

HORSES CHANGE LIVES, YOU CAN TOO!

Horses are working as therapists for all kinds of people who suffer from many disorders and illnesses such as autism, PTSD, cerebral palsy, and a myriad number of other mental, emotional, and physical ailments.

Patrick is a retired Air Force Operation Iraqi Freedom veteran with PTSD.

“The two horses I had the honor of working with did more than most “talk therapies” did in 7 years. ... I credit the equine therapy as one of the many factors that [enabled me] to enjoy stability in both my mental health and my personal life.”

Imagine the joy that individuals and families feel when they see their loved ones' faces light up in smiles and watch as they begin to recover the power of speech, movement, and especially the ability to relate instead of living incapacitated and isolated lives.

For many years the unique healing abilities of the horse was scoffed at by all but a few. Nowadays, as the result of good solid research HHRF is helping to uncover the how and why of the healing nature of the horse-human relationship. This research is imperative to the support and continuation of programs such as the one Patrick is benefiting from. Will you help us to ensure these programs are there for your children, brothers and sisters, cousins and neighbors?



2018 FUNDED RESEARCH

In 2018 Horses and Humans Research Foundation awarded a \$50,000 grant to the Temple Grandin Equine Center, Colorado State University to research The Feasibility, Acceptability, and Preliminary Efficacy of a Manualized Equine-assisted Occupational Therapy Intervention for Children with Autism. This research study is actually phase two of a comprehensive four phase study that tracks not only the effects of equine-assisted occupational therapy for children with autism, but also the feasibility of the intervention and the retention and impact of results.

Equine-assisted occupational therapy (EAOT) integrates horses into occupational therapy treatments to improve the social and behavioral functioning and related occupational performance of children with autism. This study aims to determine if a manual that outlines how to provide EAOT to children with autism is feasible to implement, and is acceptable to therapists and participants. The project will also assess the impact of EAOT on individual occupational performance goals, social functioning, behavior, and chronic stress of children with autism.

The results of this study will be used to design a future, large-scale randomized clinical trial. In addition, the results will be used to improve the EAOT intervention manual. The long-term goal is to determine if EAOT is an effective intervention for children with autism. If so, the intervention manual can be disseminated so that occupational therapists can provide evidenced based therapy sessions for their clients.

FUNDED RESEARCH

1. “Improvement in Trunk/Head Stability and Upper Extremity Control after HPOT”, Washington University School of Medicine, Program in Occupational Therapy - St. Louis, MO. USA. Status: Published in the Archives of Physical Medicine and Rehabilitation, 2009 Jul;90(7):1185-95
2. “The Effect of Equine Assisted Activities on the Social Functioning in Children with Autism”, Good Hope Equestrian Training Center - Miami, FL, USA. Status: Submitted for publication. Pilot study results published in the Journal for Autism & Developmental Disorder
3. “Hippotherapy to Improve Postural Control in Children with Cerebral Palsy”, Université de Sherbrooke - Quebec, Canada. Status: Submitted for publication.
4. “Effects of Hippotherapy on Balance and Gait in Ambulatory Children with Spastic Cerebral Palsy”, Central Michigan University, USA. Status: Active. Pilot study published in Physical Therapy, Journal of the American Physical Therapy Association May, 2012
5. “Basic Neurobiological and Psychological Mechanisms Underlying Therapeutic Effects of Equine Assisted Activities”, University of Rostock, Germany. Published in the Journal of Occupational Therapy, Schools and Early Intervention, 2015
6. “Effects of Hippotherapy on Children with Autism Spectrum Disorders”, Washington University School of Medicine, St. Louis, MO, USA. Status: Pilot study published in American Journal of Occupational Therapy, Nov/Dec 2013.
7. “Effects of Equine-Assisted Activities on PTSD Symptoms, Coping Self-Efficacy, Emotion Regulation, and Social Engagement in Military Veterans”, University of Missouri, Columbia, MO, USA. Status: Published in Applied Nursing Research 2017, Military Medical Research Journal January 2018.
8. “Effects of Equine Facilitated Psychotherapy on Post-Traumatic Stress Symptoms in Male Youth”, Cummings School of Veterinary Medicine at Tufts University, Medford, MA, USA. Published in the Journal of Child and Family Studies 2017.
9. “Examination of the Effects of Equine Assisted Activities on PTSD Symptoms, Quality of Life and Participation in Combat Veterans”, Baylor University Waco, TX. Status: Published in Occupational Therapy and Mental Health 2017.
10. “Can Horses Distinguish Between Neurotypical and Mentally Traumatized Humans?”, University of Guelph, Guelph, ON, Canada. Status: Published in Applied Animal Behaviour Science 2018.
11. “The Effect of Therapeutic Riding on Stress Levels in Young Adults with Autism Spectrum Disorders”, Slippery Rock University, Slippery Rock, PA. Status: Preparing for submission
12. “Tracking Kinematic and Kinetic Data During Horse Riding for Optimizing Therapeutic Outcomes”, Texas A&M University, College Station, TX. Status: Active
13. “The Feasibility, Acceptability, and Preliminary Efficacy of a Manualized Equine-assisted Occupational Therapy Intervention for Children with Autism”, Temple Grandin Equine Center - Colorado State University, Fort Collins, CO. Status: Active.

Details and updates at horsesandhumans.org

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Honor & Memorial Acknowledgements

In honor of "all my horse related friends and professionals" from Dr. Kathi Heiber

In honor of Ann Alden from Barbara Rector

In honor of Molly Sweeney from Kathleen and Kent Harbaugh, William & Katherine O'Neill

In memory of Bob Bossi, from Rose Goldfine.

In memory of Hiro, from Lisa May

In memory of John Post, from Joan Cutler



Finance Summary

	2018	2017
INCOME		
Grants & Contributions	\$81,216	\$178,922
Special events	\$0	\$0
In-kind	\$1,260	\$2,000
Interest & Dividends	\$3,809	\$2,922
Gains and Losses on Investments	(\$8,138)	\$8,569
Total Income	\$78,147	\$192,413
EXPENDITURES		
Program - Grants Awarded	\$49,999	\$10,000
Program - Other	\$76,749	\$115,807
General & Administrative	\$24,094	\$33,106
Fundraising	\$16,719	\$15,523
Total Expenditures	\$167,551	\$174,436

Full financial reviews and 990's available at www.horsesandhumans.org

Although contributions and grants decreased in 2018 due to fewer foundation grants, HHRF's financial position remains positive. In 2018 a substantial research grant was awarded and other expenses were reduced by 28.5% from their 2017 levels – a reflection of our conscious cost cutting efforts. In 2018 the Endowment lost value but it has rebounded since the end of the year. Overall, 2018 was a year of planning and rebuilding in both the areas of finance and human capital, giving us renewed resources to take Horses and Humans Research Foundation to the next level.

DEAR HHRF SUPPORTER,

I am very pleased to update you on the many exciting developments and achievements that we have experienced in 2018. As you will note in your reading of this Annual Report, HHRF continues to grow, to impact healthcare through support for high quality, visionary research, and to provide the opportunity for all to make a difference. We know that horses save lives, and with your support and contributions, we have moved the field of equine-assisted therapies and activities forward since our founding more than a decade ago.

The vision and commitment of our founder, Molly Sweeney, have positioned HHRF to become widely recognized as the leading organization with the mission to educate and seek funding for objective, scholarly, and influential research related to equine-assisted activities and therapies. Our work has undeniably benefited the field and humankind alike.

Examples: Beth A. Lanning, PhD, MCHES, of Baylor University, in 2017 published a peer-reviewed study supported by HHRF. The study had 51 veterans and active duty service members participate in an eight-week therapeutic riding program. The study findings revealed clinically significant decreases in PTSD symptoms, improved social functioning, vitality, less interference from emotions in daily activities, and increased participation in daily life. The study also reported improved confidence, trust, acceptance of self and others, and gratitude. (Lanning, B. A.; Wilson, A. L.; Krenek, N.; Beaujean, A. A. (2017). "Using therapeutic riding as an intervention for combat veterans: An International Classification of Functioning, Disability, and Health (ICF) approach". *Occupational Therapy in Mental Health*. <http://dx.doi.org/10.1080/0164212X.2017.1283282>).

Dr. Katrina Merkies, a 2015 grant recipient, has recently been published in the scientific journal, *Applied Animal Behavior Science*, with her article entitled: "Behavioral and physiological responses of therapy horses to mentally traumatized humans' about research on how therapy horses respond to people with PTSD".

2018 also marked an exciting new area of research supported by HHRF. "The Feasibility, Acceptability, and Preliminary Efficacy of a Manualized Equine-assisted Occupational Therapy Intervention for Children with Autism" is the latest funded research of HHRF. This exciting study is based at Colorado State University's Temple Grandin Equine Center with principal investigator B. Caitlin Peters, PhD.

We are making a difference, but we have miles to go before we can rest. To that end, we have added expertise and influence to our Board with new members. Board President, Mike Tomlinson, DVM, completed his tenure as Board president and returned as Board member. Thanks to Mike for his vision, energy, commitment, and service. We are proud to share that the new HHRF Board President is Pam Cusick, MA. We look forward to Pam's continued stewardship and growth of the Foundation.

The HHRF Vision Statement commits to "a world where the unique capacity of the horse to transform lives is universally understood and valued." Together we can make this vision a reality!

Thank you for your support, interest, and association. Without you, HHRF could not provide the needed financial support of important, peer reviewed research to move this valuable field forward. 2018 was surely an impactful year at HHRF and the future is bright and exciting!

Gratefully,



Ken Boyden, JD, EdD

Executive Director

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MISSION AND GOALS:

Through sustained investment in rigorous research, Horses and Humans Research Foundation serves as a catalyst to advance global knowledge of horse-human interactions and their impact on health and wellness. Our goals are to support, promote and fund scientific research that explores the claimed, yet unsubstantiated benefits of equine-assisted activities and therapies, leading to the discovery of the most effective methods and techniques for conducting thousands of existing and future programs. Another goal is to educate the public (including parents, donors, insurance companies and physicians) on research findings so that equine-assisted activities become more accessible to those in need.

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