



P.O. Box 56 Bridgeville, PA 15017 Tel: 412-932-6036 Email: [annehwh@gmail.com](mailto:annehwh@gmail.com)

## **Program Introduction**

### **What is Equine Assisted Learning (EAL)?**

Equine Assisted Learning is a hands-on educational program that uses the interactions and developing relationships between horses and humans in an environment of learning and self-discovery. It is designed to promote personal growth and the development of positive social/life skills in a fun and supportive environment. Through a curriculum of activities designed to address individual goals and needs, each equine interaction is framed to help individuals learn and grow. The barn/farm environment naturally lends itself as a unique multi-sensory classroom.

### **Why horses?**

All of the below attributes make the equine a natural partner to teach us about ourselves and society, develop skills, and practice better ways to navigate life.

- Equines are herd animals who naturally want to interact. They easily engage students with their willingness to respond and cooperate. Developing the skills to effectively communicate with a horse builds self-confidence, empathy, and trust.
- Visually horses are large animals and therefore can easily represent some of life's bigger challenges and obstacles that each of us face in our personal life and social situations.
- Horses are prey animals whose very survival depended on the ability to be very sensitive to both non-verbal communication and another's intent (even when it is subconscious)! The feedback they give to humans in response to our body language is valuable information as we learn about how we and others communicate. They do not have "ulterior motives" when they interact. Their non-judgmental presence creates an emotionally safe learning environment.
- Horses have survived for thousands of years because they create an effective social hierarchy with clear "rules" and responsibilities ensuring safety and harmony within the herd. Learning about herd dynamics and observing the horses as they interact is another metaphor for society, providing opportunities to explore social situations and how to successfully navigate them.

### **How does EAL work?**

Each week the participants explore a new concept (i.e. trust, body language, managing risk, boundaries) through the eyes of their horse. As comfort and confidence levels grow, students tackle new activities, building their self-confidence and skill levels.

As they interact and work with the horse, they observe the behaviors and responses, develop skills, discuss and reflect as they enjoy time at the farm with staff, their volunteers and each other. As the participants engage in the equine experience in an active manner, they are afforded the opportunity to capture the concepts to be learned, practice their new skills and reflect on how they might apply what they have learned to their own social interactions and life experiences.

## Why choose HWH Center?

- Horses with Hope's EAL programming staff are PATH International certified Instructors and EAGALA Equine Specialists. They provide challenging curriculums to encourage personal growth and build self-esteem. Accommodations and modifications are utilized when needed, to promote individual success.
- The HWH team of staff and well trained volunteers model a culture of acceptance and appreciation for all unique abilities.
- HWH provides a safe and supportive educational environment that allows for individual learning with one-on-one assistance when interacting with the horses. Our multi-sensory environment and inclusive teaching strategies are designed to support all learning styles and learning differences.
- To insure alignment with school philosophies and curriculums, the HWH team work closely with school administrators, teachers, and counselors and is open to incorporating school assessment tools and resources when appropriate.
- The HWH staff encourages clients/students to create personal program goals and share any specific objectives that they want to focus on each day. Through this, clients/students can actively participate in setting the program curriculum within each class. They are further challenged to assess their own progress based on their personal goals and objectives. This creates a very powerful individual and personal learning experience.
- As with all newly learned skills, reinforcement and generalization are crucial. At HWH, clients/students are afforded the opportunity to further explore and practice the skills, they acquired while working with the horses, with staff and volunteers. HWH also encourages schools to allow students to film an educational video to share what they have learned in the classroom or with their families. By teaching others, the client's/student's skills are processed and reinforced in a new way.

## Life Skills Program Outline

**HWH Center offers one day sessions up to a 8-12 week Equine Assisted Learning curriculum. Clients/Students will come once a week for 1 hour. The curriculum will focus on the following Life Skills:**

<b><u>Skill Areas</u></b>	Suggested skills – Caregivers / School will assist in determining which skills will be explored
<b><u>Social Skills</u></b>	Understanding non-verbal cues (others and their own) Modulation of communication techniques Being clear/ knowing intent Boundaries/personal space Team work Respect/empathy
<b><u>Life Choices</u></b>	Setting, evaluating, and achieving realistic goals Assessing situations, including risks and benefits Validating and honoring personal values Knowing when to ask for help Understanding consequences Being responsible for decisions
<b><u>Work/ Employee Skills</u></b>	Time Mgmt. /prioritizing Accountability – owning your work Ability to self-evaluate/access Effective communication with boss/co-workers Team work – valuing what you have to offer
<b><u>Dealing with</u></b>	Assess target issues

**New Situations**

Honoring our situational needs

**-Handling**

Develop coping skills/strategies, including:

**Anxiety/**

-Learning to Body scan

**Sensory Issues**

-Learning to self-calm – before anxiety gets too high

-Understanding situational options

-Exploring options for managing sensory issues in environment

**Program Costs-**

Individual session fee - \$75.00.

Group fee (3 - 6 people) - \$210.00 per hour. Groups more than 6 contact us for rates

**Facility-**

Our facility is located at

6235 Brush Run Rd Bethel Park, PA 15102

Please park in front of the brown building, then walk to the rear.

**Participant Registration-**

Please visit the Forms tab on our website [www.horseswithhope.org](http://www.horseswithhope.org) to print & fill out a copy.

Completed forms may be **mailed** to-

Horses with Hope, PO Box 56, Bridgeville, PA 15017

Clothing attire should be jeans full or capri length, tshirt (no loose clothing) a hiking type boot and a pair of rubber boots for rainy seasons.

*We look forward to making a difference with you!!*

Please Follow Us On Social Media



HWHTherapeuticRiding horseswithhope.pgh HorseswithHope1



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## Equine Assisted Learning Program

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip Code \_\_\_\_\_

Phone H/ \_\_\_\_\_ Cell \_\_\_\_\_

School \_\_\_\_\_ Gender: Male Female

Date of Birth \_\_\_\_\_ Age \_\_\_\_ Weight \_\_\_\_\_

Diagnosis \_\_\_\_\_

Parent/Legal Guardian/Legal Custodian

(if participant is a child/adolescent) \_\_\_\_\_

Address/Phone (if different from above) \_\_\_\_\_

In case of Emergency, contact: 1) \_\_\_\_\_

Work/Cell \_\_\_\_\_

2) \_\_\_\_\_

Work/Cell \_\_\_\_\_

Email \_\_\_\_\_ (I give permission to contact by email)

Consent (if participant is a minor): I, the parent/legal custodian/legal guardian of the above named minor, do hereby give consent for his/her participation in Horses with Hope Equine Assisted Learning programs.

### Photo Release (Optional)

I hereby consent to and authorize the use and reproduction by Horses with Hope, Inc. of any and all photographs and any other audio/visual materials taken of myself or child/adolescent for promotional printed material, educational activities or any other use for the benefit of the program.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

(Parent/Legal Guardian/ Legal Custodian, if minor- Parent must be a legal custodian of child to give consent)

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**Horses with Hope  
6235 Brush Run Rd  
Bethel Park, PA 15102**

## **Equine Assisted Learning Program**

### **Informed Consent Release from Liability Waiver Assumption of Risk**

**Informed Consent:** As a participant or parent(s) of a child or adolescent participating in Equine Assisted Learning (EAL) Programs with Horses with Hope, we hereby inform you that your son/daughter may be participating with youth and families. Consequently, your son/daughter may be exposed to issues and situations different from their own. At no time will Horses with Hope share any confidential information in these program activities with other participants without your consent. Confidentiality between group members is mandated. However, should the participant choose to share personal/confidential information with other participants, please be aware that Horses with Hope is not responsible for that choice.

**Risk:** Horses with Hope emphasizes and teaches safety at all times. However, due to the nature of the experiences and activities in which you, your child may be engaged in with horses, risk of minor to serious bodily injury is involved. These experiences and activities may include:

- Therapeutic and mentoring support
- Activities involving animals, animal care and training, and farm work
- Horseback riding

As the participant or parent(s) of a child entering the Equine Assisted Learning Program, I/we understand the risk and believe the benefits outweigh the risks.

Further, as a participant, parent(s) of a minor child, we agree to the following conditions:

- Participant is between the ages of eight (5) and eighteen (18) years of age or an adult.
- Participant is not pregnant.
- Participant will not wear/will remove jewelry during activities.
- Participant is not under the influence of alcohol/illegal substances.
- Participant is not ill and does not have a fever. Do not send children with colds, flu, or elevated temperatures.
- Participant does not have an immuno-compromised condition or infection disease.
- Participant does not have any physical condition or disability that may endanger them during participation





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### Authorization for Emergency Medical Treatment

Participant \_\_\_\_\_ Volunteer \_\_\_\_\_ Staff \_\_\_\_\_

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip Code \_\_\_\_\_

Phone H/ \_\_\_\_\_ Cell \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Physicians Name \_\_\_\_\_

Hospital Preference \_\_\_\_\_

Health Insurance Co \_\_\_\_\_ Policy # \_\_\_\_\_

Allergies to Medications \_\_\_\_\_

Current Medications \_\_\_\_\_

In the event of an emergency contact;

Name \_\_\_\_\_ Relation \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Relation \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Relation \_\_\_\_\_ Phone \_\_\_\_\_

In the event of emergency medical aid/treatment is required due to illness or injury, during the process of receiving services while being on the property of the agency, I authorize Horses with Hope to:

Secure and retain medical treatment and transportation if needed.

Release client records upon request to the authorized individual or agency involved in the medical emergency treatment.

**Consent Plan:** Authorization includes x-ray, surgery, hospitalization, medication and any treatment deemed “life saving” by the physician. This provision will only be invoked if the persons above are unable to be reached.

Date: \_\_\_\_\_ Consent Signature: \_\_\_\_\_

**Non-Consent Plan:** I do not give consent for emergency medical treatment/aid in case of injury or illness while on the property of the agents. In the event emergency treatment/aid is required, I wish the following procedures to take place:

Date: \_\_\_\_\_ Signature: \_\_\_\_\_



**Horses with Hope (HWH)**  
**Equine Assisted Learning Program**

**Evaluation and Goals**

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

Facilitators: \_\_\_\_\_

**Current Needs and Symptoms**

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**Recommended HWH Goals**

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**Precautions / Contraindications**

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**Additional Information**

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Primary Therapist: \_\_\_\_\_

## **Precautions and Contraindications**

### **Precautions**

**Client has:**

**History of animal abuse**

**History of fire setting**

**Suspected current or past history of physical, sexual and/or emotional abuse**

**History of seizure disorder**

**Gross obesity**

**Medication side effects**

**Stress-induced reactive airway disease (asthma)**

**Migraines**

**Narrative for precautions:**

**“Animal abuse” concerns are included in the interest of the horse’s welfare. If the horse is not safe, then the session cannot be safe.**

**“Fire setting” histories should be carefully assessed to ensure the promotion of a safe physical environment.**

**“Active abuse” suspicions should always be reported to the appropriate authorities. Such reporting does not always result in cessation of the abuse. Clients are unlikely to be able to safely explore deep psychic issues in the context of a pervasively unsafe environment.**

**“Gross obesity” is associated with eating disorders and various other medical conditions. Obesity is a safety concern. Guidelines on weight limits for equines are included in the NARHA Standards.**

**“Medication side effects” can lead to severe alterations in balance, arousal level, coordination and strength as well as difficulties with speaking and breathing. Programs develop and implement procedures and process for remaining familiar with clients’ medication regimen and clients’ potential for and history of side effects.**

**An Acute episode of “reactive airway disease” can be triggered by stress and anxiety. Although all medical conditions have a psychosocial component, RAD is singled out because of its prevalence and potential for sudden, severe onset of symptoms.**

**If “migraine” is in process; riding is not advised.**



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## Confidentiality Policy

It is the policy of Horses with Hope to keep confidential all medical, social, referral, personal, and financial information regarding participants, volunteers and staff and his/her family. This information will not be shared or disclosed to individuals outside the operation of this center without the express written permission given by the individual concerned.

It is understood by all the individuals working or volunteering at this center that this code of confidentiality will be maintained and adhered to in order to protect the privacy and personal dignity of all individuals associated with the day to day operations of this center.

Confidential information may be shared between this centers staff and volunteers in cases where it will assist in the planning and implementation for the equestrian lesson.

Violation of this policy by anyone involved at Horses with Hope can result in immediate expulsion from all activities at the center, as determined by the program director and the board of directors.

I understand and will observe the confidentiality policy of Horses with Hope, Inc.

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Signature (parent/guardian signature if under 18 yrs)      Date

# Horses with Hope

## Barn Rules

\*These rules have been designed to keep both people and animals safe.

\*While horses are loving animals, they are still very large and can be unpredictable. Stay alert when working around horses. Please be mindful of anything that may spook or scare a horse, such as sudden movements or loud noises.

1. Children must be supervised at all times.
2. Regular barn hours are 8:00 AM- 8:30 PM
3. Watch for animals and people as you enter the arena area.
4. No running
5. Absolutely no smoking or vapor
6. All people entering the property must have a signed release form, available on [www.horseswithhope.org](http://www.horseswithhope.org)
7. Helmets must be worn at all times while working with horses in arena.
8. All tack and grooming supplies must be put away neatly in designated areas.
9. Please remove all debris and manure from your horse. (anywhere on the property)
10. No open toed shoes permitted.
11. Horse treats may not be given without permission from the owner.
12. Do not enter the arena without asking.
13. No pets allowed on premises.
14. Sessions may be observed from designated areas ONLY. Please do not enter arena or sensory trail area pathways

\*If you have any questions about anything, just ask!  
We want you to have fun and be safe.