

## In Their Own Words

- from clients and staff of Harborcreek Youth Services

"... TREC has helped me with my treatment in that it taught me how to be reliable, honest, and patient with myself, riders and other people, since I had something constructive to help me give back to the community. I also think that this program is going to be great for the kids here at HYS. Also if they join they will think highly of themselves and others because of this program." - Allen S.

"I think TREC is an awesome program. I like going every Saturday. I had a lot of fun doing it. It helped me learn to be patient with the little kids. It also helped me learn more about empathy, and it let me get out into the community. It helped me communicate with others outside of HYS. I think HYS should keep this program going because it helps us learn more about others. It will help and teach them more about empathy. I look forward to going every Saturday." - Brandon K.

"What I think about TREC is that you can get out of the unit for a few hours. You get more social with other people. I learned that I can control my short fuses that I have...TREC helped me with control of my social skills. ...It helps people control their behavior in the unit. It also gives them something to look forward to like visits to their parents or something. " - Cody S.

" I think TREC is a great place if you want to learn how to build social skills. I also believe that it is a great experience helping kids and adults build muscles and other useful things. I also enjoy interacting with the clients and the other volunteers. " - Devonte J. and Angelo T.

"The TREC Program has proved to be a tremendous asset to the therapeutic care of our residents, as my fellow TREC staff leaders and I witnessed. The residents were very mindful of the needs of both the horses being used as well as the clients that rode them. Our boys departed themselves with respect, courtesy and a quiet dignity, which belied their various reasons for being at our agency. Furthermore, their support and attention to detail for what was being taught to them was a profound source of encouragement to all who interacted and engaged them. Personally, I was Godly proud o/ their care and concern in all they did. You can be assured that they made us Harborcreek proud!" - James Hudson

