



Equine Assisted Services (EAS)

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EXTENSION.USU.EDU

Introduction



Graduated with DVM
CSU 2003



Valley Veterinary Services LLC,
2003-2015



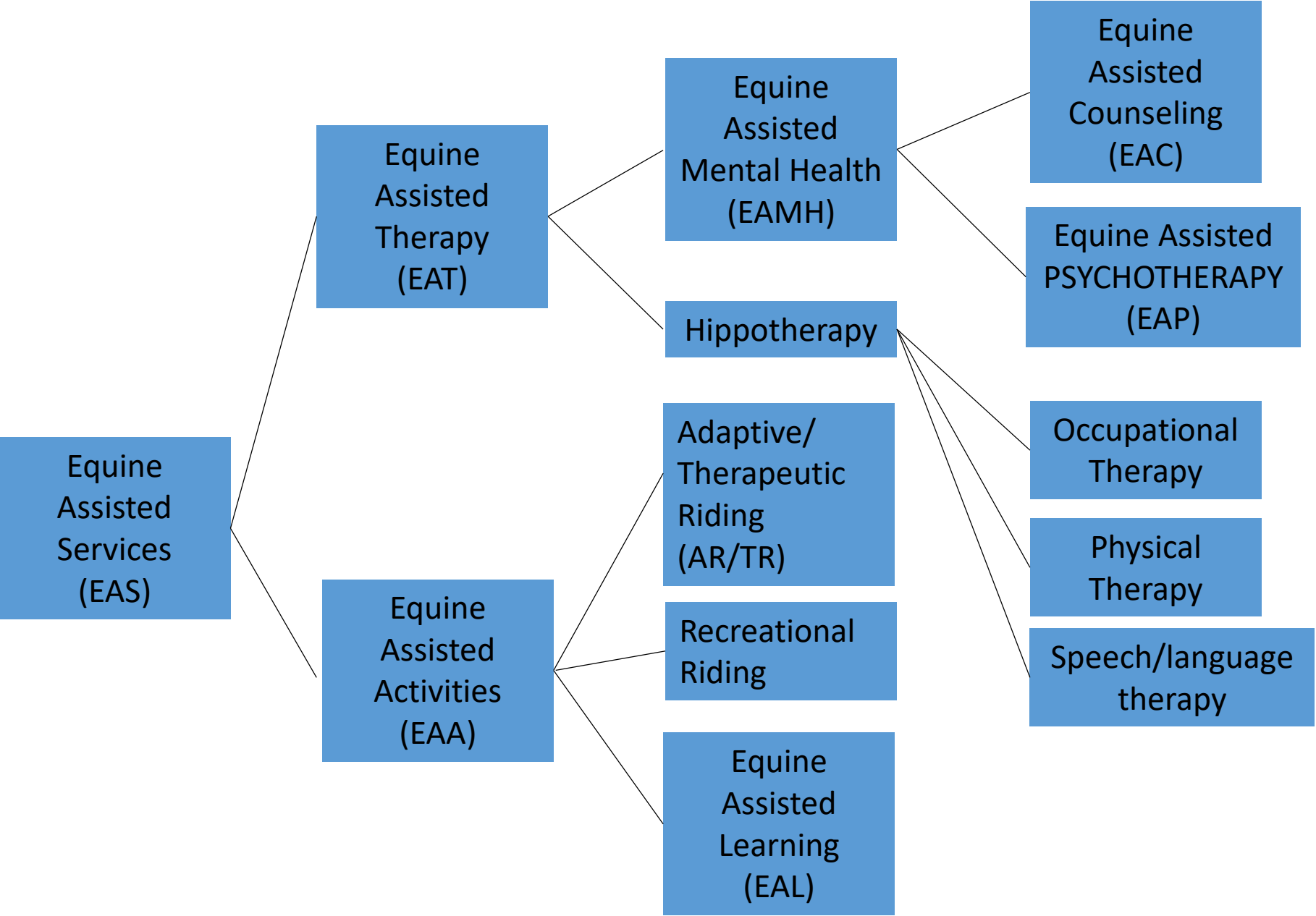
USU Equine Extension Specialist,
2015-present



There is something
about the outside of
a horse that is good
for the inside of a
man.

-Winton
Churchill





How to put on **safe** Equine Assisted Services

- Personnel and Training
 - Operating within appropriate scope
 - Equine Specialists
 - Mental health professional
 - Medical professional
- Horse Selection
 - Key to safety!!!
 - Temperament
 - Experience
 - Conditioning
- Follow Protocols (MOU with VA)



Equine Specialists

- American Hippotherapy Association
 - <https://www.americanhippotherapyassociation.org/>
- PATH Intl. – Professional Association of Therapeutic Horsemanship
 - <https://pathintl.org>
- EAGALA – Equine Assisted Growth and Learning Association
 - <https://www.eagala.org/index>
- CHA – Certified Horsemanship Association
 - <https://cha.horse>



Ride Utah! Recreational Trail Rides

Mission Statement

Ride Utah! seeks to create and promote wellness opportunities for members of the military and their families through the human-equine connection, community support, and safe recreational equine activities.



Associated Activities

- Conduct a safe recreational equine trail ride for military personnel and a guest.
- Hold a group discussion led by a licensed professional. Topics might include marriage and family relationships, adapting to civilian life, or other issues as deemed
- Provide a trailside meal for participants.
- Develop relationships and partnerships with local military units, local veteran's groups, and military chaplains.
- Improve resiliency and improve marriage and family relationships among military personnel and their support.
- Establish networking that will provide military personnel and peer groups the help that is available.
- Develop and deliver a program that will make it possible for county extension faculty to work within their own communities in establishing their own military trail rides.



Beaver





Kingston



Kingston



Sarah (Name Changed)

- Met in 2021
- Army Veteran
- Ride Utah!
- Enrolled in VA Addiction Recovery
- Transitional Housing
- Motivation, Incentive, Desire
- Back in school (U of U) for Recreational Therapy Degree





Moab



Antelope Island / Panguitch

Ride Utah! Impacts

- Increased Resiliency
 - Conner-Davidson Resiliency Scale
- Partnerships
 - USU Human-Equine Science Department
 - Salt Lake City VA
 - Utah National Guard
 - USU UVU VRO
- Participants
 - Over 1300
- Extramural Funding
 - Over \$200,000
- Publications
 - 3 journal, 1 program guide, 2 fact sheets



Developing New Programs

- USU Equine Experience
 - Adaptive Riding
 - EAL
 - Driving
- Salt Lake City VA Partnership
- Research project studying physiological and psychological affects of equine experiences





What brings me joy





What brings me joy





Publications

- Hoopes, K., Osborne, M., Marchand, W., Joubert, K., Nazarenko, E., Black, H., Klinger, W., Sheppard, S. (2022) A pilot observational study of recreational trail riding for Veterans with addictive disorders. *Complementary Therapies in Medicine*. 65:102813
<https://doi.org/10.1016/j.ctim.2022.102813>
- Marchand, W., Jobert, K., Smith, J., Nazarenko, E., Klinger, W., Sheppard, S., Hoopes, K. (2022) A pilot observational study of implementing an equine-assisted services program within a VA medical center residential substance use disorder treatment program. *Military Medicine*. 00, 0/0: 1.
- Marchand W. R., Andersen S. J., Smith J. E., Hoopes K. H., Carlson J. K. (2021) Equine-Assisted Activities and Therapies for Veterans With Posttraumatic Stress Disorder: Current State, Challenges and Future Directions. *Chronic Stress*. 5:2470547021991556.
- Hoopes, K; Anderson, K., Shultz, J., "Ride Utah! Program Guide" (2018). *All Current Publications*. Paper 1861. https://digitalcommons.usu.edu/extension_curall/1861

