



HORSES AND HUMANS FOUNDATION (HHF) EXISTS TO FACILITATE UNIVERSAL UNDERSTANDING AND APPRECIATION OF THE SIGNIFICANT INFLUENCE OF HORSES ON HUMANS.

Need for Research

The primary goal of the Horses and Humans Foundation is to promote research that will directly benefit program participants; research showing how to be more effective instructors, therapists and facilitators. Our secondary goal is to educate the public, including parents, donors, insurance companies and physicians.

Parents, teachers, therapists and educators have seen firsthand the magic of the horse...Equine Assisted Activities (EAA) program growth is occurring worldwide at exceptionally high rates...



- Yet third party reimbursement (insurance) has not kept up with the demand, due to a "lack of proof" that these activities are beneficial.
- Schools frequently cannot get EAA programs approved for their Individualized Education Program (IEP) because "the benefits are not substantiated."
- It is difficult to gain support from skeptics who have not experienced the programs first hand. Financial support for programs often lags for these same reasons.
- While some studies have been conducted, most of the perceived benefits have come from testimonials and anecdotes.

Complete thorough research simply does not exist to show that Equine Assisted Activities are effective. In a recent report, The Research Alliance for Children with Special Needs (RACSN) concluded that research projects need to be conducted with large numbers of participants to

WEBSITE: www.horsesandhumans.org Check our website for the latest information on grant opportunities, research plans and breakthroughs, special events, meetings and other useful information.

NARHA CONFERENCE The NARHA Meeting and Conference location has changed to Houston, Texas (see the NARHA website for more information), but the dates remain November 9-12. HHF is organizing a session of interactive workshops to discuss the grant process for those interested in applying for research grants. Stop at the HHF booth when you arrive at the conference for more information, or email us (info@horsesandhumans.org) to sign up ahead of time! Also look for HHF at the Wednesday night round tables!

CHALLENGE GRANT AWARDED Horses & Humans Foundation recently received a \$500,000 matching challenge grant. The generous funds were contributed by an anonymous donor with the donor's intention to jump-start the fundraising process and work toward the HHF mission statement. Now is the perfect time to make an investment in HHF, as every dollar contributed will be doubled! Contact HHF for more information.

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truly determine the effectiveness of therapeutic horseback riding; and major studies should be undertaken to determine the optimal frequency and duration of therapeutic horseback riding needed to obtain the physical benefits.

HHF is the only foundation dedicated solely to facilitating universal understanding and appreciation of the significant influence of horses on humans. The foundation promotes research that will directly benefit program participants and educate the public, including parents, donors, insurance companies, the medical community, etc., regarding the benefits of equine assisted activities.

NOW ACCEPTING GRANT APPLICATIONS! HHF is prepared to get underway with our first research projects. Due: June 30th 2006. Look inside or view the 'Research' section at www.horsesandhumans.org for more information on applying for research funding from HHF.

MEET THE BOARD:

This talented group of individuals represents diverse professional backgrounds and geographic locales. Their tremendous dedication ensures a unified commitment to the HHF mission:

JANE FITZPATRICK, PUNTA CARDA, FL, holds a B.S. degree in physical therapy, a Masters in psychology and is certified in Neurodevelopmental Treatment. She practices physical therapy with Pegasus Therapeutic Riding and is a consultant. Jane has been published as a writer and featured as a speaker on the topics of Hippotherapy and Therapeutic Riding in notable journals and arenas over the past ten years. She is a founding member of the American Hippotherapy Association and is also a member of NARHA and the American Physical Therapy Association. Jane has been a staunch supporter of research on the benefits and effects of therapeutic riding and hippotherapy. It is her hope that the public will begin to understand the beneficial effects that can occur when the horse and human interaction takes place in a safe, controlled environment.

MARGE KITTREDGE, BOXFORD, MA, was inspired to work with horses in therapeutic settings after many years of involvement in Outward Bound programs. Marge founded Windrush Farm, one of the first therapeutic riding programs to be established in the United States, based on the idea that "we could do through our horses what Hurricane Island did through the land and the sea." Marge's long history in Equine Assisted Activities includes instructing, judging, program management and past service on the NARHA board of directors. Marge has trained the trainers and led the leaders while impacting the lives of countless students she personally taught during her many years of dedication.

PATTI KORTKAMP, KANSAS CITY, MO, received her education at the University of Illinois in Environmental Education and spent 30 years creating and developing programs in wildlife rehabilitation and environmental education. Patti has been active in local and national organizations and has presented seminars and workshops in areas of program administration throughout her career. Her extensive background in the development and implementation of professional standards brought her to NARHA. She was active on the Board of Directors of NARHA for 10 years, serving as President in 1999 and 2000.

JUDITH LIGHTFOOT, LYME, CT, has forty years of board leadership, therapeutic riding and involvement with horses marking her life. From college to now, those three themes tell who she is. Sure, she is a mom to four and a grandmom to nine, but it is High Hopes Therapeutic Riding, NARHA and the Horses and Humans Foundation which describe her. She was High Hopes' President for five years, NARHA'S for three. She was chairman of NARHA's Task Force on Accreditation and serves as Treasurer of HHF. She also has served her

We welcome any comments, thoughts and questions. Please contact us through one of the following avenues:

info@horsesandhumans.org

www.horsesandhumans.org

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Survey Results

The results are in! HHF conducted a survey of the EAA community to assess current needs and preferences. The vast majority of respondents were instructors, administrators and/or educators in the EAA field. Five respondents have been in the field for more than 20 years, while the majority of respondents have been involved for less than 10 years. A total of 54 surveys were returned from all areas of the country.

What areas of EAA are most critically in need of research?

1. The effects and benefits of Hippotherapy
2. The effects and benefits of Equine Facilitated Psychotherapy (EFP)
3. The effects and benefits of Recreational Therapeutic Riding

Why is this research important?

1. To determine that the above activities are effective
2. Improved funding for services
3. To better understand *why* the above activities are effective

The majority of respondents felt the research should focus on both males and females, and both adults and children.

We would like to take this opportunity to thank all respondents for their time and effort. We were provided with names of dozens of references in the research field, as well as information on the respondents' own programs for possible involvement in research projects. ❖

community's public library as its president for the last 18 years. She lives in Lyme, Connecticut, with her husband and a number of horses, sheep and chickens.

MOLLY SWEENEY, HOCKLEY, TX, is president and founder of the Horses and Human Foundation. She is originally from Cleveland, Ohio, where she was blessed to grow up with horses in her life. Molly became involved with Equine Assisted Activities in 1990, when she started volunteering for SIRE. Molly is currently the President of the SIRE Board of Directors and the volunteer Equine Coordinator, responsible for the evaluation, selection and training of the SIRE horses. She served on the NARHA Board from 1996 to 2002. Molly says she is not a researcher herself, but has never outgrown that childhood phase where one is always asking, "But WHY?"

"Never doubt that a small group of thoughtful committed citizens can change the world; indeed it's the only thing that ever has." -- Margaret Mead

Call for Applications

The purpose of Horses & Humans Foundation (HHF) funded research is to provide evidence for the therapeutic effects of horses on humans. HHF will give funding priority to projects that have been pilot tested, have evidence of strong foundation or scientific justification, exemplify exceptional scientific quality and show design methodology which is appropriate to a significant research question.

The broad research agenda includes basic research as well as clinical studies that will ultimately impact physical and mental health and the quality of life for people with disabilities who are involved with equine assisted activities (EAA). Research outcomes will directly benefit program participants by showing how to be more effective instructors, therapists and facilitators.

Research grant applications are reviewed for scientific merit by the foundation's Scientific Review

Committee and then receive final funding approval from the foundation's board of trustees. Grants are awarded on a competitive basis, taking into account scientific merit, scientific and clinical significance and relevance to areas designated by the Foundation. Preference will be given to investigators with solid credentials and research experience who are associated with institutions located in the US or Canada. Grants are generally awarded for a maximum of \$50,000 per year.

Investigators considering research in other areas of relevance to EAA, or investigators who are not associated with institutions located in the US or Canada, are strongly encouraged to submit a Letter of Intent (LOI), summarizing the objective, significance and design of a research proposal before sending a full proposal. An LOI form can be downloaded on the HHF website. On the basis of the summary, a decision will be

made about whether a full research grant application would be considered for review. Be aware that LOI forms may take up to 2 months to process.

HHF is open to receiving Letters of Intent (LOI) and grant applications at any time throughout the year. To be considered, applicants must follow published guidelines, recommended LOI format, Conditions of Award (including qualification requirements), and research funding priorities.

If you have submitted a Letter of Intent and received a favorable response, please download our application with instructions for formal submission. It is available in three types of documents: MS Word, WordPerfect or PDF.

Visit our website at www.horsesandhumans.org or email us at info@horsesandhumans.org to receive an application or LOI form.

This initial call for applications has been made possible by an anonymous lead donation. There is still a need for support – as a nonprofit 501(c)3 organization, we rely on donations from organizations of interest and members of the community to make this important research possible. The same anonymous donor is matching ALL funds donated during HHF's startup years.

Please consider doubling your dollar and impact by making a pledge to HHF today.



Required Terminology

Horses & Humans Foundation requires standard usage of all EAA-related terms. Visit the 'research' section of the website for a list of common terms and their definitions.

*If you did not yet respond to our mailing request for research support - it is NOT too late!
Your donation will still help us meet our matching challenge grant!*

I will gladly support Horses & Humans Foundation. Enclosed is my check for \$_____.

Please make the donation in honor/memory of: (name, occasion) _____

Please acknowledge my gift to: (name, address) _____

My Name _____

Address _____

Telephone _____ Email _____

Please make checks payable to
Horses & Humans Foundation
(a nonprofit, 501(c)3 organization)

*Thank you
for your support!*

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"We get to make a living; we give to make a life." -- Winston Churchill

History: In 2002, a group of people gathered in Arizona, all of them sure that the time had come to promote research in the field of therapeutic riding/equine assisted activities. The prevailing philosophy in the organization's founding stages was that when the resources, contacts and support are provided for quality research, quality research will result. A plan was drafted for a public foundation dedicated to developing, funding and promoting this research. Administrative, fundraising and research aspects were all considered. The Horses and Humans Foundation has grown from those seeds.

Goals: The primary goal of the Horses and Humans Foundation is to promote research that will directly benefit program participants - research that shows how to be more effective instructors, therapists, facilitators. Our secondary goal is to educate the public, including parents, donors, insurance companies and physicians.

Equine Assisted Activities: Testimony to the therapeutic value of horseback riding spans the ages, but the development of organized equine assisted activities (EAA) is relatively recent. It is clearly documented that horses were an important part of therapy in the early 1950's in Europe to improve the lives of polio survivors, but the high regard for mystic powers of the horse dates back to the earliest humans.

Thousands of programs across the world are claiming remarkable achievements by partnering with the horse to serve people with varying disabilities. Many of these programs are associated with parent organizations such as The North American Riding for the Handicapped Association (NARHA) in the USA, Riding for the Disabled Association (RDA) in the UK and the Canadian Therapeutic Riding Association (CanTRA). Horses are successfully incorporated into educational and social behavioral programs, physical, occupational and speech therapy, motivational outreach, vocational programs and mental health therapies – just to name a few. The list is as endless as the imaginations of the facilitators of these programs. Now is the time to substantiate the benefits of EAA! Join us in supporting this foundation.

MISSION: HORSES AND HUMANS FOUNDATION EXISTS TO FACILITATE UNIVERSAL UNDERSTANDING AND APPRECIATION OF THE SIGNIFICANT INFLUENCE OF HORSES ON HUMANS.

HOW CAN I GET INVOLVED?

We need **qualified professionals** to assist on the grant application review committee. This will involve assigned application reviews and meetings once or twice per year.

We need **donor support** to help fulfill our \$500,000 matching challenge grant. We need **names and addresses**

of people who are interested in supporting our research, doing our research and learning about our research results. We are looking for **board members** who are committed to research and willing to help our board team facilitate growth, help find the support needed to match our present challenge grant and help build our foundation to ensure high quality research that will improve practices of EAA worldwide.

HORSES & HUMANS FOUNDATION

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ADDRESS CORRECTION
REQUESTED