



Region 3 Conference

March 21-22, 2026

**Hosted by:
Shining Hope Farms
Charlotte, North Carolina**

PATH Intl. Region 3 welcomes you to an educational and fun weekend with your friends and colleagues in North Carolina. Your registration fee includes light breakfast, snacks and lunch on Saturday and snacks and lunch on Sunday.

CONFERENCE LOCATION

Shining Hope Farms - CHARLOTTE LOCATION

*****if you put "Shining Hope Farms" in your GPS...BE SURE to select the Charlotte location - our home farm will be the first option and it is about 17 minutes from our Charlotte location in Mt. Holly*****

3701 Kidd Lane
Charlotte, NC 28216

Parking is available just inside the entrance gate & to the right just after the paddock gate.

LODGING OPTIONS

Hampton Inn & Suites by Hilton

7911 W W.T. Harris Blvd, Charlotte, NC 28216
(704) 395-9433

Holiday Inn Express

7230 Smith Corners Blvd, Charlotte, NC 28269
(704) 790-1700

Hilton Garden Inn Charlotte North

9315 Statesville Rd, Charlotte, NC 28269
(704) 597-7655

PATH INTL. REGION 3 CONFERENCE REGISTRATION

Online registration will be available January 16, 2026, through March 6, 2026. After March 6, 2026, 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 January 16, 2026, through March 6, 2026:

Full Conference \$175 members \$245 non-members

Registration on-site after March 6, 2026:

Full Conference \$235 members \$305 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 **March 6, 2026.**

Deadline for 50% Refund – Request received in PATH Intl. office by **March 22, 2026.**

Individuals who do not submit a written request to PATH Intl. by March 22, 2026, will not receive a refund.

Education:

This conference satisfies up to **11.75** hours of continuing education requirements.

AGENDA All times are EST

Saturday, March 21, 2026

7 – 8 a.m.

Registration & Welcome

Light Breakfast & Snacks

Session A

8 – 9:30 a.m.

A1, Social Media in EAS CE

This session will explore how centers present themselves and their participants on social media, and how to increase reach across platforms. For the purpose of this presentation, we will explore Facebook and Instagram as platforms of choice. In the post-COVID digital era, social media use has seen a global increase. This session will discuss the ethics of participant features on social media, how to present equine partners, how and when to present difficult news, and how to acquire and maintain a social media presence and following.

Emma Jameson has been part of EAS since she was a child, first as a participant, then volunteer, and now as administrative & volunteer coordinator for Healing and Learning Through Equine Relationships (HALTER). She is a PATH Intl. CTRI® candidate. After graduating from Converse University with a bachelor's degree in child and family studies in 2022, she joined the HALTER staff that autumn. While at Converse, Emma was a member of the equestrian team and competed in hunter jumper events. Emma then went on to compete in Para Dressage, representing the United States in CPEDI events where she received tricolors. Emma's passion for equestrian sports and accessibility has been a cornerstone of her career and drives her efforts to make equestrian pursuits accessible for all.

Nancy Paschall has been the executive director of two different PATH Intl. affiliated EAS centers over the past 20 years, is the former president of the board of directors of the Horses and Humans Research Foundation, and the Virginia Horse Industry Board. She holds a bachelor's degree in psychology from Old Dominion University and is a PATH Intl. ESMHL. Nancy has been involved in developing the vision and values of numerous organizations and communicating them through social media, among other ways.

A2, Recognizing & Responding to Equine Communication CR All

Horses involved in EAS communicate comfort, boundaries and consent through subtle behavioral cues rather than words. Recognizing when a horse is saying "no" through posture, movement, expression or willingness is vital to ethical practice and equine well-being. This presentation will highlight recent research surrounding equine expressions as a welfare indicator and examine how horses express refusal or discomfort. The session will also address the practitioner's responsibility to listen and respond appropriately. Honoring a horse's "no" not only protects rider, volunteer and staff safety by preventing stress-related or reactive behaviors but also

promotes the horse's longevity within EAS programs by supporting their physical and emotional health. By prioritizing communication and consent, facilitators build trust, preserve welfare and sustain meaningful partnerships between horses and humans. Learn to recognize horse behaviors often mislabeled as "naughty" and interpret the underlying causes or needs those behaviors may communicate. Learn the role of volunteers in observing, interpreting and responding to equine behavior, and how their perceptions influence both horse welfare and program safety.

Katie Bell is the equine manager at HALTER Equine Assisted Services and a PATH Intl. CTRI®. She holds a degree in equine assisted activities and therapies with a minor in psychology from Lander University. At the university she served as captain of the Intercollegiate Horse Show Association (IHSA) team for two consecutive years and as the student barn manager for the university's equestrian center. A passionate advocate for understanding equine behavior and welfare, Katie brings a thoughtful, horse-centered approach to her work. She shares her life with two horses of her own.

Sarah Newman is the program coordinator and a PATH Intl. CTRI® at HALTER. She started as a volunteer in 2009, loves children and horses, and is fortunate to work with both beings full-time.

9:30 – 9:45 a.m.

BREAK

Session B

9:45 – 11a.m.

B1, Volunteer Conditioning Team CE

This session is based on what began as a pilot program offered to qualified horse leaders during a summer break. The volunteer conditioning team ignited to pair very dedicated volunteers who requested more one-on-one horse time with horses that had been retired to unmounted programs. Learn the benefits to both horses and volunteers. The sessions will offer in-hand exercises, stretches and activities that are easy to explain and safe for most of a herd. Feel empowered to create a conditioning program to improve herd well-being and offer more volunteer opportunities for one-on-one equine connections. Attendees will be given the foundation and tools to evaluate equine and volunteer needs to form a successful volunteer conditioning program.

Sara Mueller is the barn manager at Charleston Area Therapeutic Riding Inc. (CATR), a PATH Intl. PAC in Charleston, SC. Sara has a bachelor's degree in animal and veterinary science with a concentration in equine business. She is a horse owner of 18 years, veterinary technician and equine manager and combines these to help promote the best welfare of horses.

Alexa Clark graduated from Lake Erie College with a bachelor's degree in equine facility management with a concentration in therapeutic horsemanship in 2018. She is a certified Equine Massage therapist and a PATH Intl. CTRI®. After managing a barn for several years, she became a full-time instructor at CATR in January of 2025. She enjoys working with the CATR team to help create a happy and well-rounded herd that has regular access to enrichment, in-hand or ridden schooling, bodywork and more.

B2, Participant Autonomy and Self-Advocacy CE

This session will define participant autonomy and self-advocacy and give examples from actual participant stories. Attendees will learn ways to encourage self-advocacy and autonomy among EAS participants, including open ended questions, nonjudgmental listening and asking for feedback and takeaways. Attendees will learn ways to respond to the "no" sometimes expressed by EAS participants and when to accept the "no" by discussing respect, paternalism versus the rights of the individual, and a decision tree model.

Sarah Newman see bio in session A2, **Nancy Paschall** see bio in session A1

11 - 11:15am

BREAK

Session C

11:15 – 12:30 p.m.

C1, Creative Programming CE

During this hands-on session, attendees will learn about unique programs offered in collaboration between an occupational therapist researcher and a PATH Intl. Member Center. Experience firsthand creative and collaborative ways to use EAS through participation in various activities used in multiple research programs. These programs have expanded the offerings at a PATH Intl. center, brought in extra funding and allowed service to substantially more individuals without adding significantly to horse workloads. This interactive session will offer new ideas for unmounted activities and programs as well as provide firsthand experiences on how each activity fosters different goals for participants.

Ashlyn Batten, PATH Intl. CTRI® and ESMHL is the executive director of Moonbeams and Miracles Therapeutic Horsemanship Center. She has been involved in the EAS industry for 18 years, starting as a volunteer in high school and quickly realizing that this industry is what she was made to do. She has worked with her co-presenter to develop multiple innovative programs and has seen the benefits for both her center and participants. A lifelong equestrian, Ashlyn has been riding and training horses most of her life and loves sharing the joy of horses with others in her community.

Heather Panczykowski, DHSc., OTR/L is an associate professor in the department of occupational therapy at East Carolina University. She has extensive experience working with children in early intervention, preschool, and in schools, and continues to address the needs of children and youth using complimentary approaches through her research endeavors. Dr. Panczykowski has numerous certifications to her credit that have enhanced her ability to develop meaningful programs for children and adults with a variety of disabilities.

C2, Disability Overview DE

Join this session for a disability overview. It will include collaborative discussion on what disability means to participants and their parents and provide insight into the disability framework including the international classification of functioning, disability and health (ICF) and its application to EAS. Learn about etiology, impairments, activity limitations and participation restrictions for individuals with autism, cerebral palsy, down syndrome and/or spina bifida. Attendees will leave with some suggested approaches for maximizing positive outcomes, communication, supporting individuals needs and creating a safe, structured and welcoming environment.

Delane Clark, PT is the lead physical therapist at Shining Hope Farms.

12:30 – 1:30 p.m.

Lunch & Facilitated Networking

Session D

1:45 – 3 p.m.

D1, Documenting Progress CR All

Progress notes are often regarded with reluctance and few look forward to completing them. However, well-written notes are essential tools for thoughtful planning and the creation of meaningful lessons. They serve as a distinguishing factor between standard lessons and those that are truly therapeutic. In fact, PATH Intl. sets a standard that requires the use of progress notes. To maximize the value of progress notes, it is crucial to gather information that directly relates to the lesson provided. This information should then be used not only to document participant progress but also to inform and guide the planning of future lessons. Attendees are encouraged to share their current methods for collecting information and writing progress notes. As part of this process, they will receive a progress note template suitable for all disciplines, including ESMHL. Attendees will practice writing progress notes using case scenarios and short videos to enhance skills in gathering relevant data and applying that information to the planning of subsequent lessons.

Nancy Paschall see bio in session A1, **Sarah Newman** see bio in session A2

D2, Supporting Adult Riders with Physical Disabilities DE

This session is designed to review information on physical disabilities and how PATH Intl. CTRI®s can support riders with physical disabilities. This includes discussions, reviewing precautions/contraindications, and transfer practice. Review common characteristics of physical disabilities and traits of specific physical disabilities that are common in therapeutic riding settings. Learn exercises to aid in postural corrections and how to create lessons that can easily build these exercises into activities. There will be opportunities to practice physical skills involved in supporting adult riders with physical disabilities, including side-walker support, mounting and dismounting, as well as case-based practice.

Evelyn Messick grew up in Upstate New York spending most of her youth on her family's farm with horses, goats, chickens and a few other animals. Evy started working with people with disabilities at the age of 14 and has been working in special education, nonprofits and healthcare for over 15 years. After graduating with a bachelor's degree in agricultural business with a minor in education from SUNY Cobleskill, Evy interned at Equest in Dallas, TX, as an assistant riding instructor and became a PATH Intl. CTRI®. Evy then joined the team at Riverwood TRC as an instructor. While at Riverwood she helped develop programs, coordinated volunteers and taught a variety of students including many adults with physical disabilities. Evy graduated from Winston Salem State with a master's degree in occupational therapy.

3 - 3:15 p.m.

BREAK

Session E

3:15 – 4:30 p.m.

E1, Enhancing Equine Well-Being in EAS CR All

Presented by the Horses and Humans Research Foundation and based on the current research, this session introduces the Five Domains Model which is a research-based framework widely used in animal welfare science to assess and promote the physical and emotional well-being of animals. Designed for equine professionals working in EAS, this session explores how each domain applies specifically to horses in therapeutic and educational settings. Through real-life case studies, practical assessment tools, and collaborative discussion, participants will learn to identify welfare risks, interpret behavioral indicators of stress and well-being, and implement evidence-based strategies that support ethical, sustainable horse-participant partnerships. The session emphasizes proactive welfare planning to support equine engagement, safety, and long-term participation in service roles. Prioritizing horse well-being improves program outcomes and lowers long-term costs by reducing injury, burnout and turnover, helping ensure the financial sustainability of EAS programs.

***Pebbles Turbeville** is the CEO of the Horses and Humans Research Foundation (HHRF), where she champions international research on horse-human interactions. Pebbles earned a doctorate in sports management with leadership emphasis, a master's degree from NC State, and a bachelor's degree from Columbia College. She previously chaired the equine and sport studies department at St. Andrews University in Laurinburg, NC, where she served as an associate professor teaching therapeutic horsemanship, equine studies and sports management courses while also directing the therapeutic horsemanship program. A leader in EAS, Pebbles received the prestigious James Brady Lifetime Achievement Award from PATH Intl. in 2022. She is a PATH Intl. CTR[®], advanced therapeutic riding instructor and mentor. She has served on the NARHA board now PATH Intl., multiple PATH Intl. committees, and as a faculty member for PATH Intl. workshops. Pebbles is a sought-after speaker and has presented a wide array of topics in EAS at international, national, regional and state conferences.*

***Jo Anne Miller** is the executive director of Brook Hill Farm, a fully accredited horse rescue by the Global Federation of Animal Sanctuaries and the Thoroughbred Aftercare Alliance, as well as a PATH Intl. PAC, working with rescue horses in all of the programs. She is an adjunct professor of equine science at Randolph College. She has been the co-chair of the PATH Intl. Equine Welfare Committee, currently chairs the Equus Foundation's Equine Welfare Committee, and serves on the HETI Equine Welfare Group. She believes that research is the key to the future success of EAS and is honored to be able to help HHRF in any way that is needed.*

E2, Funding a Sustainable Program CE

Is your program sustainable? Is there a succession plan? These are topics most people either don't want to talk about or don't know enough to talk about them. Join this session to talk about them, the power of relationship and growing the donor base, along with determining how to hand off the baton to the next generation. Learn about specific steps to answer these questions and have the next three steps! Gather a better understanding of the language around sustainability and succession planning and be more comfortable talking to stakeholders about it.

***Carol Young** has eighteen years of experience in EAS and managed and grew a small nonprofit organization into a million-dollar organization. As an entrepreneur for over 50 years, she has a deep understanding of growing and sustaining relationships and the importance and value of our community. Carol has had many opportunities to work with other nonprofits around the country in our industry and in other industries. Her background gives her insight into how we can all be more successful in our organizations whether they are for profit or not for profit.*

4:30 - 4:45 p.m.

BREAK

Session F

4:45 – 6 p.m.

F1, Ground Lessons for Life CR ESMHL

This presentation will describe a comprehensive, unmounted life skills program for groups of young adults with disabilities, developed by Charleston Area Therapeutic Riding (CATR). The program has incorporated project-based learning with the "Horse Data Project", an ongoing activity where students apply the skills they have learned from working with their regular equine partners to collect information about every horse in the CATR herd. Students record what observable data they can about each horse and engage barn staff to learn about the rest. The information from the project is used to create a set of horse trading cards (collectible "baseball cards" for each horse). This project integrates math, literacy, science, teamwork, problem-solving and social-

emotional learning. The tangible artifact celebrates students' learning, fosters a deepening relationship to the herd and, in turn, our community at large, and reinforces students' connection and contribution to a larger mission. This session will cover all aspects of the Ground Lessons for Life program, from lesson structure and logistics to specific activities, tools and ideas that can be used in any ground curriculum. Session attendees will recognize the benefits of project-based learning in developing life skills, learn practical steps for creating a "Horse Data Project" or similar activity in their own programs, and gain access to templates and resources for student-created horse trading cards.

Elizabeth Dubert-Carlisle, PATH Intl. CTRI® is an instructor at CATR, Inc., a PATH Intl. PAC in South Carolina. She studied psychology and animal and veterinary science at Clemson University. She has been involved with CATR's public school group program for nearly ten years and is currently lead instructor for both mounted and unmounted school groups. She presented virtual programming for school groups at the PATH Intl. biennial conference in 2023.

Dayna Caldwell is volunteer coordinator and philanthropy support at CATR, Inc. She is a PATH Intl. EAL Facilitator Microcredential candidate. Dayna studied secondary education and history at Michigan State University where she received a BA degree. She holds a master's degree in art history from Savannah College of Art and Design. Dayna has supported the lead instructor in CATR's Ground Lessons for Life program since Fall 2024.

F2, Horse-Centered Grief Support for Children CR ESMHL

Hope, Hooves & Healing is the result of a partnership between Charleston Area Therapeutic Riding, Inc. (CATR) and Bridges of Hope (BOH), a tri-county grief support organization that serves children who experienced the loss of a family member or close friend. Piloted in 2023, Hope Hooves and Healing has become a regular fall and spring mini-series hosted by CATR for Bridges of Hope participants. This presentation will provide a road map for PATH Intl. CTRI®s and EAL facilitators interested in developing and implementing grief support programs and will share activities, lesson plans, and the experiences in implementing the program. The experience of tragic loss and bereavement is widespread among children and adults and so is the need for programs that aid in the grief process.

Anja Cain is the program director at CATR, a PATH Intl. PAC in Charleston, SC. Anja is a PATH Intl. CTRI®, advanced therapeutic riding instructor and an interactive vaulting instructor. She is currently exploring and learning about different ways of expanding programs to include EAL in a way that benefits both participants and the horses who are involved in the activities.

Meggett Lavin is a PATH Intl. CTRI® with seventeen years' experience teaching therapeutic riding and horsemanship. A lifelong equestrian, she has been with CATR in a variety of rolls for over 30 years, assisting their mission while pursuing best practices for EAS and horse welfare. She has extensive experience in developing innovative and effective programs with community partners from her former career as curator of museum education and research for a national nonprofit.

6 p.m.

Dinner on your own

Sunday, March 22, 2026

7:30 – 8:30 a.m.

Registration

Snacks Provided

8:30 – 9:30 a.m.

PATH Intl. Region 3 Meeting & Field Test Standards Update

Session G

9:30 – 11 a.m.

G1, Mindful Horsemanship CR All

Mindful horsemanship is an approach developed through years of experience in equine-assisted mental health and learning, combined with starting young horses and rehabilitating those with behavioral challenges. This method fosters harmonious relationships between horse and human without relying on conditioned response training or reinforcement-based techniques. Instead, it emphasizes awareness, body language, and co-regulation to promote cooperation, emotional balance and authentic connection. The framework is built on three tiers: How We Show Up, Giving the Horse a Reason to Connect and Speaking the Horse's Language. These three tiers provide a practical and relational framework for equine specialists and professionals in EAS. They improve cooperation and safety in horses and offer powerful metaphors and experiential learning opportunities to guide clients toward greater self-awareness, regulation, emotional resilience and relational skills.

Stacey Carter is the founder of Heart Centered Horsemanship, an approach that integrates mindfulness, movement and relationship-based horsemanship to create authentic and therapeutic connections between horses and humans. She is a PATH Intl. ESMHL, registered yoga teacher, and a certified Debono Moves practitioner. With over two decades of experience in EAS, Stacey has worked with riders and clients of all ages and abilities and horses in need of rehabilitation. Her early years were spent immersed in traditional equestrian disciplines such as Pony Club, foxhunting and combined training. Her philosophy has evolved through years of listening to and learning directly from horses. Stacey's teaching emphasizes safety, connection and communication through presence, body language and energy awareness rather than conditioned responses or dominance-based methods. Her programs guide both humans and horses toward balance, confidence, and joyful partnership; principles she believes are essential for effective equine-assisted mental health and learning.

G2, Workplace Wellbeing CE

Disabilities, experiences of trauma, and emotional challenges are not exclusive to participants in EAS programs, they also affect employees. Many EAS organizations lack formal employee assistance programs, which means that when an employee is facing personal or emotional difficulties, the impact can be felt throughout the entire organization. Attendees will learn about common disabilities, the effects of trauma, and the emotional or psychological challenges that employees may experience and understand how these factors can influence both individual wellbeing and organizational health. Learn the key aspects of workplace culture that foster wellbeing for everyone connected to the organization, including employees, volunteers, participants and their families, as well as the equines involved in the program.

Nancy Paschall see bio in session A1, **Sarah Newman** see bio in session A2

11 - 11:15 a.m.

BREAK

Session H

11:15 – 12:30 p.m.

H1, Translating Research Into Creative Programming CE

Expanding programming to grow a center can feel overwhelming. Partnering with others in your community, such as educational institutions or other professionals, can quickly help to bring in a new range of skills, funding and support to create unique growth opportunities. This session will highlight the collaborative relationship that has developed over several years between the executive director of a PATH Intl. Member Center and an occupational therapist at a local university. What began as a single research project has evolved into a pathway of continued learning, unique new programming, credentialing to support program growth, student involvement in innovative initiatives and numerous grants that have expanded the capacity of current and future offerings. Programs developed through this partnership will be shared, along with the benefits it has brought to the center and lessons learned along the way. Attendees will walk away with ideas on how to create beneficial new programming and partnerships.

Ashlyn Batten see bio in session C1, **Heather Panczykowski** see bio in session C1

H2, Bridling Without Bits CR Riding

As therapeutic horsemanship continues to advance, PATH Intl. centers are increasingly exploring equipment choices that support both equine welfare and rider success. Bitless bridles offer a valuable option within adaptive riding and EAS. This presentation examines the role of bitless bridles in promoting humane, effective communication while maintaining the safety expected within PATH Intl. programs. Learn how bitless options can reduce oral discomfort, encourage relaxation and suppleness, and support the emotional well-being of horses. Discover how bitless options can support more gentle communication between horse and rider. By adopting bitless riding, EAS centers can improve their commitment to equine welfare, while endorsing an effective adaptation to their learning environments.

Brandon Harrison currently works at Brookhill Farm. He is currently working as PATH Intl. CTRI®, working with various populations, including youth at risk. He has a riding background in dressage and graduated college with a degree in biology and equine studies.

12:30 – 2 p.m.

Lunch & the PATH Intl. Update

Session I

2 – 3:15 p.m.

I1, Volunteers are Programming CE

This presentation will explore how centers handle volunteers who have additional needs. At this moment, there is little written material on volunteer management at PATH Intl. centers, and none on volunteers with additional needs. In this presentation, additional needs are defined as neurodivergences, emotional needs, physical limitations/disabilities and income inequality. Learn how to handle volunteers that present with additional needs, when the needs of a volunteer exceed center capacity, how to find tasks that best support both the center and the volunteer and when it may become necessary to alter those tasks. Discover what makes a volunteer unsafe, how to dismiss volunteers and how best to foster a culture of inclusion.

Emma Jameson see bio in session A1, **Sarah Newman** see bio in session A2, **Katie Bell** see bio in session A2

I2, Use Salesforce to Manage Equine Expenses CE

If your center uses Salesforce of any flavor (NPSP, Equiforce, LitNim, etc.), learn how you can track your equine expenses per animal without buying anything new. Attendees will learn how to set up expense categories, enter each expense and allocate the expense to multiple categories and to individual equines. Discover how to run reports that show quarterly and annual costs per animal and compare those costs to equine workload. Learn how to use QuickBooks Online reports and a little AI to create an expense upload into Salesforce. Links and instructions will be provided for all attendees.

Teri Walker is the founder and CEO of CommonTeri Services. In 2014, Teri combined her experience in technology with her experience in nonprofit management to found CommonTeri Services to help nonprofits who use Salesforce. She and her team care for people by using systems and data, with a passion for serving nonprofits who deliver direct services like EAS. Teri has seventeen years' experience in designing Salesforce solutions for nonprofits and has multiple certifications in Salesforce and Agile project management. CommonTeri Services became a PATH sponsor in 2019.

We look forward to seeing you soon in North Carolina!