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Refugee Services of Texas awarded \$50,000 to Contract with Hearts Therapeutic Riding

Blue Cross Blue Shield of Texas (BCBSTX) has awarded \$50,000 to Refugee Services of Texas for therapeutic riding from Hearts Therapeutic Riding. Therapeutic riding is becoming very popular amongst individuals with emotional turmoil and PTSD due to its track record of success to contribute positively to cognitive, physical, emotional and social well-being through teaching riding and horsemanship skills. Only some of the benefits are promoting strength, increasing flexibility, boosting self-esteem and confidence, helping focus and promoting peacefulness.

Refugee Services of Texas was founded in 1978. It is a social-service agency dedicated to providing assistance to refugees and other displaced persons feeling persecution based on race, religion, nationality, political opinion, or membership in a particular social group.

Blue Cross Blue Shield awarded grants to community organizations under their Healthy Kids Healthy Families program. BCBSTX aims to help improve the lives of people in our communities by removing barriers and addressing social factors that affect their health and well-being. The grants that they provide will support strategic partnerships with organizations that have a shared interest in creating communities of healthy Texans.

Hearts Therapeutic Riding provides therapeutic riding to anyone with a disability including children and teens with anxiety, depression and other mental health issues and veterans with PTSD or head injuries. With an expanded property, new riding arenas, barns and additional horses, Hearts is prepared to serve this deserving clientele. Hearts Therapies is a PATH Premier Accredited Center. That means we have taken the additional steps to pass an onsite visit by PATH evaluators, demonstrating safety and quality of programming. PATH (Professional Association of Therapeutic Horsemanship) is the international accrediting agency that certifies our instructors and determines quality standards.

We also have many interesting programs for community members including Yoga and Horses, a Wine and Horses program with wine tasting and pairings.

For more information about therapeutic riding, contact Lisa Rivers, Executive Director at lisarivers302@gmail.com. Website is: www.horsesheartstherapy.com.

Lisa Rivers, Executive Director
Hearts Therapeutic Riding