



P.O. Box 56, Bridgeville, PA 15017
www.horseswithhope.org

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 extremely 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 ensure 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 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 an 8-12 week Equine Assisted Learning curriculum. Clients/Students will come once a week for up to 90 minutes. The curriculum will focus on the following Life Skills:

Skill Areas Suggested skills – Caregivers / School will assist in determining which skills will be explored.

Social Skills Understanding non-verbal cues (others and their own)
Modulation of communication techniques
Being clear/ knowing intent
Boundaries/personal space
Teamwork
Respect/empathy

Life Choices 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

**Work/
Employee
Skills** Time Mgmt. /prioritizing
Accountability – owning your work
Ability to self-evaluate/access
Effective communication with boss/co-workers
Teamwork – valuing what you have to offer

**Dealing with
New Situations
–Handling
Anxiety/
Sensory Issues**

Assess target issues
Honoring our situational needs
Develop coping skills/strategies, including:
-Learning to Body scan
-Learning to self-calm – before anxiety gets too high
-Understanding situational options
-Exploring options for managing sensory issues in environment

Program Costs:

Individual 60-minute Session Fee - \$75 per person
\$50 per person (when 3 or more consecutive weeks are scheduled)

Group Rate 90-minute Session Fee - \$300 up to 6 participants, add \$50 per person, up to 9 max participants

Facility:

January – Mid-April sessions are offered at-
6235 Brush Run Rd, Bethel Park, PA 15102
Please park in front of the brown building, then walk to the rear.

Late April – October sessions are offered at –
NEW LOCATION!
Gilfillan Farm, 130 Orr Rd (between Westminster Church and the garden), Upper St Clair, PA 15241

Participant Registration:

Please visit the Forms tab on our website www.horseswithhope.org to print & fill out a copy.
Completed forms may be mailed to-
Horses with Hope, PO Box 56, Bridgeville, PA 15017

Attire:

Clothing attire should be jeans full or capri length, t-shirt (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!!



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Equine Assisted Learning Program Participant Registration

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone: Home _____ Cell _____

School _____ Gender: Male Female

Date of Birth _____ Age _____ Weight _____

Diagnosis _____

Parent/Legal Guardian/Legal Custodian

(if participant is a minor) _____

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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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 (8) 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

I agree that Horses with Hope may exclude from the Program or any activity, prior to or at any time during the Program, any participant or child who is not in compliance with these conditions or not capable of participating.

Release from Liability and Waiver: Fully informed of these conditions and risks, I/We, _____, the parent(s)/guardian of _____ legally bound from myself, my heirs and assigns, executors and administrators, do hereby forever release and hold harmless Horses with Hope, Inc., the Board of Directors, officers and all employees and independent contractors and all participating parent/guardian from any and all liability, and waive any and all claims for injury, loss or damage caused in whole or in part by as a result of my child's/client participation in the Equine Assisted Learning Programs of Horses with Hope.

Assumption of Risk: I assume all risks, known and unknown, foreseeable, and unforeseeable, in any way connected with my child's participation in the Horses with Hope Equine Assisted Learning Activities Program. I accept personal responsibility for any liability, injury, including death, loss or damage in any way connected with my child's participation in the Equine Assisted Learning Activities Program.

**SIGNATURE OF PARTICIPANT, PARENT OF CHILD
SIGNATURE OF LEGAL GUARDIAN OF A CHILD UNDER THAN AGE OF 18 YEARS
SIGNATURE OF LEGAL GUARDIAN OF A WARD OF THE STATE OF Pennsylvania**

The undersigned hereby acknowledges that s/he has read the *Informed Consent, Release from Liability, Waiver, Assumption of Risk* form in its entirety, that s/he fully understands the terms of this release and has signed this release voluntarily and with full knowledge of the effects thereof.

Participant/Parent/Guardian Signature

Date

Parent/Guardian Signature

Date

Parents/guardians having joint custody of a child, must both sign this form for each child participating in the Equine Assisted Learning Programs.



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Authorization for Emergency Medical Treatment

In the event of emergency medical emergency involving illness or injury, I hereby authorize Horses with Hope to secure and retain medical treatment, to transport as necessary to a medical facility, and to release our private health information to the medical provider. This consent includes emergency services, X-Ray, MRI, CAT, medication, hospitalization, surgery, or other medical treatment deemed necessary or lifesaving by medical personnel.

Participant _____ Volunteer _____ Staff _____

Name _____ Date of Birth _____

Address _____

City _____ State _____ Zip Code _____

Phone: Home _____ Cell _____

Parent/Guardian _____

Physicians Name _____ Phone _____

Preferred Medical Facility _____

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 _____

I hereby give consent for Horses with Hope to secure emergency medical treatment for myself, my child(ren)/participant in the event of an illness or injury.

Date: _____ Consent Signature: _____

I do not consent for Horses with Hope to secure emergency medical treatment for myself, my child(ren)/participant in the event of an illness or injury.

Date: _____ Signature: _____



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Equine Assisted Learning Program Evaluation and Goals

Client Name: _____ Date: _____

Facilitators: _____

Current Needs and Symptoms:

Recommended HWH Goals:

Precautions / Contraindications:

Additional Information:

Primary Therapist: _____

Precautions and Contraindications

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.

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

HORSES WITH HOPE

ACKNOWLEDGMENT & ASSUMPTION OF RISK, RELEASE OF LIABILITY AND WAIVER OF CLAIMS

ACKNOWLEDGMENT OF RISKS:

I recognize that there are inherent risks of danger in engaging in the riding of a horse which may result in serious injury or death to me and to others. The Risks include but are not limited to 1) Falls; 2) Equipment failure, including saddle assembly and its associated ropes and other means by which is it secured. I also acknowledge that certain foreseeable and unforeseeable events can contribute to the unpredictability of riding a horse in close proximity to others including sidewalkers that could potentially expose myself to COVID-19.

EXPRESS ASSUMPTION OF RISKS AND RESPONSIBILITY:

In recognition of the inherent risks of my engaging in Equine therapy, I assume full responsibility for injuries (including death) and all other damages and losses to me and to others which arise out of, or are related to, my riding of a horse.

RELEASE OF LIABILITY:

In consideration of my engaging in Equine therapy, I, _____, for myself, my heirs, personal representatives and assigns, do hereby release and discharge: Horses With Hope, as well as each of their respective employees, attorneys, principals, directors, officers, agents, affiliates, insurers, successors, assigns, heirs, executors and administrators from all liability for all injuries (including death) and other losses and damages, demands, actions, causes of action or suits at law or in equity, of whatsoever kind or nature resulting from, or to result from my engaging in Equine therapy.

WAIVER:

As further consideration for my engaging in Equine therapy, I for myself, my heirs, personal representatives and assigns, do hereby waive all claims for injuries (including death) and all other claims for all other losses and damages, demands, actions, causes of action or suits at law or in equity, of whatsoever kind or nature against Horses With Hope and their respective employees, attorneys, principals, directors, officers, agents, affiliates, volunteers, insurers, successors, assigns, heirs, executors and administrators which claims and losses, result from, arise out of or relate to my engaging in Equine therapy.

I have read, understand and accept the terms of the foregoing Acknowledgment of Risks, Express Assumption of Risks and Responsibility, Release of Liability and Waiver.

Date: _____

Signature

Printed Name

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 while on property (including parking lot)
6. All people entering the property must have a signed release form, available on 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.