



Albany Therapeutic Riding Center, Inc.

2020 Mid-Year Report

A Statement from our Executive Director:

It has been another year of transformative change for Albany Therapeutic Riding Center, Inc. and I cannot believe how far our little organization has come! When rough times faced us in 2017 with the passing of our Board President and Founder, Christine Lehman, ATRC entered an unexpected time of perseverance and survival. Our board members and some dedicated volunteers made sure the horses were healthy and cared for in the time it took to restart the program.

When I started my journey with ATRC in the summer of 2018 I could see the potential and hope that still surrounded the program and I took the survival and growth of our program to heart immediately aiming to always stay true to Chris's legacy. Starting with 6 riders in the fall of 2018 holding a total of 30 lessons, ATRC turned a leaf and began a new path held together by our original mission. From one part-time staff member in 2018 to two full-time, one part-time, and two instructors-in training now, we have taken nothing but the best for our push to move forward. As our board changed and adapted to meet the new outlook of our riding center, we made connections and relationships in our community I could have never imagined. At 40 active riders, 54 volunteers, five program horses and 519 lessons thus far in 2020 I still cannot believe the growth I have watched in our community over the last two years.

Through great losses and happy beginnings, ATRC has always stayed true to the vision of our future and the promise of our mission to our participants, families, friends, supporters, and donors. A huge thank you goes out to all who have helped Albany Therapeutic Riding Center, Inc. through the bumps in the road on our journey to becoming all it is today. I look forward to all of what lies ahead!

Taylor Huntley, Executive Director



Populations We Serve:

ATRC provides a welcoming and inclusive environment in which individuals of all abilities and backgrounds are valued. The Riding Center serves over 20 diagnoses with 89% of our clients having a diagnosis in at least one of the following six categories:

Autism Spectrum Disorder; Anxiety, Depressions, PTSD, and Trauma; Sensory Processing/Adjustment Disorders; Cerebral Palsy; Visual and Hearing Impairments; and Rhett Syndrome. ATRC serves a wide age range of individuals, with our current riders ranging from four to 60 years of age.

Our Mission:

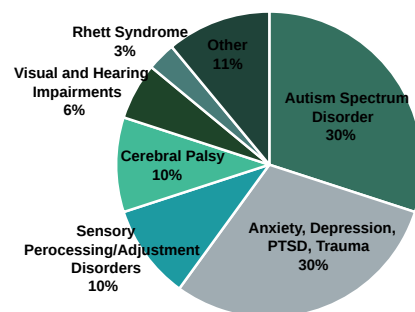
Albany Therapeutic Riding Center, Inc. (ATRC) strives to provide, promote, and encourage the benefits of equine facilitated therapeutics and activities by teaching horsemanship to individuals across multiple populations.

What We Do:

ATRC is a PATH Intl. Accredited 501(c)3 not-for-profit therapeutic riding center that offers customized therapeutic riding services to individuals ranging from youth to adults. Programs are developed based upon the individual needs of the student. We work on a range of goals to assist in addressing specific areas including but not limited to muscular, cognitive, speech/communication, listening skills, anxiety/stress reduction, and other objectives. Students come to us from a range of backgrounds and, together, we strive for success on each one's own terms.

Where We Operate:

With the generous support of Monarch LLC. and the Ford - Ellis Family, ATRC is located in Slingerlands, NY, proudly serving the Capital Region.



Programs We Offer:

Therapeutic Riding Program



ATRC's Therapeutic Riding Program safely teaches adapted riding skills to participants in a way that is beneficial for each individual and their respective physical, cognitive, social, and emotional goals. While mounted therapeutic riding lessons focus on teaching specific skills related to riding a horse or pony, other benefits include improved core strength, balance, fine and gross motor skills, social skills, and communication skills. While on horseback, the movement is similar to the human gait and therefore may enable the use of muscles that might not be engaged on a regular basis. We take great pride in enabling people who might not otherwise be able to access a social or recreational program to enjoy therapeutic horseback riding.

Unmounted Ground Program

ATRC's Unmounted Ground Program focuses on learning ground-based horsemanship skills adapted to the participant's needs. The program focuses on helping participants gain life skills through hands-on experiential learning as they work through a series of tasks and achievements with their horse. This program is beneficial to participants who might not be ready to ride yet, who are looking for an increased horse human emotional/social bond, or for those who might be over our mounted lesson weight limit but want to work towards riding, and much more. These lessons follow an 18-20 skill curriculum and teaches skills in grooming and leading while building up to more advanced skills such as lunging, round penning, and desensitization if appropriate. Each participant works on mastery of a skill over a series of lessons before testing out the skill and advancing. The ground program is a great way for participants to work on new skills that relate back to their own lives/self-care and develop the horse human bond.



Mental Health Program



Equine-assisted mental health uses horses to facilitate the therapeutic process. Participants can learn to groom, feed, and lead their horse. There are also various team building and bonding activities. The goal of the program is to develop emotional regulation, self-confidence, and responsibility. The session is supervised and guided by an Equine Specialist in Mental Health and Learning. Equine-assisted mental health can be geared towards specific groups of participants such as; veterans, domestic violence survivors, support groups (i.e. cancer survivors, etc.), people struggling with addiction, depression and anxiety, and trauma survivors.

Meet Our Herd:

ATRC understands that our equine partners are an indispensable component of our services. That is why we are committed to providing for them with the highest level of compassion and expertise. We provide this quality level of care not only to benefit our horses' physical and mental state, but also with the knowledge that the better we care for our horses, the better they will be able to serve our community of riders.



Yearly Feeding and Horse Care Expenses

Hay	76,650 lbs.
Grain	5,475 lbs.
Hoof Care	\$1,260
Dental Work	\$1,000
Vet Care	\$4,945
Schooling	500 hours

Weekly Lessons: 7-9 per Horse
34 Working Weeks

In loving memory of:

Tugboat Teddy



Mr. Tee



Our Volunteers:

Programming provided by Albany Therapeutic Riding Center is made possible by the dedicated members of our community who volunteer their time and skills to our mission. Our volunteers assist in lessons, throughout the barn, at events, and as members of the Riding Center's Board of Directors.

The Albany Therapeutic Riding Center is also thankful for their generous group of Community Partners: Albany Medical College Service Learning, Regeneron Pharmaceuticals, Inc., and the State University of New York of Agriculture and Technology at Cobleskill.



Volunteer Statistics

Lessons	22 volunteers
Barn	15 volunteers
Facilities	1 volunteer
Events	2 volunteers
Board of Directors	7 volunteers

Organizational Overview

Riders Served

2018*



(6 Riders)

2019



(28 Riders)

2020^



(40 Riders)

Lesson Hours

20 hours

833 hours

410 hours

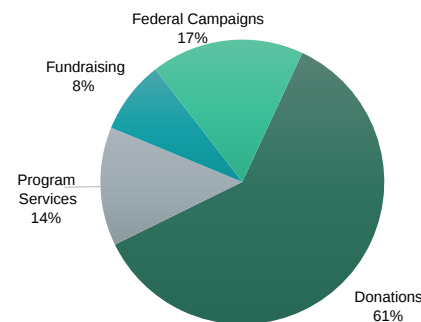
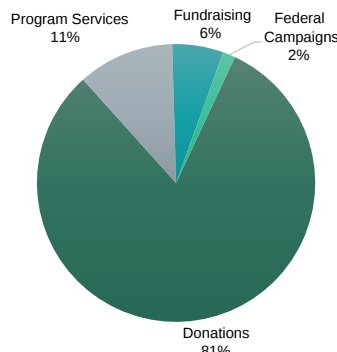
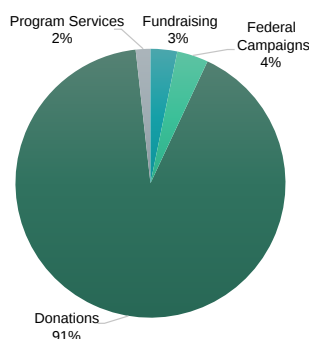
Volunteer Hours

48 hours

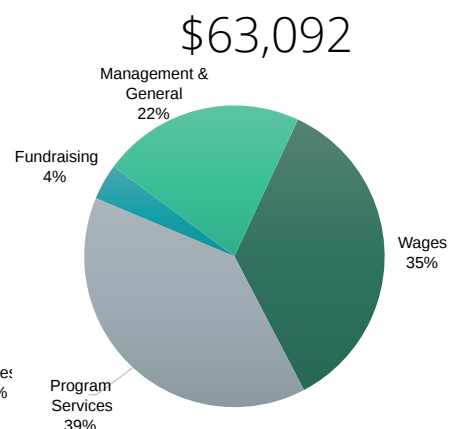
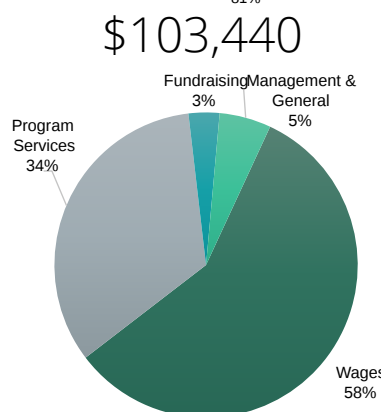
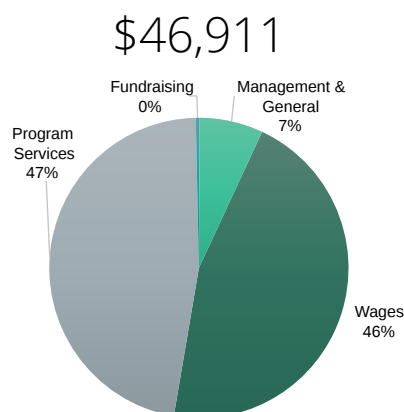
2,649 hours

2,074 hours

Income



Expenses



\$44,624

\$96,313

\$32,493

* Program conducted only from September to November because of the passing of Founder and Board President Chris Lehman and the start of the winter season.

^ Values are reflective of activities for the first half of the 2020 operating year (January through June) and reflect the closure of the Riding Center from mid-March to May in response to the Covid-19 pandemic.