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Greetings,

Here we are starting another session and all I can say is, thank goodness it has finally cooled down a bit! I'm not complaining about the weather we have been having. It has just been a bit too warm at times and has also made for some pretty spectacular storms!

We have had a pretty good summer here at the barn and there have been quite a few different events going on from horse camps to training sessions and riding lessons for volunteers. Check these opportunities out if you get a chance—you won't be disappointed.

Have a great session and see you around the barn!

Darcy

Featured Disability—Attention Deficit Hyperactivity Disorder (ADHD)

One of the most common childhood neurobehavioral disorders is Attention Deficit Hyperactivity Disorder (ADHD). Though some people still refer to the condition as "ADD" (attention deficit disorder), this term has now been replaced with ADHD. Children affected with it struggle with school activities, performance and interpersonal relationships. It usually leaves parents exhausted and frustrated.

It is most often diagnosed in childhood and usually lasts into adulthood. Children with ADHD have trouble paying attention, controlling impulsive behaviors, and in many cases are overly active.

There are three different types of ADHD. The type is identified based on the severity of the symptoms.

Predominantly Inattentive Type: Individuals affected with it find it hard to organize or finish a task, to pay attention to details, or to follow instructions or conversations. The person may forget details of daily routines or is easily distracted.

Predominantly Hyperactive-Impulsive Type: People who have predominantly hyperactive-impulsive type are fidgety and talkative. It is hard for them to sit still for a period of time or to complete any one task like eating or doing homework, without getting up. The individual feels restless and has attacks of impulsiveness. Impulsive behavior is exhibited by interrupting others, grabbing things from others, or speaking at inappropriate times. It is hard for the person to wait for their turn or listen to directions. Smaller children usually run, jump or climb constantly.

Combined Type: Persons suffering from combined type exhibit symptoms of the above two types.

Attention Deficit Disorder Symptoms

It is normal for children to have trouble focusing and behaving at one time or another. However, children who are affected with ADHD do not outgrow these behaviors. They are also more severe and occur more often. The symptoms continue and can cause difficulty at school, at home, or with friends. To be diagnosed with this disorder, a child must have symptoms for 6 or more months, and to a degree that is greater than other children of the same age.

Inattention, hyperactivity, and impulsiveness are the key behaviors of ADHD.

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Featured Disability—Attention Deficit Hyperactivity Disorder (ADHD) -

Children who have symptoms of inattention may

- Have difficulty focusing attention on organizing and completing a task or learning something new
- Get easily distracted, miss details and forget things
- Become bored with a task after only a few minutes, unless they are doing something enjoyable
- Frequently switch from one activity to another
- Find it difficult to complete or turn in homework assignments, often losing the things (e.g., pencils, [toys](#), assignments) they need to complete that task
- Struggle to follow instructions
- Be inattentive when spoken to
- Find it difficult to process information as quickly and accurately as others
- Daydream, become easily confused, and move slowly

Children who have symptoms of hyperactivity may

- Constantly move around
- Chatter incessantly
- Find it difficult to do quiet tasks or activities
- Dash around, touch or play with anything and everything in sight
- Have trouble sitting still through dinner, school, and story time
- Fidget and squirm in their seats

Children who have symptoms of impulsiveness may

- Blurt out inappropriate comments and act without regard for consequences
- Display their emotions without restraint
- Often interrupt conversations or other's activities
- Have difficulty waiting for things they want or waiting their turns in games
- Be very impatient

While research is being conducted on this subject as we speak, so far there has been no proven way to prevent ADHD. However, with early identification and treatment, several problems associated with ADHD can be avoided. In case you see consistent signs of ADHD, or your child's school personnel suspect the possibility of this disorder in your child, immediately get in touch with your health care provider.

<http://www.buzzle.com/articles/attention-deficit-disorder-symptoms.html>

At-Risk Youth by Laura Moss

Healing Reins has an increasing number of at-risk youth that we serve each week. It is impossible to lump at-risk youth into one definition, one set of circumstances, one set of goals, and especially one set of outcomes. Below are a few articles and paragraphs from online sources that can give you a better idea of what these youth are dealing with, but first we'd like to give you, our volunteers, a few helpful hints that will make your experience working with at-risk youth a great one.

First: **Set boundaries.** While each of these riders comes from different backgrounds and has different experiences that have brought him or her to Healing Reins, most of them (like most teens) need clear boundaries of what is and is not acceptable behavior in the barn. It's easy to want to take the "be their friend" approach, but remember if boundaries aren't set early chances are you'll have a hard time setting them later. This doesn't mean you have to be a constant disciplinarian. It's important to discuss with your instructors what area(s) you should concentrate on with each youth. We do want them to be comfortable in your presence, and be able to ask you for help when they need it, but they have to know that any boundary set by ANY instructor or volunteer is one that they need to respect. Make sure physical boundaries are set as well, including side hugs instead of face-to-face hugs when appropriate.

Second: **Lead by example.** If you're asking your rider to not stand directly in front of the horse, you need to not stand in front of the horse. Show them how to treat the animals and people who surround them with respect. Show them how to follow rules. Not everything has to be verbal instructions, and leading by example can go a long way with teaching positive behavior. There's a good chance that your rider is a sponge for information and is watching everything you do, even if they try to act like they're not. One example of something I see often with these riders is that if I *ask* them to *ask* their volunteer to unhook, they respond with "Unhook, please," instead of, "Will you please unhook?". Yes, they're saying please, but they're not *asking*. If that's something you notice with one of your riders, it might be good for them if you are always sure to *ask* for what you need and not (as I call it) *tell politely*. Believe me, this can be trickier than it sounds.

Third: **Consistency Consistency Consistency.** This plays to both the first and second hint. Many of our at-risk youth have a thousand rules and regulations thrown at them every day. While some take these in and move forward, others might be looking for a way to get around them. If you set a boundary, then let it slide one time, you're *setting the example* that rules only have to be followed sometimes. By the same token, you're disrupting the routine that could be very important to the youth's progress. This can go between riders too. One rider may wonder why another rider is doing it differently, so consistency as a class is important. Again, you can chat with your instructor about possible ways to handle these situations.

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At-Risk Youth by Laura Moss

Fourth: **Think before speaking.** We know you all do this already, but there are a few things to keep in mind when working with at-risk youth. Many of them have low self-esteem, and what may seem like a harmless comment about something they're doing with the horse could make them feel bad. It also helps to keep in mind that there is likely some area of life where the youth struggles, maybe at home, or school, or in their social life. Taking care not to make off-handed comments about specific areas of life can assure that the rider isn't made to feel uncomfortable about his or her situation. This does not mean you have to censor yourself completely. Being knowledgeable about the rider you're working with can help you know if there's an area to steer clear of.

The following is additional information on at-risk youth:

This information comes from www.at-risk.org. This Web site also includes information on subsets of at-risk youth, including teen drug and alcohol abuse, eating disorders, teen depression and suicide, and oppositional defiance disorder.

What defines an "At-Risk" youth?

Many social critics argue that today's youth face more serious and critical risks than any previous generation. Parents are convinced that their children face a major crisis. Most experts will agree that violence in schools, deteriorating family structure, substance abuse, alarming media images, and gang activity put teens at risk.

Teenagers who have trouble coping with the stresses of life are more likely to abuse drugs and alcohol, engage in criminal activity, are sexually promiscuous, and attempt suicide. Many of these at-risk teens run away and eventually find themselves locked up in detention centers or living on the streets (Teens at Risk, 12).

What's Being Done?

Over the past decade, more and more attention has been given to the issues associated with "at-risk youth" including youth crime, violence, sex, substance abuse, poor academic performance, etc. Research shows that at-risk youth struggle with complex issues and scenarios that are brought on by peers, mentors, family members, and difficult social environments. The increased complexity of today's at-risk youth has forced parents and federal agencies to work together to find solutions. There has been growing interest in community-based efforts that help to educate and direct at-risk youth and families to a variety of helpful services. This is evident by the recent support of at-risk youth programs or initiatives by federal agencies such as the OJJDP (Office of Juvenile Justice and Delinquency Prevention). The OJJDP has recently joined with other federal agencies to help bring about the SafeFutures initiative and the Children at Risk initiative.

If you wish to find more information about at-risk youth, visit the Web site cited above, www.at-risk.org or visit www.atrisk.org (similar name, but with no hyphen).



Jamie and Lady

Disability Awareness Training

Nine volunteers participated in our first disability awareness training, taking three hours to put themselves in our rider's boots.

Led by instructors Michelle and Laura, the volunteers went through three stations, including a wheelchair lift, tacking with cerebral palsy and grooming with sensory integration disorder.

In the wheelchair lift, participants learned to put their trust in the horse, instructor and volunteer. They also experienced cognitive delay and what support and over support feel like for a rider.

At the cerebral palsy station, volunteers had their legs and arms bound to simulate spasticity. They then went through the motions of navigating around the horse and tacking without full motion in their limbs.

Lastly, volunteers wore ear buds playing music while they groomed to experience sensory overload as fellow volunteers helped them through the grooming process.

"I am so very glad I signed up to attend!" says volunteer Ashlee Harvey. "It really opened my eyes and helped my understanding as to our students go through every day. Taking the class will also help me to help the students I'm around feel more comfortable in the Healing Reins environment."

New Activities

Session 3, 2009 was new and different. In July, we offered three 1-day horse camps for children ages 5-9. The participants enjoyed crafting activities, painting *Twinkle Toes* glitter on their horses and vaulting with our Belgian mare, Lady. Volunteers assisted the children with these activities and found themselves as participants too!



Some of our horse campers



In addition to one day summer horse camps, we offered riding lessons to our volunteer staff on Monday evenings. The volunteers enjoyed learning how to ride in the comfortable and familiar surroundings from our experienced staff of instructors.

The feedback was positive and the demand was strong to continue providing lessons in Session 4 on Monday mornings at 9:00am and Saturday afternoons at 4:00pm. For only \$185.00 volunteers will enjoy eight weeks of riding lessons from instructors here at Healing Reins. **At the moment there are two slots left in the Monday 9:00am class and the Saturday class is currently full.** Cancellations happen so contact Sarah to see about participating!

Lastly, we are offering an Equine Facilitated Learning (EFL) class on Wednesdays in Session 4 at 12:30 p.m. for anyone interested in learning how the horse fosters personal reflection and healthy boundaries for people. The class is \$275.00 for an 8 weeks of instruction. Again, contact Sarah if you are interested in participating.

Volunteer of the Session

DARCY JUSTICE has been nominated by the instructors and staff here at Healing Reins, as the **VOLUNTEER of the Third Session** (June through July 2009).

Darcy is a mother of two beautiful daughters (both married) and also a proud, excited grandmother-to-be! Bend has been home for Darcy and her husband for the past sixteen years. Although she no longer owns horses, Darcy discovered Healing Reins in June, 2008 as a second home with a chance to satisfy her "horse fix". Just within the past year Darcy has demonstrated her reliability, dependability and pure passion to help others as both a Sidewalker and a Leader. Whether stepping in on a critical last minute volunteer need, volunteering multiple days of the week as a permanent volunteer, or keeping the staff in check to get the newsletter together and out on time, Darcy is highly deserving of this award!

When asked why she volunteers here at Healing Reins, Darcy comes for the relaxing and fun atmosphere but also contributes to it with her sparkling smile and fun, witty candor. The best feeling for Darcy is receiving hugs from Janai who rides on Thursday evenings. Darcy adds, "It feels so good to help others and there is such a genuine appreciation from the parents that makes it an amazing experience."

Healing Reins is a place that is uplifting to the soul and volunteers like Darcy have beautifully preserved and perpetuated this spirit!

Congratulations to you Darcy from all of us here at Healing Reins!



Volunteer Talking Points

Healing Reins is fortunate to have a great staff of volunteers who spread the word about our cause daily! Bend is a great community that knows *about* Healing Reins but we are discovering that people do not understand exactly *what* we do here.

We have designed a quick at-a-glance card with key information to help.

Volunteer Talking Points:

1. Healing Reins offers equine assisted activities to individuals with physical, cognitive and emotional challenges. Our mission: "...to heal with horses"
2. Our main programs are therapeutic riding (riding skills with the therapeutic benefits offered by the horse) for ages 5 and up, hippotherapy (physical, occupational or speech therapy on horseback) for ages 2 and up, equine facilitated mental health (partnering with the horse to bring about individual growth) for ages 9 and up.
3. Over 120 volunteers are needed each week to support these programs as well as many special events and programs throughout the year.

Encourage people to check out our website, <http://www.healingreins.org>. It has loads of information. Also encourage people to come by the facility—nothing speaks louder than watching a class!

Diamonds & Dust

Diamonds and Dust will be held on Saturday, September 12th, 2009. Doors will be open at 5:00 p.m. Tickets are \$60.00 for a plated dinner and dessert. There will be a raffle with great prizes as well as a live and silent auction. Music will fill the barn as we raise money for such a great cause!

Corporate tables are \$700 and include seating for 8, complementary wines, media recognition, etc.

Sponsorship levels are: 1 carat (\$1,000), 2 carat (\$2,000) and 3 carat (\$3,000) and include seating for 8, complementary beer and wine, media recognition, rider sponsorship and raffle tickets.

Space is limited so contact Healing Reins today to reserve a seat! Phone: 382-9410.

What Else is Happening 'round the Barn

A Reminder to All Volunteers:

The new lockers located just outside the lounge are for day use only. There have been several items left in the lockers. Please remember to take your items out of the lockers at the end of each day. Any items left for more than a week will be donated to Goodwill.

Let's Keep Our Barn Clean!

We all need to help to keep the barn clean by remembering to check the arena after each lesson, picking up any horse "leftovers", muck out any stalls that have been used during the day, sweeping the aisles, and keeping the tack room straightened up. By spending just a few minutes we can all make a difference!

Volunteer(s) Needed:

A volunteer and/or group of volunteers is needed to maintain the sensory trial outside. Healing Reins is looking for an individual and/or group who would be interested in working on the trail once a week or as needed to keep it maintained. Please let Sarah Smith know if you are interested by calling her at 382-9410.

Coming in the Next Issue

Tack 101 (all you ever wanted to know about what those horses "wear")



Thanks as always to everyone who contributed to this issue: Penny Campbell, Michelle Anderson, Laura Moss and Sarah Smith. You all make my job easy! *Darcy*

There are many volunteers needed to help make Diamonds and Dust a success. Please take a look at the days and times listed below and give Sarah Smith a call at 382-9410 if you can help out with any of these projects.

VOLUNTEER PROJECT LIST – Diamonds and Dust 2009

Tuesday, September 8

Power wash/clean barn	8:00-5:00	Jeff & Penny	5 volunteers	Pressure washers
Blow front parking, drag parking	10:00	Jeff & Penny	3 volunteers	Blower, drag chain
Assemble Bidder Packets	ANY		need volunteers	

Wednesday, September 9

Hang all D & D signs & horses	8:00—5:00	Décor/Deb/Mint	2-3 requested	Per floor plan, scissor lift
Hang sponsor banners	8:00 - 11:00	Mint	2 volunteers requested	use ladders

Thursday, September 10

Ramp & Platform moved & placed	10:30 - 11:00		2 volunteers needed	use flatbed to drive outside & around
Straw bales deliver, place, prop	12:00 - 2:00	Décor / Deb/Mint	2 male volunteers	per floor plan, truck
Pick up/place trees	12:00 - 2:00	Décor/Deb / Mint	3 - 4 male volunteers	truck & trailer, hand trucks
Wrap tree bases with burlap	4:00 - 7:00	Décor/Deb / Mint	4 volunteers	burlap & twine
Twinkle lights on trees	4:00 - 7:00	Décor/Deb/Mint	4 volunteers	ladders

Friday, September 11

Check-in & out table cloths	9:00-10:00	Décor/Deb/Mint	4 volunteers needed	paisley
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Saturday, September 12-Set UP

Dining tablescapes arranged	8:00 - 10:00	Décor/Deb/Mint	4 volunteers needed	ropes, candles, napkins
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Saturday, September 12-EVENT!

Greeters & table escorts	4:45 - 7:30		3 volunteers	
Silent Auction Monitors	5:00		5 volunteers	answer bidders questions/locate items
Raffle Tickets Sales	5:00 - 7:00		10 volunteers	comfortable asking for money
Silent Auction Closes	6:00 - 7:00		5 volunteers needed	pull bid sheets & move items hold area
Seated for dinner	7:00 - 7:30			salad plated before they sit
Clean-up begins	10:00-12:00		All available hands	

Sunday, September 13—Clean Up

Clean-up Crew	9:00 - 11:00		need 5 volunteers	
Remove props & ceiling décor	9:00 - 11:00	Décor Team	need 5 volunteers	Scissor lift

From the Desk of...Sarah Smith, Volunteer Coordinator

'Trimming our Sails' and Horses?

Yes we can do both! This organization continues to strengthen its quality of services and management at a cool, confident, assured pace of a therapy horse!

As I celebrate my one year anniversary as Volunteer Coordinator, I cannot help but reflect on how far we have come and where we are heading in this exciting time. Upon arriving here last July, my goals were to clear up our volunteer database and communication practices; utilize the web site as a tool for our outreach/recruiting messages; continue with outreach to the community and, most importantly, get to know the volunteers.

We have strengthened volunteer management systems through overhauling the database and utilizing email to broadcast needs ahead of time to accommodate the volunteer's schedule. We conducted a survey in the spring of 2009 to identify areas in our organization needing improvement. The feedback we gained from this project was invaluable and we are appreciative of people taking the time to help us make a difference (A special thank you to Niki Morris-Reade and Andrea Boon for all of your assistance).

We are excited about our website and how it is fast becoming a useful tool to our community at-large. Last year, we posted a short film on the main page of the website in the hopes of educating and informing our community about therapeutic riding here in Central Oregon. We are currently working on an online orientation program that will educate and inform prospective volunteers with web streaming demonstrations as well as posting equine information that can be downloaded and printed for future reading. In doing so, we desire quick and easy access to those who wish to participate while minimizing overhead costs (i.e. staff time and material costs).

We are discovering new and innovative ways of involving the central Oregon community in our cause. We have reached out Bend-LaPine Schools, Bend based businesses like Knife River and Bank of the Cascades. We are also reaching out to corporate entities like Wells Fargo Banks, American Licorice Company, Starbucks and Clear Choice HP for employee participation. Equine facilities, riding clubs and other equine organizations are next on our target list in soliciting participation in the coming months!

With all the internal work to make this program a success, I must conclude in expressing gratitude to the Board of Directors, the staff and most especially our volunteers who make it possible for us to continue offering such quality therapeutic care to those in our community. It has been and continues to be a sincere pleasure to work beside such inspiring people.

Upcoming Events

August 10—Session 4 Begins

September 7-12—NO CLASS—DIAMONDS & DUST PREPARATION

September 12 -Diamonds & Dust

October 10—Session 4 Ends

October 14—Volunteer Orientation—5:30 - 8:30 p.m.

October 19—Session 5 Begins

November 23-28—NO CLASS—THANKSGIVING BREAK

December 19—Session 5 Ends