



# HOPE

## Horses Offering People Enrichment

Approved NGO in China  
Beijing Civil Affairs Bureau  
#52110000MJ1063431N

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### **Mission:**

Enriching the lives of individuals with special needs  
Promoting awareness of the healing properties of the horse

### **Vision:**

An exemplary service provider, educator, and leader of Therapeutic Horsemanship,  
encouraging Chinese citizens to serve individuals with special needs.

### **Core Values:**

**Respect:** Showing respect for the individuals who participate, their families or caregivers and all involved in the program (orphans, children, volunteers, staff members, and horses).

**Service:** Providing assistance to children with special needs and their families.

**Compassion:** Demonstrating a desire to understand and help individuals with special needs.

**Education:** Providing training to professionals and caregivers, and for orphanages, hospitals and universities.

**Integrity:** Following and implementing ethical business and equine care practices.

**Quality:** Promoting best practices for serving special needs community and for the care of horses.

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## HOPE: Equine-Assisted Activities and Therapy

HOPE is a not-for-profit organization offering Equine-Assisted Activities and Therapies (EAAT), including Therapeutic Horsemanship (TH), founded in 2009 by Dr. Priscilla Lightsey, PT, DPT, MA, HPCS who holds a doctorate in Physical Therapy. TH is a therapeutic activity that involves a partnership between a horse and a human. Participants learn to brush, groom, lead, ride, and care for a horse. These activities facilitate growth in a variety of areas - often much faster than in a clinical or academic setting. Many skills can be enhanced by TH: listening, following directions, waiting, communicating with others, and gross and fine motor skills.



### The benefits of Therapeutic Horsemanship (TH) may include:

- Enhanced motor skills
- Increased balance by developing core body strength
- Reduced anxiety through rhythmic, frequent, & consistent gait of the horse

### Therapeutic Riding as part of TH:

- Provides rich sensory experience
- Promotes social-emotional skills through special bond between horse & human

### HOPE serves children and adults with special needs from:

- Bethel Foster Home (爱百福) - an orphanage for blind & visually impaired children
- Shepherd's Field Children's Village (牧羊地儿童村) - an orphanage for children with special needs
- Migrant Children's Foundation (中国打工子弟慈善基金会) - an organization for disadvantaged children
- Angel Home Orphanage (天使之家)
- Local Chinese Community
- Child from Xi'An who travelled to Beijing to participate in HOPE Summer Camp
- Individuals from the Expatriate community

### Diagnoses served in the past year:

- Autism Spectrum Disorder
- Cerebral Palsy
- Blind & Visually Impaired
- Albinism
- Down Syndrome
- Global Developmental Delay
- Spina Bifida
- Low Muscle Tone
- Muscular Dystrophy
- Lissencephaly (Neuronal Migration Disorder)



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### Staff:

- Three Chinese
  - Program & Development Director
  - Horse Handler & Caretaker
  - Volunteer and Program Coordinator
- One Expatriate
  - Certified as RDAI (Riding for the Disabled Instructor)

### Number of sessions (from February 18<sup>th</sup> to October this year):

- Therapeutic Horsemanship & Riding sessions:
- 272 orphans, MCF, participants from local community
- 23 participants with special needs attended summer camp

### Volunteers (from February to 18<sup>th</sup> of October)

- 150 volunteers contributed 505 hours of service
- Positions include:
  - Side Walker - ensure safety while mounted
  - Horse Handler - lead horse for sessions
  - Classroom - entertain children while others ride horse
  - Cook - HOPE offers lunch for orphans and summer camp participants
- Provide special training for volunteers
- Weekly volunteers
  - Range from 10 - 30

### Volunteers from:

- 6 international schools in Shunyi area
- Provinces outside of Beijing & other countries who had heard of HOPE (9 summer volunteers)
  - Shanghai city
  - Dalian city
  - United States
- Local community
  - The Friends Equestrian Club allows staff member to volunteer at HOPE every Thursday
  - Shanghai Botong Investment Management Company gives two employees to volunteer weekly.
  - Qiandao Financial Lease Company gives staff time to volunteer weekly
  - 31 Art Center sent students to update the decoration of HOPE office and stable.
  - Girls Who Code community in Austin campus of University of Texas helps to update HOPE website.

### Horses:

- Mu'er - a Chinese draft mare (for larger riders)
- Heishan - Chinese horse (medium sized horse)
- Li - Gotland pony from Sweden, now 25 years old and can no longer be ridden, ground-work only
- Bob - Chinese pony who joined the team in August 2018

### HOPE Governance:

- Chinese Board of Directors (formed 2016)
- Chinese Advisory Board (formed 2016)
  - Comprised of individuals, including teachers, families with individuals with special needs
- US Board of Directors (2012; HOPE recognised as a non-profit by US federal government)
  - Founder/CEO - Dr. Priscilla Lightsey who is:
    - PATH International Certified Instructor (Professional Association of Therapeutic Horsemanship)
    - Hippotherapy Clinical Specialist



Location - HOPE works out of a stable that offers us:

- Reduced fee for board
- Classroom/office space
- Tack room
- Use of their arenas
- Professional equestrian environment based on the French Federation
- Built HOPE a separate structure for a kitchen, enabling HOPE to serve orphans & camp participants lunch

