



## **Reining Hope Adaptive Equine Assisted Activities & Therapies LLC**

574 Sunset Drive  
PO Box 146  
Morgan, VT 05853

Tel: 802.895.9166 Fax: 802.895-9177 Web: [www.reininghopeaeaat.com](http://www.reininghopeaeaat.com)

**"Wish It, Dream It, Do It!"**

### **Mission**

*The mission of Reining Hope is to provide adaptive equine assisted activities and programs, both mounted and unmounted, to individuals living with special needs in a safe, enjoyable and compassionate environment. By partnering with our equines, we are able to enhance the experience and challenge for our participants as they strive to reach their full potential and progress within their own "extra-ordinary" abilities physically, cognitively and/or emotionally.*

### **History**

Located in Morgan, VT, Reining Hope AEAAT, LLC was established on October 10, 2011 and became a PATH International Member Center May 2012. This therapeutic riding center offers equine assisted activities – both mounted and unmounted – for persons with and without special needs. Kristin Mason is the owner/operator of Reining Hope and serves as the Program Director.

Kristin has been a PATH International certified Advanced Therapeutic Riding Instructor since April 2001 but had over 5 years experience partnering with horses to work with persons with special needs prior to her certification. She has worked with participants ages 2 – 84 years with such special needs including, but not limited to: Spina Bifida, Cerebral Palsy, Stroke, Multiple Sclerosis, Muscular Dystrophy, Autism, Hearing impairments, Visual impairments, Traumatic Brain Injury, Bipolar Disorder, Schizophrenia, and many more physical, cognitive and mental health disorders. Kristin is also a PATH International certified ESMHL (Equine Specialist in Mental Health and Learning).

### **Facility**

Reining Hope is a newly built center (completed early January 2013) on 38 acres of scenic farmland. The facility includes an older existing barn for personal use by the owners as well as additional space for workshops and clinics, great scenic views, approximately 10 acres of paddocks, 10 acres of hay fields and 18 acres of wooded area where trails for riding and hiking have been commenced. The primary buildings are: an attached 60' x 90' 10-stall barn with wash stall and feed room; office area with observation room and large welcome room; and, a 70' x 144' indoor riding arena with built-in mounting area. There is also an outdoor round pen at the facility.

Full-time equine boarding is available, as well as boarding w/ training, as space allows.

### **Programs**

Reining Hope offers year round equine assisted activities for riders with and without special needs through therapeutic riding and horsemanship programs, as well as equine related clinics/workshops, equine training and equine boarding. There are no "dis-abilities" – persons with special needs each have their own "extra-ordinary" abilities. Equines have been proven, as with other animals, to be strong motivators in human development and self-awareness.

Equines carry themselves in motion as humans do; they just have 4 legs instead of 2! Equines have lateral, posterior/anterior and rotational movement in their stride just as humans do and therefore, when ridden, are able to help normalize tone, help provide muscle memory to the rider and help the rider improve core strength. With

the equine as the partner in sessions, participants can also work to improve self esteem, build confidence and improve social skills.

Participants are individuals – whether they have special needs or not – with unique qualities, learning styles and differing rates of progression. Each participant and their families/guardians are treated with respect, dignity and confidentiality and with consideration for their individual needs and uniqueness.

Safety is a priority - all equine assisted activities participants **MUST** wear ASTM-SEI a certified helmet when working around and/or riding horses. Reining Hope strongly recommends that you provide your own helmet and we can assist you with sizing as well as provide a list of places where an approved helmet can be purchase at reasonable cost. Participants must also wear a solid shoe or boot with a heel on it that offers support – no open toed shoes, sling backs, clogs or flip flops allowed in the barn or the arena. Clothing should be comfortable yet snug fitting so as not to become tangled in the equipment or horse. Please dress accordingly for the weather and for the activity.

- **Therapeutic Riding Programs:** Reining Hope offers day, evening and weekend therapeutic riding lessons to children and adults with physical, cognitive, psychological and/or developmental challenges. These lessons are scheduled on a weekly basis and are offered year round. Progress is tracked to enhance success and feedback to the participant and their families/guardians. Participants, once scheduled, attend on the same day/same time once or, if appropriate and affordable by the participant, twice a week.

Participants must complete an application package and will be scheduled for an assessment once the completed application has been returned. There is a one-time application processing fee of \$25. that must be returned with the completed application. The assessment will help us determine the appropriate equine assisted activities, horse, equipment and volunteer needs for the potential participant. The assessment is also a great opportunity for the participant and their family/guardians to discuss goals for the individual, as well as having them become familiar with the facility, staff, volunteers and horse(s) prior to starting their semester should it be determined that therapeutic riding be a beneficial activity for the participant.

**Note:** For participants without special needs, you must complete a Registration/Release of Liability Form and schedule an appointment for an initial visit to the facility in order to determine your goals and needs.

- **Unmounted Equine Assisted Activities and Horsemanship Skills:** This program is also offered as day, evening and weekend sessions and is intended to serve participants with and without special needs who wish to develop skills to work safely with horses and/or in an equine agriculture environment. Participants learn about horse care, barn management, ground training and exercise for the equine. As with the riding program, each participant and their families/guardians provide input into goals for the individual and training programs are developed considering these goals. **Field Trips** – call for info!
- **Mentoring:** As a PATH International Advanced TRI (Therapeutic Riding Instructor), Kristin serves as a Mentor for potential PATH International therapeutic riding instructors who wish to seek certification through the organization. If you have a passion for working in this field, have equine skills and wish to become a PATH International TRI, please visit the PATH Intl. website at [www.pathintl.org](http://www.pathintl.org) for more information on starting the process and/or contact Kristin at email [kris12mase@yahoo.com](mailto:kris12mase@yahoo.com) or by phone at 802-895-9166.
- **Volunteering:** Reining Hope hold several volunteer training opportunities throughout the year. Volunteers are an integral part of a therapeutic riding center, enhancing the learning process for individuals with special needs, helping to ensure the safety within the program, and assisting in caring for and managing our herd of very special equines. Volunteers work with staff to ensure that we provide the best possible equine assisted activities and programs to all individuals and groups who come to Reining Hope. Check out the website [www.reininghopeaeaat.com](http://www.reininghopeaeaat.com) for scheduled Volunteer Orientation & Training sessions. Call Kristin at 802-895-9166 or email her at [kris12mase@yahoo.com](mailto:kris12mase@yahoo.com) to register for a Volunteer Orientation & Training session or for more information about volunteering at Reining Hope. No previous experience necessary!