

## **Central KY Riding for Hope (CKRH) At a Glance**

CKRH started as a grass roots effort in 1981. We are a Premier Accredited Center of PATH Int'l (Professional Association of Therapeutic Horsemanship, International), and our mission is to enrich the community by improving the quality of life and health of individuals with special physical, cognitive, emotional or social needs through therapeutic activities with the horse.

Roughly 77 % of our participants are children. *In 2011, CKRH assisted more than 300 participants (unduplicated)* through Equine Assisted Activities & Therapies (EAAT), an umbrella term which includes the range of equine activities/therapies designed for people with disabilities or diverse needs. They include:

**Therapeutic Riding (TR)**, mounted traditional riding disciplines or adaptive riding activities conducted by a certified instructor in private or group lessons. Activities are designed to meet each participant's needs and may focus on fine/gross motor skills development, balance, strength or coordination. An alternative for individuals unable to ride (due to contraindications) is Therapeutic Driving.

**Hippotherapy (HPOT)**, mounted physical/occupational/speech therapies that utilize equine movement. Services are provided by a licensed therapist or speech/language pathologist in partnership with Cardinal Hill Rehabilitation Hospital.

**Equine Facilitated Mental Health (EFMH)**, non-mounted equine assisted activities and therapies with a focus on mental health issues. Led by a licensed/credentialed mental health professional in conjunction with a credentialed equine professional, examples include psychotherapy, marriage/family counseling and bereavement therapy. CKRH partners with the local Veterans Administration Medical Center to provide substance abuse recovery and PTSD counseling to military veterans; Bluegrass Rape Crisis Center to provide psycho-educational services to adult survivors of sexual trauma; and Hospice of the Bluegrass with the Healing Hooves bereavement retreat.

**Equine Facilitated Learning (EFL)**, non-mounted equine activities which incorporate equine/human interaction to promote emotional growth and develop life/social skills. Our partners in this effort are Fayette and Woodford County Public Schools.

**Therapeutic Horsemanship (TH)**, mounted and non-mounted equine activities which develop skills in horse care, handling or riding. Participants' equine skills progress while improving cognitive, emotional, social and behavioral abilities. Activities include Horse-Master lessons, US Pony Club curriculum and occasional horse show competitions.

CKRH currently serves twelve (12) Central Kentucky counties with the help of about 30 horses, 6 FT/3 PT staff, 3 licensed therapists and 170+ weekly volunteers.

In addition to our partners noted above, CKRH provides clinical/intern opportunities for UK Health Sciences, Eastern KY University, Asbury University, Markey Cancer Center and Midway College Equine Program.