

Organization Information

Legal Name

Riding Emphasizing Individual Needs & Strengths

DBA (if Applicable)

REINS Therapeutic Horsemanship Program

Program Name/Title

Equine-Assisted Mental Health Program

Brief Program Description

REINS now offers equine-assisted mental health programming for at-risk youth, Veterans and individuals struggling with addiction. Working with a licensed mental health professional, PATH certified Equine Specialists in Mental Health and Learning (ESMHL), and healing horses, these sessions can have a powerful and lasting impact on mental health and well-being.

Funding Amount Awarded

25000.00

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	0	0
Young Adults (13-17)	0	0
Adults (18-60)	100	17
Seniors (60+)	0	0
We do not collect this data (indicate with 100%)*	0	0

Target Population not collected - Age

n/a

Target Population - Gender

	Percent of program participants
Female	10
Male	7
Non-binary	0
Unknown*	0

*Target Population - Gender

n/a

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	8
Very Low (50%) Income Limits, ceiling of \$53,500	9
Low (80%) Income Limits, ceiling of \$85,600	0
Higher Than Listed Limits	0
We do not collect this data (indicate with 100%)*	0

*Target Population - Income Level

n/a

Actual number of residents that directly benefited (participant/client) from this program during this quarter.

18

Program/Services Description - Social Determinants of Health

Social & Community Context (Civic Participation, Discrimination, Incarceration, Social Cohesion)

Healthcare Access & Quality (Access to Health Care, Access to Primary Care, Health Literacy)

Program Goal & Objectives

Improve the mental health, overall well-being and quality of life for more residents of the district struggling with mental illness, addiction, socialization, and trauma via safe and effective equine-assisted intervention with low barriers to entry.

Serve at least 100 new residents in the district. Contract an effective licensed mental health professional or practice within the district for a minimum of 1 year, so as to expand the program to individuals and groups that do not have a staff professional, and provide excellent care between July 1, 2023 - June 30, 2024

Provide a service at no cost to the participants that will address mental health challenges affecting our immediate community by initiating a scholarship program in partnership with FRHD covering the program cost of at least 5 youth cohorts serving between 40-50 individuals) between July 1, 2023 - June 30, 2024.

Program Outcomes & Measurables

With Fallbrook Regional Healthcare District's help, we have contracted with a licensed mental health professional who is helping build REINS' mental health program by creating screening processes and a curriculum for mental health sessions.

FRHD is helping to fund a scholarship program that has so far helped 31 members of our community.

Anticipated Acknowledgment

Social Media Postings

Website Display

Other

Terms and Conditions

Accepted

Authorized Signature

A handwritten signature in black ink, consisting of a stylized, cursive script.

Contact Information

Contact Name

Stephanie Unger

Title

Development Director

Primary Contact Phone

760-731-9168

Email Address

stephanie@reinsprogram.org

Writing Instructions:

What language(s) does this program accommodate:

English

Acknowledgment of District Support



Impact Story





3rd Quarter Impact Statem... .docx

Program Budget



FRHD CHC Program Budgetxlsx