



# Region 7 Conference

**Conference Dates:  
February 21-23, 2025  
And Pre-conference Dates:  
February 20-21, 2025**

**Hosted by:  
Main Stay Therapeutic Farm  
Richmond, Illinois**

PATH Intl. Region 7 welcomes you to an educational and fun weekend with your friends and colleagues in Illinois. The region conference begins Friday afternoon and runs through Sunday morning. Your conference registration fee includes lunch and dinner on Saturday and breakfast on Sunday. There is a dinner event at Main Stay Therapeutic Farm on Friday available for an additional cost. An effort will be made to meet special dietary needs, but accommodations cannot be guaranteed. If you have specific food requirements, we encourage you to bring food that meets your needs. Please bring a refillable water bottle.

Pre-conference workshops are scheduled for Thursday and/or a half-day on Friday morning for an additional cost. There is a separate registration process for the Main Stay pre-conference workshops.

## CONFERENCE LOCATION

**Main Stay Therapeutic Farm**  
6919 Keystone Road  
Richmond, IL 60071

## LODGING OPTIONS

Hampton Inn  
1555 S Illinois Rte 31, McHenry, IL 60050  
\$119/night includes full breakfast  
(815) 578-1900

Baymont Inn & Suites by Wyndham  
11200 US-12, Richmond, IL 60071  
(815) 217-2392  
\$89 Thursday (2 Queens)  
\$116 Friday and Saturday (2 Queens) includes  
continental breakfast

[PATH INTERNATIONAL REGION 7 CONFERENCE](#)

## **PATH INTL. REGION 7 CONFERENCE REGISTRATION**

Online registration will be available December 13, 2024, through February 7, 2025. After February 7, 2025, 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!**  
*Presenter discounts apply to conference registration only (not pre-conference registration)*

### **Conference Registration December 13, 2024, through February 7, 2025:**

Full Conference      \$140 members      \$200 non-members

### **Conference Registration on-site after February 7, 2025:**

Full Conference      \$190 members      \$250 non-members

### **Pre-conference Registration December 13, 2024, through January 24, 2025:**

**PATH Intl. Mentor Training Course\***      \$205 members      \$255 non-members

*\*Registration includes lunch both days and a manual. This is a 12-hour course scheduled for all day Thursday and ½ day Friday. Register by January 24, 2025. If fewer than 8 are registered by this date, this course may be cancelled, and refunds will be issued. Registration on-site is not available.*

### **Refund Policy:**

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

**Written cancellation request is required for refund. Email [manderson@pathintl.org](mailto:manderson@pathintl.org)**

**Deadline for Full Refund** – Request received in PATH Intl. office by **February 7, 2025.**

**Deadline for 50% Refund** – Request received in PATH Intl. office by **February 23, 2025.**

**Individuals who do not submit a written request to PATH Intl. by February 23, 2025, will not receive a refund.**

### **Mentor Training**

**Deadline for Full Refund** – Request received in PATH Intl. office by **January 24, 2025.**

**Deadline for 50% Refund** – Request received in PATH Intl. office by **February 7, 2025.**

**Individuals who do not submit a written request to PATH Intl. by February 7, 2025, will not receive a refund. No refunds after this date.**

### **Preconference Registration through Main Stay Therapeutic Farm**

[www.mainstayfarm.org/R7-Preconference2025](http://www.mainstayfarm.org/R7-Preconference2025)

### **Registration December 13, 2024, through February 7, 2025**

\$90 members      \$140 non-members

### **Registration on-site after February 7, 2025:**

\$140 members      \$190 non-members

*Registration includes lunch and handouts. Both options are ½ day courses scheduled for Friday morning. If fewer than 6 are registered for either course, the course may be cancelled, and refunds issued. The maximum number of participants for each course is 24. **Main Stay Workshop #1** Setting Your Nonprofit Board Up for Success and **Main Stay Workshop #2** Saddle Fit Clinic.*

### **Main Stay Refund Policy:**

**Deadline for Full Refund** – Request received at Main Stay by **February 7, 2025.**

### **Education:**

This conference satisfies up to 12 hours of continuing education requirements. The pre-conference Mentor Training Course satisfies up to 12 and the pre-conference Main Stay courses up to 3 additional hours of continuing education requirements.

## AGENDA

All times are Central

### PRE-CONFERENCE

#### Thursday, February 20, 2025

8:30 – 9 a.m. **Mentor Training Pre-conference Registration Open**

9 a.m. – 6 p.m. **PATH Intl. Mentor Training Course Part 1 CE**  
Manual and lunch provided.

This course is a professional development course to provide a formalized education process to enhance the skills of those who wish to mentor and to provide current PATH Intl. certified professionals with a continuing education opportunity while enhancing personal observation and feedback skills. Quality mentorship is not only a key component to achieving certification, but to attaining the knowledge, skills and abilities to competently perform the job of an equine-assisted services instructor. PATH Intl. Certified Professionals who mentor are an important part of the success of the candidates and the certification programs, thus enhancing professionalism of the industry. Competent mentorship means safer, more effective services which builds the trust of parents, caregivers, disability service providers, medical professionals and the public.

**Marsha Anderson, PATH Intl. Advanced Instructor, CTRI, ESMHL** has a master's degree in animal science from Texas A&M University. She has been involved in equine-assisted services for 30 years and founded Equul Access, Inc., a PATH Intl. Premier Accredited Center, in 2002. Marsha is a mentor, mentor trainer, associate advanced instructor evaluator, standards course faculty and lead site visitor for PATH Intl. She served six years as the PATH Intl. Region 6 Representative and was chair of the Region Representative Council (now known as the MOC). She has also served on PATH Intl. committees, subcommittees and task forces, including the Riding Certification Subcommittee and the Certification Oversight Committee. She is currently the PATH Intl. region conferences coordinator.

#### Friday, February 21, 2025

8:30 – 9 a.m. **Main Stay Pre-conference Registration Open**

8 a.m. – 12 p.m. **PATH Intl. Mentor Training Course Part 2 CE**  
Continuation of the mentor training course. Lunch provided.

9 a.m. – 12 p.m. **Main Stay Pre-Conference Workshops**  
Lunch provided.

#### **P1, Setting Your Nonprofit Board Up for Success CE**

This pre-conference workshop is designed for nonprofit organizations who are committed to setting their executive board up for success. It will include both a classroom and an arena session where participants can experience what can be learned from horses about working together to create positive leadership for EAS organizations. In the classroom, practical strategies and tools that can be taken back to your organization will be addressed including recruiting and selecting effective new boards and how to set them up for success. Onboarding new board members will be discussed including what it means to have a "diverse" board and why it's important. A "Board Check List" that will help identify how well your center's board is working and where there may be room for improvement will be provided. The arena session will include equine activities that help illuminate what is required to move a board forward successfully. The horses will help us understand key leadership traits, teamwork and the importance of communication at all levels. Please note that active participation with the horses will depend on the number of attendees. What can be learned from observation can be as powerful as what can be learned from participation.

**Kathleen Terry-Sharp** uses her expertise to create more effective organizations and help executives, students, individuals and groups of all ages lead more effectively. She brings a broad perspective with her experience as a seasoned nonprofit and higher education leader. Kathleen's certifications include Certified Fundraising Executive (CFRE), PATH Intl. Equine Specialist in Mental Health and Learning (ESMHL), TeachingHorse, LLC in the Diamond Model of Shared Leadership™ certified, and Equine Experiential Education Association (E3A) certifications. Her TEDx: Horses, Hippogriffs and Insights for Humanity is available on YouTube.

**Cindy Schwarz** is a professional executive coach and facilitator that possesses a core belief of "who you are is how you lead" (Dr. Brené Brown). This philosophy embraces the idea that great teamwork starts with self. Cindy brings 30 years of executive level experience in the construction and hospitality industries as well as working with family-owned businesses and nonprofits. Her areas of expertise include performance-based feedback, coaching skills for leaders, social and emotional skill building, values, culture development and helping people work better together. She is an ICF Professional Certified Coach, a certified equine assisted coach and facilitator, certified Dare to Lead™ Facilitator, and a certified TeachingHorse™ Facilitator.

## **P2, Saddle Fit Clinic CR Riding**

A properly fitted saddle is a necessity to keep your horse feeling good and ready to work. Tina will review saddle fit on a variety of horses and saddles including discussing the 14 negative reflex points. Participants will practice honing their observational skills while watching the horses move under saddle. Increasing attendees' ability to recognize the horses' behavioral micro-cues can help in better matching the horse to well-fitting tack. Multiple horse and saddle pairings will be presented along with time for questions and discussion.

*Tina Fox is a certified equine ergonomist, independent Schleese western fitter and a certified equine massage therapist. She has created a life that fulfills her purpose and passion for bringing harmony and happiness to horses and their humans. Tina, along with her family, owns and operates a boarding stable in Vesper, WI. Tina is continually updating her education to help further her knowledge about good saddle fit and healthy, happy horses!*

## **CONFERENCE**

**Friday, February 21, 2025**

11:30 a.m. – 12:45 p.m.

**Registration & Welcome**

### **Session A**

12:45 – 1:45 p.m.

#### **A1, The Future of Giving CE**

This session will explore the latest charitable giving statistics in the United States, unveiling key trends and patterns that are shaping the philanthropic landscape. Gain an understanding of donor behavior, emerging giving patterns, and the impact of economic factors on charitable contributions. Actionable strategies to leverage these insights and further develop fundraising strategies will be provided.

*Amy Heron is the McHenry County Community Foundation executive director and excels in strategic planning, donor relations and community transformation.*

*Jessica Rizza is the director of philanthropy at the McHenry County Community Foundation and is a Certified Fundraising Executive (CFRE) who specializes in campaign management and relationship building. Together with Amy Heron, they bring a combined 40 years of expertise in philanthropy and nonprofit leadership and are committed to advancing impactful philanthropic efforts and enhancing community well-being in the county.*

#### **A2, Understanding Western Saddles Inside and Out CR Riding**

This session will review the key aspects of a western saddle including the bare tree and will discuss bar angles and how they relate to fitting the horse. How to make possible adjustments to the saddle that may benefit the rider's seat, how to help horses be most comfortable and how to assist riders to be in their best possible alignment given any limitations they may have will all be covered.

*Tina Fox See bio in session P2.*

#### **A3, Beyond the Mounting Block CR Riding**

Adaptive riding mounts and dismounts can often be the most complex part of a lesson. Even the simplest mount or dismount involves giving clear directions to volunteers, reading the horse, paying attention to rider safety, and using our own body safely. More complex mounts and dismounts can be croup or crest with multiple volunteers, ramps and lifts. Participants will learn and share ideas on how to determine which technique to use and problem-solve difficult mounts or dismounts.

*Mikki Connors is a PATH Intl. CTRI® and mentor. Mikki started volunteering at Main Stay Therapeutic Farm as a teenager many years ago and became a certified instructor in 2020. She now serves as programs assistant.*

*Haley Cronin is a PATH Intl. CTRI® and equine assistant at Main Stay Therapeutic Farm. She graduated with an equine science degree and MBA from Williams Wood College in 2022.*

1:45 – 2 p.m.

**BREAK**

## Session B

2 – 3:30 p.m.

### **B1, Confidence and Self-Awareness in Leadership CE**

Discover how your behavior, energy and presence influence your ability to lead, communicate and connect effectively. Through interactive and reflective exercises, and a little musical inspiration, learn to foster a more mindful approach to any professional or personal setting. This session leverages unique experiences to offer practical insights and innovative strategies to boost your self-awareness and confidence.

*Cassandra Vohs-Demann is the owner of A Place to Shine Coaching and Speaker Academy. With over 30 years of experience, she has facilitated workshops for many organizations as well as supported many other nonprofit organizations through her music. A passionate, seasoned performer, speaker and coach, Cassandra is the founder and artistic director of the Woodstock Community Choir and her dedication to building a vibrant music community earned her the Woodstock Chamber of Commerce's "Entrepreneur of the Year" award in 2019.*

### **B2, Understanding Rider Biomechanics and How to Improve It DE**

Having knowledge of human biomechanics and how to help correct rider biomechanics to the best of the adaptive riding participant's ability will not only help improve outcomes for riders but support the comfort of our equine partners. This lecture will introduce the basics of rider biomechanics and discuss how to apply these concepts to riders of varying cognitive and physical abilities. Participants will then move into the riding arena to apply these concepts in action with adaptive riders, demonstrating how volunteers can also be trained to look for and assist riders to obtain better biomechanical alignment. Better balanced riders lead to happier horses and humans.

*Suzanne Galdun is a popular biomechanics coach and clinician, working with riders from green to Grand Prix. Formerly a NARHA certified therapeutic riding instructor, she is now one of only ten people in the US accredited by Mary Wanless as a Ride with Your Mind® rider biomechanics coach. Suzanne enjoys sharing her knowledge with riders and coaches of all disciplines. Her highly trained eye can spot the subtlest of imbalances in riders, and her ability to communicate how to become more effective in the saddle empowers riders to succeed.*

### **B3, The Importance of Consent in Working with Horses CR All**

Horses are amazingly sensitive animals and work with people so beautifully. This also makes us prone to not pay attention to their subtle signals when they do not feel safe or are unsure of our interactions. This session will include a demonstration with a few of the Main Stay horses, focusing on learning how to gain trust and ask for consent to facilitate a feeling of safety and understanding.

*Daniela LeBlanc is the founder of Biodynamic Integration and Rebalancing, a bodywork modality that incorporates many different aspects of hands-on healing as well as energy work. As the owner of Healing Hands Equine Bodywork LLC, she has been working with horses and their humans for many years to help them on their path to wellness, performance and partnership. Her focus is on balancing the connection between body, mind and spirit as all three aspects are vital for optimal health and function.*

*Jacqui Clarke is the lead instructor of Biodynamic Integration and Rebalancing and is also the owner of Valkyrie Equine Bodywork LLC. Jacqui understands that for horses to perform at their best, they need to feel their best. This not only includes bodywork but nutrition, conditioning, biomechanics and a holistic approach to horse care. Jacqui takes an individual, integrative approach to each horse and works "with" the horse to help them feel their best.*

3:30 – 3:45 p.m.

**BREAK**

## Session C

3:45 – 5:15 p.m.

### **C1, Strategic Planning: A Roadmap to Long-Term Success CE**

Equine-assisted services organizations operate in a dynamic and growing field, making strategic planning essential for sustainability and impact. This presentation will provide a comprehensive framework for creating a strategic plan tailored to the unique needs of your organization. Attendees will learn about the core components of a strategic plan, including crafting mission, vision and values

that align with their organization's goals. We will also cover how to identify key strategic priorities and develop actionable objectives. Additionally, the session will explore who should be involved in the planning process to foster collaboration and a shared responsibility for the organization's future. Whether your organization is seeking growth, increased impact or a clearer direction, this session will equip you with practical tools to guide your strategic planning journey effectively.

**Brenda A. Frederick** has over three decades of successful leadership and is the founder and CEO of *Profound Leadership, LLC*. She is committed to empowering organizations to develop impactful strategic plans to ensure long-term success and sustainability and understands the importance of clear direction, actionable goals and collaborative leadership. Brenda's straightforward communication style helps organizations sharpen their strategic vision and create measurable plans for success.

## **C2, Understanding Rider Biomechanics and How to Improve It DE**

This is a repeat of session B2.

## **C3, The Importance of Consent in Working with Horses CR All**

This is a repeat of session B3.

5:15 – 5:30 p.m.      **BREAK**

5:30 p.m.              **Dinner and Doodle at Main Stay**

\$20 fee includes dinner, doodling sheets and a set of markers.

Looking for something fun to do on Friday evening? Join some of your fellow conference attendees for dinner and Zen doodling. Zen doodling is a drawing method based on the idea of breaking down the drawing process into simple, repetitive patterns. Research shows that along with better creativity and memory, doodling can make you happier! Additional benefits include improved focus and stress relief.

## **Saturday, February 22, 2025**

8 – 8:30 a.m.              **Registration & Welcome**

### **Session D**

8:30 – 9:30 a.m.

#### **D1, Performance Management CE**

A performance management process provides organizations with a method for measuring behaviors and performance. Implementing it provides a method to track activities, develop individual goals aligned to the mission and strategic plan, identify contributions, and provide development opportunities that achieve meaningful outcomes through continuous feedback/communication. Why a performance management process is important and some of the key inputs for development and implementation will be discussed.

**Donna Bird** is a human resource professional with 15+ years' experience in performance management, coaching, development, career path planning and employee relations with certifications in leadership development, training and personal development. Donna has been on the board of directors for Main Stay since 2019 supporting the ED and staff.

#### **D2, How the Human Body is Influenced by the Horse DE**

The horse's movement provides input into a variety of human systems and can be utilized to impact riders in practically all areas of their body and sensory systems. The barn also provides a sensory rich environment for participants to experience. This session will review human systems including the skeletal, neurologic and sensory systems as well as discuss the similarities and differences between equine and human biomechanics. How the horse's movement influences the human body including balance and postural control, fine motor skills, gait and mobility, speech/language and cognition will also be discussed. Through video or in-person rider demonstrations, participants will have a greater understanding of how individual horses can impact riders and how the horse/rider pairing contributes to a successful lesson.

**Beth Saip, DPT** is a pediatric physical therapist with almost 20 years of experience including more than 14 years at *Dream Riders*, a therapy clinic providing traditional therapy and therapy utilizing the movement of the horse. *Dream Riders* brings together two of her favorite things – horses and children! She loves what she does every day and is grateful to work with a team of fabulous people and horses that all come together to help children.

### **D3, Equine-Assisted Learning: Unmounted Activities for All DE**

Through horse and human interactions, the EAL model focuses on setting goals for improving life skills, reaching developmental milestones and encouraging participants to be accountable for their own learning and progress. EAL participants may include individuals and groups with a variety of social/emotional challenges. This session will discuss characteristics of disorders including anxiety, depression and learning disabilities. The COASTER facilitation model taught in the PATH Intl. EAL Fundamentals course will be introduced and demonstrated.

**Carla Kaizen, M.A. Education** is PATH Intl. CTRI® and PATH Intl. EAL facilitator. Carla is a graduate of the National Outdoor Leadership School and a certified cognitive-behavioral group facilitator. Carla is Main Stay's animal assisted learning program manager and lead facilitator.

**Jean Maraist, OTR/L** has been a part of the EAS community for close to 30 years and is a PATH Intl. CTRI®, EAL facilitator and faculty member for the PATH Intl. Fundamentals in EAL online course. Jean is Main Stay's director of programming and community engagement.

9:30 – 9:45 a.m.

**BREAK**

### **Session E**

9:45 – 10:45 a.m.

### **E1, Create a Compelling Marketing/Fundraising Client Video CE**

The goal of this session is to help bring your organization's brand, product or service-specific story to your audience through video. Through discussion and watching videos, this presentation will help attendees set realistic expectations for the end-product and the process it takes to get there whether the video is being created in-house or through an outside vendor. 60% of the time spent on social media today is watching videos, and viewers retain 95% of the message compared to just 10% in text ads. Learn why some videos have more success than others and how to create a meaningful and effective product regardless of your budget.

**Bob Maraist** is the owner of World View Productions, a full-service media production company producing content worldwide. With more than 30 years' experience collaborating with corporations, television and nonprofit partners he has delivered productions in more than 20 languages, telling thousands of stories. Bob and Jean create the Main Stay videos shown at their annual gala to help raise thousands of dollars each year for the program.

**Jean Maraist** See bio in session D3.

### **E2, Understanding Sensory Regulation and its Impact on Riders DE**

As humans, we are constantly taking in a wide variety of sensory information from the environment. Being aware of all the senses and how different individuals may process and regulate this information is important to know. This session will discuss the sensory components involved when riding, and how to support riders' emotional and sensory needs so they can better engage and connect with people and the horses, which in turn benefits them as they work on reaching their riding goals.

**Karina Ayrapetyan, OTR/L** is the owner of Play n' Grow OT, a mobile pediatric occupational therapy (OT) practice providing home therapy for children and families in the community. As a pediatric OT she specializes in sensory integration and emotional regulation with clients of various ages and abilities and is an advocate for autism acceptance. She is passionate about educating others on neurodiversity affirming practice and is certified in DIR/Floortime, which utilizes a relationship-based, child-led, play-based approach to support foundational skills needed to be able to engage, connect, learn and grow.

### **E3, Riding in the Moment™ DE**

The rate of Americans living with some form of dementia and experiencing decreases in quality of life is growing exponentially. Dementia is an umbrella term describing multiple forms of illnesses that result in cognitive decline that is not a part of normal aging. 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. Discussion will include different forms and stages of dementia as they apply to Riding in the Moment™, an eight-week EAS program currently implemented at centers in two states, including three locations in Wisconsin.

Results from the experience survey will be shared and this information can be used to improve the program and expand access to Riding in the Moment™ across the country.

**Dr. Beth Fields, PhD, OTR/L, BCG** is an occupational therapist and 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 RM program. Her research focuses on family-centered geriatric caregiving.

**Abby Hays** is a graduate research assistant and doctoral student in the Geriatric Health Services Research Lab at UW Madison.

**Melissa Hiatt** is a graduate research assistant and doctoral student in the Geriatric Health Services Research Lab at UW Madison.

**Benazir Meera** is a postdoctoral associate in the Geriatric Health Services Research Lab at UW Madison.

**Emily Gonzalez** is a PATH Intl. CTRI®, certified occupational therapy assistant, and program and operations director at Three Gaits, Inc. in Stoughton, WI.

**Jolie Hope** has been the executive director at Three Gaits, Inc. since November 2023. She spent the first 20 + years of her career in corporate and entrepreneurial sectors.

10:45 – 11a.m.

**BREAK**

## **Session F**

11a.m. – 12 p.m.

### **F1, Enhancing Connection through Conversation CE**

Feedback conversations are critical to the health and culture of our people and programs and yet conducting these types of conversations is one of the most challenging aspects of being a cohesive team. Few people do it well and some do it hardly at all. In most programs there is an urgent need for more feedback: feedback that recognizes excellence, builds on potential and addresses lack of performance. We will explore the key components of feedback conversations, including those with a positive and corrective focus.

**Cindy Schwarz** See bio in session P1.

### **F2, EAL in Action! CE**

This hands-on interactive session will provide the opportunity to explore the human-animal connection within the framework of an EAL session using the COASTER facilitation model. Meet and greet Main Stay's "littles" herd and learn firsthand how this activity can be a great introductory session for EAL participants. The workshop will include time for questions and observations about the benefits of an unmounted activity that can be done with individuals or groups. Learning by "doing" is the best way to learn!

**Carla Kaizen** See bio in session D3.

### **F3, Simplify Your Lesson Planning CR All**

Our lesson plans should always include objectives and goals. Objectives are the equine knowledge, skills and abilities that you want your students to learn divided into short, achievable goals. This presentation will focus on Horse Sense Learning Levels as an excellent example to help with our objectives and goals. A handout of various books and current curriculums available that can be adapted for therapeutic horsemanship lessons and equine-assisted learning activities will be provided.

**Judi Nelson** has been a riding instructor since the 1970's and joined the EAS industry in 2010. She is a PATH Intl. CTRI® and mentor. She has a bachelor's degree from Elmhurst College (now Elmhurst University) and a teaching degree in the state of Iowa. She works as a substitute teacher and instructs at Hoofprint Hill Horsemanship. Judi is also the co-superintendent of the 4-H horse and pony group in Bremer County and the executive director of the Select Charity Horse Association, a nonprofit organization that raises funds for other nonprofits.

12 – 2 p.m.

**Lunch, PATH Intl. Update and Field Test Standards Update 1 CE**

2 – 2:15 p.m.

**BREAK**

## Session G

2:15 – 3:15 p.m.

### G1, Enhancing Your Nonprofit's Visual Communications **CE**

This session is tailored to empower nonprofits with limited marketing resources and design experience, to enhance their visual communications for marketing fundraising events. Attendees will learn how to create foundational event graphics optimized for various marketing channels, ensuring a cohesive and professional look across printed materials and digital platforms. Simple design strategies and best practices using graphic design tools that are free to nonprofits such as Canva and Affinity will be discussed. Attendees will leave with customizable templates and valuable resources they can immediately apply to their nonprofit's ongoing marketing efforts.

*Randi Murawski is Main Stay's communications manager and a proud first-generation college student graduating Magna Cum Laude with a BA in communication from Lake Forest College. She also serves on the Young Professional Board for the Illinois Holocaust Museum, contributing graphic design work that has been featured in publications and local TV broadcasts. Prior to joining Main Stay, she worked as a waitress for eight years to support herself through school — a journey that instilled in her the belief that with hard work, anything is possible!*

### G2, Rhythm for Regulation and Connection (Virtual) **DE**

Neuroscience tells us that when children or adults are dysregulated, words don't help. In fact, words can be escalating. Reversing the impact of dysregulation requires rhythmic, patterned input to the nervous system. This **virtual session** will discuss the neuroscience behind regulation and how rhythm is a vital tool that offers assessment and regulation while enhancing relationships. Participants will receive practical activities for incorporating rhythm immediately into their programs.

*Jan Stump is a 30+ year veteran in the field of social work working with children, adults and families who have experienced trauma. Jan has extensive experience in a variety of modalities, including psychotherapy incorporating equines, expressive therapies (rhythm, art), play and movement. Jan is certified by Natural Lifemanship, a trauma focused psychotherapy incorporating equines training that embraces the Neuro Therapeutic Model of Trauma developed by Dr. Bruce Perry, a pioneer in the field of trauma.*

### G3, Humans, Horses and The Grief Experience **CE**

There are so many reasons why people grieve. Typically, when we suffer any type of loss, such as losing a job, ending a relationship, losing one's health or losing a loved one, we experience grief. We all grieve in our own unique way and there are countless ways to cope with loss. Grief can be a lonely journey. Through interactive discussion and describing specific experiences, we will explore the way horses assist humans in the journey through grief as well as how to incorporate this type of session into existing programs. Horses naturally elicit mindfulness, encourage connection and offer a safe, nonjudgmental space to feel and process emotions.

*Tina Kranz somehow convinced her completely non-horse-experienced parents to let her get her own horse when she was 10 years old. Since then, horses have been a significant part of her life. After suffering a devastating loss in 2012, Tina turned to her own equine and fur family for solace, experiencing firsthand how horses can help humans through all-encompassing grief. Two years into her grief journey and having previously volunteered at Main Stay, Tina returned to adaptive riding after becoming a certified instructor and instructs adaptive riding lessons and facilitates EAL sessions, which positively benefits her and her clients.*

3:15 – 3:30 p.m.

**BREAK**

## Session H

3:30 – 4:30 p.m.

### H1, How do you track that? (Virtual) **CE**

We all know the amazing impact our organizations are making on the lives of our participants. Collecting, tracking and managing data allows measurement and quantification of the incredible work the organization is doing for the community. Once you have a handle on your data, you will have the tools you need to attract new donors and volunteers, receive grant funding, show participant progress, track horse health and training, and so much more. This **virtual presentation** will

discuss the importance of data tracking and the benefits it can provide for the success of EAS organizations. The crucial information centers should be tracking and most importantly what affordable tools are out there to help you make all of this happen will be shared.

**Erin Bevington** has worked at HETRA for 28 years and has served in many roles in the organization, from instructor to horse manager, volunteer coordinator, finance & administrative manager and now the chief operating officer and has a passion for all things administrative in the EAS industry. She has been a PATH Intl. certified instructor since 2000 and has a BS in equine science from Colorado State University. Erin also served as the PATH Intl. Region 7 Representative from 2013 to 2017.

## **H2, Make and Take Rhythm instruments CE**

It can be difficult to find the time to create programming materials with all the other responsibilities we have! In this session facilitated by Main Stay staff, attendees will have time to create some of the instruments and materials described in session G2 *Rhythm for Regulation and Connection*. Participants will then take the instruments home and implement them right away. Materials will be provided.

## **H3, Volunteer Recruitment, Recognition and Retention CE**

Volunteers are an essential part of most EAS programs. Finding, recognizing and keeping good people are the 3 R's of volunteer management. Recruitment strategies, how to make volunteers feel they are an important part of the team and how to keep volunteers engaged and well-trained will be discussed. The need for both solid administrative skills and strong "people skills" when working with volunteers will be reviewed.

**Monica Goebel** has been Main Stay's volunteer coordinator since 2023 and oversees the 100+ volunteers who support the weekly lesson and session schedule and all aspects of the volunteer process. She is a "reformed" lawyer who left the for-profit world to pursue more meaning and fulfillment. She brings years of experience as an entrepreneur, consultant and manager to the role.

**Roxie Elliott-Crandall, PATH Intl. CTRI<sup>®</sup>, ESMHL** is the equine manager and head instructor at Main Stay and was previously the volunteer coordinator. She has been involved in the EAS community for close to 25 years and has been instrumental in working with the program's volunteers.

4:30 – 4:45 p.m.

**BREAK**

4:45 – 6 p.m.

**PATH Intl. Region 7 Meeting and Facilitated Networking**

6 – 7:30 p.m.

**2025 PATH Intl. Region 7 Awards Dinner**

## **Sunday, February 23, 2025**

8:30 – 9 a.m.

**Breakfast**

## **Session I**

9 – 10 a.m.

## **I1, Administration Round Table CE**

Facilitated by Loriann Dowell

**Loriann Dowell** has been with Main Stay for over 20 years, starting as a program volunteer and board member and now serves as the executive director. Before Main Stay, Loriann spent over 20 years in advertising and was the CFO for J. Walter Thompson Chicago and FCB Chicago. Loriann fell in love with her first pony when she was five and has been a lifelong student of the horse. She is grateful for the opportunity Main Stay has provided that allows her to combine her business expertise with her passion for horses and share the therapeutic benefits of horses, animals and nature with the community.

## **I2, Equine Strategic Planning CE**

Strategic planning is an important part of all businesses that is often overlooked, undervalued and misunderstood. Equine strategic planning is no different and is a valuable tool for organizations to plan financially and, in turn, be more sustainable. Learn how to take a critical look at the current equine herd and evaluate it for long term sustainability. Learn how to develop a targeted approach for equine intakes based on specific needs, as well as looking at ethical systems for retiring Steady Eddie in a timely manner.

**Shelby Schult** grew up riding and showing American Quarter Horses, in a barn where adaptive riding and therapy services were being offered daily. Upon graduating with a bachelor's degree in animal science, she took a full-time position at Heartland Equine Therapeutic Riding Academy (HETRA) as the equine operations manager and has most recently moved into the role of program director. She is a PATH Intl. CTRI®, ESMHL, 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.

10 – 10:15 a.m.

**BREAK**

## **Session J**

10:15 – 11:15 a.m.

### **J1, Administration Round Table continued CE**

Continuation of session I1.

### **J2, PEMF and Equine Massage CR All**

Pulse Electro Magnetic Therapy and equine massage can help reduce inflammation and pain, reduce back soreness, and speed up the healing process in injured tendons, muscles and ligaments. These modalities can also help calm a horse mentally and help them prepare for and/or repair after difficult clients (i.e. unbalanced riders, riders with seizure disorders and those with behavioral issues). Horses in EAS experience both mental and physical fatigue, which can lead to health issues.

**Amy Decramer, PATH Intl. CTRI®** has been the director of Healing Horses Therapeutic Riding Program and an instructor for 17 years. Healing Horses offers therapeutic riding, veterans services, services for children in foster care, vaulting and various specialized lesson plans. Amy has a bachelor's degree in equine science and is certified in PEMF therapy and equine massage.

**We look forward to seeing you soon in Illinois!**