



The Carriage Barn Equestrian Center Therapeutic Riding Program

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A 501(c)3 Not-For-Profit Organization

Equine Facilitated Therapy Programs

The Carriage Barn Equestrian Center Equine Facilitated Therapy programs seek to enhance physical, psychological, cognitive, and emotional healing and strengthening through equine activities. We believe that a quiet, natural, outdoor setting provides a serene learning environment. Horses can provide opportunities for a unique relationship that nurtures and empowers their human partners in a way that brings new insights, self-confidence, improves communications, and relaxation.

Therapeutic riding can also improve flexibility, balance, muscle strength, coordination, memory, sequencing, attention span, and self-awareness. Our programs use a team approach to help each participant maximize the benefits of their equine relationship. Participant, therapist, instructor, and horse are this team.

The Carriage Barn Equestrian Center Therapeutic Riding Program offers equine facilitated therapy programs in multi-week sessions throughout the year. The Carriage Barn is a North American Riding for the Handicapped Association (NAHRA) Operating Center member and adheres to the standards of this association. Our facility includes outdoor paddocks and an indoor arena to conduct equine activities in a comfortable and safe environment.

Candidates for the program will first meet with an instructor to review medical information and determine the client's needs. This interview would include the participant, parent or guardian for participants under 18, and an orientation to the program, the horses, and our facility. Working around horses and riding has inherent risks. Each participant and horse need to be able to accommodate each other for safety reasons. We want to ensure that the experience will benefit the participant's particular needs. For example, those with agitated, aggressive, or abusive behaviors would not be appropriate for this program. When a participant is accepted into the program, individual goals are determined with the participant, the referring therapist, if applicable, the program therapist, and the equine instructor to maximize the experiential learning that takes place during the sessions.

Participants will work directly with one or more instructor. Volunteers are trained to lead the horse and "sidewalk" during riding sessions when needed. All staff are committed and sensitive to confidentiality for participants.

Therapeutic Riding

The Therapeutic Riding Program seeks to improve physical strength and conditioning, and cognitive abilities as well as self-confidence, communication, relaxation, and recreation. According to NARHA, research shows that students who participate in therapeutic riding benefit physically, emotionally, and mentally. Because horseback riding gently and rhythmically moves the rider's body in a manner similar to a human gait, riders often show improvement in flexibility, balance, muscle strength, coordination, postural alignment, increased range of motion, and relaxation of tone. The benefits of therapeutic riding have been recognized by many medical professionals, including occupational, physical, speech, mental health, and recreational therapists.

Hippotherapy

Hippotherapy is a term that refers to the use of the movement of the horse as a treatment tool by Physical Therapists, Occupational Therapists, and Speech-Language Pathologists to address impairments, functional limitations, and disabilities in patients with neuromusculoskeletal dysfunction. Hippotherapy is used as part of an integrated treatment program to achieve functional outcomes. In hippotherapy, the patient engages in activities on the horse that are enjoyable and challenging. In the controlled environment, the therapist modifies the horse's movement and carefully grades sensory input. Specific riding skills are not taught, but rather a foundation is established to improve neurological function and sensory processing. This foundation can be generalized to a wide range of daily activities.

Equine facilitated Psychotherapy

The Equine Facilitated Psychotherapy Program is designed to enhance participants' coping skills and help with psychological and emotional healing through equine activities. Equine facilitated Psychotherapy had been found to help with depression, low self-esteem, learning disorders, anxiety, attention disorders, body image disorders, post traumatic stress disorder, and in the recovery from addictions. This program also includes therapeutic riding when appropriate with the opportunity for physical, cognitive, and emotional benefits as mentioned in the Therapeutic Riding Program. Participants in this program will work with an experience, licensed mental health professional and an equine instructor (possibly the same person).

The Carriage Barn Equestrian Center Therapeutic Riding Program

Therapeutic Programs Application Process

The application process is designed to help determine that participation in our programs will be safe and beneficial for each person.

1. To begin the process, you may choose to visit The Carriage Barn Equestrian Center facility. Call (603) 378-0140 or email carriage-barn@comcast.net to arrange an appointment. Many find it helpful to visit when they can observe a therapeutic lesson.
2. If you are ready to seek admission to one of the programs, we will send you a packet of information that includes an application and a medical history / physician statement. We will let you know days and times we currently have open. If you would like to reserve a day / time, send the appropriate deposit. If we do not have a day / time available to accommodate your schedule, you may choose to add your name to our waiting list. You will be contacted when we can accommodate your schedule and continue the application process.
3. When we receive a completed application package, we will contact you and arrange an "Initial Evaluation".
4. At the Initial Evaluation, you will meet with an instructor to review medical, social, and background information. This interview would include the participant, parent or guardian for participants under 18, and also provide an orientation to the programs, the horses, and our facility.
5. The instructor may need to consult with health professionals or teachers for further information. Working around horses and riding has inherent risks. Participant and horse need to be able to accommodate each other for safety reasons. We want to ensure that the experience will benefit the participant's particular needs. For example, those with agitated, aggressive, or abusive behaviors would not be appropriate for this program.
6. When a candidate is accepted into the programs, you will receive notification via mail, email, or telephone. If you have paid a deposit to hold your lesson time, you are ready to start!

The application process usually takes two to three weeks from beginning to end. Once an individual is enrolled in one of the programs, specific goals are determined with the participant / parent, the referring therapist if applicable, the program therapist, and the riding instructor to maximize the experiential learning that takes place during the sessions.

Questions about the process? Please contact the Therapeutic Program office at (603) 378-0140, or via email at carriage-barn@comcast.net.

The Carriage Barn Equestrian Center Therapeutic Riding Program

Fees Schedule & Scholarship Policy

(Revised May 2007)

Therapeutic Riding

Initial Evaluation	\$75
One Hour (Groom and Ride)	\$55
One-Half Hour (Groom or Ride)	\$35

Hippotherapy (with Occupational Therapist)

Initial Evaluation	\$160
Hippotherapy Session (Note: Most Hippotherapy will be billed through Therapy in Motion, LLC)	\$40 per unit (approximately 15 minutes)

****Please note – charges for Initial Evaluations are the responsibility of the client and are due at the time of the evaluation.****

Deposit / Payment:

A deposit is due with registration for each session.

Clients will be billed on a monthly basis, unless other arrangements are made with the program's Business Manager. Monthly payment is due at the time of the first lesson of each month. Clients who pay for the entire session in full at least one week prior to the first lesson of the session will receive a 5% discount.

Scholarships:

A limited amount of scholarship funds may be available. Apply by submitting income information for the past two years (copy of tax returns and supporting documents) and a letter to The Carriage Barn Equestrian Center Therapeutic Riding Program, Scholarship Selection Committee, stating reasons for requesting a partial or full scholarship. The letter should also include what level of payment the applicant feels they can make. Scholarship requests will be reviewed by the committee prior to each Therapy Session.

The Carriage Barn Equestrian Center Therapeutic Riding Program

Cancellation / Make-up Policy

(Revised February 2009)

Cancellations made at least 48 hours in advance of the lesson time will qualify for Make-Up lessons without further penalty. The original lesson payment must be current to qualify for a Make-Up lesson. Make-Up lessons will be scheduled with the instructor as time allows.

Advanced notice of scheduling conflicts, vacations, etc can be emailed to carriage-barn@comcast.net. **Please do not email notification of cancellations that are within 48 hours of the scheduled lesson time.**

All cancellations within 48 hours of the lesson time should be reported to The Carriage Barn at (603) 378-0140. If leaving a message, please leave sufficient information, i.e.: client name, instructor, lesson time, the day & time you are calling, and a call back number. Please contact the barn as soon as you know that you will need to cancel a lesson.

Any cancellations given within 48 hours of the lesson time will be subject to forfeiture of the lesson (fees due in full) and / or a cancellation fee if a make-up lesson is requested. Cancellations made within 48 hours of the lesson time may be rescheduled and assessed a fee in addition to the original lesson payment as follows:

- Between 24 and 2 hours -- \$5
- Between 2 hours and 15 minutes prior -- \$10
- Within 15 minutes of lesson time -- \$15
- No notice / No show -- \$25

Clients are responsible for full payment of cancelled lessons and any additional fees before Make-Up lessons can be scheduled. Emergency cancellations will be handled at the discretion of Management.

Lessons cannot be shifted for late arrivals. If a rider is late, the lesson time will not be extended into the next lesson slot. If a rider is more than 15 minutes late, the lesson will not be given and the rider will be considered a "No Show".

If a client has three consecutive cancellations or "no shows", Management reserves the right to offer that time to another client on a permanent basis.

If a lesson is cancelled by Management, every effort will be made to provide an alternate instructor, reschedule the lesson, or the client will receive a credit toward a lesson in the following month or an upcoming riding session (as space is available).

Management reserves the right to remove any rider from the schedule that has a balance that is more than 30 days past due.