



People & Animal Learning Services (PALs) 2017 Fact Sheet

The Mission

To provide comprehensive individualized therapeutic equine programs designed by professionals to intentionally develop and restore functional skills, enhance well-being and improve quality of life.

The Vision

By providing a caring, safe and challenging environment PALs will foster growth and individual achievement of all participants that will enable them to reach their highest potential.

Slogan

Making Strides, Changing Lives

Organization Background

Founded in 2000, PALs is a 501(c)3 nonprofit therapeutic riding center located in Bloomington, IN. Since its inception, PALs has provided over 14,500 hours of therapeutic equine programs. It is the only organization in Monroe County to have a Premier Accreditation distinction from the Professional Association of Therapeutic Horsemanship International (PATH Intl.) and is the only Equine Assisted Activities and Therapy program in the surrounding area designed to improve the lives of hundreds of individuals facing challenges in the Indiana community. PALs is a United Way Member Agency and Indiana Horse Council members. PALs has operated out of its very own facility since 2013.

PALs' Services

PALs provides year-round Equine Assisted Activities and Therapies (EAA/T). EAA/T promote the use of the horse as a treatment tool in therapeutic sessions for individuals living with disabilities. Therapeutic riding, often considered a sub-type of animal-assisted therapy, consists of mounted activities that may involve traditional riding disciplines or adapted riding. PALs' sessions are designed to meet each client's individual needs. PALs works in conjunction with a client's personal physicians and therapists to develop a treatment plan consisting of quarterly goals. Therapeutic services at PALs are designed to positively contribute to the physical, cognitive, social, and emotional wellbeing of clients.

PALs' Clients

PALs serves individuals ages three and up from six counties across the state with a variety of disabilities, impairments, and chronic illnesses including, but not limited to: ADHD, Autism Spectrum Disorders, Anxiety Disorders, Cerebral Palsy, Intellectual Disability, Learning Impairments, Multiple Sclerosis, Muscular Dystrophy, Post Traumatic Stress Disorder, Speech Impairments, Spina Bifida, Spinal Cord Injuries, and Stroke. PALs also serves at-risk youth and veterans.

2017 Programs

- + **THERAPEUTIC RIDING:** mounted equestrian activities designed for individuals with a variety of disabilities, impairments, and chronic illness to produce positive and functional outcomes
- + **RECREATIONAL RIDING:** riding activities designed to develop equestrian skills and knowledge through traditional English riding lessons for beginning to intermediate riders without disabilities
- + **HORSEMANSHIP PROGRAM:** unmounted equestrian program teaching Horsemanship Care and Handling Skills including, but not limited to: grooming and tacking, leading horses, equine anatomy and behavior, nutrition, barn management skills
- + **SUPPORTING THE ENGAGEMENT & RECOVERY OF VETERANS WITH EQUINES (SERVE):** mounted and ground work activities targeting the needs of returning veterans and their families in a safe barn environment
- + **CAMPS & RIDING CLUBS:** inclusive programming designed to provide equestrian skill development through various mounted and unmounted activities for children and youth with and without disabilities
- + **WORKSHOPS AND CERTIFICATIONS:** includes training and PATH Intl certification opportunities for aspiring instructors

[ALL THERAPEUTIC EQUINE PROGRAMS AT PALs ARE CONDUCTED BY A PATH INTL. CERTIFIED INSTRUCTOR]

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