

# One Heart Equestrian Therapy Inc.

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# ONE HEART



## Table of Contents

R.I.D.E. with One Heart .....	1
What are Equine-Assisted Activities and Therapies (EAAT)? .....	2
Benefits of EAAT in Physical Rehabilitation .....	3
Benefits of EAAT in Mental Health Treatment and Rehabilitation .....	4
Benefits of EAAT with Autism Spectrum Disorders .....	6
Benefits of EAAT for Disabled Veterans .....	8
About One Heart Equestrian Therapy, Inc. ....	9
Our Professional Affiliation .....	10
One Heart Services and Classes .....	12
Special Olympics .....	13
Clients We Serve .....	14
Supporting Our Community .....	16
The One Heart Team .....	17
Volunteer Stories .....	18
Our Facility .....	19
Further Reading .....	22

## R.I.D.E. with One Heart

**In the highlighted areas, we share real-life stories from the One Heart experience. Come RIDE with us!**

### Reward

It is such a pleasure to experience One Heart through the eyes of the families and staff who come in support of the riders. Mothers tell us, "This is the therapy they like!" Keep in mind that many of our riders undergo myriad therapies and treatments, many since birth. Many are complicated, painful, repetitive, and seem endless, especially to children. Receiving significant services in a natural setting and participating in a "normal" activity is rewarding for everyone. A father once said, "I was calling to my son that it was time to get ready for One Heart, but I couldn't find him. Turns out he was already in the car, ready to go!"

### Inspire

Daily we witness a new dimension in a child's behavior. We celebrate a newfound skill. Our riders increase in strength or ability. It is common to hear from a volunteer that they have a new perspective on life gained from a rider's success. Young people facing life choices and career decisions are frequently steered into health and human services from their experiences at One Heart. Our clients, volunteers, and horses, in turn, inspire us!

### Develop

At a professional level, the board and staff maintain best practices through the [Professional Association of Therapeutic Riding \(PATH\), International](#), accredits centers and certifies instructors. Our professional development coincides with the personal development of our riders. Services are continually reviewed to develop innovative programming and outreach.

At the arena level, we ask our clients to develop relationships with their horses and social skills with volunteers. We strive to develop clients, staff, and volunteers as a better self, and to extend that self to all relationships. A public relationship is developed with our community and donors who provide financial support to sustain and develop all aspects of operations.

### Enrich

The very essence of One Heart is to serve people. We are enriched by the gifts brought to us by our riders and families and by the natural partnership we find with horses. In turn, we find the lives we can touch through the intermingling of horsemanship, volunteerism, compassion, and professionalism to be enriched.

## What are Equine-Assisted Activities and Therapies (EAAT)?

EAAT is a therapeutic modality that incorporates equine activities and/or the equine environment and complements other, more traditional, therapies. EAAT stimulates the entire body of the client. When involved with a horse, clients of all ages increase their self-esteem and enjoy the therapy. When other therapeutic curriculum accompanies the lesson (e.g., music, massage, coordination, sensory, psychotherapy), the client's rehabilitation rate is increased.

There is no "standard" set of exercises used in EAAT. Each client must be treated according to his or her specific condition. Various exercises are recommended to stimulate different body areas, organs, or muscle groups. The therapies require rhythm, dexterity, and contact. The exercise program undergoes continual adjustment depending on progress and medical conditions. At One Heart, therapeutic activities are considered in the same way as a "made to measure" tailored suit, specifically designed for each client's requirements.

The simple act of sitting on a horse provides a passive therapy. The horse's body provides warmth and stabilization. Exercises are designed to combine active and passive elements. The passive input the horse provides through gait and pace translates into active neuro-muscular repositioning responses by the client. Body placement of the client on the horse and tack selection are also factors that influence the effectiveness of this active therapy.



### Applications of EAAT

- Mental Health
- Rehabilitation
- Veterans
- Physical Disabilities
- Learning Disabilities
- Cognition/Sensory Issues
- Psychological
- Behavior
- Quality of Life

## Benefits of EAAT in Physical Rehabilitation

Equine-assisted activities and therapies are known to improve one's balance, strength, and motor coordination. It has also been proven effective in promoting language, sensory regulation, and improving social skills, often resulting in the formation of an emotional bond with the horses on which clients ride. This then motivates children to perform skill-building tasks.

Hippotherapy is a physical, occupational, and speech/language treatment modality that utilizes the movement of the horse as part of an integrated intervention program. In each hippotherapy session, a specially trained occupational, physical, or speech therapist properly positions the client on the horse, analyzes the client's response, and directs the horse's movement. In hippotherapy, each client is working toward specific goals developed with input from the client/parent and therapist. Enjoyable and challenging therapeutic activities are selected to establish a foundation to improve neurological function and sensory processing. This foundation can be generalized to a wide range of daily activities.

Working with a horse provides exercise for individuals who need help developing fine motor skills (in the small muscles of the fingers, toes, wrists) and gross motor skills (large muscles in the legs, arms, and torso). Youngsters with different forms of cerebral palsy and autism can benefit from horse riding as it helps them develop strength, balance, and muscle control.



### **Other Benefits of Hippotherapy:**

- Building muscle strength
- Gaining self-confidence
- Gaining self-control
- Improvements in posture & flexibility
- Improving communication
- Improving concentration
- Improving fine motor coordination
- Improving socialization
- Relaxing tight muscles
- Sharpening hand/eye coordination

## Benefits of EAAT in Mental Health Treatment and Rehabilitation

The holistic approach of equine therapy can be beneficial to patients struggling with all types of addiction and social problems. The responsibility of caring for a horse gives people with addictive behavior a sense of purpose to their daily routine. Having a sense of purpose makes it easier to let go of the addictions and anxieties that once filled their life. Bonding and communicating with the horse helps foster respect – both for themselves and for the animal.

### Self-Worth

Many people who struggle with drug/alcohol addiction and/or mental health issues often experience significant feelings of inadequacy and diminished self-confidence. Working with horses in a structured therapy setting can help boost a sense of confidence and self-worth. As clients establish a relationship with the horse, it allows them to gain the horse's trust and unconditional love. For many people, this is a very new experience – one that can be powerfully affirming. They often feel an incredible sense of accomplishment during their equine-assisted therapy sessions.

### Behavior Modification

Behavior management is often a key component in any treatment plan. Both addiction and mental health issues are frequently accompanied by aggressive or violent tendencies or behaviors. These often end up endangering the patient, as well as loved ones. As these individuals learn to communicate with, and care for, their horse, they also have the opportunity to explore how the animal reacts to their different moods, vocal tones, and body language.

This "feedback" from the horse helps clients distinguish between hurtful or harmful behaviors and acceptable ways of asserting themselves. Lessons demonstrate the importance of trust and respect in a relationship, which are an important part of the therapeutic process. Personal reflection is also encouraged during equine-assisted therapy.

#### **RIDE with One Heart:**

**A therapist and a mom, comparing notes on a rider, remarked that while unable to convince the child to participate in therapy in a clinical setting, the same child became highly compliant and participatory while on his horse at One Heart. It was a relief to both the therapist and the mom, yet typical for the riders at One Heart. Highly motivated!**

## Benefits of EAAT with At-Risk Youth

This country has witnessed a steady increase of troubled adolescents interfacing with the law. The phrase, “at risk youth”, refers to an adolescent who struggles with moderate to severe emotional and behavioral disturbances, which can ultimately lead them into areas such as gang culture, violence, petty/felony crime, substance abuse, and incarceration. Regardless of the reasons, teenagers who are emotionally unstable may become a danger to themselves and to others.

EAAT is proving to be a potent treatment modality suited for at-risk or disadvantaged youth. Studies have shown that spending time with a domesticated animal can reduce levels of stress and diminish hyper-arousal. Far from being haphazard, these therapies are focused and intentional, producing marked positive results.

The equine-assisted psychotherapy model is proving to be effective for helping teens overcome defiance, anger, low self-esteem, and mood disorders. Horses have a way of breaking down a teen’s barriers and defense mechanisms. Teens who struggle with relationships and authority will often accept the horse’s presence and feedback more readily. They develop a relationship based on respect, trust, and patience, which then equips them with skills to form and uphold healthy relationships with people.

Horses offer another interesting facet to therapy for at-risk youth – a different environment. Therapeutic activities with horses can be designed to require immediate response/reaction. This mimics the same processing and coping skills youths use under duress in their lives.

### **RIDE with One Heart:**

**When facing her child who is expressing frustration, nearing hostility, a Mom related that she will remind her child of the lessons Prancer, the “Shetland of Specialties”, taught her about communication and behavior. Prancer taught this young, troubled teen the need to reset his behavior to a tone of cooperation and interpersonal communication to achieve results. A pony knows!**

### **Working with the horses can help at-risk youth to:**

- Enhance problem solving & social skills
- Learn empathy and stimulate creativity
- Accept accountability for behaviors
- Gain a sense of personal control
- Learn stress, anger & frustration management
- Decrease feeling of hopelessness & depression
- Learn better communication skills
- Build a strong & positive perception of self
- Learn cause & effect – taking responsibility
- Find direction, focus & meaning for life/future

## Benefits of EAAT with Autism Spectrum Disorders

Hippotherapy and equine-assisted therapy use the horse's multi-dimensional rhythmic movement, which resembles the natural walking gait of humans, to achieve specific therapeutic outcomes. Therapists help clients ride the horse in different positions, including sitting or laying forward, backward, or sideways; standing up in the stirrups; and riding on the horse without holding on. Specially trained physical therapists, occupational therapists, and speech/language therapists use this therapy with autistic children and kids with a wide range of other types of disabilities.

A [2009 study](#) showed that children who rode horses as therapy showed improvements in several social skills after 12 weeks of therapy. The researchers found that the children became more socially motivated and improved in sensory seeking and sensitivity. Most children with autism are unable to integrate their senses and understand how their bodies relate to the external world. Equine-assisted therapy has been shown to help a child gain a sense of body awareness while improving sensory integration.

Some may wonder how equine-assisted therapy can be used to encourage speech in a child. The excitement of riding encourages speech when the rider wants to communicate with the therapist and the horse. Non-verbal autistic children have suddenly started talking when they use the horse's name or ask the horse to get moving! The therapy provides a solid, yet enjoyable, period of time for stimulation and exercise.

### **RIDE with One Heart:**

**Instructors and therapists wrote a goal of having a pre-teen rider address his volunteer by name during the mounting period. With the same instructor, pony, and volunteer during a weekly class for 12 weeks, the goal was attained. On week 12, the child approached his pony, went up the three-step mounting block, looked across the saddle and said, "Hi, Beth." His mother's jaw dropped. Hi Five!**



The benefits experienced by kids with mental and emotional disabilities are also due to the special relationship they develop with the horse. The horses are specifically chosen and trained to be gentle, patient, and calm. The unconditional, non-judgmental aspect of the bond

### **RIDE with One Heart:**

**When asked if her child transferred the therapeutic experience from One Heart into the world, a mom related this story. Her child had experienced the Scandinavian Day's Parade in his hometown each year since his birth. Year after year the parade went by with fire trucks, bands, clowns, candy floats, noise, color, and activity. After riding Nellie at One Heart for one session, the young man witnessed this parade for the 13th time, again without response until the horses came at the end of the parade. At that time, for the first time ever, the child responded. He stood up and clapped for the horses.**

between the horse and the child encourages the child to form an attachment and interact with another living being, which is especially difficult for autistic kids to achieve. One of the greatest benefits of this type of therapy is the enjoyment kids get out of it. They don't even realize they are participating in a therapeutic activity – it's just a lot of fun!

EAAT gives children with autism a sense of themselves and their bodies, while increasing their contact and interaction with the surrounding world. A child's self-confidence will increase once they learn how to interact and work with their horse. These children quickly form attachments and relationships with the horse they ride, and this behavior is then expanded to include teachers, trainers, therapists, and family.



## Benefits of EAAT for Disabled Veterans

Along with the physical benefits, equine-assisted psychotherapy for post-traumatic stress disorders (PTSD) has gained the [attention of the U.S. Department of Veterans Affairs](#), which has provided grants for practitioners to run equine-assisted therapy groups for returning troops from Afghanistan and Iraq.

Preliminary results are favorable, with statistically significant rates of change, suggesting the use of equine-assisted therapy to reduce or control the symptoms of PTSD. The Equine Assisted Growth and Learning Association (EAGALA) evaluated treatment of members of the Georgia National Guard, where deployments averaged two years or more. [The study](#) revealed that 100 percent of soldiers who completed therapy had dramatically reduced stress levels.<sup>15</sup>

Animal-assisted therapy has shown evidence-based efficacy in veterans and other individuals with PTSD, depression, anxiety, attention-deficit/hyperactivity disorder, conduct disorders, dissociative disorders, and other chronic mental illnesses.

In equine-assisted psychotherapy, horses are used as tools to gain self-understanding and emotional growth. It recognizes the bond between animals and humans and the potential for emotional healing when a relationship is formed between the two species. In most cases, the horses are not ridden, and usually are not tethered in the arena, but allowed to roam free. Exercises can be as simple as giving the client a halter, and letting them figure out how to approach the horse and put it on.



### **Benefits of Equine Therapy for PTSD:**

- Bettering impulse modulation
- Decreasing isolation
- Expanding boundaries
- Gaining creative freedom
- Gaining perspective
- Gaining self-acceptance
- Gaining self-confidence
- Gaining self-control
- Improving communication
- Improving concentration
- Improving self-awareness
- Improving social skills
- Learning to trust
- Reducing anxiety

## About One Heart Equestrian Therapy, Inc.

One Heart Equestrian Therapy offers therapeutic services to individuals demonstrating physical, cognitive, mental, or emotional limitations and special needs. We work with children and adults born with disorders or diseases, injury victims, and children and adults with emotional disorders and/or learning disabilities. Many of the students have multiple diagnoses.

A complete team is assembled to provide these services. Team support for each client includes the One Heart instructor staff, a health professional, the horse, the volunteers and the community. As a member center of the [Professional Association of Therapeutic Horsemanship, International](#) (PATH, Intl.), all One Heart instructors are [certified](#) in a variety of specialties. Physical, occupational, and speech therapists and mental health providers team with One Heart to provide the best possible environments for our clients.

The One Heart staff evaluates and set client-specific goals using information provided by parents, teachers, doctors, and therapists. A One Heart horse is selected to advance goal achievement for each client.

One Heart could not operate without the help and support of the local community. Individuals and businesses contribute equipment, technical expertise, funds and volunteer hours – all of which support the services of this non-profit organization.

Since its founding in 2001, One Heart has provided therapeutic services to hundreds of individuals presenting with 39 distinct diagnoses. Volunteers and clients come to One Heart from nine Iowa counties. Besides the instructor and therapist staff, volunteers provide all the services at One Heart. One Heart staff also includes a certified [Special Olympics Equestrian](#) coach and qualified riders participate in Iowa's Special Olympics Equestrian competition.



## Our Professional Affiliation



At its founding, One Heart Equestrian Therapy became a Member Center of [the Professional Association of Therapeutic Horsemanship \(PATH, Intl.\)](#). One Heart is the only PATH, Intl. Member Center in central Iowa.

PATH, Intl. is a membership-based organization, founded in 1969, that writes the industry standards, certifies instructors, and accredits programs.

Therapeutic Riding Instructors are certified at three levels: Registered, Advanced, and Master. Therapeutic Driving instructors are certified as either Level 1 or Level 2



PATH, Intl. also credentials instructors in Interactive Vaulting and as Equine Specialists in Mental Health and Learning.

All instructors at One Heart Equestrian Therapy are certified, some in several disciplines. Maintenance of certification requires annual continuing education courses and credits.



More information and statistics regarding PATH, Intl. can be found at <https://www.pathintl.org/images/pdf/about-narha/documents/2016-fact-sheet-for-web.pdf>



## One Heart Services and Classes

### Driving

Driving classes are taught by a PATH Intl-certified instructor. An able-bodied driver (“whip”) is required if the instructor is not in the cart. A variety of vehicles and horses/ponies are used in driving classes.

Clients work to achieve individual goals while learning the horsemanship skills of driving, including: grooming, harnessing and hitching, and reinsmanship.

Clients need head and neck stability for driving and is an alternative for clients who have a fear of heights, their weight surpasses the mounted limitations, or are otherwise contraindicated for mounted therapeutic activities.

The driving program became a reality with the help of the Sons of Norway, Kong Sverre Lodge of Story City, IA. With their help, we acquired our first horses, carts, and custom harness.



### Physical Benefits

- Posture
- Trunk control
- Hand/eye coordination
- Spatial awareness
- Sequential thinking
- Strength
- Balance

### Communication Benefits

- Speech
- Tone modulation

### The Vehicles

The vehicles used are very similar to those used by able-bodied drivers, for example easy entry carts.

Common modifications:

- Hydraulic lift
- Manual ramp
- Movable seats
- Wheelchair adaptations

### **RIDE with One Heart:**

**A wheelchair-bound driver, with handholds looped around stiffened hands exclaimed, “She knows me! She knows I said whoa!” His driving horse responds to his voice and he doesn’t have to rely on the strength of his arms. Empowerment!**

## One Heart Services and Classes

### Motion Therapy

Motion therapy (or hippotherapy) is a therapeutic modality used by an occupational or physical therapist. The clients are placed in a variety of positions to serve the needs of their bodies. The horse provides warmth and motion. This exercise enhances muscular strength and tone, rider stability, balance, and coordination.



### Developmental Therapy

Developmental therapy offers clients a curriculum in occupational-type therapies on the back of the horse. Many times you will see developmental riders sitting backwards on their horse using the rump as a table: rolling out play-clay, working puzzles, using sewing cards and working on manipulative skills.



### Sport Therapy

In sport therapy each student learns basic horsemanship skills. Emphasis is placed on developing and refining physical and cognitive abilities needed to control the horse independently in a variety of situations. Goals are set with therapists. Classes are taught by a PATH Intl-certified instructor.



### Mini Power

This class utilizes miniature horses for clients who have health issues that prevent them from riding or driving or are afraid of horses. This class is typically more about learning horse management but has many of the same benefits as the riding classes, including sequential thinking, exercise, and building strength.

#### **Mini Power Activities include:**

- Grooming
- Exercises
- Obstacle course work
- Catching and leading

## Special Olympics

Equestrian events are some of the most fascinating sports during the Special Olympics World Games. The balance, the stability, and the right communication between the horse and the rider are key elements for success in equestrian sport.

Established as a Special Olympics event in 1987, [Special Olympics Equestrian](#) encompasses several disciplines. Athletes may choose either English or Western tack and enter the appropriate classes. At the present time, dressage is the only Special Olympics event that parallels the Federation Equestre Internationale. Other events have been chosen to offer a wide range of activities in which athletes can participate successfully. Equitation is judged on the rider's position and ability to influence the horse and is the basis for determining divisions.



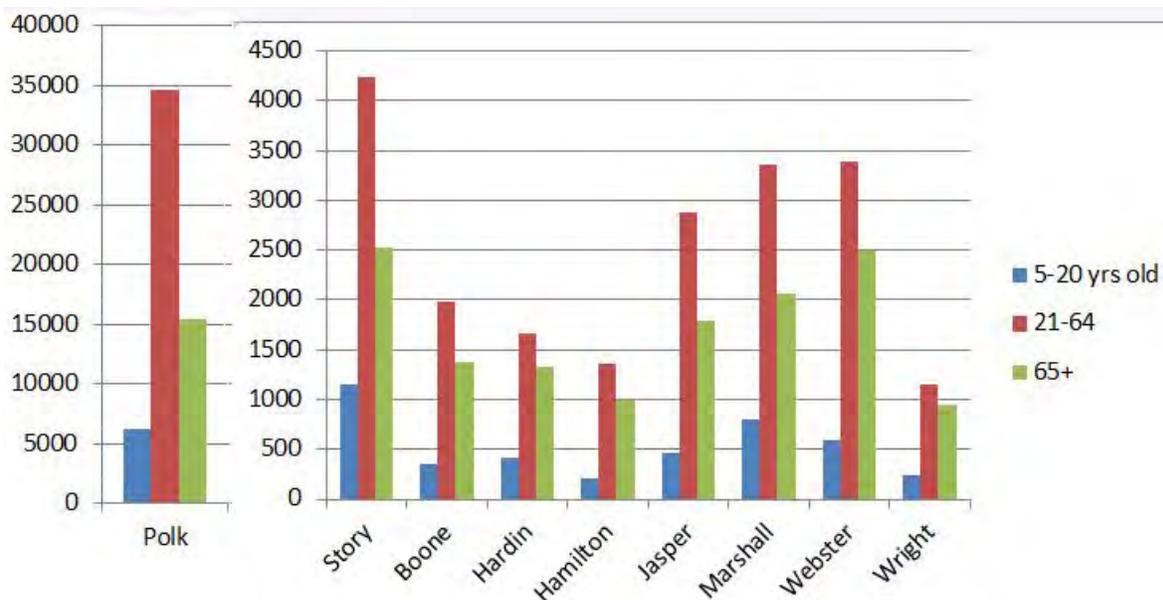
**Divisioning at Special Olympics:** Athletes in every sport and event are grouped by age, gender, and ability, giving everyone a reasonable chance to win. At Special Olympics there are no world records because each athlete, whether in the fastest or the slowest division is valued and recognized equally. In every division, all athletes receive an award, from gold, silver, and bronze medals, to fourth through eighth place ribbons. This idea of equal ability groupings is the foundation for competition in Special Olympics and can be witnessed at all events. All athletes are given an equal chance to participate, perform, and be recognized for doing their best by their teammates, family, friends, and fans.



## Clients We Serve

In central Iowa, Polk and Story Counties have the greatest population of individuals that have a disability. Given the high density of affected individuals, a safe and positive environment, such as that offered by Equine-Assisted Therapy, is essential for the continued growth and betterment of those in need. Equine-Assisted Therapy is a proven method that encompasses physical, occupational and speech/language therapy in such a way that the patients/students do not feel that they are actually under therapy.

Civilian Noninstitutionalized Population (2000) of Central Iowa



Alongside serving those individuals with disabilities living at home, One Heart also serves surrounding area Group Quarters. Group quarters (GQ) are places where people live in a group living arrangement, and which are managed by an entity providing services for the residents.

### GQs served by One Heart (2015)

#### Story County

- The Arc
- Krysilis
- Mainstream Living
- Lutheran Services
- Friendship Ark
- Story Co. Community Life

#### Webster County

- Opportunity Village
- Life Works
- Community Services

### RIDE with One Heart:

Riders from GQs are accompanied by staff to the arena. Staff reported about one rider, “We can’t get him to put his riding helmet away even during the winter. It has to be on his dresser where he can see it!”

## Clients We Serve

<b>PATH Diagnosis</b>	<b>#</b>
ADD (Hyperactive Disorder)	1
ADD (Hyperactivity Disorder)	1
Autism	7
Cerebral Palsy	15
Developmental Delay or Disability	4
Down Syndrome	5
Emotional, Behavioral or Mental Health	5
Epilepsy	1
Epilepsy/Seizure Disorder	5
Genetic Conditions/Disorders	6
Head Trauma/Brain Injury	1
Intellectual Disability	22
Intellectual Disorder	9
Multiple Sclerosis	1
Muscular Dystrophy	1
Speech Impairment	2
Stroke	1
Visual Impairment	2

This is a sampling of diagnoses listed on registration materials for enrolled clients. Along the right margin of each column is the number of times the diagnosis was received on a One Heart enrollment application. PATH, Intl. tracks the enrollment for the diagnoses shown in the list on the left. The list on the right shows the variety of diagnoses presented to One Heart. An individual may present with multiple diagnoses.

<b>Diagnosis</b>	<b>#</b>
ADHD	2
Anxiety Disorder	1
Autism	7
Brain Injury	1
Chromosomal Deletion	1
Cerebral Palsy	15
Degenerative Disk Disease	1
Depression	2
Diabetes	1
Down Syndrome	5
Epilepsy	4
Expressive Language Disorder	1
FG Syndrome	1
Glaucoma	1
Global Developmental Delay	1
Hypotonic	1
Impulse Control	1
Intellectual Disability	8
Mild MR	7
Moderate MR	6
MR	7
Multiple Sclerosis	1
Muscular Dystrophy	1
Neurofibromatosis	1
Optical Atrophy	1
Organic Brain Syndrome	1
Osteopenia	1
P-9 Syndrome	1
Pervasive Developmental Disorder	3
Reactive Attachment Disorder	1
Rett's Syndrome	1
Reye's Syndrome	1
Schizo-affective disorder	1
Schizophrenia	1
Seizure Disorder	2
Selective Mutism	1
Severe MR	3
Smith-Lemli_Opitz Syndrome	1
Spastic Quad	2
Stroke Syndrome	1
Sturge-Weber Syndrome	1

## Supporting Our Community

One Heart offers a multitude of opportunities for the surrounding community, whether that be children, groups, students, interns, or those just looking to volunteer, One Heart provides a one-of-a-kind experience where those involved are able to interact with those individuals who truly enjoy and rely on EAAT.

Some of the opportunities at One Heart include the following:

### Group Projects

- Girl/Eagle Scouts
- 4-H
- Pony Club
- Bible School
- United Way Day of Caring

### Internships – Iowa State University

- Marketing
- Accounting (Master's Project/Audit)
- Web Design
- English class
- Animal Science (Horse Science)



One Heart instructors also provide community outreach through the following:

### Teaching

- ISU Animal Science 216, Labs
- ISU Animal Science 415, Equine Systems
- Hippotherapy from Des Moines University

### Mentoring

- Mentored 7 PATH-certified therapeutic riding instructors

### Teaching (labs)

- Des Moines Area Community College: Vet Tech program.
  - Horse vitals, leg wrapping, venipuncture, grooming, haltering
- Des Moines University, Animal Assisted Therapy Lab
  - Observe and sidewalk in Hippotherapy class
- Special Needs Class
  - Interaction/Gilbert Community Schools
- Heartland Blind Camp
  - Day camp, horse care and horse riding, horse-related art project
- Ag Discovery – USDA/ISU: National Animal Science Camp
  - Horse interaction, learn about therapeutic riding, deworm, halter, farrier demo

## The One Heart Team

### Kris Lager, M.S.



**Kris** is a co-founder of One Heart and serves as the Executive Director. She is a PATH Intl-certified Therapeutic Riding Instructor, Level 1 Driving Instructor, and Equine Specialist in Mental Health and Learning.

*2011 The ARC Professional of the Year, Iowa*

### Jennifer Lamoreux, B.S.



**Jennifer** began as a One Heart volunteer. Training under Maureen's direction, Jennifer achieved her certification as a PATH Intl Therapeutic Riding Instructor.

*2011 Region 7 PATH Intl Instructor of the Year*

### Dani Koski, M.S.



**Dani** also began as a volunteer, learning to fill in wherever needed. After a year of volunteering, she became barn manager, helping wrangle horses and volunteers. Under the watchful eyes of Jennifer and Kris, and with help from Shane the horse, Dani became a certified PATH Intl riding instructor in June 2009.

### Lori Weyhrich, M.S.



**Lori**, too, began as a volunteer, along with her daughters. Three years later she decided to become a certified instructor and completed her Therapeutic Riding Instructor certification in 2015.

**Maureen** is a co-founder of One Heart Equestrian Therapy and served as therapeutic riding instructor until training at seminary in St. Paul, MN. She is now a pastor in Washington, Iowa, but remains close to One Heart as an ongoing advisor and friend.

### Maureen Howard, M.S.



## Volunteer Stories

I want to thank you for the amazing experiences I had when I was working with you all at One Heart. I still think about you all often. I really believe that the work I did with One Heart all has lead me to my career in occupational therapy.

- Toni, Omaha



I volunteered a little last spring at One Heart and I was wondering if I could do the same this spring? I would love to be a sidewalker again.

- Brittany



I volunteered last year and would like to start doing it again. I will be applying for physical therapy school in the fall.

- Emily



I really don't know how to express my deep appreciation to your help. A "thank you" is not enough for all your help. The reason they decided to give me the interview chance is they are very interested in my one-year work experience at One Heart.

- Gan, Boston



I started with one heart several years ago back when it was at the story county fairground because my babysitter and Girl Scout leader Jenny (One Heart Instructor) thought I would like it since I liked people and had a passion for horses. This volunteering made me who I am today and formed a foundation for my career that I love so much. After high school I went to college to be a physical therapist assistant due to my positive and influential experiences that I had with One Heart volunteering. The smiles, the progress, and sharing our love of horses for a common goal is so amazing to see. Thank you One Heart staff, clients, and parents for making me who I am today.

- Ashley

I'm a student at ISU and I have been volunteering at One Heart the last couple of fall sessions and have thoroughly enjoyed it! I'm in the process of applying to physical therapy school right now.

- Stephanie

## Our Facility

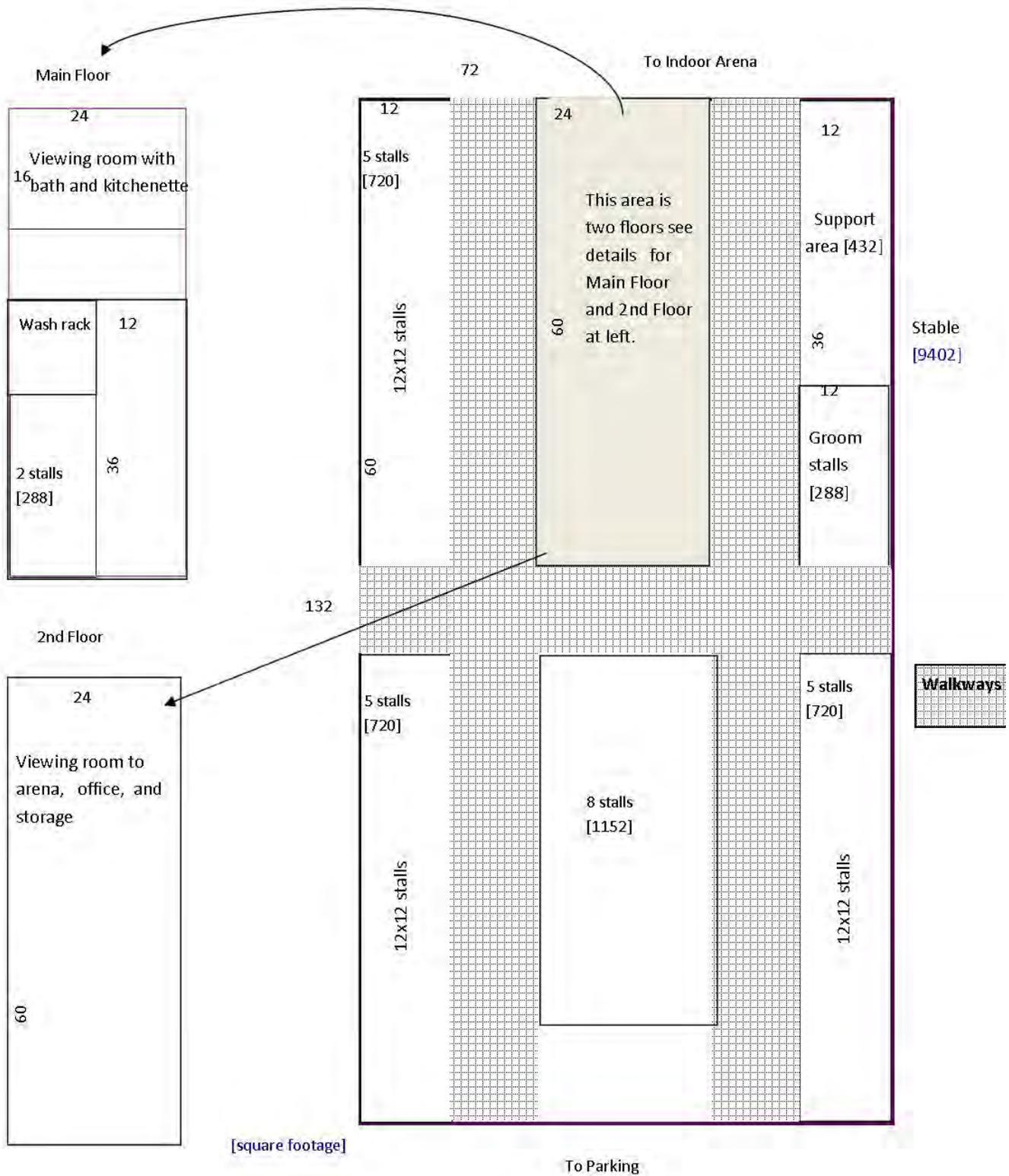


**Exactly WHERE is this property?** Our facility is located at 2710 W. 190th St. just north of the city limits of Ames, IA. It is on a hard-surfaced road for access throughout the year. Our clients come from a 9-county area surrounding Ames, and the majority of our volunteers come from Ames, so this is ideally located.

**What is the history of the property?** The property was intentionally built in 2003 to serve equestrians! It has housed many champions and has offered many hours of riding over the years. One Heart purchased the facility in 2018 to carry on the proud equestrian purpose for which it was built.

**What is on the property?** The property, on 10 acres, includes a large indoor arena with dust-free footing, outdoor riding space, numerous stalls and tack areas, a viewing room and gathering spaces, client prep area, bathroom, and offices. All public areas meet ADA requirements.





This property was designed and built with quality materials and workmanship. It has been maintained with skill and proper attention. There are multiple grass paddocks (for rotational grazing) and automatic waterers, and the entire property has horse-friendly fencing. Additionally there are well-maintained caretaker quarters on the property.



## Further Reading

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