



Healing Thru Horses

# IMPACT

**ROCK**  
Ride On Center for Kids

## ROCK PROGRAMS:

- Equine-Assisted Therapy (EAT)
- Equine-Assisted Activities (EAA)
- ROCK On Veterans
- Equine-assisted Learning (EAL)
- School Programs & Summer Camp
- TAMU Courtney Cares Equine Therapeutic Program
- ROCKateers (ROCK Volunteers)
- STAR Program - Instructors in Training
- Internships
- Research Partnerships

ROCK (Ride On Center for Kids), a 501 (c)(3) nonprofit organization established in 1998, provides equine-assisted activities and therapies to children, adults, and veterans with physical, cognitive, and emotional challenges. ROCK is located on 60 beautiful acres with a covered arena and therapy clinic in Georgetown, Texas.

***ROCK's mission is to improve independence and life skills in partnership with the horse.***





# 241

CHILDREN



# 44

ADULTS



# 129

VETERANS  
& FAMILIES



# 450

VOLUNTEERS



# 30

HORSES

**Children with the diagnosis of autism improve in quality of life with marked improvement in social functioning, physical and school functioning and overall mental health and behavior.**

Lanning, B.A., Baker, M., Hatz, J., Krenek, N., Effects of Equine Assisted Activities on Austin Spectrum Disorder, J. Austin's Dev Disorder (2014) 44:1897-1907

**74.2%**  
**DECREASE IN**  
**PTSD SYMPTOMS**

**86.8%**  
**IMPROVED IN**  
**MENTAL HEALTH**


(Lanning, B. A., Wilson, A., Krenek, N., Using Therapeutic Riding as an Intervention for Combat Veterans: An International Classification of Functioning, Disability and Health (ICF) Approach, Occupational Therapy in Mental Health, <https://doi.org/10.1080/0164212X.2017.1283282>

**83.6%**  
**IMPROVEMENT**  
**IN POSTURE\***

**86.3%**

**IMPROVEMENT IN FOLLOWING DIRECTIONS\***

\*Results from 2017-2018 ROCK Participant Survey



*ROCK's vision is to be the trusted leader in equine-assisted activities through service, research and education.*



**THE MOVEMENT OF THE PELVIS ASTRIDE A HORSE IS SIMILAR TO NORMAL WALKING.**

Gardner, B.A., Rigby B.R., Human pelvis motions when walking and when riding a therapeutic horse. Human Movement Science 39(2015)121-137

**94.6%**  
**OF CHILDREN**  
**AND ADULTS**  
**IMPROVED IN**  
**INDEPENDENCE\***

**88.5%**  
**OF CHILDREN**  
**AND ADULTS**  
**IMPROVED IN**  
**LIFE SKILLS\***



**THE IMPACT OF ROCK'S PROGRAMS IS SEEN IN THE RESEARCH, GOAL DOCUMENTATION, SURVEYS, AND TESTIMONIES FROM PARTICIPANTS THAT ROCK SERVES.**



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