



Forever Home
CAPITAL CAMPAIGN

Albany Therapeutic Riding Center, Inc.

Celebrating 40 Years of Service





Our Mission

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

ATRC was the first therapeutic riding center in the Capital Region



Our History

ATRC was founded in 1981 by Chris Lehman. As the heartbeat of the organization, Chris served as the Certified Instructor and Board President while operating the program out of her family's farm in Voorheesville, NY. In 2013 she was named Volunteer of the Year by the Schenectady Gazette and Direct Energy. Sadly in early January 2017, Chris passed away. In the summer of 2018, Taylor Huntley was hired on as Program Director and the new PATH Certified Instructor. That Fall she started lessons back up with 6 riders before having to shut down again for the winter. By the end of the Summer of 2019, ATRC had grown to the point where we hired Lauren Longtoe as a second instructor and Volunteer Coordinator. It was becoming clear that ATRC would need to move to somewhere we could ride year round in order to continue our growth. In February of 2020, ATRC moved to a location in Slingerlands, NY. The indoor arena at this location allowed us to grow even more with 40 active riders and 54 volunteers which required us to relocate yet again to Gansevoort, NY. Looking ahead, we are excited to begin our 40th year launching our Capital Campaign in our new Forever Home at 6640 Fuller Station Road, Altamont, NY 12009 as of June 2021!

Who We Are

Albany Therapeutic Riding Center, Inc, a 501(c)(3) nonprofit organization, has been providing adaptive horseback riding lessons and services to children and adults living with disabilities and chronic illnesses for 40 years. Our participants range in age from 4 to 60+ years.

Our Professional Association of Therapeutic Horsemanship International (PATH Intl.) Certified Therapeutic Riding Instructors and trained volunteers provide 40+ private and group half hour and hour lessons weekly for 41 participants and growing! Our lessons are customized to each rider to appropriately progress towards each participant's physical, cognitive, social, and emotional goals.

Our participants needs vary, specific areas of development and improvement include but are not limited to muscular, cognitive, speech/communication, listening skills, anxiety/stress reduction, confidence building, socialization, and more.

ATRC helps individuals living with Autism Spectrum Disorder, Cerebral Palsy, Paraplegia, Traumatic Brain Injury, Multiple Sclerosis, Down Syndrome, Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD), Anxiety, PTSD, Visual and Hearing Impairment, Spina Bifida, Veterans, Youth at Risk, and other Physical, Social, and Learning Disabilities all meet their personal and recreational goals while facilitating a positive and encouraging environment.





Why We Do What We Do



Josie



"The therapeutic riding program at ATRC has been nothing short of amazing for my daughter, age 7. She is diagnosed with severe combined type ADHD, general and social anxiety, as well as a mood disorder. We had been trying since she was a toddler to find her "thing", her "niche", We tried gymnastics, soccer, Girl Scouts, playdates, library events, nothing made her comfortable, she was always the awkward one clinging to mom or crying that she wanted to go home. From our first visit to ATRC, her love of everything animals turned into an adoration of horses. She had no fear and jumped right in. When my daughter is with the horses, she displays an amazing ability to focus, a calmness comes over her, and there is no pent up or outward aggression. She's not bouncing around or doing flips, she's listening and following directions. Not only am I proud of her, but she's proud of herself. My daughter is not only happy to be riding the horses, but she wants to do anything and everything that comes with taking care of them. She loves walking them, grooming, picking their hooves, and even requests to bathe them or clean their stalls. Most importantly, she wants to learn everything she can about them, what each part of their equipment is called and what it is used for. This amazes me as she has such a difficult time learning in school and often puts herself down for "not being able to learn like other kids". Lauren has been incredible with my daughter and we are so thankful that we were matched with her. She pushes my daughter to get past her anxious feelings and challenge herself, identify why she is feeling anxious and try "hard" things. Lauren has helped my daughter go from being a child who would cower and refuse to participate when someone new would enter a room to becoming a more confident child who welcomes new people, converses with them, asks for help when needed and "performs" in front of them. She is such an amazing instructor and person and we know we have only the best as we see it in Lauren. Josie loves her as much as she loves the horses. I can not say enough positive things about the program at ATRC. My daughter's love and empathy for all of the horses there speaks volumes for how it has changed her life. I can envision her being a part of this program for many years to come, and my only hope is that this will be able to be a reality for her." - Josie's Mom, Andrea

Our Programs

ATRC runs lessons in 7 different 6 week Sessions, year round

Therapeutic Riding

ATRC's Therapeutic Riding program focuses on teaching adapted riding skills to participants to whatever level is safe and most 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, improved balance, improved fine and gross motor skills, social skills, and communication skills.



Unmounted Ground Program

ATRC's Ground Program focuses on learning ground based horsemanship skills adapted to the participant's needs. 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, who might be over our mounted lesson weight limit (185lbs) but want to work towards riding, and much more. These lessons follow an 18-20 skill curriculum and offer skills in grooming and leading and build up to more advanced skills such as lunging, round penning, and desensitization if appropriate. Each participant will work on mastery of a skill over a series of lessons before testing out of the skill and moving on to the next. 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.



Equine Assisted Mental Health

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.





Creating Our Forever Home- We Need Your Help

How can you help give this special community a leg up?

Help ATRC raise \$500,000+ in 5 years

Together, we can plant the roots for this program for years to come!

Every Gift Counts - Donation/ Naming Opportunities

- **\$150,000 to name the arena** - Reserved!
- **\$100,000 to name barn #1** - Reserved!
- **\$100,000 to name barn #2** (or \$50,000 to share with friends, 2 needed)
- **\$50,000 to name the classroom area/ office space** (or \$10,000 to share with friends, 5 needed)
- **\$25,000 to name outdoor arena #1** (or \$5,000 to share with friends, 5 needed)
- **\$25,000 to name outdoor arena #2** (or \$5,000 to share with friends, 5 needed)
- **\$25,000 to name driveway**
- **\$10,000 to name each stall** (1 reserved, 11 left!)
- **\$5,000 to name each paddock** (6)
- **\$100 to buy a brick for the Chris Lehman Memorial Garden**

Our Forever Home

For more information on how you can help secure our "Forever Home," please contact us at 518-898-0742 or visit www.albanytherapeuticridingcenter.com/ForeverHome



**Please mail all donations to:
ATRC, 6640 Fuller Station Road, Altamont, NY 12009**

I (we) would like to donate to Albany Therapeutic Riding Center, Inc.:

Name(s) making donation: _____ **Anonymous**

\$10,000 **\$5,000** **\$2,500** **\$1,000** **\$500** **\$250** **Other Amount: \$** _____

Address: _____

Email: _____ **Phone:** _____

I would like to make a multi-year pledge of: \$ _____
payable over **1 year** **2 years** **3 years**

I would like to make this gift in honor/ memory of: _____

Method of Payment: **Cash** **Check made payable to ATRC, Inc** **Online**

**For Online Donations please visit:
www.albanytherapeuticridingcenter.com/donate**

Signature: _____ **Date:** _____

ATRC, Inc is a 501(c)3 Not For Profit Therapeutic Riding Center Accredited by the Professional Association of Therapeutic Horsemanship International