Carlisle Academy is a Premier Accredited Center of the Professional Association of Therapeutic Horsemanship, International (PATH, Intl.) providing safe and therapeutically beneficial programs to a broad population with a variety of needs. Our Clinical Therapy Programs are staffed by some of the highest credentialed professionals in the field, including Hippotherapy Clinical Specialists, PATH, Intl. certified instructors, skilled horse handlers, and clinical interns from universities around the United States. Individuals diagnosed with physical, cognitive and emotional disabilities are impacted by equine-facilitated therapies and activities in myriad ways.

As part of our Core Values...
We believe in the power of the horse to teach, inspire, and heal while providing a unique movement and presence that can be scientifically demonstrated to benefit a person’s functional health and resiliency.

PRIVATE SERVICES

PRIVATE HIPPOThERAPy - 1 hour or 30 minutes
One client receives direct treatment time with one physical or occupational therapist, depending upon the client's needs. Time is divided between 30 minutes in the therapy clinic, and 30 minutes of treatment on the horse. For 30 minute sessions, treatment is received on the horse.

CLINIC-BASED PT/OT TREATMENT - 30 minutes
For Carlisle Academy's students already enrolled in any of our classes, we offer private clinic -based PT/OT consultation, evaluation, and treatment in our therapy clinic with Carlisle Academy's credentialed therapists.

"The American Hippotherapy Association has defined Hippotherapy as a term that "refers to how occupational therapy, physical therapy, and speech-language pathology professionals use evidence-based practice and clinical reasoning in the purposeful manipulation of equine movement to engage sensory, neuromotor, and cognitive systems to achieve functional outcomes. In conjunction with the affordances of the equine environment and other treatment strategies, hippotherapy is part of a patient's integrated plan of care."

APTA (American Physical Therapy Association), AOTA (American Occupational Therapy Association), and ASHA (American Speech and Hearing Association) all accept and endorse Hippotherapy as a treatment strategy. Visit www.americanhippotherapyassociation.org for updated research, to review AOTA and APTA endorsements, and the glossary of terms.

Equine-Assisted Activities & Therapies benefit individuals challenged with:

- ADD/ADHD
- Age-related Issues
- Autism
- Behavioral & Emotional Disabilities
- Brain Injury
- Cerebral Palsy
- Developmental & Learning Disabilities
- Down syndrome
- Cognitive Delays
- Mental Health
- Multiple Sclerosis
- Seizure Disorder
- Spinal Cord Injury
- Stroke
- Visual Impairment

A note about Private Insurance Reimbursement:
Hippotherapy and Clinic-Based PT/OT services at Carlisle Academy may be considered an out-of-network covered service by some major insurance companies. We have broken out the fees of each 30-minute component to aid families in the reimbursement process. Please call the Director of Therapy Programs for more information on insurance coverage and case management support in funding hippotherapy.

For more information: Susan Grant, OTR/L, HPCS, Therapy Program Director, (207) 985-0374 or sgrant@carlisleacademymaine.com
EQUINE-FACILITATED THERAPY GROUPS - 1.5 Hours (4-6 people)

Our Equine-Facilitated Therapy Groups are developed and led by Carlisle’s credentialed occupational, physical and recreational therapists, and supported by our nationally certified PATH and CHA riding instructors and professional horse handlers. Participants rotate through three 30-minute stations of grooming, mounted/driving, and clinic-based therapies, integrating equine-assisted activities and therapies (see below) to meet a group’s diverse needs, such as developmental sensory processing, neuro-motor and core strength issues, and life-skills enhancement. Children, adults, and seniors challenged with developmental, acquired, or aging-related disabilities may sign up as individuals or be contracted through a school, hospital or residential facility.

Specific Curricula designed for:
- Pre-School
- School-Aged children
- Life Skills Group
- Seniors: Fall Prevention (living at home or assisted living)
- Seniors: Sensory & Movement Group (living in a nursing facility)

EQUINE-FACILITATED WELLNESS GROUPS - 1.5 Hours (4-6 people)

Our Equine-Facilitated Wellness Groups are developed and led by Carlisle’s AHCB-credentialed occupational therapists with a holistic approach to mental health and wellness, supported by our nationally certified PATH and CHA riding instructors and professional horse handlers. Participants rotate through three 30-minute stations of grooming, mounted/driving, and therapy clinic, integrating equine-assisted activities and therapies (see below) to meet a group’s diverse needs. Each Wellness Curricula provides rich equine-experiential learning, combined with a sensory-processing approach and self-calming strategies for enhanced body and mind engagement and a goal to improve function at home, community, and work. Children, adults, and seniors recovering from post-traumatic stress, cancer, addiction, or other mental health challenges may sign up as individuals or be contracted through a school, hospital or residential facility.

Specific Curricula designed for:
- At-Risk Youth
- Disabled Veterans
- People recovering from addiction
- Caregivers & Emergency Responders

EQUINE-ASSISTED ACTIVITIES & THERAPIES USED IN GROUP SERVICES:

The various equine-assisted activities and therapies are used in these Equine-Facilitated Therapy & Wellness Groups led by credentialed therapists, and supported by PATH & CHA instructors.

- **ADAPTIVE HORSEMANSHIP** teaches adaptive riding skills for educational and therapeutic purposes. These activities help with balance, coordination, self-confidence, attention, communication, and emotional well-being.

- **ADAPTIVE CARRIAGE DRIVING** teaches adaptive driving skills for educational and therapeutic purposes. It is a fun and engaging alternative to riding that can address balance, core strength, and cognitive skills.

- **INTERACTIVE VAULTING** teaches adaptive vaulting skills (mounted gymnastics) for educational and therapeutic purposes. Games, horse care, and general horsemanship skills done in a group promote communication, balance, teamwork, and confidence. Click here for more information on interactive vaulting.

- **HIPPOTHERAPY** is mounted Physical, Occupational, or Speech Therapy using the back, movement, and gaits of the horse to facilitate development and rehabilitation. Used as a medical treatment strategy prescribed by physicians and conducted by licensed therapists trained as specialists, hippotherapy can improve range of motion, gait, core stability, balance, motor control, sensory processing, and emotional modulation.

As part of **PATH’s Equine Services for Heroes**, Carlisle Academy serves disabled veterans injured in mind, body or spirit. Veterans are offered an opportunity to learn or rediscover equestrian sports or simply enjoy a bonding relationship with a horse, creating a positive outlook and improved wellbeing. Disabled veterans may participate in any of our Adaptive Equestrian Sports, Para-Equestrian Sports, Equine-Facilitated Wellness Groups, or recreational riding. The **Wounded Warrior Project** supports eligible veterans’ tuition. Learn more about Carlisle’s Veterans Program at http://carlisleacademymaine.com/programs/therapy-adaptive/veterans/