

NC STATE NEWSLETTER

From your PATH Int'l NC State Chair

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Participant Notes

To be up to PATH Int'l Standards, all centers should be keeping progress notes of some kind on file. There are many different formats and ways to do these, and there is always a new one I see along the way! There are some programs that write a progress note after ever lesson taught, others that do it twice or once a year and others that do them after each session, if not year round. Please make sure to take a look at some amazing examples attached to the Newsletter email. Thank you to all the people and centers that shared their information!!



"No hour of life is wasted that is spent in the saddle." ~ Winston Churchill

2019 Upcoming Events, Workshops and Conferences

***March 29th-31st** PATH Int'l Region 3 Conference in Daniels, West Virginia *Registration is now open!*

***April 14th** Disability Continuing Education Day Hosted by Saving Grace Therapeutic Riding Program. For more information or to register visit <https://bit.ly/2EkO8ny>

***May 18th** PATH Int'l NC State Education Day hosted by RHR Greenville, NC.

***May 30th-June 2nd** -PATH Int'l Registered OSWC at NCTRC Mebane, NC for more information contact Jackie Cole at progdirector@nctrcriders.org

***May 31st -June 2nd** - Masterson Method Equine Specialist Training in Greenville, NC for more information and to register visit <https://bit.ly/2UoMkze>

***June 29th** Lunging with a Purpose workshop at RHR Greenville, NC for more information contact Sherri Moore at barnmanagerhrnc@gmail.com

***September 7th** Tuning up your Teaching Workshop at RHR Greenville, NC for more information contact Sherri Moore at barnmanagerhrnc@gmail.com

***November 8th-10th** 2019 PATH Int'l Conference and Annual Meeting in Westminster, CO



If you have any educational events going on at your program that you would like added to our state calendar, please send them to me.



Featured NC Program of the Month

Back in the Saddle

In August of 2016 I was contacted on LinkedIn by a lady I had never met, asking if I would be willing to help her organization add a therapeutic horse program to the services that they were currently offering. There were many planning meetings over the span of several months, and I agreed to help them, but with a few stipulations.

I had a mission to offer a program that would focus on serving the population of veterans, active duty military, first responders, and their families. There were several reasons for that decision. The first was that the population of adults suffering from PTSD due to trauma that occurred in the line of duty is vastly underserved, and this presented an opportunity to thank them for their service.

Secondly, I was already employed part time at another facility called Horse & Buddy that serves primarily children, with physical and cognitive disabilities, and I wished to further my own experience in the industry. And thirdly, a good friend and colleague, Melissa Behan, had just recently started a program for children in the same general location called Walk in my Shoes. I did not wish to be in competition with her for clients.

My stipulations were agreed upon, and we began the preparations which included facility upgrades as well as the acquisition of horses and equipment, and continuing education for myself. I completed the Equine Services for Heroes course offered by PATH, and consulted with a highly successful PATH center in Washington State called Rainer Acres.

There was a study conducted using their participants, and subsequently a published research paper as well as a movie documentary showing proven positive results reducing symptoms of PTSD in combat veterans who worked with them and their horses using both ground work and mounted activities. I purchased their curriculum and modeled our methods after those proven to be effective.

Although we were not yet prepared to accept participants into the program, as things progressed, it became evident that that there were too many conflicting opinions between how I wanted to build my program, and those of the other organization, and we parted ways. It was a big setback because I had been operating under their 501c3 designation as well as using their property and amenities as improvements were made.

It took another year before we were able to continue on the mission. We established our own 501c3, ES4H Back in the Saddle, established a Board of Directors, and because of the trust and friendship previously established with Melissa Behan, was invited by the Coats family to join her to run the program at Hillcrest Farms, in Smithfield, NC.

We have just celebrated the first year of operation. Within that year we have served 12 veterans, 2 first responders, and several families of veterans, spouses, and children together. We are a network provider for NC Serves Central Carolina, and have been featured on ABC11 news, and 98.5 FM radio. We have been featured in Rodeo Fame Magazine, PTSD The Magazine, and American Grit by Gruntstyle. We have taken our participants to a local Johnston County horse show, and participated in Cowboy Mounted Shooting events.

We do not charge a fee for our services, but ask that participants assist us in fundraising efforts to support the hard costs of the program. We have been blessed by contributions from the local community, the Cowboy Mounted Shooting Association, the support of the JROTC from Clayton High School, and the donation of building material, time, and expertise from Zane Danuck Construction to build our ADA compliant mounting ramp. Our barn family at Hillcrest Farms is a constant source of support and encouragement as well.

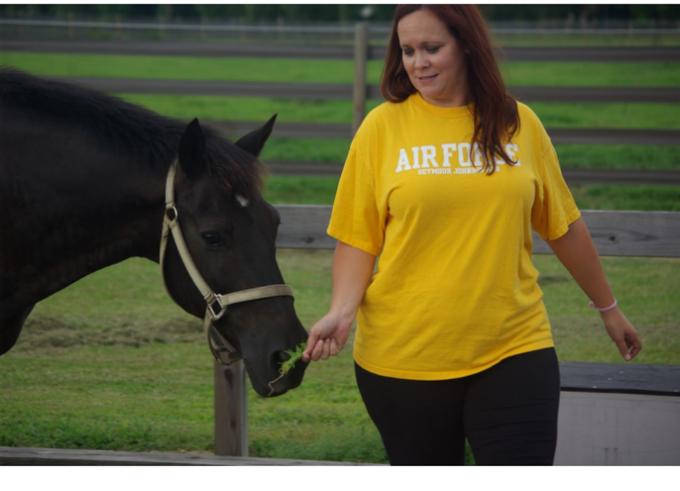
For me personally, the most significant achievement we have made as a program has been the organic development of comradery amongst the participants. The genuine care and support these people have for each other as well as their thirst for knowledge about the horses that I am surrounded by each time we meet is indescribably priceless.

The video links are a couple of minutes where you can see us doing what we so love.

<https://abc11.com/society/back-in-the-saddle-helps-veterans-recover-through-horse-therapy/454-2935/>

<https://www.youtube.com/watch?v=qoGBmLWezJ8>





It is not too late to sign up for the Region 3 Conference!

The region 3 Conference host and committee has done an amazing job with putting together an interesting and educational event together for us! If you have not already seen the line up of presentations you will want to take a look! See the Schedule Here: <https://bit.ly/2FX131e.com>

Registration is open now and at \$175 for membership and \$225 for non members until March 15th when the price will increase.

I hope to see a huge NC turnout at the conference!

PATH Int'l Regional Conference Presented by Region 3
March 29-31, 2019

Hosted by:
Glade Springs Therapeutic Riding Center
Daniels, WV

Lodging and all sessions will be at:
The Resort at Glade Springs
255 Resort Drive
Daniels, WV 25832

Featured NC Instructor of the Month

[Evy Crumb](#)



I was born and raised on a small family farm in central New York, where I inherited my love of all animals, especially horses, from my mother. I grew up on and around horses, although I did not take any formal riding lessons until high school. I went to college at SUNY Cobleskill thinking I was going to teach high school Agriculture, I quickly learned it wasn't a good choice for me, and for the first time in my life I did not have a plan. I began taking more courses at the equestrian program and from their Early Childhood department. I then found one called Intro to Therapeutic Horsemanship, and I was in love. For my senior internship I was able to learn at EQuest in Dallas TX, where I saw how impactful therapeutic horsemanship is and got my certification as a registered level instructor. I then decided to move to a very small program in an even smaller town in Salmon, Idaho where I started teaching at Whitewater Therapeutic Riding Center. The town was less than 3,000 people and the nearest chain grocery store was 2 hours away. I learned so much from everyone and it had the most beautiful mountains I had ever seen! After a short while I decided it was time to move to a place where I could keep learning and growing as an instructor. That's how I found my home as an instructor at Riverwood therapeutic riding center in Tobaccoville, NC. I am grateful for the opportunity to learn and grow with an amazing team of instructors, horses, volunteers and clients. I am so blessed to see the profound sense of joy and pride all our students have while working with their equine partners!



Disability Education Hours

Finding disability education hours can be a really hard thing without a lot of travel and expense. Karen Garland from Region 2 has created a great list of disability education opportunities with a lot of them you can do from the comfort of your own home! I went on to try a couple out and there are some really great ones that I really enjoyed attending their webinars and a couple sites that have ongoing free DEU webinars all the time! Karen did ask that if anyone has any to add she would love to know about them! You can find the list attached to the newsletters email! I hope you can find something that will be of interest to you and that you can learn from.



I look forward to continuing to connect with you all in the future. Please feel free to reach out at any point if you need anything or just want to say hey!

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