

Monterey Bay Horsemanship & Therapeutic Center

474 Eucalyptus Way, La Selva Beach, CA 95076
(within the gated campus of 783 San Andreas Road, La Selva Beach, CA 95076)
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Handbook

For
San Andreas Regional Center
&
Other Regional Centers'
Clients and their Families

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Mission Statement

To encourage and enable participants of every ability level to reach their full potential in a safe, nurturing, fully inclusive environment. To promote and encourage community participation in all aspects of our working horse facility, "The Barn", and its extended life skills programs.

Introduction

Anne Pearson* and Barbara Pearson started Monterey Bay Therapeutic Vaulting Center in 1997 after realizing the tremendous benefits children with special needs received from vaulting (gymnastics on horseback). In 2000 Gail Wright joined the team. Over the years we have evolved from a horse vaulting class to multiple choices of classes and clubs. We changed our name to Monterey Bay Horsemanship & Therapeutic Center to better reflect our programs' content.

We incorporated in 2000 and became a 501(c)3 Charitable Organization in 2004. We are three individuals whose lives have been touched with special needs children. Anne and Gail are both parents of a special needs child and Barbara is the grandmother of a special needs child. We have the mutual desire to enhance the lives of special needs individuals in our community.

Our facility is located Oceanside in La Selva Beach, California. We are in a gated, 100-acre, private campus community and our facility includes a huge covered arena, beautiful grounds, and miles of trails. This makes for an idyllic setting where life development skills - socialization, speech and language, safety, cognition, appropriate behaviors, fine and gross motor skills, and physical well being can be modeled and taught in a natural, non-clinical, community environment.

We are a fully inclusive facility providing group lessons, U.S. Pony Club, Show Team, Day Camps and Residential Camps to the general public population. Our typical teens and adults are recruited to be volunteers for the program. We also have volunteers from the community at large - universities, junior colleges, junior and senior high schools as well as community service students. Many boy scouts have done their Eagle Scout projects with us. We also have large groups of volunteers come out to do large projects – for example, Seagate Technology yearly does a building project for team building and the Sharefest group from Twin Lakes Church comes out annually to fix, clean-up and build. It is truly a community.

*As a young lady, Anne was preparing for the Olympics in Three-Day Event Riding. Her future was drastically changed when she was diagnosed with a debilitating brain tumor. With a 10% chance of survival she spent a year in the hospital undergoing massive steroid treatments. Anne beat all the odds and is now thoroughly enjoying teaching others the gifts the horse has to offer.

Statement of Purpose:

Monterey Bay Horsemanship & Therapeutic Center, a 501(c)3 Public Charity organization, believes all persons can (1) be taught respectful and appropriate behavior; (2) learn health and safety skills essential to reach full potential; and (3) participate in meaningful community activities. Parents/caregivers deserve to have respite from caring for their child/adult with special needs. By utilizing the framework of the Barn, all of these purposes can be met.

Director's Vision Statement

To continue to build programs that are diversified, interesting and challenging to stimulate a population of children and adults with special and behavioral needs. To have an increase of special needs individuals move from total support to being mentors and eventually employees/ volunteers them-selves. To provide an ever-growing number of families and their special needs children a world built to nurture and reach the most challenging of situations.

Center for Life Development Program Details:

- **Service Codes:**
 - 850 – Out-of-Home Respite
 - Entrance Criteria:
 - Child be 2 years or older
 - Regional Center client
 - 055 - Community Integration Skills Training
 - Entrance Criteria:
 - Mature 6 year old through adult
 - Regional Center client
 - Client needs to acquire, retain or improve skills in –
 - Self-help/personal care
 - Social skills
 - Adaptive development
 - Maladaptive behavior
 - Safety skills
 - Hygiene
 - Cognition
 - Task completion
 - Communication
 - Being out/away from home

Specific goals:

- Provide a quality out-of-home respite and community integration skills training service in a community based equestrian facility.
- Provide a safe and nurturing environment in a fully inclusive setting.
- Provide opportunities to build relationships and respect for horses and people!
- Provide opportunities for young adults and adults to learn and participate in ongoing daily Ranch activities and accompany staff out into the community for events, shows, etc.

Activity Options:

Participants may choose from a variety of ranch activities including grooming, feeding, switching horses; barn management; horse theory; work on self-advocacy and interpersonal communication skills, money management skills, tractor riding, gardening and hanging out at a working horse ranch!

Horse* Activity Options:

Available to consumers who participate for 4 consecutive hours or more per day. This availability is subject to MBHTC's discretion. A consumer may choose one of the following additional activities which will run from 45 minutes to 1 hour in duration:

- 1) Arena Lesson (English or Western riding style).
- 2) Trail Ride - fabulous trails await you within this fabulous Oceanside facility, surrounded by organic farm fields.
- 3) Modified Riding - for consumers who cannot sit unassisted (i.e. quadriplegic, paraplegic, C.P., etc.) or for consumers who cannot follow simple directions (i.e. autistic, severe behavior difficulties, etc.).

Horse* Activity Options Details:

Each consumer will be encouraged and exposed to as much information and hands on activities that they are willing and/or able to participate in. Consumers will be taught horse terminology and barn awareness; barn safety and how to be safe around horses; how to groom your horse; how to tack up your horse; how to safely lead your horse to the mounting area; how to mount your horse; what your horse eats; and the burning question, "What do frogs have to do with horses?"

Each consumer will be individually evaluated by our Director to ensure the appropriate staff/volunteer to consumer ratio and to assign consumer to the most appropriate horse for chosen horse activity. Each activity will involve consumer as much as is appropriate for their individual level.

1) Arena Lesson (English or Western style):

After watching and/or helping to groom and tack up your horse, help bring your horse into the arena; mount your horse; with the help of a volunteer (if necessary), and under the supervision of staff, walk around the arena on your horse until all students in your group are on their horse; listen to instructor and learn how to ride your horse; learn how to use and fit equipment; how to ask your horse to turn, how to trot, how to stop, etc. Learn to hug and praise your horse for a job well done. After your arena lesson, go out of the arena and onto the "cool out" trail. Ride your horse on the cool out trail to cool him/her off.

2) Trail Ride (English or Western style):

Watch and/or help groom and tack up your horse, help bring your horse to the mounting block; mount your horse; with the help of a volunteer (if necessary), and under the supervision of staff, walk around the arena on your horse until all students in your group are on their horse; follow the lead horse out of the arena and onto a beautiful trail! Enjoy a few gentle hills and basically flat trails through organic farm fields and often along the bluff overlooking the Pacific Ocean! After your ride, dismount and lead your horse back to untack and put him/her away in their stall.

* We reserve the right to perform the chosen "horse activity" on another date if unforeseen circumstances occur.

Requirements of the Arena Lesson/Trail Horse

The arena lesson/trail horse is chosen for its temperament, sure footedness, and calm, non reactive nature. Our arena/trail horses are also chosen because they have been exposed to many different types of people, trails, and situations.

Staffing Ratios

During non equine mounted activities, staff to consumer ratios will be 1:3 for non ambulatory consumers and 1:4 for ambulatory consumers.

While engaged in equine mounted activities, staff/volunteer to consumer ratio will be 1:2 and if needed the ratio will be 1:1 or higher depending on individual need.

For severely disabled consumers requiring a back rider and side walker and on a longe line, staff/volunteer to consumer ratio will be 1:1; 2:1 or 3:1 as needed.

Safety and Adaptive Equipment

Protective helmets are worn when riding on trail or in the arena with the exception of students with a back-rider. Students with a back-rider are also on a longe line and therefore the horse is controlled by the person holding the line. Specialized saddles, called circlingles, are used.

Adequate staff and volunteers will be available for any riding activity including those riders who cannot support themselves. Back riders and side walkers will be utilized when needed.

Specially trained horses are utilized in the program.

Wheel chair ramp is available. This ramp enables us to mount and dismount severely disabled clients without strain or stress on rider or staff/volunteers.

Most students start out on the vaulting barrel. The vaulting barrel equips each student with a basic knowledge and feel of the horse so problem areas can be identified before getting onto a real horse. When a student progresses to the horse, the problem areas identified are known and can be compensated for.

We have safe trails and safe riding environment. We are located inside a 100 acre, private, gated campus community. We are surrounded by organic farm fields. We have a fire department located approximately 6 miles away in La Selva Beach.

Frequently Asked Questions

Why can't my child come for 1/2 hour or 1 hour and only ride on the horse?

We are vendored by SARC as Out-of-Home Respite and Community Integration Training service. Our main focus is to provide SARC consumers an interesting and educational experience in our working horse facility. As an extra feature, we provide "on horse" activities for a minimum stay of 4 hours.

Why can't my child ride for the entire 4 hours?

Riding is hard work! Riding requires the use of all of your muscles! Most riders climb off their horse exhausted after their lesson/trail ride. (Also, see question above.)

I see all these farm fields - is my child safe from pesticides?

We do not always know what the farmers around us are doing but the wind blows from the ocean across the fields and inland. The field that is oceanside to us is an organic flower grower and this is what we use for trail rides. We have never had farm field debris or spray from the farm fields inland from us blow into the barn area - prevailing winds are always away from us.

Why do I need to sign my child in? I have signed all the paperwork.

Daily sign-in is necessary for billing purposes, emergency purposes, and to keep track of attendance for insurance and reporting purposes.

Are you a Day Program?

No, we are not vendored as a Day Program, however you may stay with us for as many hours throughout the day that you would like, including those hours spent in a Day Program.

Grievance Procedure

Stage One

Informal Internal Grievance Procedure:

Step One: The consumer should discuss the matter of concern with the staff member in an attempt to resolve the matter. This step should take no longer than 24 hours (excluding non-working days), subject to the availability of both parties.

Step Two: If the consumer is still not happy, he/she may ask that the matter be referred to the staff member's manager. This step should take no longer than 48 hours (excluding non-working days), subject to the availability of the parties involved. If the inquiries by the manager are likely to take longer than this, the consumer will be advised.

Step Three: If the consumer is still not happy, he/she may approach the Executive Director to seek to have the matter resolved at this level. This step should take no longer than 48 hours (excluding non-working days) subject to the availability of the parties involved. If the inquiries by the Executive Director are likely to take longer than this, the consumer will be advised. Consumer should also notify the Regional Center by telephone.

Grievances at this informal level should be resolved in no longer than five working days.

Stage Two

Formal Internal Grievance Process (please see MBHTCs SARC Vendor Program Design page 18 in MBHTC's Office or at SARC).

Stage Three

Involvement of the MBHTC Board of Directors (please see MBHTCs SARC Vendor Program Design page 18 in MBHTC's Office or at SARC).

Emergency Procedures

In the case of an accident or injury the following steps are to be taken:

- 1) Camp Counselor will remain with the injured person.
- 2) Camp Counselor will proceed with necessary first aid as needed.
- 3) Camp Counselor will call 911 if deemed necessary.
- 4) MBHTC Program Director will be notified by telephone (if not on site).
- 5) The Program Director will call the parents as soon as possible.

In the event of a disaster such as fire, earthquake, etc. the following emergency procedures will be taken:

- 1) Camp Counselor shall assemble consumer(s) in a safe area (i.e.: the large open area known as the Outdoor Arena).
- 2) Every effort shall be made to stay calm and use common sense.
- 3) If time allows, the local rescue and fire emergency team is called and transportation away from the area is coordinated.
- 4) If telephone communication is impossible or if emergency is immediate or life threatening, the recommended procedure is to remain at the center (out of harms way) and wait for assistance to arrive.

Additional Information

You may see students from our young adult/adult program, in areas of responsibility. These students have been trained and have passed thorough safety tests in the area of responsibility that they are working in. If you have any questions about these students, please do not hesitate to ask the Director or Manager on duty.

At any time, MBHTC will assist the consumer/family in contacting their SARC Service Coordinator, Regional Center Consumers' Rights Advocate, Developmental Disabilities Area Board VII Rights Advocate or Protection and Advocacy Rights Advocate for assistance.

Toilet facilities are portables. We have an ambulatory and non-ambulatory toilet facility at the Center.

MBHTC Rules

- 1) No cameras or photos without Director's approval. A few reasons are: Some of our students have requested not to be photographed; photographers can be distracted from what is going on around them and may become a safety hazard around large animals and children; flash photography may cause a startled response from some horses.
- 2) No dogs at any time. For the safety of children and horses, please do not bring dogs or other animals to the Center. Therapy dogs are an exception to this rule.
- 3) No smoking at any time on any of the premises within Monterey Bay Academy and Monterey Bay Horsemanship & Therapeutic Center.
- 4) The front of the Barn is reserved for "Handicapped Parking" ONLY. If you have a Handicapped license or a placard, please park here. If you do not, please do not park here.
- 5) No yelling, running, jumping, climbing inside the barn or in the vicinity.
- 6) No climbing on hay or fences/gates.