

HORSES AND HUMANS RESEARCH FOUNDATION (HHRF) PURPOSE: TO ENRICH THE LIVES OF PEOPLE WITH DISABILITIES THROUGH SUPPORT OF RESEARCH THAT IMPROVES QUALITY OF EQUINE-ASSISTED ACTIVITIES AND INCREASES ITS PROFESSIONAL AND PUBLIC SUPPORT.

2008 Awards Announced

\$100,000 awarded to two research teams in support of EAA/T substantiation research

The Horses and Humans Research Foundation recently announced two \$50,000 research awards, as part of its mission to support rigorous scientific research that substantiates the healing impact of horses on humans.

The grant recipients, Good Hope Equestrian Training Center in Miami and the University of Quebec at Trois-Rivieres, were chosen from eighteen applicants, 17 of which were universities.

The Good Hope Equestrian Training Center is a 20-acre facility in southern Florida.

Their research team plans to evaluate the effects of equine interaction on 7- to 12-year-old children diagnosed with autism. Experimental and control groups will participate in the study, which include pre-testing, a 12 week program, post-testing



and follow-up analysis 12 weeks after the program.

The other award, to the University of Quebec at Trois-Rivieres, is the first



such international venture for the Horses and Humans Research Foundation. The university, located 85 miles north-east of Montreal, will conduct a project aiming to measure the effect of a ten-week

See "Award", pg 3

Legacy Circle and Endowment Funds Established

Two special friends included HHRF in their estate planning recently, initiating the HHRF Legacy Circle. What an incredible show of confidence and support - and a thoughtful way to plan today to have impact on the future.

Special thanks to found-

ing Legacy Circle members:

Patti Kortkamp
Jane Kellerman

(more on Jane on pg. 3)

Please consider joining them by remembering HHRF in your estate planning.

In addition, the HHRF Endowment Fund was recently established with a generous contribution from the William J. and Dorothy K. O'Neill Foundation, and matched by an anonymous donor.

Contents:
President's Perspective
Q&A
New Board Members
Remembering Jane Kellerman

Horse Power

Power Analysis: Horses & Humans Research

by Paul A. Spiers - HHRF Scientific Committee

What does it mean when someone says the design of your research is not "powerful" enough?

You know that Equine Assisted Activities and Therapies can have powerful effects on improving the lives of our clients with disabilities. The "power" of your research design and statistical methodology, however, is a horse of a different color. Statistical power refers to

the likelihood that your design will produce a significant effect with a probability of error less than 5 in 100 (probability or $p < 0.05$), less than 1 in 100 ($p < 0.01$), or of less than 1 in 1000 ($p < 0.001$).

The underlying issues that are addressed by a power analysis are simple, even if the formula seems complicated. For example, are the instruments or observa-

See "HorsePower", pg 3

President's Perspective

There seems no limit to the possibilities of the horse to aid in healing humans. They strengthen our body, our mind and our very soul and give us valuable lessons on living at no extra cost.

They also offer comfort in times of grief and stress, hence: if the economy is getting you down, make time to enjoy your equine friend! If you don't have your own, enjoy those same benefits by volunteering at your local equine-assisted activities program.

We instinctively move to tighten our spending through troubling economic times. Logic clearly dictates cutting back, but the truth is that nonprofits need your dollars more than ever - right now.

Though your normal capacity for giving may be impaired this season, we hope you see the importance of contributing what you can to the causes you most sincerely believe in, the ones you feel make a difference.

If you are reading this newsletter, you know that equine-assisted activities and therapies (EAA/T) make very dramatic differences in the lives of participants (and research findings are pointing to even greater impact than we thought!). You may also already have plans to support your local EAA/T program, as that is where the magic happens.

HHRF exists for those same programs, their students and their equine healers that you have witnessed in action. We feel the most effective way to support every rider and every program is by supporting substantive research that results in expanded resources for all. HHRF is the best research dollar you can invest in; our track record and visionary plans for the future can assure you that.

Please remember HHRF in your giving plans this year.

-Molly Sweeney

Question and Answer Corner

Q If I am applying for HHRF funding, but I am not part of an organization with an Institutional Review Board, how do I get approval?

A According to the U.S. Department of Health and Human Services, FDA regulations permit an institution without an IRB to arrange for an "outside" IRB to be responsible for initial and continuing review of studies conducted at the non-IRB institution. Such arrangements should be documented in writing. Individuals conducting research in a non-institutional setting often use established IRBs (independent or institutional) rather than form their own IRBs. Some options for consideration are hospitals where your research subject is treated or universities where your researchers trained.

Q If I am an international organization applying for HHRF funding, what is the IRB protocol?

A The U.S. Department of Health and Human Services lists qualified institutions in each country on its website. If you go through the IRB of one of these institutions, it will be acceptable both in your country and in the U.S. If your institution has an IRB that is not listed on the DHHS website, they can apply for approval through the Office of Human Research Protections.

To access IRB information at the U.S. Department of Health and Human Services, visit:
www.hhs.gov/ohrp/irb/irb_guidebook.htm

Two New Board Members

HHRF welcomes Susan Harding and Therese (Tess) Schmalbach to the board of directors.

Susan Harding, Vice President, Group Publishing Director of Source Interlink Media's Equine Network, has 20 years in the equine publishing industry. Susan has worked at Newsweek magazine, the Congressional Research Service and McKinsey & Co. She is a graduate of Northwestern University and the Harvard Business School. Susan has served as President of American Horse Publications, on the Board of Trustees of NARHA and on the Advisory Council of the Equestrian Land Conservation Resource (ELCR). Susan owns a PMU horse, a Thoroughbred/Percheron named Metaphor, currently in training to be a fox hunter, and two cats, LC and Moxie.

Tess Schmalbach, an independent physician consultant to biopharma companies, has over 15 years of medical drug/biologic/device clinical development experience in the biotechnology/pharmaceutical industry. She has participated in meetings with FDA, expert clinicians and investigators, scientists, and investors, supervised and directed clinical, biostatistical, data management, project management and medical writing departments, and been responsible for data interpretation and reports including peer-reviewed publications. She also has extensive data presentation experience, as well as experience presenting to a variety of levels of audiences. Tess will continue her work on the HHRF Scientific Committee in addition to her new board of directors responsibilities. Tess' full bio and picture at horsesandhumans.org.



Susan Harding with Metaphor

Award

Continued from page 1
 hippotherapy intervention on the control of head and trunk movement for children with cerebral palsy. Eighteen subjects and their horses will be fitted with telemetry-recording accelerometers to document the speed and magnitude of the subjects' upper body and head displacement throughout program and eight weeks after.

Continued from page 1



Jane Kellerman

“Teaching riding to the disabled should still be teaching riding within the scope of the riders' physical and mental

Thank you for your continued support!

In order for us to 'do what we do', we need to ask you to continue to 'do what you do' to support us! While monetary support is most appreciated, please consider these other options to help us continue to grow:

- Recommend us to your community leaders who would like to see EAA research flourish.
- Help identify collaborating associations and foundations to join with us in research sponsorship.
- Encourage EAA associates to make individual donations to our research fund.
- Create an HHRF link on your website (using a down-loadable logo from our site) to help expand awareness of our research mission.
- Make 'research' a line item in your EAA/T program's operating budget - and lend support to HHRF's competitive research programs.
- Work with us to conduct an outreach event in your area.

If you can help us in any of the listed areas, or if you have ideas of your own, please call (440) 543-8306 or send an email to info@horsesandhumans.org.

Thank you!

capabilities”

Jane Kellerman called the HHRF in June to say how important she thought the work we were doing at HHRF is to the entire EAA industry. She said how impressed she was with our board of directors, as she had seen so many of them impact our industry in countless

important ways over past decades. “HHRF is sure to achieve the kind of research you hope for - the fantastic board you have assembled will ensure it,” Jane said.

Sadly, Jane succumbed to cancer this past September. She was a master-level NARHA certified instructor, PTA, certi-

fied adapted PE teacher, whipper-in at the Miami Valley Hunt, founder of Bridge Riding for the Disabled and an advocate of therapeutic riding for 30 years. She is survived by her husband, Mark. We are so grateful for all she did for EAA/T and for her support of HHRF.

Horse Power *Continued from page 1*

tions you will be taking sensitive enough to detect change? What is their sensitivity and specificity? More particularly, given the statistical properties of your measuring instrument, such as its mean, mode, standard deviation, and standard error, how large a sample size will be required to find a “significant” result.

If you are taking more than one measurement, are its statistical properties additive or multiplicative? Does each new measurement or test you add, require even more

subjects? And then there are the subjects, themselves. Will they all have the same condition or disability, and will the differences mean that different subject groups, and maybe even a larger number of subjects, be required?

There are, of course, fancy formulas for computing “power”, but I will not list them here or try to explain how to identify and compute the components of these equations. In fact, it is precisely for this reason that I recommend including a behavioral sciences

statistician, either on your research team, or alternately, as one of the first consultants you meet with as your experimental question is germinating. Only in this way can you determine whether the idea you want to research can be proven with the methodology you have designed. Furthermore, and perhaps even more important, this will help determine if your research has the horsepower to cross the finish line into a peer-reviewed, scientific publication.



ADDRESS SERVICE REQUESTED

PRSR STD
U.S. POSTAGE
PAID
CLEVELAND OH
PERMIT #2180

Horses & Humans Research Foundation
P.O. Box 480
Chagrin Falls, OH 44022

Board of Directors

- Molly Sweeney, President
- Judith Lightfoot, Vice President
- Alan Young, Treasurer
- Robert J. Crump, J.D., Secretary
- Octavia Brown, Ed.M.
- Susan Harding
- Michael Kaufmann
- Therese Schmalbach, MD, PhD
- KC Henry, Executive Director

Advisory Council

- Jane Fitzpatrick, PT
- Leeda Flethcer
- Marjorie Kittredge
- Patti Kortkamp
- Marion May
- Pat Mullins
- Kitty Stalsburg
- Harry Swimmer

Scientific Committee

- Renee Casady, PT, MS, HPCS
- Peter Dedon, MD, PhD
- Victoria Haehl, PhD
- Brad Lewis, ACSW
- Karyn Malinowski, PhD
- Nancy McGibbon, MS, PT, HPCS
- Therese Schmalbach, MD, PhD
- Deborah Slikwood-Sherer, DHS, PT
- Paul Spiers, PhD
- Jose Szapocznik, PhD
- Renee Taylor, PhD
- Clare Thomas

Still seeking a
Cause-Marketing Partner?

HorsesandHumans.org averages more than 1,500 visitors each month.

Contact us at KCHenry@horsesandhumans.org or (440) 543-8306 to discuss partnership ideas or for more statistical information regarding demographics.

Notes

The HHRF Annual Fund Drive is still underway; please consider making a contribution!

A summary from the Washington University research project is available at the HHRF website

Next Grant Proposal Deadline: May 15, 2009

Sign up to receive ongoing news and updates by email at www.horsesandhumans.org



Yes! I want to support the HHRF mission!
Enclosed is my donation of:

\$50 __ \$100 __ \$300 __ \$500 __ \$1,000 __ Other \$ _____

Designate my gift toward: Endowment __ Research __

Horses & Humans Research Foundation is a registered 501(c)3 nonprofit organization. All donations are tax deductible to the fullest extent of the law.

Contact Information:

Name: _____
 Organization: _____
 Address: _____
 City, State, Zip: _____
 Phone: _____
 E-mail: _____

Please send a check to:

P.O. Box 480 • Chagrin Falls, Ohio • 44022

Or pay by credit card at:

www.HorsesandHumans.org

- Please make my donation in memory / honor (please circle one) of:
Acknowledge the donation to (Name, Address):
- My company matching gift form is enclosed.
- Please contact me for other donor options. (gift of appreciated securities, bequests, etc)

- Please send e-mails instead of postal mailings when possible.
E-mail address:
- Please remove me from your mailing list.
- I have already included HHRF in my planned giving.