

# 4-H THERAPEUTIC RIDING & ACTIVITY CENTER CORE VALUES

Healing      Passion  
Empowerment      Integrity



## WHO CAN BENEFIT FROM THERAPEUTIC RIDING?

Individuals of all ages, disabilities, and conditions may benefit from therapeutic riding, including but not limited to people with:

autism	visual and hearing impairments
cerebral palsy	cardiovascular accidents
Down syndrome	multiple sclerosis
learning disabilities	muscular dystrophy
spina bifida	
spinal cord injuries	

Local communities, 4-H members, and volunteers also benefit from therapeutic riding opportunities by participating in rewarding and memorable experiences.

## Equine-Assisted Therapy programs are held at

Elizabeth A. Howard Therapeutic  
Riding and Activity Center

1225 Old White Road South, West Point, MS 39773



To become a volunteer or learn more, contact Lori Irvin at [lirvin@humansci.msstate.edu](mailto:lirvin@humansci.msstate.edu).

Certification workshops for therapeutic riding instructors are approved by the Professional Association of Therapeutic Horsemanship (PATH) International.



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Distributed by **Cassie Brunson**, Extension Associate, Human Sciences.

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For disability accommodation, please contact **Cassie Brunson** at [cbrunson@humansci.msstate.edu](mailto:cbrunson@humansci.msstate.edu).

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## Equine-Assisted THERAPY PROGRAMS

THE CORE FOCUS OF EXTENSION'S  
EQUINE-ASSISTED THERAPY PROGRAMS IS  
TO CREATE A POSITIVE ENVIRONMENT,  
PROMOTE HEALING, AND EMPOWER RIDERS.



## How does the horse's movement help riders?

The movement of the horse at a walk

- provides sensory input that stimulates normal muscle responses in the human rider.
- enhances cognitive and physical development.
- simulates the movement of a human's pelvis, trunk, shoulders, and arms when walking.



*4-H and equine-assisted therapy programs have the same mission.*

These programs help young people

- acquire knowledge,
- develop life skills, and
- form attitudes that enable them to become self-directed, productive, contributing members of society.



## HOW CAN I HELP THE THERAPEUTIC RIDING PROGRAM?

Make a financial donation

Donate a horse

Sponsor a rider and/or a horse

Volunteer to assist with riding classes

Share information about the program



## Services Currently Offered

Therapeutic riding is an equine-assisted activity that contributes to the cognitive, physical, emotional, and social well-being of individuals with special needs.

The Veterans' Horsemanship Program is a natural horsemanship-based program provided for area veterans. The goals of the program are to offer hope and encouragement through activities with the horse that promote physical, cognitive, social, and emotional growth. Participants may have any level of horse experience, from beginner to advanced. Participants learn about horse behavior, care, grooming, equipment, and natural horsemanship methods.



## Learn More

For additional information about the MSU Extension Equine-Assisted Therapy Programs or for a program application, contact Cassie Brunson at (662) 325-1718 or [cbrunson@humansci.msstate.edu](mailto:cbrunson@humansci.msstate.edu).

For more information on volunteer opportunities, contact Lori Irvin at [lirvin@humansci.msstate.edu](mailto:lirvin@humansci.msstate.edu).