



CANADIAN THERAPEUTIC RIDING ASSOCIATION

Patron
HRH The Princess Royal

ANNUAL REPORT 2016~2017



Charitable reg. no.: 11883 6543 R0001

The 2016~17 audited financial statements are available on request from ctra@golden.net



**CANADIAN THERAPEUTIC RIDING ASSOCIATION
ASSOCIATION CANADIENNE D'ÉQUITATION THÉRAPEUTIQUE**

5420 Hwy. 6 North / 5420 Aut. 6 Nord

RR5 Guelph, Ontario, Canada, N1H 6J2 ~ 519-767-0700 ~ ctra@golden.net ~ www.cantra.ca

2016~2017

BOARD OF DIRECTORS

<i>President</i>	Eliane Trempe	Québec
<i>Past President</i>	Daphne Davey	Prince Edward Island
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<i>Second Vice-president</i>	Ruth Carter	New Brunswick
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<i>Director</i>	Shelene Williams	Alberta

STAFF

<i>Administrator</i>	Brenda Coward
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HONORARY DIRECTORS

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ADVISORY COUNCIL

Ann Caine	Ontario
Jeff Tiessen	Ontario
Bernard Gluckstein	Ontario
Dr. Bob Wright	Ontario



MISSION STATEMENT

To promote the benefits of therapeutic riding throughout Canada by raising public awareness, working closely with the medical profession, providing continuing education, and maintaining high standards for therapeutic riding instructor certification and accrediting therapeutic riding centres.

PRESIDENT'S REPORT

Therapeutic riding is blossoming in Canada! The past year has once again seen CanTRA extended to its fullest. The reports that follow expose only the tip of the iceberg. So much work goes on behind the scenes, particularly within our committees: Certification & Education; Standards & Accreditation; Hippotherapy; and Equine-Facilitated Wellness.

Our board has also been busy. Especially, we have tackled the problem of translation. Our commitment to making documents available in both official languages remains firm. But we can no longer expect to rely on one volunteer for such a great task, and have now established a team of translators, although we struggle to find the means to pay for these professional services.

Unfortunately, with the passing of Dr. Gillian Lawrence in 2016, therapeutic riding in Canada and internationally lost one of its most cherished workers. The board is pleased to announce its sponsorship of the Dr. Gillian Lawrence Memorial Lecture at each triennial congress of HETI (Horses in Education and Therapy International), starting with the 2018 Congress in Dublin.

Many other very dedicated volunteers and professionals contribute to CanTRA's high reputation, which we strive to maintain. In addition to our board, Advisory Council, committees, examiners, zone representatives, newsletter designers, and others who serve CanTRA with such dedication, we are blessed with having our Administrator, Brenda Coward, at head office. While handling a full workload, she also manages to come up with creative suggestions for funding and for greater efficiencies.

We also have greatly valued supporters ~ individuals and organizations who make much-appreciated donations of funds or in-kind services ~ to ensure that this vital work for children and adults with disabilities will go forward without pause.

To every one of you, we say thank you!

Eliane Trempe

PROGRAM COMMITTEE REPORTS

Following are reports from CanTRA's four flagship programs. Each is responsible for developing national standards, education, and development initiatives. The titles for instructor levels as mentioned in the reports are:

CTRBI = CanTRA Therapeutic Riding Basic Instructor

CTRII = CanTRA Therapeutic Riding Intermediate Instructor

CTRSI = CanTRA Therapeutic Riding Senior Instructor

CanTRA Coach = CTRSI qualification plus a broad range of expertise in the administration and practice of therapeutic riding

HETI = Horses in Education and Therapy International.



CERTIFICATION & EDUCATION COMMITTEE

Committee members

Margaret Rigby, CanTRA Coach/Examiner (BC) ~ Chair

Fionna Christensen, CanTRA Coach/Examiner (BC) ~ Assistant Chair

Jane James, CanTRA Coach/Examiner (BC) ~ Board liaison

Nicola Harman, CanTRA Coach/Examiner (ON)

Linda Rault, CanTRA Coach/Examiner (AB)

Gay Wood, CanTRA Coach /Examiner (ON)

Certification

* 11 certification events were held in 2016, resulting in 24 certified CTRBIs, 5 CTRIIIs, and 2 CTRSIIs.

* 18 candidates who undertook the technical evaluation will be proceeding to the CTRBI exam in 2017. Another 5 will proceed to the CTRII exam, and one to the CTRSI exam.

* 6 candidates achieved the new Lungeing the Therapy Horse Certificate as a result of the pilot

* Paula Rolfe (ON) and Christine Ross (BC) achieved CanTRA Coach certification.

* Tegwyn Harper (BC) and Kendra Flynn-Stronach (ON) were instated as CanTRA Examiners. and Jo-Anne Chevalier (ON) was reinstated as a CanTRA Examiner.

* There are now 4 French-speaking Examiners, including one still in training.

New certification levels outline material

We are grateful to Jane James for investing many hours in developing reference material for the new instructor certification levels required for the instructor manual and website. These changes have now been approved.

Lungeing Certificate

The Lungeing the Therapy Horse certification program was successfully launched with a pilot in Ontario. As a result, six candidates were certified. More of these workshops with testing are scheduled for 2017. The committee is also working on compiling material developed by Margaret Rigby for a second-level booklet and workshop which covers more advanced lunge and long-line work, as well as lungeing a rider with a disability. Candidates wishing to register for the second-level

workshop will require the first level as a prerequisite, so it is not due to be completed and launched until several more of the first-level workshops and tests have been conducted.

Margaret Rigby, Chair / Fionna Christensen, Assistant Chair



STANDARDS & ACCREDITATION COMMITTEE

Committee members

Ann Caine, Advisory Council (ON) ~ Chair

Ruth Carter, CTRII (NB) ~ Board liaison

Tegwyn Harper, CanTRA Coach/Examiner (BC)

Nanci Picken, CanTRA Coach/Examiner (ON)

Nicola Harman, CanTRA Coach/Examiner (ON)

Evelyn Fraser, CanTRA Coach/Examiner (NS)

New committee member

In 2016 we were delighted to welcome Teg Harper to the committee. We are still seeking further representation from western Canada.

Site visits

Progress was slower than planned for 2016: Ontario 3, Quebec 1, BC 1. We are still addressing the backlog. With limited resources, we endeavour to combine these visits with exams or workshops in the area. Once the new fee structure is fully operational, organizing visits will become easier. Several visits are already planned for 2017.

Safety concern: Insurance

There has been a growing concern about safety regarding CTRBI and CTRII instructors teaching the canter when not certified to do so. In partnership with the Standards & Accreditation Committee, the Certification & Education Committee has been addressing this issue. Nicola Harman, CanTRA Coach/Examiner, produced a draft "Rider Progression" document. All Certification Committee members gave their input and approved the final document. This has been filed with CanTRA's insurance company and will be added to the Safety Standards Checklist.

Member support

Brenda Coward, CanTRA Administrator, receives many insurance and standards inquiries, and is diligent in responding. For more complex inquiries, Brenda ensures that these are referred to an appropriate CanTRA advisor. In 2017 we plan to provide any new information regarding Standards/Accreditation in either the *CanTRA Communiqué* newsletter or by eBulletin.

Ann D. Caine, Chair



HIPPOTHERAPY COMMITTEE

Hippotherapy is the utilization of the horse for therapeutic purposes rather than equestrian goals. It is a rehabilitation strategy using a mobile and live instrument called “horse” that possesses motor, emotional, and neuro-sensitive stimulation qualities never equalled by a machine. Hippotherapy is a specialization reserved to rehabilitation specialists: physiotherapists (PT), occupational therapists (OT), and speech language pathologists (SLP) trained in this field. “Hippotherapist” is not a recognized term.

Mission statement: To promote best practices of hippotherapy in Canada through education, consultation, and continuing professional development with interprofessional collaboration.

Committee members

Pippa Hodge, PT (BC) ~ Chair
Danielle Champagne, OT (QC)
Celeste Coldwell, SLP (BC)
Claire Feltham, OT (BC)
Christine Finke, PT (BC)
Ruth Isaac, OT (AB)

Kristin Kelly, SLP (AB)
Devra Rich, OT (ON)
Tamsin Snodgrass, OT (BC)
Judy Todd, PT (BC)
Eliane Trempe, CanTRA Coach (QC) ~
Board liaison

Highlights of 2016

- * The committee held five meetings in the year.
- * Pippa attended a Toddler HippoT course at Skyline Therapy Services (Ruth Dismuke-Blakely, SLP) in New Mexico. The course was organized by the American Hippotherapy Association (AHA) for faculty. Speakers were two PTs from Czechoslovakia.
- * Pippa attended a conference call with HETT’s Scientific Committee to discuss some of the scientific topics to be presented at the 2018 Congress.
- * Pippa has submitted a poster presentation on the subject of Music and Hippotherapy for the April 2017 Pediatric Symposium in BC.

More to come in 2017

- * Pippa will present a pre-conference hippotherapy workshop at the Sunrise Therapeutic Riding and Learning Centre (Guelph, Ontario) conference in May 2017, a CanTRA-sanctioned conference.
- * Danielle will present the results of her PhD research at the 2017 AHA conference in Colorado.
- * Pippa is planning a research project on combining music with hippotherapy.
- * Committee members are planning to attend the 2018 HETI Congress in Dublin.
- * Discussions on creating a CanTRA video on long-lining in hippotherapy.

Pippa Hodge, Chair



EQUINE-FACILITATED WELLNESS (EFW) COMMITTEE

Equine-Facilitated Wellness brings humans and equines together in healing and learning environments. CanTRA EFW qualifications include Basic and Advanced levels for Mental Health Professionals (MHP), Education Professionals (EDP), and Equine Professionals (EQP). To obtain CanTRA certification, MHPs and EDPs take a credentialling exam with the Certification Board of Equine Interaction Professionals (CBEIP), our independent, third-party credentialling partner.

Committee members

- * Tricia Mellor, MSW, CTRII (ON) ~ Chair/Board liaison
- * Dr. Anne Barnfield, BSc, PhD (ON)
- * Daphne Davey, CTRBI (PE)
- * Sandra (Evans) Mudry, CanTRA Coach (BC)
- * Kendra Flynn-Stronach, BSc, CanTRA Coach (ON)
- * Allie Lewis, CTRII (ON)
- * Katlyn Wildfang, BASc, CTRBI (ON)

Consultants

- * Dr. Gabby Ledger, BA, MD, FRCP(C)
- * Dr. Jan Yorke, MSW, PhD (ON)

Note: Due to space limitations, only academic degrees and equestrian instructor certification qualification have been listed above. We are most fortunate to have a committee representing tremendous depth of professional qualifications and experience.

The following members retired from the committee, and we thank them for their service: Dr. Claire Dimuantas, Jennifer Giroux, and Kathleen Murphy. We welcome new member Katlyn Wildfang to the committee.

Accomplishments

- * Certified the first two CanTRA EFW Equine Professionals: EQP(Basic)
- * Finalized the certification process for Mental Health and Education professionals to align more closely with CBEIP standards.
- * Maintained ongoing representation on the CBEIP Board.
- * Continued circulation of a PR letter to government, research, professional, equine, educational and other agencies to introduce CanTRA and our EFW program.

In progress and future endeavours

- * “Canadianizing” of the CBEIP credentialling examinations
- * Development of a PR card to advertise the EFW program at conferences, seminars, etc.
- * Individual reviews for eligibility of certification applications presenting a variety of training and education backgrounds
- * Translation of the “Canadianized” CBEIP examinations into French
- * Development of regional EFW introductory workshops
- * Development of policies and procedures, and a protocol manual for practitioners, instructors and facilities.

Tricia Mellor, Chair



ZONE REPRESENTATIVE REPORTS

One group of volunteers that comprises an important part of the CanTRA family is our team of Zone Representatives. The country is divided into six regions, each with a Zone Representative serving as CanTRA ambassador and “two-way radio” in their region. Having such knowledgeable people close to the ground is of great benefit to all. We deeply appreciate this volunteer service.



ZONE 1 British Columbia, Yukon Zone Representative: Christine Ross

Congratulations to newly qualified instructors! This past year, five candidates qualified as CTRBIs: Nicole Carrier, Cecilia Dingwell, Joanne Gorle, Leah Ricketson, and Ashley Suds. One qualified as a CTRSI: Helgi Sangret.

The Instructor candidate program is thriving with 47 candidates training at various stages and levels. Of these, nine have passed their technical evaluation and are working towards their exams.

Currently there are 17 CanTRA-accredited centres in British Columbia: 4 Provisional Centres, 10 Full Centres, 2 Accredited Centres, and 1 Accredited Examination Centre.

The Board of the BC Therapeutic Riding Association is meeting regularly and working on how to evolve the Association for the future.

Cynthia Andrews, CTRSI, presented three therapeutic riding workshops in Kamloops, Prince George, and Chilliwack, and has more planned for 2017. CanTRA Coaches Jane James and Fionna Christensen also presented a workshop, Instructor Preparation for CanTRA Lungeing Certification.



ZONE 2 Alberta, Northwest Territories Zone Representative: Brenda Spanier

As I have only recently taken on the position of Zone Representative, I wish to thank my predecessor, Shelene Williams, for helping me transition into this new role.

Little Bits (Edmonton) is very excited about moving to a new facility in 2017 ~ after 42 years in a run-down, dilapidated facility. They will no longer have to struggle to get a wheelchair outside in a snowstorm, across a gravel road to the washroom building! They will also be able to expand their program.

Mount View Special Riding Association (Olds) continues a 34-year tradition of small but mighty! Their small seasonal program provides CanTRA-quality riding therapy. They are excited about discussions with Olds College for a possible future collaboration.

The Four:Thirteen Therapeutic Riding Association (FTTRA) (Calgary) is excited to have received CanTRA Provisional Centre status. They offer year-round programming for their growing number of participants.

Will for Riding Foundation (WFRF) (Calgary) is very pleased that CanTRA has approved the appointment of their head instructor, Brenda Spanier, as the new Zone 2 Representative. They are very proud of her dedication and hard work. They have maintained a 100% safety record.

Lethbridge Therapeutic Riding Association (LTRA) has now completed one year in their brand new arena. A very successful CanTRA mentoring workshop was held there with Nanci Picken. It was amazing to see the passion and drive that exists in the therapeutic riding world.

Peace Area Riding for the Disabled Society (PARDS) (Grande Prairie) witnessed their riders progress so much thanks to Equestrian Canada's national video competitions. They are now planning to expand their facility to include a new 100 ft. x 200 ft. arena. They look forward to the development of a CanTRA driving instructor program as there is a need for this in their community.



ZONE 3

**Saskatchewan, Manitoba, Nunavut
Zone Representative: Brenda Godin**

“Without continual growth and progress, such words as improvement, achievement, and success have no meaning.” This quotation by Benjamin Franklin best describes Zone 3.

Manitoba

Anniversary milestones were reported by *Manitoba Riding for the Disabled* (Winnipeg) ~ 40 years, and *Urban Stable* (Cartier) ~ 15 years. Both centres have touched the lives of many riders with disabilities and continue to receive community financial support. Two MRDA therapists completed the American Hippotherapy Association Level 1 Treatment Principles, and will finish their Level 2 in 2017.

Brandon Keystone Centre's Horse 3 Equine Guided Education and Entertainment hosted its first therapeutic riding workshop facilitated by T.H.A.T. Program's CTRSI. The workshop engendered much interest in CanTRA centre accreditation and instructor certification.

Saskatchewan

CK Horse Horizons reported growth with the Saskatoon Special Olympics Team and have hopes for athletes participating in the Saskatchewan Horse Federation Para-Dressage classes.

Equilibrium Therapeutic Riding Inc. partnered with Autism Services Saskatoon to deliver specialized therapeutic riding programs, day camps, and lessons for over 100 riders. Equilibrium's CTRSI attended a Learn to Drive workshop hosted by Prairie Mentoring Centre for Therapeutic Riding Inc. in Moosejaw.



ZONE 4 Ontario

In 2016, Ontario was divided into three sub-zones. We thank our three new Zone Representatives for covering the province between them.

4a Southern Ontario Zone Representative: Nanci Picken

Southern Ontario has 5 Provisional Centres, 6 Full Centres, 5 Accredited Centres, 2 Accredited Examination Centres, and one Examination and Training Centre. We also have 21 CTRBIs, 57 CTRIIIs, 8 CTRSIIs, and 5 CanTRA Coaches. An additional number of candidates are progressing through the system. In Southern Ontario alone we have five examiners!

In May 2017, Sunrise (Guelph) hosted a well-attended two-day conference with excellent presenters.

I have been contacting programs that are not CanTRA centres for awareness about the benefits of CanTRA accreditation.

TEAD (Mount Hope) is busy serving 300 riders per year.

PRANCE (Port Elgin) offers therapeutic riding, driving, camps, school groups, equine-facilitated wellness, and other programs. They were awarded the BRASS (Business Recognition Award of Saugeen Shores) award for non profit of the year. "PRANCE enriches hearts and lives by partnering horses and humans."

Hope Haven (Markdale) helps more and more students with anxiety issues through their school groups. These sessions include riding, horse education, yoga, snowshoeing, hikes, and art therapy. Their accessible property allows people with disabilities to enjoy a variety of activities. "Help Make Hope Happen."

T.H.R.I.L. Therapeutic Horse Riding (Lindsay) is a new centre anxious to attain accredited status in 2017. Their program includes two riders long-listed for the Para Equestrian Canada team! One rider was an Easter Seals Telethon Ambassador and a volunteer received a local Volunteer of the Year award.

CARD (Toronto) is gearing up for their 50th anniversary celebrations. Highlights included being chosen as a recipient charity for the Cornerstone Insurance Brokers golf tournament and hosting an Ann Gage workshop.

EquineAbility Niagara (Port Colborne) completed a full week of summer horse camp which a varied program, and plans to expand the camp in 2017. Their new satellite facility in St. Catharines bridges the gap between TEAD and Equine Ability in the south.

4b Eastern Ontario
Zone Representative: Paula Rolfe

There are currently eight candidates (all levels) in the zone in the process of certification.

TROtt (Ottawa) will be hosting an exam for all instructor levels in fall 2017. *TROtt* is also mentoring four candidates in various stages of certification, and hopes they will be ready to present themselves at a technical/exam in fall 2017 or spring 2018.

All centres, with the exception of one, are up to date regarding accreditation site inspections. The outstanding centre site visit will take place in 2017.

4c Northern Ontario
Zone Representative: Jo-Anne Chevalier

Northern Lights Therapeutic Riding Association/ Association d'Équitation Thérapeutique (Val-Rita) continues to evolve as a therapeutic riding and training centre. Through the Ontario Sport and Recreation Communities Fund, their three-year project includes outreach, promotion and education components for training and developing instructors and volunteers. Workshops offered regionally eliminate costs to travel south for training and certification, and result in more qualified coaches.

Timmins Therapeutic Riding Association started a two-year pilot project promoting changes to their programs to better reflect the Timmins client base. In 2016, the first year included a Miniature Horse program providing unmounted activities, as well as driving. The second year will see the start of four sessions. The program is working with agencies geared to focus groups such as women, First Nations, and people with autism, offering activities specific to their needs.



ZONE 5
Québec
Zone Representative: Eliane Trempe

Québec's provincial therapeutic riding association, the Fédération Québécoise d'Équitation Thérapeutique (FQET) has been very busy. We are pleased to report that Québec is actively pursuing accreditation of its FQET/CanTRA member centres. Site visits started in mid-2016 and are ongoing in 2017.

FQET members and centre members have participated in the following events in 2016-2017:

- * 2016 CanTRA certification event in Sorel-Tracy
- * 2016 FQET Fall Conference ~ ADHD and Biomechanics of the Horse
- * FQET booth at Salon du Cheval, St-Hyacinthe
- * FQET Facebook page, alive and running
- * FQET participation at Cheval Québec's annual congress in 2016 and 2017
- * 2017 FQET Spring Conference ~ Remedial Vaulting



ZONE 6

New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland & Labrador

Zone Representative: Ruth Carter

Our thanks to Ruth Carter who compiled this report at the eleventh hour as she takes over from Sallie Murphy. Our deepest thanks to Sallie who is retiring from the position after faithfully and enthusiastically serving for many years.

New Brunswick

Fredericton Therapeutic Riding Association installed a new accessible washroom at the Silverwood Arabians stable to ensure accessibility for all riders. Program participants also enjoyed a Fun Show and Christmas party.

Shining Horizons Therapeutic Riding Association (Saint John) purchased a new pony for their program to share the workload with therapy horse Parker. His name is Dusty and he is well loved.

Cavalier Riding Club (Pine Glen) has hosted a number of regional certification and education events over the past few years, and has now achieved designation as a CanTRA-Accredited Examination Centre. They operate with two CTRIs and two CTRBIs.

Nova Scotia

Halifax Area Leisure and Therapeutic Riding (H.A.L.T.R.) has had a very successful year with all riders meeting their short-term and long-term goals. They also raised \$11,000 for our program.

Free Spirit Therapeutic Riding Association (Aylesford) received the Doctors NS Strive Award and were able to install a lift for their program, as well as a barrier-free bathroom. Their head instructor, Alissa Cue, received the CanTRA 2016 Andrea Gilles Outstanding Instructor Award.

Prince Edward Island

The Joyriders Therapeutic Riding Association (Hunter River) have now completed their first full year at their new home, River Trails Ranch, owned by CanTRA Coach Kathryn Barrett and her husband. The facilities were renovated specifically for the needs of the program.

Newfoundland & Labrador

Rainbow Riders (St. John's) had a very exciting year, including the visit of HRH The Princess Royal, Princess Anne (CanTRA's Patron) who turned the sod on their new facility. They hope to open the doors to their new home in 2017. Their annual programs included the Andrea Gillies Rainbow Riders Equestrian Challenge horse show and banquet. Robyn Andrews, one of their long-time riders and supporters, competed in the Paralympic Games in Rio.

