

Healing Thru Horses

# 2020-2021 ANNUAL REPORT

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**2021 PATH Intl. Volunteers of the Year** 



2021 PATH Intl. Region 8 Adult Equestrian No<u>minee</u>



2021 Region 8 PATH Intl. Youth Equestrian Nominee

Dear ROCK Family,

I am writing and hope that this year's Annual Report finds you well. ROCK, like all of us, has faced some unique challenges in the 2020-2021 fiscal year so it is also with great gratitude and recognition of your support that I am able to report we are continuing to thrive.

In the past year, ROCK has had to adapt and change in ways that we never expected, and we are stronger today because of it. As you may remember in February, Texas experienced one of the worst snowstorms in memory; ROCK was not immune to the effects. I am beyond grateful for how hard our staff and volunteers worked to care for the herd and facilities during this time.

ROCK also found new ways to engage with you over the past year. From our first virtual Barn Dance in the fall to our ROCK Derby spring fundraiser, you have continued to ensure ROCK's stability. We were even able to push forward on the Miracles in the Dirt capital campaign that we started in 2014 and take the first steps toward constructing the Sport Clips Heroes Arena.

ROCK was honored this year to be home to the 2021 PATH Intl. Region 8 Volunteers of the Year, Faith and Vic Bero. The Beros have served ROCK in and out of the dirt for years and exemplify the passion our volunteers, board members, and families have for ROCK. Additionally, I was honored to be chosen as the PATH Intl. Credentialed Professional of the Year -- an honor I hold very dear to my heart and could not have achieved without the wisdom, mentorship, and encouragement from my peers and colleagues over the years. Thank you.

One final bright spot I'd like to mention is the publication of research in the *Journal* of *NeuroEngineering and Rehabilitation* that Dr. Priscilla Lightsey and myself worked on investigating physical therapy treatments that incorporate equine movement. This marks the 23rd research paper ROCK has participated in and demonstrates our commitment to being trusted leaders in researching equine-assisted services.

Between COVID, snowstorms, and trying to build a new arena, there has been a lot going on out here – and a lot to be inspired by. Every day in the dirt, children grow and gain strength on the back of the horse. Adults regain mobility once lost. Veterans learn to be confident.

What has inspired me most is how many of you have stood with us, passionately and with conviction. I hear and see daily how much this place means to each and every one of you. Being able to improve independence and life skills in partnership with the horse was a dream of mine many years ago, and because of you, it is a reality for so many today. Thank you for standing with us.

Blessings and courage,

Duckhenek

Dr. Nancy Krenek, PT, DPT, HPCS CEO & Founder



2021 PATH Intl. Credentialed Professional of the Year

### MISSION

To improve independence and life skills in partnership with the horse.

To be the trusted leader in equine-assisted services through research, education, and programs.

VISION

### HONOR. INTEGRITY. COMPASSION. EXCELLENCE. SAFETY.

## **EQUINE-ASSISTED SERVICES**

#### PROGRAMS

#### SPEECH & PHYSICAL THERAPY INCORPORATING EQUINE MOVEMENT

Also known as Equine-Assisted Therapies (EAT), this strategy utilizes the dynamic movement of the horse to achieve speech therapy or physical therapy goals.

#### ADAPTIVE RIDING

Also known as Equine-Assisted Activities (EAA), adaptive riding is designed to teach horsemanship and riding skills to individuals with special needs, with the goal of increasing functional life skills.

#### **ROCK ON VETERANS**

ROCK On Veterans offers co-ed and women-only programs for veterans and active duty service members, as well as programs for veteran families, partnering with horses and veteran volunteers.

#### EQUINE-ASSISTED LEARNING (EAL)

EAL is an educational approach that incorporates equine-facilitated activities using the experience of equine-human interaction in an environment of learning and selfdiscovery.

#### SCHOOL PROGRAMS

Through partnerships with local school districts, ROCK is able to create connections with the horse and facilitate learning between diverse populations through Equine-Assisted Learning (EAL) programming.

#### SUMMER CAMP

ROCK offers summer camps full of fun and learning about the horse during the summer months that includes Camp Brightside, an inclusion camp, and Camp Courage which is offered to children of veterans and active-duty service members.

#### **EDUCATION**

#### TAMU COURTNEY CARES EQUINE THERAPEUTIC PROGRAM

In 2012, ROCK began partnering with Texas A&M University to provide the staff, knowledge, and expertise in Equine-Assisted Activities and Therapies for this program on campus at TAMU, College Station, Texas. Learn more at www.courtneycares.org.

#### INTRO TO EQUINE-ASSISTED ACTIVITIES & THERAPIES (EAAT) COURSE

In Spring 2018, Dr. Priscilla Lightsey and Dr. Nancy Krenek began teaching an Intro to EAAT course at Texas A&M in College Station. The lab for this class is conducted in the arena of Courtney Cares.

#### ROCKATEERS

ROCK has many opportunities for volunteers (ROCKateers) to expand their horse knowledge, serve on a board or committee, help with office work, sidewalk, horse handle, and take on leadership roles in a volunteer capacity.

#### INTERNSHIPS

Through partnerships with colleges and universities, ROCK offers opportunities for internships in many fields.

#### RESEARCH

## RESEARCH IN PARTNERSHIP WITH INSTITUTIONS OF HIGHER LEARNING

ROCK is fulfilling our vision to be the trusted leader in Equine-Assisted Services through research, education, and programs by collaborating with universities to conduct research to document the effectiveness of equine-assisted activities and therapies.

#### H.O.P.E. (HORSES OFFERING PEOPLE ENRICHMENT)

ROCK provides educational and intern support to this non-profit EAAT program serving children with special needs in Beijing, China. Dr. Priscilla Lightsey, who works at ROCK and TAMU Courtney Cares, is the Founder and Executive Director of HOPE. Learn more at www.hopebeijing.org.

### **TOP 10 DIAGNOSES TREATED**

ADHD Autism Spectrum Cerebral Palsy Down Syndrome Developmental Delay PTSD Seizure Disorder Speech Delay Traumatic Brain Injury Visual Impairment

## **MISSION IMPACT**

Children

Adults

Veterans &

Families

Horses

Volunteers

The impact of ROCK's programs is seen in the research, goal documentation, surveys, and testimonies from the participants that ROCK serves.

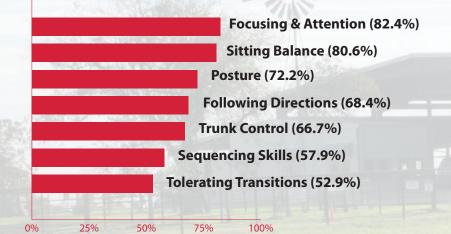




## improved in Independence\*

of children & adults of children & adults improved in Life Skills\*

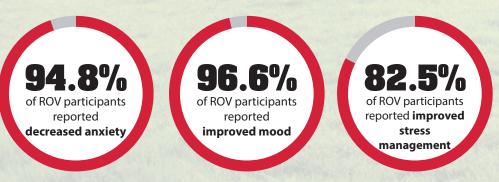
**ROCK** participants reported improvement in the following cognitive, motor, and behavioral skills:



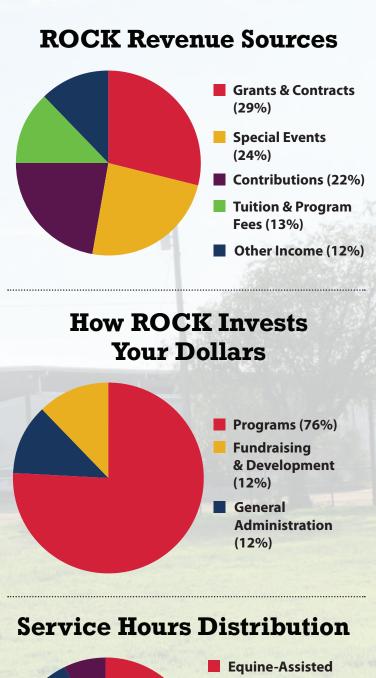
% of Children & Adults Reporting Improvement\*



**ROCK On Veterans (ROV) participants** reported improvements in the following areas\*\*:



\* Results from 2020-2021 ROCK Participant Survey \*\* Results from 2020-2021 ROCK On Veterans Participant Exit Survey



- Activities (42%)
- Veterans (19%)
- Equine-Assisted Learning (17%)
- Courtney Cares (15%)
- Equine-Assisted Therapies (7%)

## Volunteer Service Hours

Service Hours to Participants

## **YEAR-IN-PHOTOS**









BACK





## **FINANCIAL SUPPORT**

Our mission to improve independence and life skills in partnership with the horse would not be possible without the support of our generous donors. The following are individuals, foundations and corporations that invested \$1,000 or more between July 1, 2020 and June 30, 2021. Thank you!

Abbie's House **Becky & Hunter Adkins** Adkins & Associates, Inc. Nancy Amaral Joe & Barbara Ammerman Steven & Teresa Anderman **Applied Materials Company Match** Ascension Seton Medical Center Williamson Carol Atwood Austin Dental Smiles **Beth Averv** Josh & Michelle Baran Ty & Rebecca Barho J.B. & Ashley Barnes John Bausch **BBVA Compass Bank Glenn & Emily Befort Cherry Bekaert** Lance & Tammy Bennett Craig & Charlotte Benson Vic & Faith Bero Bruce & Helen Bessner Larry Bingham Bill & Becky Booth Nick Bordolon George & Barbara Brightwell **Deborah Brigle** 

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In addition to providing funding for general operations, many of you have also contributed generously to the Miracles in the Dirt capital campaign. Thank you to all the donors, families, foundations, businesses for helping us build for the future.

**Thank You Construction Partners!** 

**Champion Site Prep DFD** Architects **Embree Group** 

**JAB** Engineering JDI Contractor & Supply, Inc. **SEC Planning** 

## **Thank You To Our Foundation Partners**

**Austin Community Foundation** Bill M. and Cecile Autrey Ham Foundation Carl C. Anderson Sr. & Marie Jo Anderson **Charitable Foundation** Charles Schwab & Co., Inc. Chick-Fil-A **Chisholm Trail Communities Foundation** Sport Clips Seeds of Strength City of Georgetown City of Round Rock Costco **Tina & Dale Knobel** Floyd R. Carlson Charitable Trust **Georgetown Health Foundation** 

#### Give inLieu Foundation

**MDRT** Foundation

Greater Round Rock Community Foundation David Hood Foundation **Future Fund Round Rock Woman's Club** Ed and Sharon Bradshaw Fund Hanger Charitable Foundation Harry E. & Eda L. Montandon Charitable Trust **HEB** Tournament of Champions Junior League of Austin **Kebok Foundation** The Kiltz Family Foundation Lola Wright Foundation **Mabee Foundation** 

#### **Moody Foundation** PATH Int'l

Rotary Club of Georgetown **Rotary Club of Round Rock Round Rock Noon Kiwanis Club** Texas Mutual Insurance Company **Texas Quarter Horse Association Texas Veterans Commission** The GoodCoin Foundation United Way for Greater Austin United Way of Williamson County W.D. Kelley Foundation Williamson County

### **ROCK** Staff

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Amy Keck Nancy Krenek \* Priscilla Lightsey \* Shannon Middleton Phoebe Miller \* Amanda Mott Alyssa O'Kelley Dorothy O'Neal Karah Powell Mike Sanders Lesley Shedeck Amy Tripson \* Stephane Troxell Laura Vann \*\* Kristin Witcher

\* ROCK & Courtney Cares Staff \*\* Courtney Cares Staff

### 2020-2021 ROCK Board of Directors

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Thank you to our outgoing board members Rebecca Hays Barho and Dr. Jim Geracci, MD

### 2020-2021 ROCK Board of Advisors

Patti Colbert, Chair Barbara Brightwell Ron Coleman Michaela Dollar Charles W. Graham, DVM John Gustainis Wayne Hurst, DPM, FACFAS Frank Krenek Hon. Betsy Lambeth Edward Logan Bill Mateja Al Mowdy Nolan Ryan Reid Ryan Ron Shelly

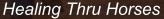
### **ROCK Herd**

Belle • Blue • Boss • Buddy • Cash • Cowlie Donut Dunny • Grant • Henry • Icy • Ike • Jet • Lee Midnight Miss Piggy • Mooch • Oakey • Peggy Sue Playboy Scooter • Shimmer • Shug • Skippy • Skye Sonny • Tony

## VOLUNTEER OPPORTUNITIES

Sidewalkers Special Events Office Assistance Barn Maintenance Horse Handlers Work Groups







ROCK (Ride On Center for Kids) is a 501(c)(3) nonprofit organization established in 1998 to provide equine-assisted services 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, TX. ROCK is a PATH Intl. Premier Accredited Center.

### Visit us online at ROCKride.org to learn how you can get involved.

Physical Location: 2050 Rockride Lane, Georgetown, TX 78626 | Mailing Address: P.O. Box 2422, Georgetown, TX 78627 | Office: (512) 930-7625