



New Mexico Center for Therapeutic Riding

Changing Lives...One Stride at a Time

Who We Are

The New Mexico Center for Therapeutic Riding (NMCTR) was founded in 2006 and our MISSION is to enrich and expand the lives of children and adults with special needs through equine-assisted activities and therapies. We are located in Santa Fe, New Mexico on the beautiful horse arena grounds of HIPICO near the Santa Fe Airport.



NMCTR has four distinct programs that serve our clients of all ages with disabilities:

- **Therapeutic Riding Lessons** ~ Students of varying abilities participate with the goal of learning to ride as independently as possible, gaining enhanced self-confidence from their accomplishments and marked improvements in their physical, cognitive & emotional wellbeing.
- **School Outreach Program** ~ serves low-income, under-served students with disabilities through personalized curriculum design and riding programs that incorporate classroom learnings and goals.
- **Self-Mastery Program** ~ Equine-assisted learning program for at-risk youth (PTSD, childhood trauma, substance abuse, suicidal, teen pregnancy) consisting of unmounted activities with horses that provide opportunities for youth to practice emotional self-regulation, energy management, and physical awareness.
- **High School Internships** ~ High school teens from Santa Fe Schools provide assistance with NMCTR projects and work alongside our younger students with disabilities, providing a positive mainstreaming opportunity.



NMCTR's clients are of all ages and have varying types of disabilities, including:



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|----------|----------------------|------------------------|
| *autism* | *multiple sclerosis* | *muscular dystrophy* |
| *PTSD* | *brain injuries* | *cerebral palsy* |
| *stroke* | *Down syndrome* | *and the list goes on* |

Who We Serve

NMCTR clients come to us as individuals, families, and through schools and organizations serving special populations in our community.

Some of our community partners have included:

- New Mexico School for the Deaf,
- Santa Fe Indian School,
- Numerous Santa Fe Public Schools,
- Sky Center,
- Esperanza Shelter,
- *and more*

 *more on other side* 



NEW MEXICO
CENTER FOR
THERAPEUTIC
RIDING

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How We Stand Out

NMCTR is unique in that our center is:

- **A PATH Intl certified center where every riding instructor is PATH Intl. certified.** Why is this important? PATH Intl is a global organization that regulates PATH Intl centers and instructors, providing strict guidelines that promote safety & optimal outcomes in equine-assisted activities & therapies. Many centers choose not to be PATH Intl certified due to the extensive regulations and cost of participation. NMCTR goes the extra step as we value our clients, horses and our center and follow PATH Intl. guidelines to ensure that we are providing the most optimal and safest equine-assisted services possible.
- Our Path Intl certified instructors work closely with our clients and their families and teachers to determine what the desired goals and outcomes are for each participant. **Specially-designed curriculum and goal setting is created for each client**, ensuring a meaningfulness beyond the many cognitive, social, emotional and physical benefits of working with and alongside our horses.
- NMCTR also **measures the success of our programs** - measuring starting and ending points with uniquely designed goals and testing measures. Each client's specific goal aptitudes are measured when they begin equine-assisted activities and when they conclude their sessions. Success looks different for everyone due to different capabilities due to their disability's special circumstances, but every participant shows improvement and we celebrate their successes!



NMCTR is inclusive and ensures that every participant and rider is able to participate regardless of their or their family's ability to pay. Therefore, NMCTR offers our services at less than 40% of the actual cost of programming and many clients pay much less than this amount. Our school programs (School Outreach and Self-Mastery) have been offered primarily at no cost to the participating schools to ensure that they receive the transformational services that they desire for their student population.

How We Do It

NMCTR receives our funding primarily through individual and corporate donations, special event revenue, and grants. We rely heavily on our community so that our clients can rely upon us to help them attain the substantial benefits of equine-assisted activities.

Our services have a long waiting list and we are only able to serve the number of children and adults that we have funds to cover the programming costs. Your support directly impacts the number of people in our community with disabilities who get to experience the benefits of working with and alongside our horses.



NMCTR changes lives every day that we are with our clients - from goal accomplishments with their school programs, to smiling for the first time, to cognitive and physical improvements such as: concentration and focus, balance and muscle strength, gross and fine motor strength, self-confidence, patience and trust. Seeing a child or adult with disabilities reach a goal and feel a sense of accomplishment is worth it all. Some of our riders must rely 100% on others for all of their daily activities - from bathing, to walking, to eating - with ONE exception - they can ride a horse independently. This is life changing and gives a rider a sense of independence that they can often not experience anywhere else.

Why We Do It

These benefits, these transformations, these "firsts," these life-changing moments motivate us...we hope that they inspire you to help support these moments and transformations through your support of New Mexico Center for Therapeutic Riding.

