Making a Difference Using Hippotherapy

Horseplay Therapy specializes in serving children with special needs by providing physical therapy, occupational therapy, and speech therapy for children on horseback.
"CHANGING LIVES WITH A LITTLE HORSEPOWER!"

A little girl named Allison changed my life forever. Allison became a patient of mine at 4 months old when she was diagnosed with a genetic condition that significantly delayed her development. When Allison turned 2 her mom asked if I had ever heard of doing therapy on a horse. She said that her friend was driving an hour each way in another state to do this kind of therapy. I was up for an adventure, so I began researching, learning and preparing to treat Allison on a horse! What I never anticipated was the impact it would have on her. Within months of starting hippotherapy Allison was doing things that we had been working on for over a year, like sitting by herself, and eventually crawling on her own.

The greatest moment, by far, was when Allison surprised us and spoke her very first word at 3 years old. She said, “Mom!” The experience with Allison showed me that hippotherapy is truly life changing and all children with disabilities needed to have access to it. That’s when HorsePlay Therapy Center was born!

I’ve worked in pediatric physical therapy for more than 18 years and I’ve seen first hand the difference that working with horses makes in the lives of children and families. Today, HorsePlay Therapy provides 600 therapy sessions each month that incorporate hippotherapy as part of a child’s speech therapy, occupational therapy, or physical therapy treatment plan.

Through a very generous donation from country music star Kacey Musgraves, a covered arena was erected early in 2020 which enables hippotherapy to occur year round.

Thank you for joining us in helping kids like Allison everyday. We can’t do this without you!

Vicky Carregal, Executive Director

WHY IS HORSEPLAY THERAPY ESSENTIAL FOR OUR COMMUNITY?

The most effective treatments are not always medications, but personal interaction with people and horses. Repetitive movement on the horse in a rhythmic pattern of motion creates responses in children that help activate nerves and synapses.

Initially, HorsePlay Therapy provided therapy to 10 children per week with varying diagnoses including Autism Spectrum Disorder, Cerebral Palsy, Down Syndrome, developmental delays, and genetic disorders.

By 2018 the number of children receiving weekly hippotherapy grew exponentially from 10 to 50 kids per week with a 7 horse equine team. That same year, the opportunity opened up to move to our current location that sits on 11 acres with 10 stalls. The new barn not only had more space for hippotherapy treatment sessions, it had space to add 2 treatment rooms to begin meeting the increasing need for multidisciplinary services for children with special needs.

Today, we do 600 therapy sessions each month and the numbers continue to rise. Families are excited to see the progress in their children and they are telling their friends about what happens here!

Hip·po·ther·a·py:
Hipotherapy is a treatment strategy used by specially trained physical, occupational, and speech therapists who position the child on the horse, analyze the child’s movement response, and direct the horse’s movement accordingly. The therapist can facilitate just the right challenge for each child.

Vicky Carregal, MSPT

“Horseplay Therapy changed our lives”

“It has been so much fun to watch Greyson blossom and grow through his therapy here! His teachers recently reported that his attention span and ability to be present have increased noticeably. His core strength, balance, handwriting, and sensory seeking have all improved remarkably. We love coming to HorsePlay Therapy. The way you care about each and every child is palpable.”

Vicky Carregal, MSPT

These aren’t just statistics, these are real kids and real families affected by these conditions.

• Autism affects 1 in 59 children in the U.S.
• Cerebral Palsy affects 3% of children in the U.S.
• Down Syndrome affects 6000 babies born each year in the U.S.
• Genetic abnormalities affect 1 out of 33 babies born in the U.S. each year.
• There are over 7000 children with special needs in St. Johns County

These aren’t just statistics, these are real kids and real families affected by these conditions.
MILESTONES:

2013 Established a team of clinicians to provide early intervention services and began researching and exploring hippotherapy

2015 HorsePlay Therapy Center was established and began providing hippotherapy to 10 children per week.

2016 HorsePlay grew to 30 therapy visits per week, relocated to a more localized barn, acquired 3 therapy horses

2018 Increased therapy to 80 visits per week, moved to an 11 acre property with 10 stalls, 3 child centered therapy rooms, and space to grow.

2019 Received $100,000 donation from Kacey Musgraves for covered arena, increased therapy sessions to 100/week

2020 Built 80′x152′ covered arena, grew program to 150 visits per week, began installation of a septic system in order to replace port-o-johns with a handicapped accessible bathroom with toilets for the children and families we serve.

IN 2018-2019 HORSEPLAY THERAPY PROVIDED:

- 4,167 therapy sessions
- A larger facility to serve more children and provide multidisciplinary services.
- 7 Therapy Horses
- Covered arena for year-round therapy
- Clinical team to include 2 physical therapists, 1 physical therapy assistant, 2 occupational therapists, 1 occupational therapy assistant, and 1 speech therapist
- $25,000 in scholarships to special needs children who otherwise could not afford to participate and receive hippotherapy.

Mission Statement:
HorsePlay Therapy is committed to providing children with special needs a foundation for developing life skills that improve their overall quality of life through the use of equine assisted speech, occupational, and physical therapies provided in a safe and caring environment.

HorsePlay Therapy Provides a “Triple Crown” Hippotherapy Program:

HIPPOThERAPY + PHYSICAL THERAPY:
Highly trained physical therapists work one-on-one with children on horseback to improve gross motor skills, motor planning, balance, coordination, and strengthening. Our goal by year 3 is to provide 300 physical therapy sessions each month.

HIPPOThERAPY + OCCUPATIONAL THERAPY
A child who comes to Horseplay Therapy Center for occupational therapy works one-on-one with a specially trained therapist to improve fine motor skills, dressing, self feeding, social skills, self confidence, sensory processing, and sensory integration while on horseback. Our goal by year 3 is to provide 300 occupational therapy sessions each month.

HIPPOThERAPY + SPEECH THERAPY
Speech Therapy at Horseplay Therapy Center focuses on improving speech production, word articulation, expressive language, feeding skills, social skills, receptive language, and language development. Highly trained speech therapists use the repetitive, rhythmical, organized movement of the horse to facilitate organization in the mind and body of the child. This organized thinking helps the child to put their words and thoughts together so as to communicate more effectively. Our goal by year 3 is to provide 300 speech therapy sessions each month.

“Isabella has grown in so many ways since starting hippotherapy with her speech therapist. Not only is she stronger in her core, she has better posture and self confidence when speaking to people. She used to cry in front of crowds, and whisper when speaking, but recently she had a speaking part in her school play. Isabella loves coming to HorsePlay Therapy Center!”
Envisioning the Future:

EXPANDING THERAPY SERVICES
We will:
• Hire one physical therapist
• Hire one speech therapist
• Acquire three more therapy horses
• Purchase tack for three more horses
• Hire one grounds keeper, one barn manager, one office assistant, build a bathroom, add an office space and an additional child-centered therapy room.

TO IMPLEMENT THE BREEDERS CUP (Summer Camp for children in our community with special needs who struggle to find Summer programs that enhance their development.)
We will:
• Hire a team of qualified childcare assistants
• Hire a camp director

TO BEGIN SERVING VETERANS THROUGH OUR RISE UP EQUINE THERAPY PROGRAM
We will:
• Hire a therapeutic riding instructor
• Hire a certified PTSD counselor/program director
• Purchase adult size saddles and tack
• Acquire two large horses

WE HAVE INITIATED A PARTNERSHIP WITH ONCE A SOLDIER (To begin developing programs that serve veterans with PTSD.)

OUR 3-YEAR PLAN:
• Expand our “Triple Crown” Hippotherapy program to provide 900 session per week
• Implement the “Rise Up” program for veterans who suffer from PTSD
• Establish “The Breeders Cup” Summer Camp for children in our community with special needs who need Summer enhancement
• Acquire land for expansion
• Replace existing fences
• Build an ADA compliant bathroom
• Build one additional therapy treatment room and an on-site office
• Purchase a horse trailer
• Install an irrigation system to maintain footing in the covered arena

Hippotherapy enhances traditional therapy by allowing children to experience a special connection- sensory and physical- with their horse and the nature that surrounds them as they work toward their goals.

HorsePlay Therapy Center was established so that children could receive this specialized therapy even if they couldn’t afford it.

HorsePlay Therapy Center’s facility is based on the leading national medical therapy model that is proven and well recognized.

Providing the Support:

<table>
<thead>
<tr>
<th>EXPENSES</th>
<th>YEAR 1</th>
<th>YEAR 2</th>
<th>YEAR 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Operations</td>
<td>$139,124</td>
<td>$243,396</td>
<td>$426,792</td>
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<tr>
<td>Programs</td>
<td>$175,600</td>
<td>$275,000</td>
<td>$512,000</td>
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<tr>
<td>Scholarships</td>
<td>$35,000</td>
<td>$45,000</td>
<td>$50,000</td>
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<tr>
<td>TOTAL EXPENSES</td>
<td>$425,871</td>
<td>$651,500</td>
<td>$894,800</td>
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<table>
<thead>
<tr>
<th>REVENUE FORECAST</th>
<th>YEAR 1</th>
<th>YEAR 2</th>
<th>YEAR 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contributions/Grants</td>
<td>$311,600</td>
<td>$506,450</td>
<td>$894,985</td>
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<tr>
<td>Therapy Services Income</td>
<td>$43,900</td>
<td>$68,750</td>
<td>$103,220</td>
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<tr>
<td>TOTAL INCOME</td>
<td>$355,500</td>
<td>$575,200</td>
<td>$998,205</td>
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<table>
<thead>
<tr>
<th>PROJECTED OPERATING NEEDS</th>
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<tbody>
<tr>
<td>ONE TIME PROJECTS</td>
</tr>
<tr>
<td>Land Acquisition</td>
</tr>
<tr>
<td>Additions to the barn (office, stalls &amp; parent waiting area)</td>
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<tr>
<td>Septic tank and bathroom</td>
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<tr>
<td>Three horse trailer</td>
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<tr>
<td>Fence replacement</td>
</tr>
<tr>
<td>John Deere Utility Vehicle</td>
</tr>
<tr>
<td>Irrigation System for Arena Footing</td>
</tr>
<tr>
<td>Gutter for Arena Cover</td>
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<tr>
<td>TOTAL</td>
</tr>
</tbody>
</table>

| Campaign Goal | $4,146,769 |
| Endowment Goal | $1,000,000 |

| TOTAL CAMPAIGN GOAL | $5,146,769 |
Building a stable foundation with heartfelt care

Horseplaytherapycenter@gmail.com • 904-315-8525
HorsePlayTherapy.org

HorsePlay Therapy offers scholarships to families who need financial assistance. We accept tax deductible donations.

501(c)3 Tax ID 47–5532529