



*Horseplay Therapy specializes in serving children with special needs by providing physical therapy, occupational therapy, and speech therapy for children on horseback.*

Making a Difference Using  
**Hippotherapy**





## Hip·po·ther·a·py :

*Hippotherapy is a treatment strategy used by specially trained physical, occupational, and speech therapists who position the child on the horse, analyze the child's movement response, and direct the horse's movement accordingly. The therapist can facilitate just the right challenge for each child.*

### “CHANGING LIVES WITH A LITTLE HORSEPOWER!”

A little girl named Allison changed my life forever. Allison became a patient of mine at 4 months old when she was diagnosed with a genetic condition that significantly delayed her development. When Allison turned 2 her mom asked if I had ever heard of doing therapy on a horse. She said that her friend was driving an hour each way in another state to do this kind of therapy. I was up for an adventure, so I began researching, learning and preparing to treat Allison on a horse! What I never anticipated was the impact it would have on her. Within months of starting hippotherapy Allison was doing things that we had been working on for over a year, like sitting by herself, and eventually crawling on her own.

The greatest moment, by far, was when Allison surprised us and spoke her very first word at 3 years old. She said, “Mom!” The experience with Allison showed me that hippotherapy is truly life changing and all children with disabilities needed to have access to it. That’s when HorsePlay Therapy Center was born!

*I’ve worked in pediatric physical therapy for more than 18 years and I’ve seen first hand the difference that working with horses makes in the lives of children and families.*

Today, HorsePlay Therapy provides 600 therapy sessions each month that incorporate hippotherapy as part of a child’s speech therapy, occupational therapy, or physical therapy treatment plan. Through a very generous donation from country music star Kacey Musgraves, a covered arena was erected early in 2020 which enables hippotherapy to occur year round.



Thank you for joining us in helping kids like Allison everyday. We can’t do this without you!

Vicky Carregal, Executive Director

Vicky Carregal, MSPT

### WHY IS HORSEPLAY THERAPY ESSENTIAL FOR OUR COMMUNITY?

The most effective treatments are not always medications, but personal interaction with people and horses. Repetitive movement on the horse in a rhythmic pattern of motion creates responses in children that help activate nerves and synapses.

Initially, HorsePlay Therapy provided therapy to 10 children per week with varying diagnoses including Autism Spectrum Disorder, Cerebral Palsy, Down Syndrome, developmental delays, and genetic disorders.

By 2018 the number of children receiving weekly hippotherapy grew exponentially from 10 to 50 kids per week with a 7 horse equine team. That same year, the opportunity opened up to move to our current location that sits on 11 acres with 10 stalls. The new barn not only had more space for hippotherapy treatment sessions, it had space to add 2 treatment rooms to begin meeting the increasing need for multidisciplinary services for children with special needs.

Today, we do 600 therapy sessions each month and the numbers continue to rise. Families are excited to see the progress in their children and they are telling their friends about what happens here!

- Autism affects 1 in 59 children in the U.S.
- Cerebral Palsy affects 3% of children in the U.S.
- Down Syndrome affects 6000 babies born each year in the U.S.
- Genetic abnormalities affect 1 out of 33 babies born in the U.S. each year.
- There are over 7000 children with special needs in St. Johns County



*These aren’t just statistics, these are real kids and real families affected by these conditions.*

### “Horseplay Therapy changed our lives”

*“It has been so much fun to watch Greyson blossom and grow through his therapy here! His teachers recently reported that his attention span and ability to be present have increased noticeably. His core strength, balance, handwriting, and sensory seeking have all improved remarkably. We love coming to HorsePlay Therapy. The way you care about each and every child is palpable.”*



15% of children in the U.S. ages 3-17 have a developmental disability according to the CDC

**MILESTONES:**

- 2013** Established a team of clinicians to provide early intervention services and began researching and exploring hippotherapy
- 2015** HorsePlay Therapy Center was established and began providing hippotherapy to 10 children per week.
- 2016** HorsePlay grew to 30 therapy visits per week, relocated to a more localized barn, acquired 3 therapy horses
- 2018** Increased therapy to 80 visits per week, moved to an 11 acre property with 10 stalls, 3 child centered therapy rooms, and space to grow.
- 2019** Received \$100,000 donation from Kacey Musgraves for covered arena, increased therapy sessions to 100/week
- 2020** Built 80'x152' covered arena, grew program to 150 visits per week, began installation of a septic system in order to replace port-o-johns with a handicapped accessible bathroom with toilets for the children and families we serve.

**IN 2018-2019 HORSEPLAY THERAPY PROVIDED:**

- 4,167 therapy sessions
- A larger facility to serve more children and provide multidisciplinary services.
- 7 Therapy Horses
- Covered arena for year-round therapy
- Clinical team to include 2 physical therapists, 1 physical therapy assistant, 2 occupational therapists, 1 occupational therapy assistant, and 1 speech therapist
- \$25,000 in scholarships to special needs children who otherwise could not afford to participate and receive hippotherapy.



**Mission Statement:**

HorsePlay Therapy is committed to providing children with special needs a foundation for developing life skills that improve their overall quality of life through the use of equine assisted speech, occupational, and physical therapies provided in a safe and caring environment.

**HorsePlay Therapy Provides a "Triple Crown" Hippotherapy Program:**

**HIPPOTHERAPY + PHYSICAL THERAPY:**

Highly trained physical therapists work one-on-one with children on horseback to improve gross motor skills, motor planning, balance, coordination, and strengthening. Our goal by year 3 is to provide 300 physical therapy sessions each month.

**HIPPOTHERAPY+ OCCUPATIONAL THERAPY**

A child who comes to Horseplay Therapy Center for occupational therapy works one-on-one with a specially trained therapist to improve fine motor skills, dressing, self feeding, social skills, self confidence, sensory processing, and sensory integration while on horseback. Our goal by year 3 is to provide 300 occupational therapy sessions each month.

**HIPPOTHERAPY + SPEECH THERAPY**

Speech Therapy at Horseplay Therapy Center focuses on improving speech production, word articulation, expressive language, feeding skills, social skills, receptive language, and language development. Highly trained speech therapists use the repetitive, rhythmical, organized movement of the horse to facilitate organization in the mind and body of the child. This organized thinking helps the child to put their words and thoughts together so as to communicate more effectively. Our goal by year 3 is to provide 300 speech therapy sessions each month.

HorsePlay Therapy Center is the only program of its kind in Northeast Florida to provide integrative hippotherapy as part physical, occupational, AND speech therapy for children with disabilities.



*"Isabella has grown in so many ways since starting hippotherapy with her speech therapist. Not only is she stronger in her core, she has better posture and self confidence when speaking to people. She used to cry in front of crowds, and whisper when speaking, but recently she had a speaking part in her school play. Isabella loves coming to HorsePlay Therapy Center!"*



Our innovative therapy for children consists of equine assisted physical, occupational, and speech therapies, followed by time spent off of the horse in a more traditional environment. It is the blending of therapies on and off of the horse that produces the greatest outcome for each child.

## Envisioning the Future:

### EXPANDING THERAPY SERVICES

We will:

- Hire one physical therapist
- Hire one speech therapist
- Acquire three more therapy horses
- Purchase tack for three more horses
- Hire one grounds keeper, one barn manager, one office assistant, build a bathroom, add an office space and an additional child-centered therapy room.

### TO BEGIN SERVING VETERANS THROUGH OUR RISE UP EQUINE THERAPY PROGRAM

We will:

- Hire a therapeutic riding instructor
- Hire a certified PTSD counselor/program director
- Purchase adult size saddles and tack
- Acquire two large horses

### WE HAVE INITIATED A PARTNERSHIP WITH

**ONCE A SOLDIER** (To begin developing programs that serve veterans with PTSD.)

### TO IMPLEMENT THE BREEDERS CUP

(Summer Camp for children in our community with special needs who struggle to find Summer programs that enhance their development.)

We will:

- Hire a team of qualified childcare assistants
- Hire a camp director

### OUR 3-YEAR PLAN:

- Expand our "Triple Crown" Hippotherapy program to provide 900 sessions per week
- Implement the "Rise Up" program for veterans who suffer from PTSD
- Establish "The Breeders Cup" Summer Camp for children in our community with special needs who need Summer enhancement
- Acquire land for expansion
- Replace existing fences
- Build an ADA compliant bathroom
- Build one additional therapy treatment room and an on-site office
- Purchase a horse trailer
- Install an irrigation system to maintain footing in the covered arena



## Providing the Support:

EXPENSES	YEAR 1	YEAR 2	YEAR 3
Operations	\$139,124	\$243,396	\$426,792
Programs	\$175,600	\$275,000	\$512,000
Scholarships	\$35,000	\$45,000	\$50,000
<b>TOTAL EXPENSES</b>	<b>425,871</b>	<b>651,500</b>	<b>894,800</b>

REVENUE FORECAST	YEAR 1	YEAR 2	YEAR 3
Contributions/Grants	\$ 311,600	\$506,450	\$ 894,985
Therapy Services Income	\$43,900	\$68,750	\$103,220
<b>TOTAL INCOME</b>	<b>\$355,500</b>	<b>\$575,200</b>	<b>\$998,205</b>

### PROJECTED OPERATING NEEDS

ONE TIME PROJECTS	
Land Acquisition	\$3,100,000
Additions to the barn (office, stalls & parent waiting area)	\$60,000
Septic tank and bathroom	\$27,000
Three horse trailer	\$25,000
Fence replacement	\$14,500
John Deere Utility Vehicle	\$14,284
Irrigation System for Arena Footing	\$5,900
Gutter for Arena Cover	\$5,100
<b>TOTAL</b>	<b>\$3,251,784</b>
Campaign Goal	\$4,146,769
Endowment Goal	\$1,000,000

**TOTAL CAMPAIGN GOAL \$5,146,769**

Hippotherapy enhances traditional therapy by allowing children to experience a special connection- sensory and physical- with their horse and the nature that surrounds them as they work toward their goals.

HorsePlay Therapy Center was established so that children could receive this specialized therapy even if they couldn't afford it.

HorsePlay Therapy's facility is based on the leading national medical therapy model that is proven and well recognized.





Building a stable foundation  
with heart ♥ felt care

## Host Committee

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**HorsePlayTherapy.org**

HorsePlay Therapy offers scholarships to families who need financial assistance.  
We accept tax deductible donations.

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**Horse Play**  
THERAPY CENTER