

CANADIAN THERAPEUTIC RIDING ASSOCIATION

**ASSOCIATION CANADIENNE D'ÉQUITATION
THÉRAPEUTIQUE**

**Patron / Patronnesse
HRH The Princess Royal**



**ANNUAL REPORT / RAPPORT ANNUEL
2013–2014**

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**CANADIAN THERAPEUTIC RIDING ASSOCIATION
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2013–14

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HONORARY DIRECTORS
ADVISORY COUNCIL
STAFF**

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Nanci Picken	<i>Education Coordinator</i>

CANADIAN THERAPEUTIC RIDING ASSOCIATION
ANNUAL GENERAL MEETING
May 24, 2014

PRESIDENT'S REPORT

I feel very privileged to have the opportunity through this report to summarize the activities of CanTRA in the past year. In so doing, I am amazed at what has been accomplished by our board of directors and advisory council, our program committees, zone representatives, newsletter designers, and others – all volunteers. Our staff, instructor certification examiners, and accreditation site visit personnel may receive remuneration, but they share the same commitment to CanTRA and have often gone above and beyond to support the work. My deep thanks to all.

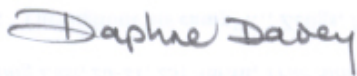
As the national body for therapeutic riding in Canada, recognized as such by Equine Canada and HETI (Horses in Education and Therapy International), CanTRA carries a great responsibility to set the standards for therapeutic riding instructors and centres, as well as in the newer field of equine-facilitated wellness. This past year as we maintain and improve our financial stability, our board and advisory committee have spent much time doing a major review of all our programs and operations to ensure maximum effectiveness, fiscal efficiency, and comfort for CanTRA personnel and, importantly, for our members. Our door is always open for feedback.

Several highlights in the past year energized and encouraged us in our work:

- * unsolicited sponsorships and donations, including chosen charity for fund-raising events, memorial donations, and the return of very generous corporate and individual supporters (as a result of which we have expanded our sponsorship program)
- * the Governor General's Caring Canadian Award to Dr. Gillian Lawrence, sponsored by CanTRA
- * the launch of our new logo and website after a year's hard work in partnership with rTraction
- * expansion of our annual CanTRA Awards series to include a new category
- * comprehensive upgrading of CanTRA's administrative heart, our database
- * continuing publication of the *CanTRA Caller* and *CanTRA Communiqué* newsletters
- * Canada Revenue Agency approval of our 2013 revised by-laws (now undergoing further revisions to comply with Industry Canada's new Canada Not-for-profit Corporations Act)

The reports that follow from our program committees and zone representatives fill in the details. Please read between the lines - they represent countless volunteer hours by very special people convinced, as we surely all are, that children and adults with disabilities deserve only the very best we can offer them through our programs.

Respectfully submitted,



Daphne Davey

CERTIFICATION AND EDUCATION COMMITTEE

Members

Gay Wood, CTRI Hon./CanTRA Coach/Examiner (ON), co-chair
Margaret Rigby, CTRI/CanTRA Coach/Examiner (BC), co-chair
Nicola Harman, CTRI/CanTRA Coach/Examiner (ON)
Jane James, CTRI/CanTRA Coach/Examiner (BC)
Linda Rault, CTRI/CanTRA Coach/Examiner (AB)
Nanci Picken, CTRI/CanTRA Coach/Examiner (ON), Education Coordinator, *ex officio*

CTRAI = CanTRA Assistant Instructor
CTRII = CanTRA Intermediate Instructor
CTRI = CanTRA Instructor

The period from April 1, 2013 to March 31, 2014 was extremely busy for Nanci Picken, CanTRA's Education Coordinator. During that time, 58 applications were received for the CTRAI level, 17 applications for the CTRII level, and 4 for the CTRI. To accommodate the candidates already in the system, approximately 16 Technical Evaluations and Exams were held. Interest in becoming a certified therapeutic riding instructor is increasing steadily each year at all levels.

Lungeing Certificate – Level 1

This comprehensive stand-alone certificate was created by Margaret Rigby. The paperwork has been completed for the Technical and Exam. This certificate is appropriate for certified instructors and also key volunteers who do not wish to teach but have excellent horse-handling skills. With this certificate, a volunteer can be of great assistance to the instructor by exercising/lungeing a horse prior to lessons and also providing additional training.

Mentor form

A Mentor form has been formulated by Jane James, CanTRA Examiner and CanTRA Coach. This has been in use for some months and is of great help when evaluating the knowledge and skill level of candidates.

Applications to by-pass the Assistant Instructor level

CanTRA continually receives applications from potential candidates wishing to skip the CTRAI level and proceed straight to the CTRII level. Although CanTRA's certification system is a progressive one, it is desired that all candidates take the CTRAI first. Any candidate wishing to go straight to the CTRII must submit a completed Application to By-pass form. This will be reviewed by the Certification Committee and the candidate advised of their decision.

Plans for 2014–15

New written exam papers are in development, and changes to enhance CanTRA certification at all levels are being considered

Respectfully submitted,
Gay Wood and Margaret Rigby
Co-Chairs

STANDARDS AND ACCREDITATION COMMITTEE

Members

Ann Caine (chair)

Evelyn Fraser

Nicola Harman

Jane James

Karen Sibbald

Dr. Bob Wright

Nanci Picken, Education Coordinator, *ex officio*

During the past two years, the CanTRA Advisory Council has been looking closely into the financial viability of each of the programs offered to CanTRA members and member centres. It has been determined that the Certification and Insurance programs are efficient and financially self-sustaining. However, centre accreditation was not financially viable in its former format. In order to restructure and streamline this process, site visits under the Accreditation program were put on hold until fall 2014. The goal is to have all member centres accredited by 2016.

Going forward:

- * The designation of Examination Centre and Training & Examination Centre will be by invitation only through input from CanTRA Examiners and the Certification/Education and Standards/Accreditation committees.
- * The new accreditation procedure will include a fee structure that takes the size of the program into account.
- * Only one site visit will be carried out after the self evaluation forms are completed and all relevant support material is submitted to the CanTRA office.
- * Once the centre moves from Provisional to Accredited status, site visits for accreditation renewal will take place every fifth year.
- * Annual membership fees will include a portion of the accreditation fee, amortized over a five-year period, to ensure that all fees are paid before the next scheduled visit.
- * In order to get the new system up and running, some adjustments will have to be made to fees for those centres that are overdue for a visit. To accommodate this, individual arrangements will be made for these centres.
- * We regret that there will still be delays for centres that are overdue for visits as we address this situation.

The new system will be put in place, provided we can obtain grant funding to move forward with this restructuring. This will enable us to make the Accreditation program sustainable within the first five-year cycle. We ask for your patience as we seek the necessary funding to launch this new system.

Respectfully submitted,

Ann Caine

Chair

HIPPOTHERAPY COMMITTEE

Members

Pippa Hodge, PT (BC)
Danielle Champagne, OT (QC)
Judy Todd, PT (BC)
Kim McIvor, SLP (Bermuda)
Lindsay Hikele, OT (ON)
Eliane Trempe, CTRI (QC)

PT = physiotherapist

OT = occupational therapist

SLP = speech language pathologist

Introduction

The CanTRA Hippotherapy Committee is pleased to present its annual report for the year 2013–14. The committee has held all of its meetings via Skype communication system, which has proven to be very efficient and user friendly.

Activities

The committee held seven meetings in the past year, three in 2013 and two in 2014. Committee members have worked mainly on the following projects:

- establishing guidelines and prerequisites for hippotherapy
- starting to develop a directory of OTs, PTs and SLPs practicing hippotherapy in Canada
- defining our mission statement
- creating a Hippotherapy page on the CanTRA website and updating it with the latest information in the field of hippotherapy

Goals for 2014–15

- to continue writing articles for the website
- to continue building up our Canadian hippotherapy directory
- to continue educating the public, as well as other professionals

Conclusion

Hippotherapy is growing more and more throughout Canada, and it is our hope that CanTRA's Hippotherapy Committee will contribute positively in this growth by continuing its promotion of good practices in hippotherapy across Canada.

Respectfully submitted,
Pippa Hodge
Chair

EQUINE-FACILITATED WELLNESS (EFW) COMMITTEE

Members

- * Dr. Jan Yorke (Laurentian University researcher: human-animal interaction; rider)
- * Kendra Flynn Stronach, BA (CanTRA Coach, paralympic coach, rider/trainer)
- * Dr. Gabriel Ledger (Pediatric psychiatrist, child welfare consultant, rider)
- * Clair Dimuantes, MSW (Child mental health specialist, UK coaching certificate, rider)
- * Sandra Evans (CanTRA board member/liaison for EFW Committee, CanTRA Coach, rider)
- * Allie Lewis (CTRI, CanTRA Coach, rider/trainer)

Equine-Facilitated Wellness incorporates a range of counselling, education and personal development approaches, strategies and techniques which bring humans and equines together in healing and learning environments. The EFW Committee's task is to develop and operate CanTRA's **Equine-Facilitated Wellness Canada** program. The committee was instituted by the CanTRA board one year ago and has addressed the following short-term goals:

- established a schedule for regular meetings
- established terms of reference
- reviewed and updated the introductory package for EFW applicants to certify for the EFW Canada program
- prepared a survey for EFW applicants to determine priorities for training/workshops/services to certified members (pending distribution)
- prepared a rationale for why EFW applicants should choose EFW Canada certification
- drafted a contract with the Certification Board for Equine Intervention Professionals (CBEIP) for credentialing examinations
- is pursuing French translation options for the introductory package as a priority for funds designated by the CanTRA board for the committee in the budget year 2014–15
- completed for the CanTRA Administrative Assistant three of the four administrative processing steps for EFW candidates, from first enquiry to CBEIP credentialing

The committee also began work on the following long-term objectives, which will continue to be a priority over the next year:

- develop a protocol for applicant reviews and certification, similar to CanTRA coaching exams
- develop additional mandatory workshops for EFW applicants (compulsory for certification and professional development requirements)
- develop a policies, procedures and protocol manual for individual practitioners, coaches and facilities to recommend to the CanTRA Standards and Accreditation Committee
- provide resources for CanTRA for lobbying insurance stakeholders, professional accreditation stakeholders (e.g., College of Social Workers) and equine stakeholders (e.g., Equine Canada) on the importance of CanTRA standards for EFW clients.

*Respectfully submitted,
Jan Yorke, MSW, PhD
Chair*

CanTRA ZONE REPORTS

Each of our six zones across the country has a volunteer Zone Representative whose task is to be a “two-way radio” between CanTRA and its centres in their region. They also act as ambassadors, representing CanTRA at special functions (such as awards ceremonies) where possible. They support the work of our Education Coordinator, our newsletter managing editor, and other key CanTRA personnel. CanTRA is very grateful to all our Zone Representatives for their commitment to this volunteer role.

ZONE 1 British Columbia, Yukon SANDRA EVANS / CHRISTINE ROSS

Congratulations to all our candidates in BC who have successfully attained (or upgraded) CanTRA certification levels. Successful candidates in the 2013□14 year include

CTRAI: Donna Stiles, Dustin Drader, Pam Robertson

CTRII: Manon Joubert-Hogan, Tracey Wahl, Gail Davies, Starr Lange, Sandra Stushnoff

CanTRA Coach: Stella French, Erin McRae.

We also wish to extend a big thank you to the host centres for providing the facility, horses, students, volunteers, and all additional support services required for each certification event. It takes a lot of effort on everyone’s part to make these events happen.

BRITISH COLUMBIA

Richmond Therapeutic Equestrian Society

Whether or not you have an aptitude or it, therapeutic riding centres cannot avoid it. Paperwork must be done to ensure the safety of students and clients, the health of the horses, and for writing grant applications. RTES has a new tool to make this job easier. Using a customized version of Salesforce (a global cloud CRM program), staff at RTES can easily track volunteer hours, grant applications, and horse health. The program is also very useful for scheduling riders and volunteers, and it allows for the creation of rider files, incident reports, attendance reports, and grant income reports. RTES is grateful for the anonymous donation which has covered the cost of customization of the donated license and training sessions for staff. Erin McRae, Program Manager at RTES, is happy to answer any questions on how this software may be of benefit to your program. She can be contacted at erin_rtes@shaw.ca.

Thanks to Sandra Evans, retiring Zone Representative, for all her work, and welcome to Christine Ross who is incoming.



ZONE 2
Alberta, Northwest Territories
LINDA RAULT

ALBERTA

Little Bits Therapeutic Riding Association (Edmonton)

We are in our 39th year of programming and are working closely with the facility (where our 115 members ride) to have the site redeveloped so we could ride year round. In December 2013 we were pleased to receive the Para-Equestrian grant of \$500.00. While we had planned on entering the video competitions in November 2013, due to staff injuries we had to postpone.

Mount View Special Riding Association (Olds)

www.mountviewriding.com

Wow! 2013 was our association's 30th anniversary! We are small but mighty! For our first year we operated out of a private arena, but for the past 29 years we have ridden out of the Olds Agricultural Society. As we have grown, our arenas have changed but our sessions are always spring and fall. Horses and volunteers provide excellent lessons and experiences for our riders. Over the years we have hosted a CanTRA conference and a number of workshops and training clinics, assisted at endurance rides, had three of our riders highlighted in episodes of *Healing with Animals* documentary series, and trained and developed tons of volunteers. Our Annual Trail Ride and Horse Show end each of the spring and fall sessions respectively. At the Horse Show this year we celebrated the anniversary with a massive cake cut by Betty Fisher who with her late husband, Austin, founded our association. Diane Luxen, who has been instructing with us since the beginning, received special recognition as well. On to the next 30!



ZONE 3
Saskatchewan, Manitoba, Nunavut
CATHERINE SNEATH

In Zone 3, therapeutic riding is continuing to progress. In Saskatchewan there were two successful workshops and an exam held in the fall with seven candidates reaching certification at various levels.

We appreciate the support CanTRA has given our Zone.

SASKATCHEWAN

Regina Therapeutic Riding Association

Regina TRA is still struggling with finding an instructor that will stay the course and help us get back up and running. Fortunately we are in a good financial position and have found a good facility to work out of. We look forward to getting something in place for 2014. It is always difficult to rebuild.

Parkland Therapeutic Riding Association (Yorkton)

Parkland is a summer program that ran this past year from August through September. We had fewer riders but we are going through some regrouping. We hope to start up in May next year.

Equilibrium Therapeutic Riding Inc. (Osler)

Erin McCormick's centre has the unique status of being for-profit and it is good to see it succeed. Equilibrium hosted a successful exam for CTRAI and CTRII candidates, many of them mentored by Erin. Two received their CTRAI and are employed by Equilibrium. Erin is an Equine Canada Coach and CTRI and has enjoyed being able to use her certification to help up-and-coming candidates with both Equine Canada and CanTRA requirements. She also has a student preparing for showing in Para-Dressage in 2014. Equilibrium is also working with SIAST College as a practicum venue for youth care workers.

Prairie Mentoring Centre for Therapeutic Riding Inc. (Regina)

Last year, PMC organized two mentoring/instructor preparation workshops, one in the spring and again in the fall. These successful workshops led directly into a successful exam in the fall. PMC has the unique goal of strictly providing training and mentoring opportunities. Potential candidates are reaping the benefits.

MANITOBA

Manitoba Riding for the Disabled (Winnipeg)

2013 marked 36 years! We had a huge celebration for our 35th year. We continue to thrive with the help of huge support from the community. We currently have nine Instructors (CTRI) and Assistant Instructors (CTRAI). Many have been with us for over 10 years, which says something right there! Our newsletter shows how much support we generate through many and diverse fund-raising activities.

New centres in progress:

Gait Equestrian Centre

Kara Viczko completed her Intermediate Instructor (CTRII) in the fall and has now started accepting students. This centre has excellent facilities and hosted one Instructor Preparation Workshop with Prairie Mentoring Centre. She looks forward to an active 2014.

Rintoul Stables and Therapeutic Riding Center

Now that Heather Rintoul is certified as a CTRII, she has been working hard to get her new indoor riding arena completed for 2014 so she can begin her journey towards accreditation as a CanTRA Centre.



ZONE 4 Ontario NANCI PICKEN

The number of Ontario certified instructors continues to grow. There were seven certification events across Ontario, and three more are in the planning stages for this year. We welcomed Kendra Flynn-Stronach from Windreach Farm as our new candidate examiner. We are also happy to announce one new centre, Paramount Equestrian Centre, in Plantagenet, Ontario.

Therapeutic Riding Association of Ottawa-Carleton (TROtt) (Greely)

TROtt had a busy year, running their program year round with 60 riders, nine part-time instructors, and 120 dedicated volunteers. They added Charlie, a lovely Welsh cob, to their herd. Fund-raising continued with a successful dinner and silent auction at the race track, and money was received from the Ottawa Physio race. Thanks to Paula, Shannon, Alyssa, Ginette, and all the instructors who make TROtt a truly safe, enjoyable, and educational experience!



ZONE 5 Québec ELIANE TREMPE

Quebec's provincial therapeutic riding association, La Fédération québécoise d'équitation thérapeutique (FQÉT) (of which I am executive director) has been very busy again these past twelve months. We are pleased to inform CanTRA that Québec now has nine CanTRA accredited centres and two others working on obtaining their accreditation.

FQÉT is continually putting efforts and energy in promotional activities. During this past year, our twelfth year of existence, we participated in the following events:

- 2013 Spring Conference: *Biomechanics of Horses and Humans and Fundraising Strategies*
- 2013 Fall conference: *From the Eye to the Hand (riders with low vision) and Introduction to Sign Language.*
- Booth at our 2013 National Horse Show in St-Agapit, QC
- Booth at ARATED's 2013 annual event (ARATED is a support group for families with autistic children)
- Spring 2014 CanTRA certification event

FQÉT has also worked on the following:

- Production of a promotional folding poster.
- Distribution for CanTRA of Happy Horse calendars to QC member centres.
- Migration of our website to a new host site
- Revision of our five-year strategic plan
- Publication of FQÉT's annual bulletin, *L'Engagement*

FQÉT's current projects are

- the production of guidelines for the general public to help identify a safe riding centre
- updating of FQÉT's website
- production of promotional items for our members and the public, as a fundraiser
- and a fall 2014 CanTRA certification event.

Fondation Chevalerie Passion (Ste-Foy)

September 2013: First riding competition at FCP with riders presenting in six different categories. Families and friends were present to encourage the riders. The day was a tremendous success.

Centre de Réadaptation Carolyne Mainville (Ste-Hyacinthe)

CRCM has moved this year, becoming owners of their new site in St-Charles-Sur-Richelieu. CRCM now has a larger, heated indoor arena and has added a Speech Language Pathologist, Julie Coiteux, to its already large staff. Julie is the first SLP in Québec using hippotherapy in her practice. CRCM continues its involvement in research, participating in three research projects on hippotherapy and therapeutic riding in collaboration with *Université de Montréal* and *Université du Québec à Trois-Rivières*. The results of these studies should be published in late 2014 or early 2015.



ZONE 6

New Brunswick, Newfoundland & Labrador, Nova Scotia, Prince Edward Island. SALLIE MURPHY

It is an exciting time for therapeutic riding in the Atlantic Provinces. Interest in instructor certification has risen dramatically with candidates from each province working diligently through the prerequisites, while a couple of others successfully passed their exams. All groups have had some very successful fund-raisers, and therapeutic riding is being offered to more riders than ever before. All centres wish to thank the CanTRA board and committee members, as well as the office staff, for all their hard work on our behalf. It is very much appreciated.

NEW BRUNSWICK

Cavalier Riding Club (Moncton)

2013 was a very busy year. With the day-to-day care and maintenance of our horses and the facility, our dedicated volunteers were kept on their toes. Some upgrades in therapeutic equipment were made and a handicapped-accessible bathroom installed in the barn. We have two CTRII instructors and two CTRI candidates. We hosted a CTRAI/CTRII technical and exam in September with candidates from all over the Maritimes. Everyone had a wonderful time at our annual fund-raising banquet. Thanks so much for the support from our volunteers, board members, and CanTRA personnel. Our riders and volunteers are reaping the benefits.

Fredericton Therapeutic Riding Association

In 2013 FTRA had a successful year with 28 riders. In addition to its regular program, FTRA also offered a show at the end of the spring sessions and a summer camp at a second location. FTRA held two fundraisers – a fundraising dinner in partnership with a local diner, and a BBQ and silent auction at the annual fun show held at our home stable. FTRA also held a turkey dinner for their volunteers and a Christmas party for the riders and their parents. FTRA has also had an individual step forward for instructor certification training.

Miramichi Therapeutic Riding Association (Napan)

After operating for 20 years, this group has reluctantly closed. The group has achieved many successes in a remote area of New Brunswick, and many riders have benefitted with very happy memories of riding with Kelly Bolan, their instructor. Kelly will continue to keep her instructor certification updated.

Shining Horizons Therapeutic Riding Association (Rothesay)

2013 was a quiet year. We held a seven-week Spring Session with one horse and 11 riders. We also assessed six new riders, Our Fall Session was for six weeks with 14 riders and one horse. The Fall Ride concluded with the riders performing a pattern in front of a judge. Although a fairly uneventful year, everyone had a great time and that is what really matters.

NEWFOUNDLAND & LABRADOR

Therapeutic Riding Newfoundland & Labrador (Rainbow Riders) (St. John's)

Our active riding program is entirely driven and delivered by our dedicated volunteers. In the summer, thanks to government grants, we offered more extensive riding camps and more individualized lessons. With the aim of expanding our program, we have focused on two main initiatives: instructor development/ training, and building our group of therapy horses. To this end we have three new CTRAI candidates in process, and currently have eight horses of varying sizes, shapes and breeds that allow us to effectively partner our riders with the best possible equine match in terms of disposition and conformation. We also have a rider, Stephanie Griffiths, who has been participating in the Para-Equestrian Canada video competitions.

NOVA SCOTIA

Free Spirit Therapeutic Riding Association (Berwick)

The year 2013 was a very busy one for FSTRA operating out of our host facility of Rohan Wood Stables in Aylesford. We provided programming for 72 clients with the support of 75 volunteers. Alissa Cue was certified as an Instructor. Our highlight was our Christmas Party in December where volunteers came to help celebrate our clients' achievements

Halifax Area Leisure and Therapeutic Riding

HALTR has had another successful year achieving all their short and long term goals for our 20 riders. We have 2 volunteers interested in registering to take their Instructor certification. After a two year search we have finally found two wonderful ponies to replace two who had been retired, bringing our total to five horses and ponies.

PRINCE EDWARD ISLAND

The Joyriders Therapeutic Riding Association (Winsloe)

In 2013, the Joyriders launched a pilot Horsemanship program for candidates on our waiting list diagnosed with Autism Spectrum Disorder (ASD). This program, using two Miniature Horses, offered a non-riding alternative experience with horses, since riding is not always possible or desirable for these children. In fact, while all participants enjoyed working in-hand with the Miniatures (including grooming, leading, negotiating an obstacle course, and enjoying a cart ride), only two chose to venture into the saddle of a larger therapy pony. We will be expanding this program in 2014.

