

## 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

## Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	50	3
Young Adults (13-17)	17	1
Adults (18-60)	33	2
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	33
Male	67
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	0
Very Low (50%) Income Limits, ceiling of \$53,500	4
Low (80%) Income Limits, ceiling of \$85,600	2
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.**

6

## 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.

1)

1) 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, 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.

1) 2) 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 (servicing between 40-50 individuals) between July 1, 2023- June 30, 2024.

## Program Outcomes & Measurables

1)

1) REINS will hire a licensed mental health professional(s) and provide reporting on all hosted sessions. Participant surveys will include satisfaction ratings for experience with mental health professional(s). At least 80% of participants will self-report improvement after each 8-week session. 1A) REINS has one contract in negotiations.

1) 2) REINS will retain 5 new youth cohorts by collaborating with other youth-oriented organizations in the district. Scholarship paperwork will be required and data will be provided to FRHD. All participants and parents will receive surveys prior to the start of sessions and at the close of sessions. At least 80% of participants will self-report improvement after each 8-week session. 2A) One cohort contract was obtained, but has been delayed and is set to begin during quarter 2.

## Anticipated Acknowledgment

Social Media Postings

Website Display

Other

**Terms and Conditions**

Accepted

**Authorized Signature**

A handwritten signature in black ink, appearing to be 'S. J. ...', written in a cursive style.

## Contact Information

### Contact Name

Stephanie

### Title

Unger

### 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



FRHD impact statement firs... .docx

## Program Budget



FRHD CHC Program Budget ... .xlsx

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## *REINS Therapeutic Horsemanship Program*

### *Impact Story 1<sup>st</sup> Quarter*

*10/9/2023*

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*All names in this story have been changed to ensure anonymity*

Ethan arrived at REINS as tightly wound as a spring ready to pop, his shoulders stiffly set, and his jaw clenched so hard I could see the muscles of his jaw working the tension to keep it from exploding out of his body. As I introduced myself, I was surprised and how softly spoken he was, looking in my eyes but keeping his lips from smiling. He explained how he was a little nervous but didn't want to give away anything to show he was scared.

As we made our way down to the horses, Ethan muttered a few sentences explaining his situation, how long he was in the Marine Corps and that he is getting out in about two months. I could tell as we walked closer to the horses, that he was going to need a slow introduction to make him feel comfortable around the horses.

As I put the halter on the horse, I explained what the plan was for today, I was allowing him to take the lead and communicate what he was feeling and if he was comfortable. As I talked him through brushing the horse's body I could tell from the tension and shakiness of his voice that he was extremely nervous. So, I had him put both hands on the side of the horse's sides, close his eyes and breathe along with the rise and fall of the horse's belly. This grounding exercise is a way to lower the stress level, in turn, lowering the alertness in the horse. As Ethan continued breathing with the horse, his shoulders fell, his hands quit shaking and his jaw became slack. Upon opening his eyes, Ethan noticed that his horse's head was lower, and her eyes were almost closed. I explained to him that the symbiotic relationship that he has with his horse allows each to feed off the energy of the other. By watching his horse, he will learn to understand what he is feeling, and how he can help his horse by helping himself to feel calmer using the tools he is learning here. As Ethan walked to his car that day, I noticed that his shoulders were still relaxed, and his gait was less rigid.

The next week when Ethan arrived for his lesson, I didn't see the nervousness or tension that he had shown me the week before. He was willing to try to put the halter on himself, and the first thing he wanted to do was the grounding exercise. He indicated to me that he wanted to make sure his horse was relaxed before he asked her to do anything. It was evident to me that the time with his horse the week before had impacted him positively. He was willing to use the grounding exercise to make himself calmer for the horse.

Ethan was motivated by this opportunity, once he felt comfortable, he was all in! He decided that coming twice a week would benefit him the most, and since REINS offers this service free of charge for military/veterans/first responders for 8 sessions he wanted to fit them all in before being sent home. The last week Ethan came to REINS, he was allowed to ride, and although he was nervous, he climbed on and immediately started his grounding. Seeing the immediate relaxation of his horse, he relaxed as well. I was able to get in contact with a center in his home town that will continue this service for him, for which he was grateful. He explained that he was so nervous that first day that he would have taken any excuse to not come, however, because it was free to him and was flexible about scheduling, he really didn't have a reason not to try it.

This program is supported by the Fallbrook Regional Health Care District, and it allows REINS to provide this service at no cost to the clients. The opportunity to open accessibility is incredibly important, especially for those that are nervous about getting mental health help. Fallbrook has this unique program that is not offered in other areas, we are making a difference in the military, veterans, and youth in this area with no barriers to accessibility.



Agency Name: **REINS Therapeutic Horsemanship Program** PROGRAM NAME: **Equine-Assisted Mental Health Program**

The main categories align with the budget submitted with your application. Aggregate totals are all that should be reported under each heading.

1)	<b>A</b>	<b>INDIRECT EXPENSES:</b>	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL INDIRECT EXPENSE	<b>\$4,370.00</b>	<b>\$0.00</b>	<b>\$0.00</b>			
	<b>B</b>	<b>PERSONNEL EXPENSES - PROGRAM SPECIFIC</b>	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL PERSONNEL EXPENSE	<b>\$200,000.00</b>	<b>\$10,000.00</b>	<b>\$0.00</b>			
	<b>C</b>	<b>DIRECT PROGRAM EXPENSES</b>	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL OTHER EXPENSES	<b>\$46,500.00</b>	<b>\$15,000.00</b>	<b>\$3,790.11</b>			
	<b>D</b>	<b>TOTALS</b>	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
			<b>\$250,870.00</b>	<b>\$0.10</b>	<b>\$3,790.11</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>

Total funds expended to date: **\$3,790.11**