

**HORSES AND HUMANS RESEARCH FOUNDATION**

# **ANNUAL REPORT 2019**



**IN MEMORY OF ANN ALDEN**  
**JANUARY 17, 1947 - JULY 25, 2019**

Former HHRF Board member

Pioneer of equine facilitated programs and a founder and pillar of the  
PATH Equine Facilitated Mental Health Association



# LETTER FROM OUR PRESIDENT

Dear HHRF Supporter,

I am honored to have the opportunity to address you in this 2019 Annual Report.

Horses and Humans Research Foundation is a remarkable organization that is accomplishing great milestones in the funding of research in the field of EAAT. In the Report you will read about some of our accomplishments in 2019 such as:

- Awarding a \$50,000 grant to Atlantic Veterinary College, University of Prince Edward Island - Principal Investigator: **Dr. Laurie McDuffee** for the study of Psychophysiological effects of Equine-assisted therapy on horses and in veterans diagnosed with post-traumatic stress disorder (PTSD).
- Establishment of an Education Committee which is fully resourced and working to advance HHRF on many fronts. In addition to focusing on getting the message out to our supporters and enlarging our stakeholder circle, the Committee will be focusing on getting the research into the barn. There is a great deal of knowledge being collected due to increased research; we need to now increase our ability to share and make that information actionable for those who are operating the programs that are achieving such amazing results.

In 2019 we said farewell to our Previous President and longtime Board member **Pam Cusick** as, for personal reasons, she found she needed to step down from the Board. Pam continues to support HHRF's mission by serving on the Science Advisory Council. We cannot thank Pam enough for her past and continuing contributions to HHRF.

In 2019 we set for ourselves the task of reviewing HHRF's effectiveness and are actively reviewing our operations on a number of fronts. Members of the Board are engaging with other large global organizations who are also dedicated to activities in the field of EAAT and are looking at ways to leverage our strengths and resources to maximize results. We are excited about the reception we have experienced in the discussions.

In August 2019 **Molly Sweeney** our founder and myself, then Vice-President, attended the ISES convention at the University of Guelph in Guelph Ontario. ISES, the International Society for Equitation Science is a research-rich environment and we were well received by many who appreciate and support the mission of HHRF. One of the most fascinating presentations focused on the development of technology which is advancing the collection of otherwise difficult-to-capture data in real time instruments worn by riders or attached to a horse's tack.

2020 is already turning out to be an exciting and promising year. You may have seen our Press Release and if not, then please click here to find it on our website: <https://www.horsesandhumans.org>

The HHRF envisions "a world where the unique capacity of the horse to transform lives is universally understood and valued." We thank you for your support in the past and urge you to continue to support us going forward as we are dedicated to making this vision come alive!

*Evelyn McKelvie*

# BOARD UPDATE

During 2019, in addition to meeting monthly via conference calls, the Board held two face-to-face meetings. A few highlights from the year included:

- Welcome and orientation of new board members
- Established inaugural Founders Day Campaign
- Updated Strategic Plan
- Presented at PATH Conference
- Reviewed grant applications and awarded one recipient
- Launch of new Education, Communication, & Marketing Committee
- Updated organizational Mission, Vision & Values
- Established Trauma as the 2020-2021 Research Focus



Oct. 2019 - HHRF Board of Directors at Temple Grandin Equestrian Center, Denver, CO

## CONNECTING THROUGH EDUCATION

As the newest Committee reporting to the Board of Directors, the Education Committee also has responsibility for Communications and Marketing initiatives.

This group of dedicated thought-leaders came together at the end of 2019 to begin the work of co-creating strategic aspirations to advance the mission of the organization. The list to the right highlights the overall duties of this new committee.

One goal of 2019 was the expansion of social media and on-line connections globally. We successfully established a LinkedIn presence and increased our Facebook followers by 15.96%.

- Develop a strategic outreach plan to identify educational and research institutions relevant to EAAT research and programs
- Create robust connections with educational and research institutions, researchers, and EAAT providers
- Identify potential speaking engagements, potential speakers/presenters and professional conferences to educate about HHRF, research, and EAAT
- Identify ways that research findings can be disseminated to EAAT practitioners and programs
- Identify publications to target with EAAT research findings, presented in a way that is appropriate to the publication's audience
- Provide information to the Executive Director about evidence-based (academic) research relevant to EAAT for dispersal via social media and other sources.
- Develop and recommend to the Board of Directors policies and procedures governing the educational programs and services to be offered by HHRF to subscribing members and the public.
- Provide policy guidance and consultation for the Board of Directors in setting priorities for educational programs and services.
- Establish policies and guidelines to assist the Board of Directors in setting the fees to be charged for programs and services offered by HHRF.

*"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."*

*~Margaret Mead*



## 2019 \$50,000 GRANT RECIPIENT

**Study: Psychophysiological effects of Equine-Assisted Therapy on horses and in veterans diagnosed with Post-Traumatic Stress Disorder (PTSD)**

### Primary Investigator:

**Laurie McDuffee - Atlantic Veterinary College,  
University of Prince Edward Island**

### Background:

Post-traumatic stress disorder is a serious mental health problem that is triggered by seeing or living through a terrifying event. Although PTSD can happen to anyone, many military veterans return from war with symptoms that significantly impact their lives. Veterans with PTSD are limited in their options for overcoming symptoms and are increasingly turning to non-traditional treatment methods. Animals, such as horses, provide an important companionship that can help veterans recover; however, the effectiveness and impact of this relationship on both veterans and horses has not been well established.

### Plan:

Building on previous research, this study will explore the impact of an 8-week therapy program that uses horses to alleviate stress in veterans diagnosed with PTSD. Researchers will collect data from humans and horses that measure stress using both physical (i.e. cortisol, oxytocin, heart rate data, and standardized assessment) and standardized psychological tests. Together these measures will enable the researchers to better understand how the horse assisted therapy program influences the recovery of veterans diagnosed with PTSD and related mental health symptoms (i.e. anxiety and depression). Sixteen veterans recruited through Veterans Affairs Canada will receive 8-weeks of therapy (once per week) consisting of grooming and leading a horse under the direction of a registered psychologist. Self-reported information about PTSD symptoms, anxiety, and depression will be assessed at the start of the program, after week 4 of the program, at the end of the program, and two months following the program.

Saliva and blood samples will be taken from veterans and horses during each session. Data analysis will compare data collected at each point in the therapy program. This study will be unique in that data will be collected from humans and horses at the same time to better understand the human-horse relationship during therapy.

### Team:

Our team members provide rich and diverse expertise to this project. Project leads include senior faculty members with extensive experience in veterinary medicine and human health, respectively. Collaborators include a registered psychologist with expertise in the clinical treatment of trauma, and PTSD; a clinician with expertise in veterans with PTSD; and a researcher who specializes in microbiology and biotechnology.

## Funded Research

**"Improvement in Trunk/Head Stability and Upper Extremity Control after HPOT."** Washington University School of Medicine, Program in Occupational Therapy - St. Louis, MO. USA. Status: Published in the Archives of Physical Medicine and Rehabilitation, 2009 Jul;90(7):1185-95

**"The Effect of Equine Assisted Activities on the Social Functioning in Children with Autism."** Good Hope Equestrian Training Center - Miami, FL, USA. Status: Submitted for publication. Pilot study results published in the Journal for Autism & Developmental Disorder

**"Hippotherapy to Improve Postural Control in Children with Cerebral Palsy."** Université de Sherbrooke - Quebec, Canada. Status: Submitted for publication.

**"Effects of Hippotherapy on Balance and Gait in Ambulatory Children with Spastic Cerebral Palsy."** Central Michigan University, USA. Status: Active. Pilot study published in Physical Therapy, Journal of the American Physical Therapy Association May, 2012

**"Basic Neurobiological and Psychological Mechanisms Underlying Therapeutic Effects of Equine Assisted Activities."** University of Rostock, Germany. Published in the Journal of Occupational Therapy, Schools and Early Intervention, 2015

**"Effects of Hippotherapy on Children with Autism Spectrum Disorders."** Washington University School of Medicine, St. Louis, MO, USA. Status: Pilot study published in American Journal of Occupational Therapy, Nov/Dec 2013.

**"Effects of Equine-Assisted Activities on PTSD Symptoms, Coping Self-Efficacy, Emotion Regulation, and Social Engagement in Military Veterans."** University of Missouri, Columbia, MO, USA. Status: Published in Applied Nursing Research 2017, Military Medical Research Journal January 2018.

**"Effects of Equine Facilitated Psychotherapy on Post-Traumatic Stress Symptoms in Male Youth."** Cummings School of Veterinary Medicine at Tufts University, Medford, MA, USA. Published in the Journal of Child and Family Studies 2017.

**"Examination of the Effects of Equine Assisted Activities on PTSD Symptoms, Quality of Life and Participation in Combat Veterans."** Baylor University Waco, TX. Status: Published in Occupational Therapy and Mental Health 2017.

**"Can Horses Distinguish Between Neurotypical and Mentally Traumatized Humans?"** University of Guelph, Guelph, ON, Canada. Status: Published in Applied Animal Behaviour Science 2018.

**"The Effect of Therapeutic Riding on Stress Levels in Young Adults with Autism Spectrum Disorders."** Slippery Rock University, Slippery Rock, PA. Status: Preparing for submission

**"Tracking Kinematic and Kinetic Data During Horse Riding for Optimizing Therapeutic Outcomes."** Texas A&M University, College Station, TX. Status: Active

**"The Feasibility, Acceptability, and Preliminary Efficacy of a Manualized Equine-assisted Occupational Therapy Intervention for Children with Autism."** Temple Grandin Equine Center - Colorado State University, Fort Collins, CO. Status: Active.

Details and updates at [horsesandhumans.org](http://horsesandhumans.org)

# Thank you to our 2019 Donors

Adventures in Awareness  
AmazonSmile  
Heather Ajzenman  
Ann Alden  
Laura & Bob Amick  
Anonymous  
Anonymous  
Anonymous  
Bank of America Charitable Foundation  
Natalie Baker  
Heidi Banse  
Margaret Bass  
Joann Benjamin  
Nan Berry  
Marcy Blacker  
Barbara Blakeney  
Terry & Milt Boggs  
Lynn Boice  
Jenny Booth  
Gary Borla  
Ken Boyden  
Laura Boyden  
Rebecca Boyden  
Marie Bozzi Boyden  
Ross Braun  
Trish Broersma  
Sarah Bronson  
Octavia Brown  
Virginia Buechner-Maxwell  
Central Kentucky Riding For Hope  
Cheff Therapeutic Riding Center  
Luis & Carol Cardenas  
Celeste Christensen  
Linda Clifford  
Stacy & David Connelly  
Mark Conrad & Sarah McKenzie  
Joan Cox Danzansky  
Patti & Chris Coyle  
Nancy Coyne  
Pam Cusick  
Stuart Daly  
Christine Davis  
Robby Devery  
Jen Donahue  
Lydia Donaldson & William McCormick  
Linda & Art Donatelli  
Equine Assisted Growth and Learning Assoc.  
Jonathan Enenbach  
First Light Farm  
Freedom Farm  
Jane & Robert Fitzpatrick  
GDS Equestrian Enterprises  
Grace Jones Richardson Trust  
Francisco Gamboa  
Chris Garwood & Patricia Ochman  
Judith Gibbons  
Penny Giovanetti  
Rose Goldfine  
Rose Goldfine & Stacey Caserta  
John Goodman  
Chris Gruendeman  
HETI (Horses in Education and Therapy Int'l)  
HorseMAREship  
Shannon Habenicht  
Paul Haefner  
Susan Harding  
Susan & David Haseman  
John Hasley  
Dr. Kathi Heiber  
KC Henry  
Peggy Hilden  
Michelle Howell Smith

Inspired Coaching  
Emily Jarvis  
Erica Jex Gergely  
Nancy Krenek  
Judith & Ronald Kruse  
John Kundtz  
Kenney Family Foundation  
Rebecca Lafave  
Katherine Lane  
Donna Latella  
Sally Lehnhardt  
MSB Therapy  
Karyn Malinowski  
Kristen Marcus  
Sanna Mattila-Rautin  
Lisa May  
Marion May  
Nancy McGibbon  
Evelyn McKelvie  
Susan McMunn  
Kevin & Kelly McShane  
Jo Anne Miller  
Dr. Mark & Kristan Mosley  
Vickie & Mike Mudra  
Megan Mueller  
Network for Good  
Nick and Frances Frank Foundation  
Janet Nicholas  
Toshihiko & Sarah Niwa  
William & Katherine O'Neill  
Tim & Cindy O'Neill  
Kerry Ould  
PATH International  
Plott Financial Consulting  
Nancy Paschall  
Caiti Peters  
Riding Beyond  
Riding Far  
Pat Roddy  
Sentinel Trust Company  
Stanley Black & Decker, Inc  
Sun Sugar Farms  
Dave Schmutz  
Karen Schrepel  
Alison Souness  
JanaLee Sponberg  
Julia Standish  
Bonnie Sterngold  
Dr. & Mrs. Earl Strimple  
Molly Sweeney  
Brian & Debbie Sweeney  
Kevin & Danielle Sweeney  
T.E.A.C.H.  
The Triple T Foundation  
Therapeutic Riding at Majoda Stables  
Triple H Equitherapy  
Kathleen Taler  
Clare Thomas-Pino  
Mike Tomlinson  
Kimberly Tumlin  
Susan & Humphrey Tyler  
William J. & Dorothy K. O'Neill Foundation  
Sonja Wingard  
Edith Wislocki & Alfred Darby  
Wendy Wood  
Stacey & Mark Yalenti  
Carol Young  
Alison Zack Darrell  
Autumn Zick

## Honor & Memorial Acknowledgements

In honor of Ann Alden, Nancy McGibbon, & Molly Sweeney  
from Adventures in Awareness

In honor of Anne Marie Martin  
from Rose Goldfine

In honor of Beth Sproule  
from Dr. Kathi Heiber

In honor of Hillary Peckham and Maren Hall-Weickert  
from Rose Goldfine and Stacey Caserta

In honor of Joseph Sperie  
from Sun Sugar Farms

In honor of Judith Lightfoot  
from Octavia Brown

In honor of KC Henry  
from Judith & Ronald Kruse

In honor of Molly Sweeney  
from Sentinel Trust Company,  
Susan Harding, John Kundtz,  
Nancy McGibbon, and  
Kevin & Kelly McShane

In honor of Patti Kortkamp & Molly Sweeney  
from Karen Schrepel

In honor of Sally Lehnhardt  
from Celeste Christensen

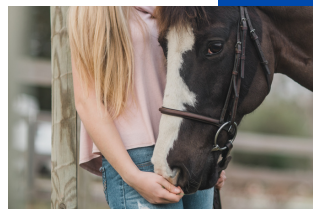
In honor of Tim & Cindy O'Neill  
from William & Katherine O'Neill

In memory of Ann Alden  
from Marcy Blacker, Terry & Milt Boggs,  
Lynn Boice, Ken Boyden,  
Mark Conrad & Sarah McKenzie,  
Linda & Art Donatelli, Katherine Lane,  
and Julia Standish

In memory of Mary "Beth" Weaver  
from Triple H Equitherapy

In memory of Rachael C. Donahue  
from Jen Donahue

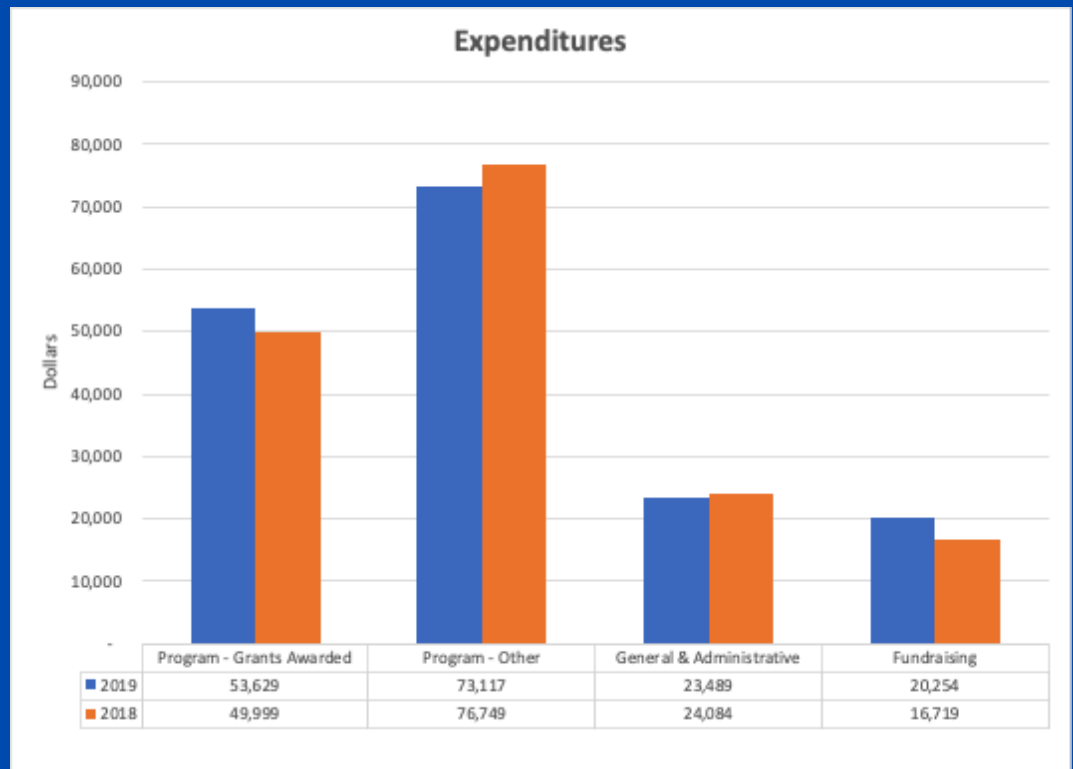
In memory of Tommie Rains  
from John Goodman



# FINANCIAL STATEMENT

Contributions and grants increased in 2019 due to additional number of donors and actual donations received. In 2019 another substantial research grant was awarded. Expenses for 2019 were held to 2018 levels – a reflection of decisions to defer investment in operations. Endowment funds rebounded in 2019, seeing an increase of \$15,000 plus and providing \$5,796 for general use.

Our current contributions and grants, which are considered restricted funds, allow us to continue to fund grant applications. However, in 2020 and beyond, we will be seeking to fund more of our operational expenses in addition to research applications.



# 2019 BOARD OF DIRECTORS AND ADVISORS

## BOARD OF DIRECTORS

Pam Cusick, MA President Annapolis, MD	Nancy Coyne, MD Tucson, AZ
C. Mike Tomlinson, DVM, MBA, Past President Thousand Oaks, CA	Vickie Mudra, MPH, ACC, CPC Goodyear, AZ
Evelyn McKelvie, BA,PCC,CEC Vice President Fort Langley, BC	Nancy Paschall Spartanburg, SC
Patricia Ochman, B.C.L., LL.B, Secretary Hudson, OH	David Schmutz Glendale, CA
Sally Lehnhardt, Treasurer Laurel, MD	Ken Boyden, JD, EdD, Executive Director, Nonvoting, Ex. Official Rydal, PA
	Molly Sweeney, Emerita Hockley, TX

## AMBASSADORS

Allan Hamilton, MD Tucson, AZ	Philip Tedeschi, MSSW, LCSW Denver, CO
----------------------------------	---

## Our Mission

Through sustained investment in rigorous research, **Horses and Humans Research Foundation** serves as a catalyst to advance global knowledge of horse-human interactions and their impact on health and wellness.

## Our Vision

A world where the unique capacity of the horse to transform lives is universally understood and valued

## Our Goals

- Expand the impact of research
- Increase investment in visionary research
- Facilitate collaborative partnerships to further mission
- Educate to fulfill vision
- Ensure HHRF's continued sustainability

## SCIENTIFIC ADVISORY COUNCIL

Heather Ajzenman, OTD, OTR/L Center Barnstead, NH	Carolyn Hammer, DVM, PhD Fargo, ND
Ann Baldwin, PhD Tucson, AZ	M. Elizabeth (Betsy) Kemeny, PhD, CTRS, CPG, FDRT Grove City, PA
Heidi Banse, DVM, PhD, DACVIM Zachary, LA	Donna Latella, EdD, OTR/ Branford, CT
Margaret Bass, PhD Miami, FL	Laura Lubbers, PhD Perkasie, PA 18944
Virginia Buechner-Maxwell, DVM Fairlawn, VA	Karyn Malinowski, PhD Manville, NJ
Renee Casady, PT,MS,HPCS National City, MI	Arieahn Matamonasa Bennett, PhD Aurora, IL 60502
Pam Cusick, MA Parkton, MD	Nancy McGibbon, MS,PT,HPCS Green Valley, AZ
Lydia Donaldson, VMD, PhD, Diplomate ACVAA Middleburg, VA	Megan Kiely Mueller, PhD Medfield, MA
Manon Dontje, PhD Applecross, WA Australia	Pamela Mitchell, PhD Kent, OH
Erica Jex Gergely, PhD Kalamazoo, MI	Deborah Silkwood-Sherer DHS,PT, HPCS Holt, MI
Judith Gibbons, PhD Antigua, Guatemala Central America	Clare Thomas-Pino Newburgh, ME
Erin Grogan, PhD Reading, VT	Maureen Vidrine, DNP, APRN-PMH, BC Monroe, Georgia
Paul Haefner, PhD The Plains, VA	Wendy Wood, PhD, OTR, FAOTA Hillsborough, NC
Victoria Haehl, PhD Chelsea, MI	

## Our Values

**CARE**  
**ACCOUNTABILITY**  
**RESPECT**  
**EXCELLENCE**

"The Century Ride and the support of the dressage family will always be one of my most cherished memories and accomplishments."

~Ann Alden



## ANN ALDEN ON SUM PUNK



## DRESSAGE FOUNDATION

## CENTURY RIDE

### Reflection by HHRF Founder Molly Sweeney:

*How does one define Ann Alden? Does the vocabulary even exist that can clarify the breadth and depth and scope and wisdom of Ann?*

*On the surface she was all about her family, horses and equine facilitated programs.*

*Her dedication to family was exceptional and she has exceptional daughters to prove it.*

*She bred and raised athletic and talented horses, many that became outstanding in equine facilitated programs. During her long bout with illness her Joy was her family and her most recent trail ride. Her most thrilling accomplishment by her own account was her century ride test sponsored by the US Dressage Federation where the combined ages of the horse and rider is 100 or more.*

*She was a pioneer of equine facilitated programs and a founder and pillar of the PATH Equine Facilitated Mental Health Association. If you do any type of equine facilitated program you are merely building on the foundations set by Ann and her colleague, Barbara Rector. Ann perceived horses as sentient beings and changed the way we interact and engage with them. "We work WITH - not do TO." Her clear thinking and practical skill building made her a sought-after teacher, mentor and important part of the research team. She adhered to the data, but spoke from the heart.*

*We shared a love of living out in the country with horses and a frustration with terrible Internet service out in the country. We both have a granddaughter named Ava.*

*Ann was a great asset to the Horses and Humans Research Foundation. She was always ready to brainstorm ideas and encourage strategic thinking. I miss her dozens of contacts, her common sense, her wisdom and her inspirational way of just being her own unique self.*



**Rest In Peace, Sage Ann. You are missed.**