



Inspiration

Annual Report 2017

CKRH.org



CKRH
Central Kentucky Riding for Hope
Horses Healing People

Our Story



Central Kentucky Riding for Hope is a premier therapeutic riding and horsemanship center with a grassroots beginning—in more ways than one!

CKRH began in 1981 as a collaboration between Dr. Peter Bosomworth, who at the time served as Chancellor of the University of Kentucky Medical Center, and a collection of area horse enthusiasts. *The team initially borrowed horses to assist four participants.* The original objective was to offer an alternative to traditional machine-based/tabletop therapies by using the three-dimensional movement of the horse, which is more comparable to a human's natural stride.

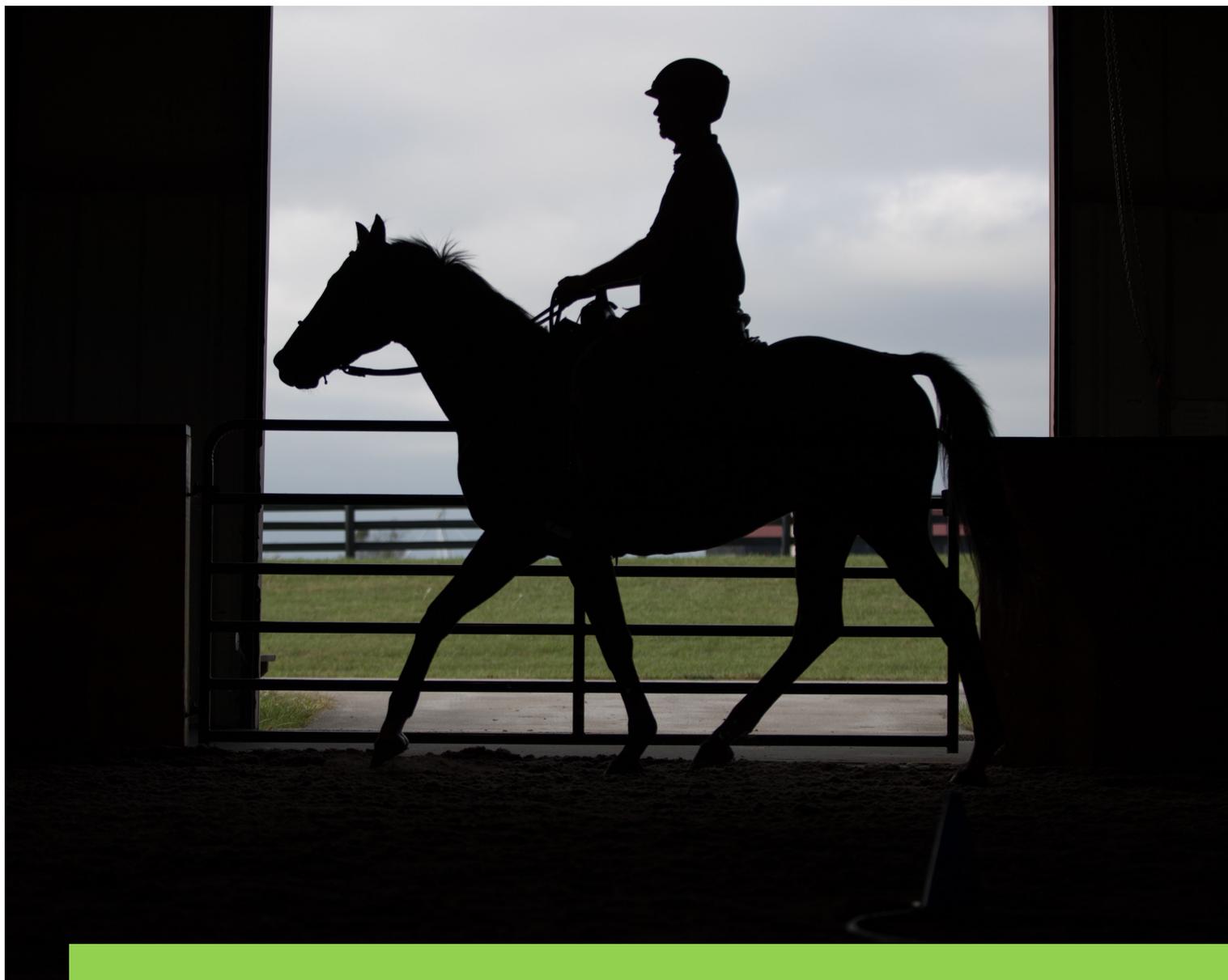
The pilot program proved so successful that we were given use of a converted tobacco barn at the then newly established Kentucky Horse Park. Continuing to grow as a seasonal program running May-October, we became accredited through the Professional Association for Therapeutic Horsemanship International (PATH Intl) in 1987 and achieved the Premier Accredited Center status by 1998.

During this time, programming developed rapidly, and interest in our therapeutic activities grew beyond what a seasonal program could maintain. The CKRH Board of Directors saw the need to provide year-round services and undertook a \$4 million capital campaign in 2005. Our new indoor facility was completed in 2011, enabling us to provide programming without limitations from weather or time of day.

Our facility is now larger and our programming is more diverse, but one thing remains the same: We will always have the "tobacco barn" atmosphere by welcoming you by name and with a warm smile.

Current facility providing indoor year-round programs.





The pictures and stories shared in this year's Annual Report emphasize the *INSPIRATION* found in the life-changing work happening here every day.

Whether it's the child who speaks for the first time in order to ask his horse to "walk on" or the camaraderie developed around participants and their volunteer teams, unanticipated moments of achievement are woven into our fabric. We thank our donors and community partners for providing the support needed to maintain our programs and, in turn, maintaining these moments of achievements.

The Year of Chico



Chico ridden by Addrionna at NIGHT OF THE STARS '17.

The year was a time of celebrations for Chico. The 24-year-old Morgan cross was named the 2017 Horse of the Year by the American Hippotherapy Association (AHA) and the Region 4 Horse of the Year for the Professional Association of Therapeutic Horsemanship International (PATH Intl.).

A therapy horse since 2000, Chico is one of the most seasoned and popular horses at CKRH. The bay gelding is a dependable asset for working with children and adults. His excellent rhythm in his walk, which makes him well-suited for Hippotherapy and Therapeutic Riding. Rhythmic movement is key for a therapy horse because rhythm impacts many human functions, including walking, speech, respiration, digestion and sleep.

Chico was nominated for the AHA award by Lisa Harris, a licensed physical therapist at Cardinal Hill Rehabilitation Hospital in Lexington. CKRH partners with Cardinal Hill to allow physical, occupational and speech therapists to use hippotherapy as a treatment strategy in the plan of care for their patients.

“Chico loves his job and all the people involved,” Harris said. “He bonds with the horse handlers and will give his all for those who have the knowledge. With less-experienced handlers, he tries to teach them. He also is extremely focused on his clients, often stepping underneath the client to rebalance them, yet never missing a beat.”



STABLES student Sierra enjoys using Chico for natural horsemanship exercises.

CKRH Honored by KEEP

The Kentucky Equine Education Project recognized CKRH with its Industry Vision Award at the 2017 KEEP Equine Industry Conference. The award recognizes an individual and organization for outstanding contributions to the equine industry.

“The aptly named Central Kentucky Riding for Hope provides an invaluable service for countless families, with its wonderfully compassionate instructors and horses providing immeasurable benefits for their riders, young and old,” KEEP said. “The special bond between horse and rider has an uncanny way of helping participants not only with physical but cognitive and emotional issues, including instilling a sense of pride, companionship and self-esteem. They represent an outstanding example of the many ways horses provide tangible benefits to the lives of Kentuckians.”

Legacy of Hope

The formation of our **Legacy of Hope Society** was announced at the 2017 NIGHT OF THE STARS gala. This special society is for those who act to ensure tomorrow's generations have the same opportunity to experience the healing power of the horse.

Special recognition will be provided to our Legacy members. But most importantly, a Legacy commitment will continue our life-changing programs for children and adults with mental, physical, social and cognitive disabilities.

As our board member Amy Owens said when she made this commitment, "Being a lifelong horse lover, I am filled with joy from knowing **the lives of such a wide variety of children and adults are improved** because of their interactions with the horse."

If you have already included Central Kentucky Riding for Hope in your plans, thank you! And, please let us know so we may properly acknowledge and include you as a member of our Legacy of Hope Society.

If you are interested in learning how to leave a planned gift for CKRH, please contact Executive Director Pat Kline at 859-231-7066 or at Pat@ckrh.org.





Tarini uses the interactive metronome prior to her Therapeutic Riding class.

Marching to the Beat of the Cowbell

CKRH is continually searching for innovative new programs to better serve our clients. The donation of an Interactive Metronome (IM) in 2017 has led to one of our most pioneering programs.

For 30 minutes prior to a Therapeutic Riding (TR) session, staff work individually with our clients on the IM. Through a headset, the children hear the base beat sound of a cowbell and tap along while wearing a hand piece to detect when they clap.

Additional sounds and visuals will be played to test the client's ability to stay focused and tap on the beat. The ability to tap consistently to a beat is directly correlated to consistency of auditory brain stem response to sound, ability to read and phonological awareness.

Many of our clients have speech, language and reading disorders in conjunction with fine and gross motor impairments that TR is most noted for addressing. These impairments result in having more difficulty with timed, rhythmic movement compared to the typical way children develop speech, language and reading skills.

Timing in the brain is critical to reading, speech, language and cognitive functions. The IM provides detailed reports on a client's progress in keeping time with the base beat. Several factors can be adjusted to increase difficulty, including amount of repetitions, tempo and level of distractions. The IM reports incorporate these variables and list each child's best and worst scores and percentage of improvement.

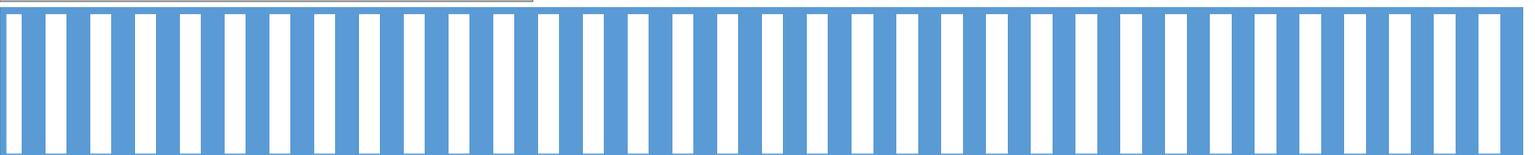
Like traditional TR, repetition is key for maintaining and building progress. Children who participated through last year's summer programs were able to do the IM for two to four days a week over nine weeks. Many initially scored around the 300 mark, denoting a lack in coordination, impulsiveness, anxiety and slow to process. All of which make learning to read very difficult, if not impossible. By the end of the summer, some scores were below 100.

The combination of the IM with TR is a progressive initiative for improving literacy by first addressing the child's ability to self-regulate his or her attention, working memory and processing speed. By doing so, children can stabilize their minds and build the self-confidence needed to speak and read words.



Overall Program Goals:

- Improve vowel and consonant identification and articulation.
- Begin or improve early reading skills and early reading comprehension.
- Improve sequencing, ability to follow multiple step directions and ability to attend to a task.
- Improve gross motor timing.



Looking to the Future

Our programming at CKRH has developed into much more than Therapeutic Riding! A variety of non-mounted programs are also available through our Equine-Assisted Education and Mental Health sectors. This includes The STABLES with Fayette County Public Schools, HorseAbility with Easter Seals Cardinal Hill and so much more.

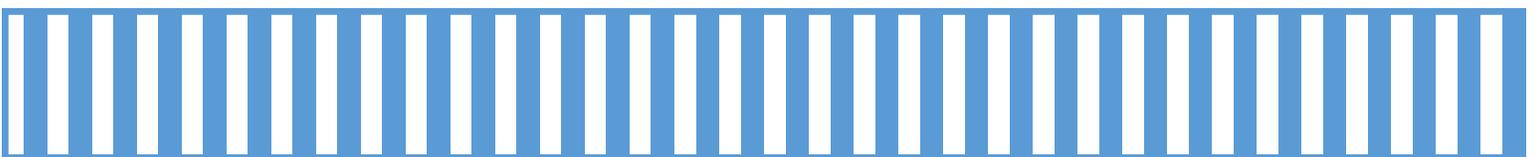
We started 2018 with a new logo to help share this story. The intertwined horse and human in our new logo illustrates the importance of the connection between the two.

Be it mounted or unmounted, this connection plays a great part in "healing" on many levels.

We will also be freshening our website and other marketing materials to convey how special CKRH is for everyone involved. A special thank you goes to Mahan Multimedia for capturing our CKRH Magic in the photography featured in this annual report and the upcoming marketing materials.



CKRH
Central Kentucky Riding for Hope
Horses Healing People



Impact of Program Services

**1,064 people served in Equine
Therapeutic Services and
Community Education Events**

Impact of Staff

**7 instructors provided
13,698* direct client
service hours**

Impact of the Horses

**34 horses
7,040 bales of hay
607 bags of grain
1,200+ hooves trimmed**

Impact of Donors

**\$1,305,302 of financial support
and \$176,550 of in-kind services
from 1,000+ donors**

Impact of Volunteers

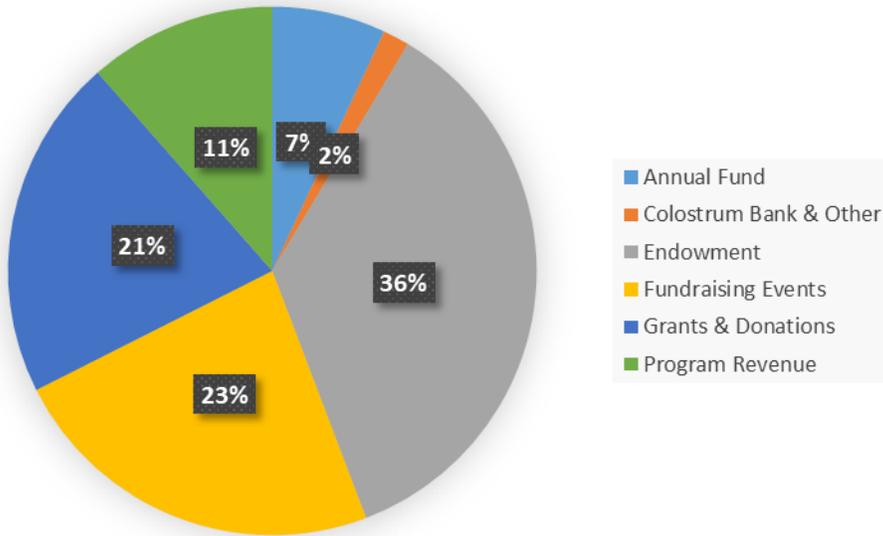
**300 volunteers
served in 2,712 roles
totaling 13,000+ hours
for a value of \$315,000****

*Previous year service hours were calculated using clock hours.

**Monetary value is based on the National Value of Volunteer Time.

Financial Position Year ending December 31, 2017

2017 Revenue



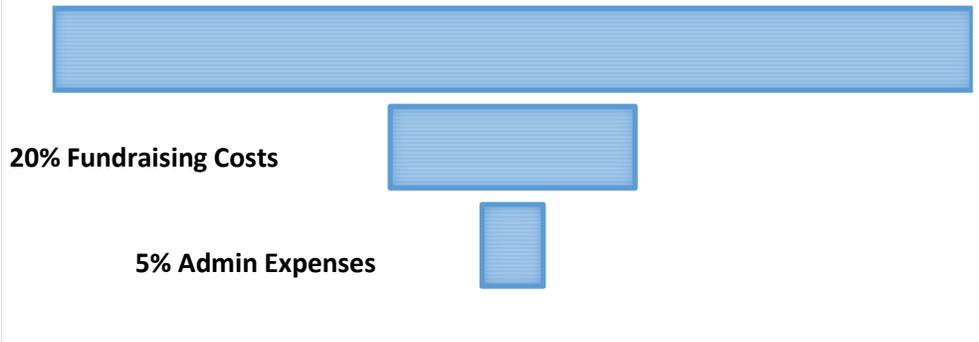
CKRH was fortunate in 2017 to receive a donation of \$500,000 to create an endowment. Starting in 2018, we will be able to withdraw up to 4 percent annually to repair and maintain our facility.

Our traditional income was \$805,302 of which we proudly used 75 percent toward programming.

We plan to continue growing our fundraising efforts to further support our current participants and new clients to come.

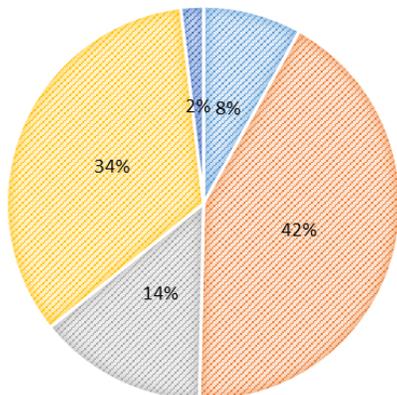
75% Program Services

HOW WAS MONEY SPENT?

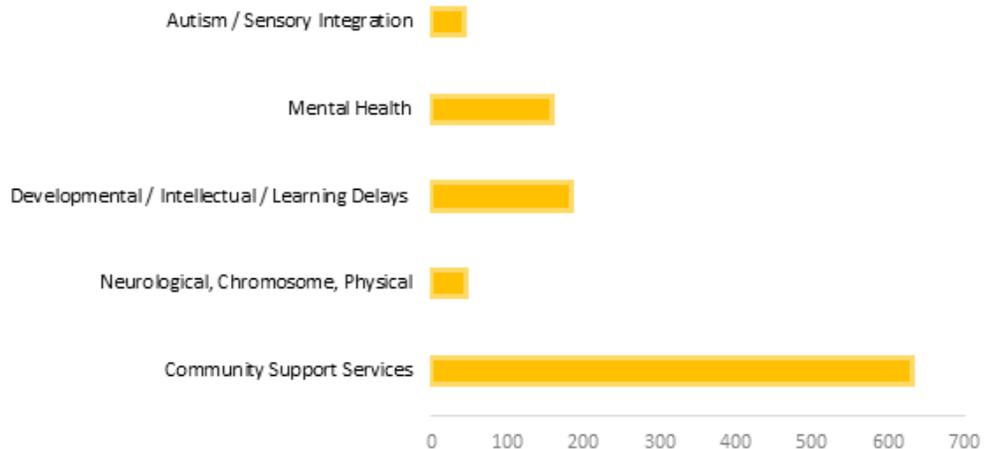


AGES OF OUR CLIENTS

■ 3-12 ■ 13-17 ■ 18-21 ■ 22-61 ■ 62-82



PROGRAMMING PROVIDED



Staff

Pat Kline, Executive Director

Jessica Byassee, Development Director

Denise Spittler, Program Director*

Erica Bischoff, Equine Care/Instructor in Training

Katherine "KC" Jensen, Instructor*

Josh McElroy, The STABLES Horsemanship Instructor

Anna Montero, Equine Care/Instructor in Training

Vickie Palmer, Volunteer Coordinator

Karen Richardson, Administrative Assistant

Alli Rushing, Data Controller*

Lisa Swanson, Equine Manager and Trainer*

Instructors

Contracted Therapists for Hippotherapy

Judith Allen, MSPT, AHA Registered Therapist*

Lisa Harris, MSPT, MSVc, HPCS, AHA Registered Therapist*

Jessica Perkins, MS, OTR/L

Kathryn L. Splinter-Watkins, MOT, OTR/L, FAOTA, AHA Registered Therapist*

Equine Specialist in Mental Health & Learning

Charlotte Easley, MSW, LCSW, EAGALA and PATH Intl. Certified

* Staff and contracted instructors with instructor certification through Professional Association of Therapeutic Horsemanship International (PATH Intl).

Board

Executive Committee

Brad Scroggin, President

Stuart Bennett, 1st Vice President

Alicia Smith Kazee, 2nd Vice President

Amy L. Owens, Secretary

Adam Campbell, CPA, Treasurer

Members

Michael Banahan

David Beck, CPA

Rebecca Bosomworth, MD

Adam Bowden

Stuart E. Brown, DVM

Susan Bunning

The Creech Family

Terri Johnson

Elizabeth Leatherman, CPA

Kristina Lu, VMD, Dipl. ACT

Peter Morresey, BVSc, MACVSc, DACT, DACVIM

Martha Jane Mulholland

Victoria Myers

Richard A. Nunnelley

Kari H. Simon

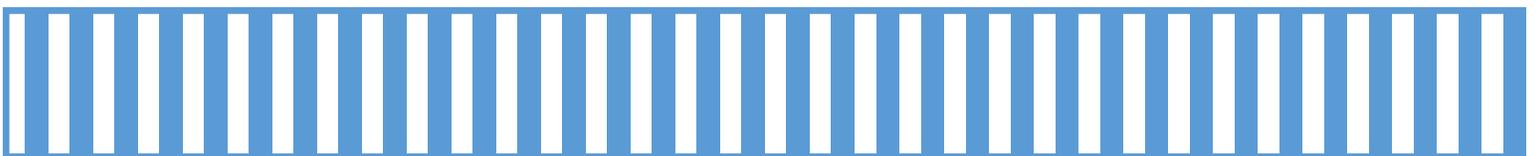
Steve Slabaugh

Linda Willson

Members Emeritus

Nancy Herring

John T. Ice



2017 By the Numbers

433

people served in therapeutic equine activities

13,698

hours of direct client services

621

people attended community educational events

13,337

volunteer hours donated

100%

of participants received financial assistance

Central Kentucky Riding for Hope

PO Box 13155 • Lexington, KY 40583

Located within the Kentucky Horse Park

(859) 231-7066 • www.CKRH.org

