



February 2021 Issue 6

# CHEFF CENTER VOLUNTEER NEWSLETTER

## Inside this issue:

- Volunteer Spotlight: Charlie Livingston
- February Fun Fact
- Horse of the Month: Willy
- Education Corner: Terminology Changes
- February Birthdays
- A Look at PATH International

## Volunteer Spotlight: Charlie Livingston



Archie, and his good friend, Charlie

For someone who has spent a lot of time volunteering at different agencies, what better place to volunteer than one that combines two of your passions--children and horses? That is what Charlie Livingston thought as he tried to think of a new place to volunteer.

Charlie found out about the Cheff Center when he used to take riding lessons at the Battle Creek Hunt Club. He noticed it when driving to the Hunt Club, passing Cheff every time. It would be some years later that he would think of it and he decided to come to volunteer after retiring in 2019. He attended orientation in October of 2019 and has been a “steady-eddy” volunteer ever since.

Charlie grew up as an “I-94 child”, living in Marshall, Battle Creek, Kalamazoo, and St. Joseph—essentially on the I-94 corridor. He went to Kalamazoo College and WMU. Prior to retiring, his main career path was in Education and Human Services. He taught classes in Psychology, Parenting, and Stress Management. He also worked in Psychological and Clinical Services. He worked in summer camps and schools for emotionally disturbed adolescents, the Kalamazoo State Psychiatric Hospital, and as a counsellor in a therapeutic setting.

Growing up with friends who had horses, Charlie learned to ride as many of us did—no formal lessons, no helmet, just kids on horses riding down two-track lanes. Looking back, he can’t believe they rode with no helmets, and considers himself very lucky to have not been hurt. He later took riding lessons at the Hunt Club and Model Farms, which focuses on Dressage. He loves riding, but also simply loves being around the horses.

Charlie is also an avid outdoorsman who enjoys biking, hiking, boating (any kind of boat as long as

it is on the water!) and reading. When asked what he loves about volunteering with us he had 3 main responses: 1) the company of the horses, 2) the satisfaction that comes with caring for others, and 3) that the staff and volunteers are all wonderfully kind people. He enjoys learning about the functioning of a barn/stable, learning how to tack and about tack, medications, grooming, etc. Pretty much everything involved as a volunteer! He also believes that Cheff has a very positive culture which creates a positive therapeutic experience for all.

He is very attached to Archie, but as for horses, his favorite seems to be Killian. Charlie is also part of the Orientation Team at Cheff who help our newbies learn through hands-on experience in the barn and with the horses.

2021 will be exciting for Charlie as he becomes a grandfather for the first time! One of his two daughters is due with a baby boy in May, and we hope that all goes well and everyone is happy and healthy.

Thank you, Charlie, for being a wonderful volunteer, and we are so glad that you chose to spend some of your spare time at Cheff!



*We will never have to tell our horse that we are sad, happy, confident, angry, or relaxed. He already knows – long before we do.”*

*– Marjike de Jong*

### February Fun Fact

While all draft horses are large, the Clydesdale is known for its giant feet, which are "as large as dinner plates." A horseshoe for a mature adult usually weighs 5 pounds, making it four times the size of a thoroughbred racehorse's shoe.





## Horse of the Month: WILLY



*[Metropolitan Police Department Horse Mounted Unit Facebook](#)*

Willy is very observant and likes to look around a lot! And although Willy is huge, he is a gentle giant that loves all the little critters - cats, Star and Archie! Willy is a lover of any kind of treat, but his favorite is carrots. Word on the street is that Willy's favorite speed is the "Whoa!"

Like many Clydesdales, Willy has beautiful feathers that will require lots of TLC and antimicrobial shampoo. He is also hoping for his own special English Bridle so he doesn't have to share.

Please welcome Willy, the latest addition to the Cheff herd! Willy arrived in October 2020 and he is pretty easy to spot. He's a 9-year-old Clydesdale gelding weighing in at 1893 pounds and stands 18 hands – that's 6 feet tall at the shoulder!

Willy has experience as a personal riding horse and came to Cheff from the Metropolitan Police Department Horse Mounted Unit, serving in Washington, DC. The Horse Mounted Unit had four horses and four officers who were deployed to engage with children in communities across the city and provided crowd control at events.

Unfortunately, due to budget cuts the mounted unit was disbanded, and he and the three other police horses were returned home. We're happy to have him!



*This month’s article is on an upcoming change in terminology that relates to the services and activities offered at Cheff. Though your eyes may glaze over and your head may nod, please try to persevere as it will help you understand these changes and the reasoning behind them.*

You may soon begin noticing the use of new or different terminology to describe the activities and services that Cheff offers. For some time, there has been an issue of confusing and inconsistent terminology referring to services in the United States that incorporate horses and other equines to benefit people. Over time, the number of different terms and definitions increased as this field grew and diversified, with an adverse impact particularly in the areas of research, third-party reimbursement (billing for services), and with participant/public misunderstanding of what services are offered.

To remedy this situation of confusing and misleading terminology, a dedicated workgroup of consultants, therapists, educators, and other major stakeholders in EAS (Equine-Assisted Services) developed a consensus of baseline terms and definitions for the types of services provided. This work was completed over the last 2+ years, assisted by a grant from the Bob Woodruff Foundation.

At the conclusion of this work, the group recommended terminology for adoption that clearly describes and distinguishes 12 distinct types of EAS (EAS is one of the terms defined by this workgroup that refers to multiple services that differ from each other yet share the horse as a common thread).

The twelve specific types of EAS were subset into one of three broad areas of professional work, listed below with activities included under those areas:

1. **Therapy** - Five distinct types of therapies were identified where licensed therapy professionals work within the scope of practice of their particular discipline, to incorporate horses within treatments or interventions to help address individualized therapy goals, and improve overall function, health, and wellness. These practices include:
  - counseling,
  - occupational therapy,
  - physical therapy,
  - psychotherapy, and
  - speech-language pathology.
  
2. **Learning** - specially trained or certified professionals may incorporate horses in three distinct types of **non-therapy** services. Qualified professionals leverage experiential learning activities involving interactions with horses, mounted and unmounted activities, and the equine environment. The recommended terminology for referring to these services:
  - **Equine-assisted learning in education** - engages people of all ages in learning processes that focus on academic skills, character development, and the promotion of relevant life skills such as problem-solving and critical thinking skills. To address the needs of groups of students, these professionals may develop contracts with schools or school systems and integrate specific educational strategies that may support individual education plans and academic remediation.
  - **Equine-assisted learning in organizations** assists members of corporations, organizations, and other workgroups to build effective teams and leaders that enhance work dynamics and performance at multiple organizational levels. Professionals providing this service should have extensive knowledge, training, or certifications related to organizational theory, team building,

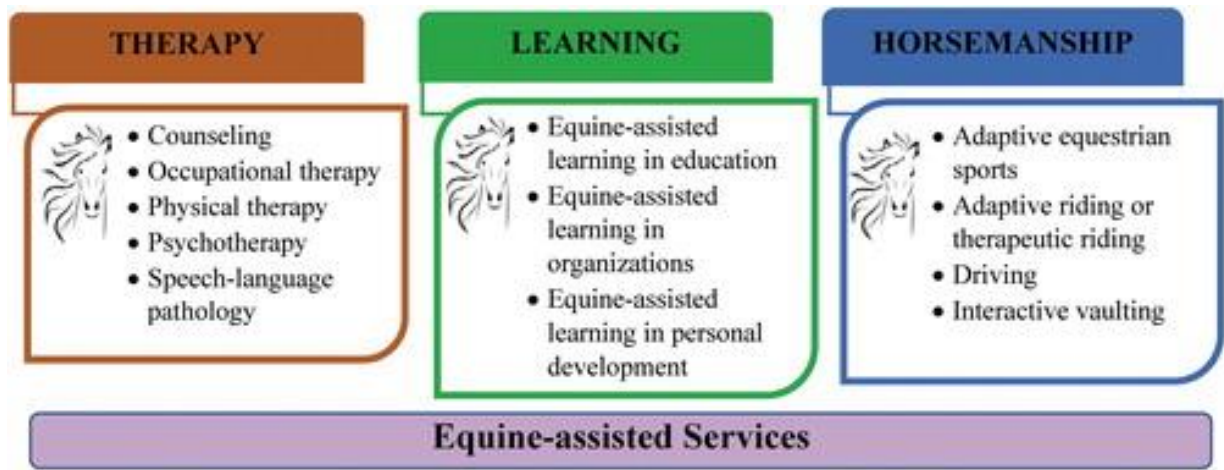
strategic planning, or leadership development. To address the needs of clients, these professionals may also integrate various approaches or strategies (e.g., executive coaching, team building, or group retreats) within their services.

- ***Equine-assisted learning in personal development*** assists individuals and groups to discover new ways to face life challenges and opportunities by developing skills in effective problem-solving, decision-making, critical and creative thinking, and communication. Professionals providing these services should have extensive knowledge, training, or certifications in facilitation, coaching, and teaching; they should also clearly understand how their services differ from psychotherapy and counseling. To address the needs of clients, these professionals may integrate various approaches or strategies (e.g., personal coaching, wellness-related activities), within their services.

3. ***Horsemanship*** - Related to the broad area of horsemanship, equine professionals may offer four distinct **non-therapy** services that are adapted from traditional equine disciplines of horseback riding, driving, and vaulting. These professionals should demonstrate extensive competencies in adapting equipment, the equine environment, and teaching techniques to match the abilities and needs of participants who experience restricted participation in life situations. Qualified instructors develop lesson plans that may involve riding, driving, vaulting, or ground-based activities (e.g., grooming, handling, leading, observing). These activities may help participants attain individualized horsemanship skills and allow for the naturally healthful benefits of riding and other horsemanship activities to occur.

- ***Adaptive Equestrian Sports*** - Qualified instructors develop lesson plans that may involve riding, driving, vaulting, or ground-based activities and prepare people with diverse needs to participate in events and competitions in equine disciplines such as driving, dressage, reining, and Western or English riding. Benefits of adaptive equestrian sport may include motivation and opportunities to excel as competitive athletes, physical fitness, self-confidence, and social inclusion.
- ***Adaptive Riding*** or ***Therapeutic Riding*** - services that focus on skillfully adapting riding and making accessible the natural healthful benefits of riding and horses for individuals and groups with diverse needs. Potential benefits may include physical fitness and improved cognitive, emotional, social, or behavioral skills.
- ***Driving*** teaches individuals with diverse needs how to safely participate in driving activities with horses using many types of vehicles such as carriages, sleighs, or wagons, which can be adapted as needed. Naturally healthful benefits of driving may include improved physical fitness or cognitive, emotional, social, or behavioral skills.
- ***Interactive vaulting*** engages individuals and groups with diverse needs in movements and gymnastic positions around and on horses and vaulting barrels. Naturally healthful benefits of interactive vaulting may include improved physical fitness, social skills and communication, problem-solving, and teamwork.

***For those of you that made it this far, congratulations! For those who skip down to the pictures below, you can always reference a particular area above if needed.***



This new terminology is expected to be rolled out over the next two years.

Below are the terms being phased out, as they don't specifically describe the type of service provided and only contribute to the current confusion:

- equine therapy
- equine-assisted activities and therapies
- equine-assisted therapy
- equestrian therapy
- hippotherapist
- hippotherapy clinic (program)
- horse therapy
- horseback riding therapy
- therapy riding

For more information, check out these websites:

- [PATH-Intl-optimal-terminology-resources](#)
- [Quarterly-Communication-From-PATH-Intl](#)
- [Optimal Terminology for Services in the United States That Incorporate Horses to Benefit People](#)

For services offered at Cheff:

- [Cheff Therapeutic Riding Center-Therapy Services](#)
- [Cheff Therapeutic Riding Center-Therapeutic Riding](#)
- [Cheff Therapeutic Riding Center-Ground Programming](#)
- [Cheff Therapeutic Riding Center-Summer Camps](#)





## February Birthdays



Meaghan B  
Carla C  
Emma E  
Scott H  
Kristin J  
Steven J  
Michael M  
Emmit N  
Tacey P  
Christina R  
Kimberly R  
Jenna T-M  
Emma W  
Savannah W



## A Look at PATH International

You may have heard about PATH International when attending a Cheff Center new volunteer orientation or perhaps have noticed the PATH logo on Cheff's website. Here's an overview of this important organization that shares a special relationship with the Cheff Center.



### What It Is and What It Does

PATH Intl. is short for the **Professional Association of Therapeutic Horsemanship International**. It is a non-profit membership organization headquartered in Denver, CO. Like Cheff, PATH Intl. celebrated its 50<sup>th</sup> anniversary in 2019. The organization's mission is to:

“lead the advancement of professional **equine-assisted services** by supporting our members and stakeholders through rigorously developed standards, credentialing and education.”

Currently PATH Intl. has almost 8,000 individual members, including instructors, administrators, equine professionals, students, and others from all 50 states and over 30 countries. There are also 873 member centers, including Cheff, that are members as organizations.

Member centers served nearly 69,000 clients of all ages and had about 61,000 volunteers in 2017, according to the latest PATH Intl. statistics. Pretty amazing, right?

The equine-assisted services, or “EAS”, referred to in PATH Intl.’s mission, include a variety of activities that the organization supports and advocates for, such as:

- Therapeutic Riding
- Therapeutic Driving -- driving from a carriage seat or wheelchair
- Interactive Vaulting -- students perform movements on and around the horse
- Physical Therapy, Occupational Therapy, or Speech Therapy using equine movement (formerly “Hippotherapy”)
- PATH International Equine Services for Heroes® -- services for veterans
- and more ...

The common thread through all of these services is to help people with physical, cognitive and emotional challenges find strength and independence through the power of the horse.

To carry out its mission, PATH Intl. has four primary program areas:

- Instructor Certification – certification for therapeutic riding instructors and some other instructional areas
- Center Accreditation – centers commit to PATH Intl.’s standards of practice when they join and can additionally volunteer to undergo a peer review process to become a **PATH Intl. Premier Accredited Center**. The Cheff Center has been awarded this designation.
- Educational Opportunities -- PATH Intl. provides education to members through conferences (international and regional), workshops, webinars, publications, etc.
- Advocacy Work – PATH Intl. advocates for professional standards in all areas of EAS, including for the equine partners that are integral to every program.





### **Some History: PATH Intl. and the Cheff Center**

As you may know, the Cheff Center was established in 1969, and was the first therapeutic riding center in North America built specifically for the purpose of serving those with special needs. Later that same year, while Cheff was in the process of opening, PATH Intl. was founded under its original name: **North American Riding for the Handicapped Association (NARHA)**.

At that time, therapeutic riding had been established for a while in England and Europe; services like Cheff were only beginning to appear in North America. Leaders from a few U.S. and Canadian programs, drawing inspiration from the British Riding for the Disabled Association, saw a need for a professional organization on this side of the Atlantic. This small group included Cheff's first executive director, Lida McCowan, who was a driving force behind the new organization.

It took a couple meetings to get NARHA organized with goals and bylaws. McCowan, along with 14 others, volunteered to serve on NARHA's first board of directors.

Kathy Alm, current CEO of PATH Intl., described the beginning this way:

"The founders ... saw the positive impact of human-equine interaction and recognized the need to come together to build a membership organization that would set standards, educate, credential and connect the people in the field. In the process, they helped build a framework ... that still thrives today."

Besides being integral to the formation of NARHA, the Cheff Center has been a part of its evolution. For example, when the association initiated a center accreditation program in 1975, Cheff became the first NARHA Accredited Center.

NARHA's services and membership grew over the years as the EAS field expanded in North America and around the world. In 2011, the association introduced the new name **PATH International**, which recognizes the group's international status and promotes that the industry has expanded beyond riding alone.

### **PATH Intl. and the Cheff Center Today**

Cheff has continued to be active in PATH Intl. in recent years. Cheff has hosted several Region 4 (Michigan, Indiana, Kentucky, Ohio, Ontario) conferences. Many current and former Cheff staff members have served in leadership capacities -- as board members, committee and conference chairs, regional representatives, contributors to PATH Intl. conferences and publications, and more.

Instructor Tam Homnick just completed a term as the Region 4 Representative. Lead Instructor/Education Coordinator Kim Berggren is currently on the PATH Intl. Board of Trustees, is a Site Visitor for center accreditation, and an Evaluator for registered and advanced level instructor certification. She previously served as State Chair, Region 4 Rep, Regional Conference Chair, National Conference Host Committee Chair, among other positions.

Tam, Kim and Barn Manager/Instructor Emily Kalin all hold the PATH Intl. Certified Therapeutic Riding Instructor (CTRI) credential. Tam is a PATH Intl. Registered Instructor, a PATH Intl. Mentor and has the PATH Intl. Equine Specialist in Mental Health and Learning (ESMHL) certification. Kim is a PATH Intl. Advanced Instructor, a Mentor and has ESMHL certification. Emily is a PATH Intl. Advanced Instructor.

Cheff typically offers PATH Intl. therapeutic riding instructor workshops and certification sessions each year, hosting instructors and prospective instructors from near and far who come to prepare for certification or to become certified.

Volunteers are sometimes needed to help with parts of these programs, often to get horses ready or as horse leaders in simulated classes that are part of the certification process. If you have a chance to help with one of these sessions, it is an interesting opportunity to learn more about what it takes to be a therapeutic riding instructor.

As a Cheff volunteer, please know that not only do you help make life better for our clients and horses week to week (especially once we get past COVID-19), you are also part of a historic organization. The Cheff Center itself, and through its involvement with NARHA/PATH Intl. for over 50 years, has made a significant impact on equine-assisted services in the U.S. and beyond.

More information on PATH Intl. is available here: <https://www.pathintl.org/>

---

## *Happy Valentine's Day*



## Amazon Smile

Please remember that when you order online from **Amazon.com**, the Cheff Center can receive benefits when you do. Go to [smile.amazon.com](https://smile.amazon.com) and register—we are one of the 1000s of Charities that you can choose from, and we will get 0.5% of your qualified purchases!

To find out more, visit: <https://smile.amazon.com/gp/chpf/about>

And if you really want to help, ask your friends and family to do the same. We thank you in advance, as every penny counts for us, especially at this time.

## Harding's

For those of you who shop at Harding's, if you join their Community Rewards program and select the Cheff Center as your organization of choice, we will receive a rebate based on your purchase amounts. For more information, click on the link below.

<https://www.hardings.com/savings-and-rewards/community-rewards/>

Again, we thank you in advance, and please let your friends and family know—every little bit helps!!!

**Questions/comments?** Please contact Sara Putney-Smith, Volunteer Administrator, [sara@cheffcenter.org](mailto:sara@cheffcenter.org)

Contributions by: Kim Berggren, Emily Kalin, Ann Lindsay, Sara Putney-Smith, Marianne Stier, Char Swain

*If you have suggestions for future newsletters, or are interested in submitting articles, please contact Sara Putney-Smith.*

CHEFF THERAPEUTIC RIDING CENTER, 8450 N. 43<sup>rd</sup> ST., AUGUSTA, MI 49012

PHONE: 269.731.4471

EMAIL: [INFO@CHEFFCENTER.ORG](mailto:INFO@CHEFFCENTER.ORG)

