc. in Tomah.

10:15 – 10:30 a.m. **BREAK**

Session H

10:30 – 11:30 a.m.

H1, Dementia Support Programs Part 1 CE

This session will provide an overview of dementia support programming that can impact your community and become a success at your center.

Katie Samuelson is a PATH Intl. CTRI and the center director for BEAMING Inc. BEAMING Inc. has been providing EAS to communities in Northeast Wisconsin since 2004. Katie is also certified through Pegasus equine-assisted programming. Her family has had riding stables since she was born, and she has bred, raised and shown horses her entire life. She designed and built the KK Quarter Horses facility in 2006, where BEAMING Inc. is located. Katie was instrumental in working with the team from University of Wisconsin-Madison to create the implementation manual for the Riding in the Moment (RIM) program. BEAMING Inc. is the second facility in the nation to offer this evidence-based program. She has also expanded RIM to be mobile, bringing horses to memory care facilities for on-site EAS. Katie loves the west, horseback riding, live music and brainstorming creative ways to inspire and support those in need in her community.

H2, How to Put Horses into a Working Frame of Mind Part 1 CR All

Attendees will learn some activities to put a horse into a working frame of mind. These activities can promote a better human-horse connection allowing for better control of the horse and a safer EAS session.

Shannon Gher see bio in session G1

Dawn Adkins see bio in session G1

11:30 – 11:45 a.m. **BREAK**

Session I

11:45 a.m. – 12:45 p.m.

I1, Dementia Support Programs Part 2 CE

Continuation of H1.

I2, How to Put Horses into a Working Frame of Mind Part 2 CR All

Continuation of H2.

12:45 p.m. **Closing Statements & Pictures**

We look forward to seeing you soon in Wisconsin!