

# **Legacy Ranch**

**A Collaboration between NMSU, our Military-Serving  
Institutions, and our Extended Economic Community**

**A Healing Community  
for our Military  
and their Families**

# Legacy Ranch Summary Statement

As the land-grant institution of New Mexico, military science and service, as well as community service to the citizens of New Mexico, are important components of NMSU's overall university mission. This unique, one-of-a-kind research and service project is visualized as a multi-purpose, fully functioning ranch (of 200 acres or more) where animals, agriculture and the outdoors provide a natural setting for healing our military and their families. Through an array of evidence-based and innovative interventions, a holistic program of interdisciplinary services form a one-of-a-kind continuum of treatment for active duty military, veterans, and their families. Nothing like it exists today.

Issuing in a new phase of inter-college partnership, the ranch would provide our faculty and students from every college of the university a unique opportunity for discovery – all in a natural setting. Championed by a 501 (c) 3 Board of Directors, the ranch would also include a for-profit component and an extensive outreach program working in tandem with our extension service to serve the people of New Mexico. Welcome..... to *Legacy Ranch!*

# Legacy Ranch

A parcel of 200 acres set aside for the ranch will...

1. Provide a research and service opportunity for inter-college collaboration (nursing, public health, social work, family and consumer sciences, hotel management & tourism, criminal justice, education, business, and more) including interdisciplinary practicum and clinical research opportunities.
2. Provide a one-of-a-kind cutting-edge facility for military personnel (active and retired/veterans) and their families to strengthen and heal themselves through a continuum of traditional and innovative treatment and interactive opportunities with animals and the environment.
3. NMSU will be on the forefront of service to our state in a way only NMSU could possibly provide. The College of Agriculture has offered any land in New Mexico for the project, as long as it brings in funding.



## Where our military and their families...

- Recharge
- Reconnect
- Recuperate
- Rejoin
- Rejuvenate
- Relate
- Relax
- Relearn
- Respond
- Rest, and Revive



Where our faculty and  
our students...

- Create
- Develop
- Discover
- Experience
- Help
- Learn
- Practice
- Research
- Serve
- Study, and Succeed



# Legacy Ranch

## Sample Weekly Schedule

### *Journey to Wholeness Program*

### Sample Schedule

### R & R Ranch

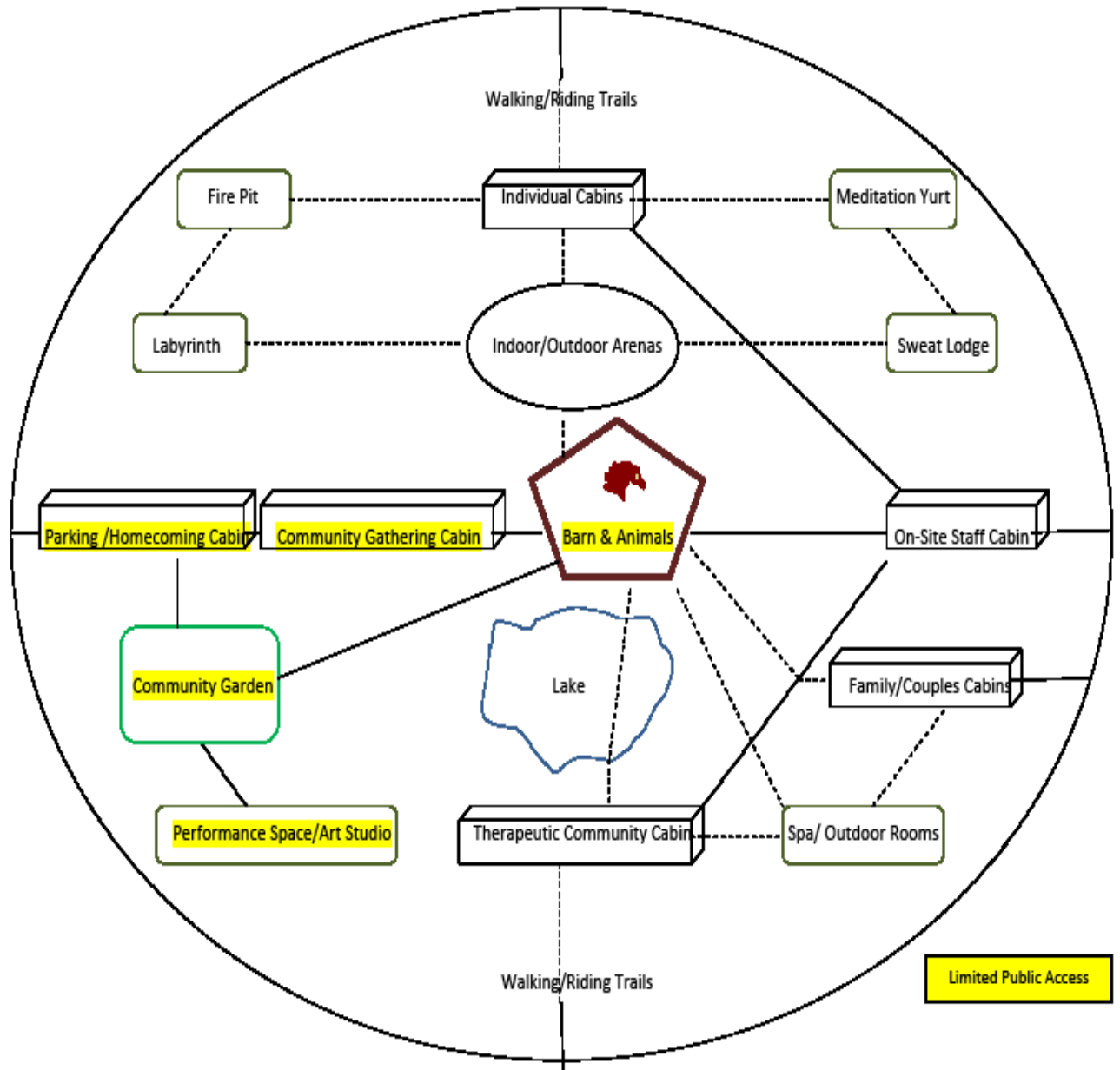
Time	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 am	Qi Gong & Meditation	Morning Walk	Qi Gong & Meditation	Morning Walk	Qi Gong & Meditation	Morning Walk	Qi Gong & Meditation
7 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8 am	Check-Out	Your First Step	Feeding & Mucking	Putting the Pieces Back Together	Feeding & Mucking	Re-Storing the Whole Person	Feeding & Mucking
9 am	Check-In	Lecture Series #1 – Nutrition Management	Horsemanship 101	Lecture Series #1 – Stress Management	Horsemanship 102	Lecture Series #1 – Healthy You – Healthy Family	Horsemanship 201
10 am	The Starting Place: Assessment & Intake	Individual or Group Therapy	Ground Work & Arena Riding	Individual or Group Therapy	Riding the Trails	Individual or Group Therapy	Riding On Your Own
11 am	Assessment & Intake Continued	Spa Treatment	The Trail to Self-Discovery & Healing	Spa Treatment	Managing Your Stress	Spa Treatment	Returning to the Self
12 pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1 pm	Orientation to the Ranch: Our Core Curriculum	Gardening Group	Music Group	Gardening Group	Music Group	Gardening Group	Music Group
2 pm	Orientation to the Ranch: Our Wellness Activities	Continued	Continued	Continued	Continued	Continued	Continued
3 pm	On Your Own	Lecture Series #2 – Problem Management	Resting & Reflecting	Lecture Series #2 – Time Management	Resting & Reflecting	Lecture Series #2 – Financial Management	Resting & Reflecting
4 pm	On Your Own	Art Group	Spa Treatment	Art Group	Spa Treatment	Art Group	Spa Treatment
5 pm	Welcome to the Barn & the Garden	Planning to Leave	On Your Own	The Turning Point	On Your Own	Taking It Home	On Your Own
6 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7 pm	Group Therapy	Group Therapy	Group Therapy	Group Therapy	Group Therapy	Group Therapy	CELEBRATION
8 pm	CHOOSE FROM AMONG THESE: FIREPIT	SWEAT LODGE	LABYRINTH	PERFORMANCE SPACE	ART STUDIO	FISHING	CARDIO WORKOUT
9 pm	Evening Walk	Yoga & Meditation	Evening Walk	Yoga & Meditation	Evening Walk	Yoga & Meditation	Evening Walk
10 pm	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

KEY = Core Curriculum

Wellness Activities

# Legacy Ranch

## Plans



# Possible Components

**Community** - Internet and media advertising; Liaison to University Media Centers; Community Relations ; Volunteer coordination; Liaison with VA; Liaison with Washington ; Liaison with NM Governor ; - **Other Universities (Medical)**

**Operations** - Finance/Audit Admin - HR -Payroll/Ben Facilities Mgmt Insurance Transportation Safety/Security Housekeeping Technology; Hospital on site

**Agriculture** - range animals crops community garden horses dogs cats (barn) goats sheep cows ; breeding program/animal husbandry; Partnerships with numerous state, local, private and public agencies.

**Entrepreneurial/Enterprise** - NM Dahl Sheep Hair Blankets Community Garden Crops Electrical - sell back Educational series ; other services; camping - field exploration for adults and children; Handmade personal hygiene products ; animal husbandry ; Community Center (art/music/theatre/retail store)

**Social Work** - Internships for all categories case management ; **research**; assessment/diagnostic group/ individual treatment Wrap-around in community **treatment**; Pharmacy

**Nursing/Public Health** - medications physical assessments monitoring/ nursing clinic MD - General Practice Dentist Podiatrist; **in-patient beds**

**Alternative Medicine** - acupuncture massage EFT/EMR yoga/tai chi/chi gung Cognitive Polarity Therapy Full Service Spa

**Rehabilitation - Physical** Gym/workout area Occupational Physical Recreational Speech/Language Path Detoxification Program to include all the above treatment processes; **outpatient services.**

**Agriculture** - Lecture/educational series; Nutritionist, etc.



# What will be the future for Legacy Ranch?



Potential Funding Sources for Legacy Ranch  
Include:

*DOD, DOE, DOL, DHS, VA  
NM Legislature*

*Private Foundations (such as Frost, Kellogg, McCune, Turner)  
NMSU Foundation and our very own NMSU Alumni*