A MESSAGE FROM **DR. NANCY KRENEK**

Dear ROCK Family and Friends,

This past year has been an extremely busy one, and so it is with excitement that I want to share a few updates about what has been going on at ROCK. Currently, we are celebrating our 25th year in service and ministry to our families. ROCK officially opened in October of 1998, making the fall of 2023 a full 25 years of serving families in Healing thru Horses.

In those early years, we were focused on the faces in front of us, never imagining the faces not yet born or needing our services. The vision of growth for ROCK has come from our families’ needs and the ever-growing waiting list. This past year my grandson received speech therapy at ROCK with his therapist Shannon, equine partner Donut, and ROCKateer team. My family is now one of the families ROCK serves, and I am so grateful.

As ROCK continues to climb out of the challenges presented by the pandemic, this past year we embarked on the journey of building a second covered arena, new paddocks, and a new veterinary clinic. Families, foundations, and businesses have all stepped up to make feet move as dirt was smoothed, red iron was raised, concrete poured, and new shelters created for our horses.

All these improvements enabled us to serve additional families. With the opening of the new Sport Clips Heroes Arena, we are now serving 14.8% more individuals than before. This number will grow as construction continues in 2023 which will include an additional outdoor arena, expansion of staff offices, the Patti Colbert Learning Center, and our serving kitchen.

On behalf of our Board, staff, ROCKateers, and beautiful horses, thank you for your investments to ROCK of time, talent and treasure. May you be blessed in knowing the good that occurs at ROCK because of your generosity and kindness.

Courage,

Dr. Nancy Krenek, PT, DPT, HPCS

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**MISSION**

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

**VISION**

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

**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 to human interaction in an environment of learning and self-discovery.

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 Bright Side, 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 a program on campus at TAMU in College Station, TX. Learn more at www.courtneycares.org.

Intro to Equine-Assisted Activities and 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, side walk, horse handle, and take on leadership roles in a volunteer capacity.

STAR Program
ROCK’s STAR (Student Teachers Aspiring to be Registered) program is a 20-week intensive learning program that offers instruction and hands-on experience to prepare participants interested in pursuing certification through PATH Intl. as a Certified Therapeutic Riding Instructor.

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. To date, ROCK has participated in 23 published research papers within the field of Equine-Assisted Services.

H.O.P.E. (Horses Offering People Enrichment)
ROCK provides educational and intern support to this nonprofit 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 H.O.P.E. 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

ROCK broke ground on the future home of the Sport Clips Heroes Arena on July 19, 2021. Construction of the arena was completed in the summer of 2022 and began serving ROCK participants in the fall.
MISSION IMPACT

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

94% of children & adults improved in Independence*

89% of children & adults improved in Life Skills*

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

- Focusing & Attention (81%)
- Sitting Balance (50%)
- Posture (62%)
- Following Directions (81%)
- Trunk Control (67%)
- Sequencing Skills (57%)
- Tolerating Transitions (53%)

% of Children & Adults Reporting Improvement*

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

- 100% of ROV participants reported decreased anxiety
- 100% of ROV participants reported improved mood
- 93% of ROV participants reported improved stress management

* Results from 2021-2022 ROCK Participant Survey
** Results from 2021-2022 ROCK On Veterans Participant Exit Survey
Service Hour Distribution

- Equine-Assisted Activities (46%) 2,825
- Equine-Assisted Learning (10%) 592
- Equine-Assisted Therapies (9%) 586
- Veterans (35%) 2,118

TOTAL SERVICE HOURS TO PARTICIPANTS:
6,121

Volunteer Opportunities

Our mission is accomplished thanks to the passion and commitment of our volunteers, lovingly referred to as ROCKateers, who range in age from 14 to 92.

Training is offered throughout the year and, while horse experience is valued, it is not required. Help is always needed in the following areas:

- Sidewalkers
- Special Events
- Welcome Wranglers
- Barn Maintenance
- Horse Handlers
- Work Groups

Scan here or visit ROCKride.org/volunteer to get involved today!

THANK YOU ROCKATEERS FOR
13,523
VOLUNTEER SERVICE HOURS IN 2021-2022
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, 2021 and June 30, 2022. Thank you!

Abbie's House
Becky & Hunter Adkins
Agritek
Jake Alexander
Alliance Bank
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Philip & Jinous Annis
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Wild Basin Investments
Sandy Wilkens
Julia Wilkinson
Rhonda Zanka
Nate & Stephanie Zinsmeyer
Zion Lutheran Church
ROCK’s Legacy of Hope is made up of donors who have notified ROCK of their intention to include us in their estate planning. Thank you to the individuals who have already named ROCK as part of their legacy.

For more information about the Legacy of Hope and to sign up today, visit ROCKride.org/legacy-of-hope or contact Karah Powell at the info above.
In loving memory of Boss and Skye

The ROCK 2021-2022 Herd
Belle • Blue • Buddy • Cash • Cowlie • Donut
Dunny • Echo • Grant • Henry • Icy • Ike • Jet
Lee • Midnight • Miss Piggy • Mooch • Oakey
Peggy Sue • Playboy • Scooter • Shimmer
Shug • Skippy • Sonny • Tony

The ROCK Horseshoe Club is made up of sponsors who provide for the care and feeding of ROCK therapy horses. Learn more at ROCKride.org/HSC.

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* ROCK & Courtney Cares staff   ** Courtney Cares Staff

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Thank you to our outgoing board members Curtis Crenwelge, Cindy Kiemsteadt, and Les Sherman. We also want to honor the memory of Sunny Ernst and her decade of service to ROCK.

2021-2022
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