

Patron:
HRH The Princess Royal
G.C.V.O

CanTRA Annual Report

The Canadian Therapeutic Riding Association | L'Association Canadienne d'Équitation Thérapeutique
Registered Canadian Charity # 11883 6543 RR001

President's Report for Year ending January 31, 2022

CanTRA's year, 2021-2022, is ending on the upswing, seeing the light ahead. CanTRA and its member centres, their staff, volunteers, special clients and equine partners have proven themselves once again to be resilient, patient and innovative in their services. Despite the continued challenges of this past year's prolonged worldwide pandemic, I have been very proud of how CanTRA's board of directors, its advisory council and committees have risen to meet the needs of its membership and member centres. With ever-changing COVID restrictions, our centres have faced a barrage of obstacles as they struggled to provide therapeutic riding and ground-based learning programs to their vulnerable clientele, and CanTRA was there with them all the way.

These difficult times have presented opportunities that have propelled our board and committees to open their minds to alternative forms of education, accreditation and certification, using today's technologies in a most effective way. Since the start of the pandemic in 2020, CanTRA has continued to engage its membership through webinars and Zoom meetings to promote learning and the sharing of successes, challenges and solutions through networking for peer support, truly demonstrating



that we have all been in this together.

As their reports attest, our committees have been very active using this challenging time to collaborate in updating their offerings to the membership in every way they can, from the complete updating of CanTRA's Certification Manual through to a virtual means of accreditation and certification,

I have stood in support and awe of their dedication and commitment to growth and development during this difficult time.

thereby helping CanTRA member centres move forward in a fresh new light.

This fiscal year is ending on a positive note. Due to the hard work and dedication of our communications team, funds have been set aside for innovative projects like the updating of CanTRA's website, which will make it more informative and interactive for our membership and the community at large. This, and other projects, will help propel CanTRA and its member centres forward into the future.

As President, I am so proud of the countless hours of volunteer work done by so many in our organization. I have stood in support and awe of their dedication and commitment to growth and development during this difficult time. Through their expertise, CanTRA continues to strive to meet the needs of the membership as they provide safe, innovative programming to their communities. Their special populations and precious equine partners remain the heart of CanTRA's purpose. It is our hope that through it all, helping to support the needs of others, safely and with kind consideration, CanTRA and its member centres continue to uphold time-proven standards of care and service delivery. We look forward with optimism to a brighter year ahead for all.



Photo CanTRA

JoAnn Thompson Franklin PT
President, CanTRA

Certification Report

For Year ending January 31, 2022

Committee Members

Margaret Rigby (Chair)

Jane James

Hilary Webb

Fionna Christensen

Linda Rault

Gay Wood

The important goal for the certification committee for 2021 was the implementation of a virtual certification program for the CanTRA Basic Instructor and Basic Instructor 2, due to COVID restrictions.

A number of candidates who had completed their technical evaluation prior to 2019 were waiting for an exam date to complete their Basic Level.

In June 2021, we held our first virtual exams and have completed all the outstanding exams over the latter months of 2021. By this time, COVID 19 restrictions had started to be lifted and we were able to conduct virtual Zoom or video sessions at various centres that were holding classes as allowed by provincial/regional guidelines. Each event included one or two candidates with two examiners reviewing videos and all applicable paperwork that accompanies an exam. We were able to hold events at a candidate's home centre. Once we return to in-person events, we will revert to holding technical evaluations and exams at our examination centre.

An ad hoc committee from the Certification committee members used our time over the last year to re-write the CanTRA Instructor Manual. This was an almost complete re-write as the first edition of the Manual was published



A group of volunteers assisting riders at The Comox Therapeutic Riding Society.

Photo by Bill Jorgenson.

in 1986. At the present time, the manuscript is in the hands of an Editor for formatting and a Book Designer. We eagerly look forward to offering this to our members in either hard copy or digitally in the next few months.

It seems there is a severe shortage of instructors and mentors following two years of the pandemic. This next year promises to be a busy time for

certification and for centres training candidates and holding exams to fill the gaps.

Yours sincerely,
Margaret Rigby

Accreditation Report

Fiscal Year February 2021 to January 31, 2022

Committee Members

Margaret Tibbo (NL) CanTRA 2nd VP

Teg Harper (BC) CanTRA Coach / Examiner

Margaret Rigby (BC) CanTRA Coach / Examiner / Certification Chair

JoAnn Thompson Franklin PT (NB) CanTRA President - Ex-Officio

Ann Caine (ON) Committee Chair & Advisory Council member

During the past fiscal year, the Accreditation committee members have continued to address all the challenges, and celebrate the successes, of virtual accreditation. Pivoting to this new initiative has given committee members the opportunity to connect with many more CanTRA members across the country, including through several Zoom group meeting discussions. Despite the inevitable problem-solving involved in a new process, we believe this has been a positive experience.

We submitted an article to the



Brooklyn 3 years old riding Miami. This photo was taken during COVID when Brooklyn's parents became her side walkers. This is a wonderful example of family members stepping up to help therapeutic riding continue during the pandemic.

Photo: Sydney Holmes

Canadian Horse Journal on the importance of CanTRA program accreditation and the certification of therapeutic riding instructors. This

also emphasized CanTRA's strong partnership with Equestrian Canada (EC)

Members of our committee worked closely in the development of the Equine

Facilitated Wellness (EFW) program and will remain involved as this new program and credentialing system is established and implemented in the upcoming fiscal year.

The Accreditation committee members also continue to be involved in the planning and development of future CanTRA educational webinars.

Respectfully submitted,

Ann Caine,
Accreditation Chair.



CANADIAN THERAPEUTIC RIDING ASSOCIATION

CERTIFIES THAT

Rainbow Riders Therapeutic Riding Newfoundland and Labrador Inc.

HAS ATTAINED

ACCREDITATION

ACCREDITED IN 2021

This accreditation is valid for a five-year period at this location 103 Mount Scio Rd. St. John's, NL

2021 - 2026

JoAnn Thompson Franklin

JoAnn Thompson Franklin, President

Ann Caine

Ann Caine, Accreditation Chair

Hippotherapy Canada Committee

Annual Report for CanTRA March 2022

Hippotherapy Canada met four times over 2021. Meetings were via Zoom. The group now has 20 participants registered across Canada.

Our main focus is to help therapists across Canada to connect and provide education and resources.

Currently we are completing a survey to better meet the needs of therapists across Canada in terms of what support and resources we can offer in the hopes of boosting meeting attendance and participation.

Research:

This year Janessa Whitfield, PT, and Pippa Hodge PT worked on a pilot study examining the efficacy of Physiotherapy utilizing equine movement in older adults. Jacqui Ryan, MD, helped with this study and getting a poster produced which all three presented at the American Hippotherapy Association Conference held in Denver, Colorado in March 2022. The data was processed by Longlong Huang, a statistician at the University of the Fraser Valley.

Nine individuals between the ages of 61 and 79 years were treated using equine movement once weekly for 12 weeks. Each person had 30 minutes on the horse and exercises focused on balance, postural correction, flexibility, coordination, strengthening and dual tasking exercises.



Above: Watson the horse with client Wayne Singbeil, leader Leah Geddes, Pippa Hodge PT.



Left: Teo the horse with client Gay McMann, side walker Carol Jenne.

Photos supplied by Pippa Hodge

The Boomer (Balance Outcome Measure for Elder Rehabilitation) was used to measure change and this did show an improvement in balance in the subjects.

We are continuing to study the effectiveness of Hippotherapy treatment on the older population to see if it improves functional mobility and balance outcomes.

Report by
Sarah Michelle Senecal
 CanTRA Board Liaison for
 Hippotherapy Canada.

Equine Facilitated Wellness

During 2021 the CanTRA Board, the Equine Facilitated Wellness Committee, the Certification Committee and the Accreditation Committee all came together to develop a new program for CanTRA Equine Facilitated Wellness. With this collaborative effort, three new documents have been developed and made available to CanTRA members.

The first of these documents is a new CanTRA Equine Facilitated Wellness Manual. This maps out the three different types of CanTRA Equine Facilitated Wellness qualifications:

- Mental Health Professional
- Education Professional or Practitioner
- Equine Specialist or Senior Equine Specialist

The new manual also describes the process by which a person can make an application through a portfolio method. This will take into consideration each person's individual and unique experience.

The second of the documents is the Equine Facilitated Wellness Horse Handler document. The EFW Horse Handler will function as a support for the Equine Specialist. This document describes the process of qualifying as

an EFW Horse Handler.

The third document, which describes the requirements for becoming a CanTRA centre that is accredited to provide equine facilitated wellness services, was circulated to all CanTRA member centres.

The new program will be unfolding throughout 2022.

The existing Equine Facilitated Wellness Committee was dissolved at the end of 2021 and will be restructured at some point in the future.

Report by
Christine Ross
CanTRA Vice President.



*CanTRA thanks
Woody and all
the therapy
horses in CanTRA
programs across
Canada
for all their
wonderful work.*

*CanTRA Therapy Horse of the
Year 2021 Woody - PRANCE:
Pegasus Riding Association
Nurturing Challenged equestrians,
Port Elgin, ON*

Photo: Kaitlyn Murdoch

DONATIONS TO CanTRA

In Memory Of

JoAnn Thompson Franklin in memory of
Aileen Wright

JoAnn Thompson Franklin in memory of
Ross and Marian Chartley

Daphne Davey in memory of
Dr. Gillian Lawrence

Sarah Lawrence in memory of
Dr. Gillian Lawrence

Anne Lawrence in memory of
Dr. Gillian Lawrence

Claire Khuen in memory of
Dr. Gillian Lawrence

Mike Lawrence in memory of
Dr. Gillian Lawrence

Dorrit de Demeter in memory of
Capt. G. and Mrs. A.V. de Demeter

Jodi Neilson in memory of **Zoey Waters**

In Honour Of

Tanya Macpherson in honour of
Jesse Macpherson

Pennie-Lynn Davidson in honour of
Tricia Davidson

Ilana Birnbaum in honour of
Yalda Karimi

Steven Trussler in honour of
Nicola Simmons

Donating the Easy Way!

Would you like to make a donation to CanTRA?

Go the CanadaHelps way! www.canadahelps.org Type in "Canadian Therapeutic Riding Association" in the "I want to give to" space. Your tax-deductible donation will support children and adults with disabilities right across the country!



Mission Statement

The Canadian Therapeutic Riding Association - promoting excellence throughout Canada in therapeutic riding and equine-assisted therapies through certification, accreditation and education.

WHO'S WHO

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