

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)	0	0
Young Adults (13-17)	0	0
Adults (18-60)	100	8
Seniors (60+)	0	0
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

n/a

Target Population - Gender

	Percent of program participants
Female	5
Male	3
Non-binary	0
Unknown*	

*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	8
Low (80%) Income Limits, ceiling of \$85,600	0
Higher Than Listed Limits	0
We do not collect this data (indicate with 100%)*	

*Target Population - Income Level

n/a

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

8

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) 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.
- 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) 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.
- 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.

Anticipated Acknowledgment

Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

Website Display

Terms and Conditions

Accepted

Authorized Signature

A handwritten signature in black ink, appearing to be the initials 'SN' or similar, written in a cursive style.

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



REINS Therapeutic Horsemanship Program ...

Posted by Instagram

Dec 29, 2023 · 🌐

Thank you @fallbrookhealth for your continued support of REINS. Because of your support, we are able to spread REINS Magic through our community.



See insights and ads

Boost post

👍❤️ 21

👍 Like 💬 Comment 📧 Send ➦ Share



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Impact Story



2nd quarter testimony_1689.docx

Program Budget



FRHD CHC Program Budgetxlsx

All names in this story have been changed for anonymity

Jack joined the military right out of high school. He was looking for something more than what his small town in Michigan could offer him, and he wanted to do something for his country. Being the son of a veteran, Jack knew that it would mean a lot to him and his family to follow in his father's footsteps and join the military. Little did he know that his journey would lead him to incredible trauma.

During the first year of his enlistment, he experienced a kind of trauma that most of us cannot even imagine. Sexual trauma is not something that we associate with men in the military, however, this is a reality that Jack was faced with and will continue to deal with forever.

Jack was referred to REINS by an advocate from Camp Pendleton, and he was willing to try it. During his time here he has been able to find a safe place with the horses that offer him such nonjudgemental support. Jack has been working here at REINS with a licensed therapist that specializes in trauma and providing equine assisted psychotherapy, for a few months now. He is able to open up about his experiences and how they have devastated his life and career up until now.

The staff at REINS have been able to witness some changes in Jack, although the details of his story are kept confidential, they understand when they see him hanging out near the pastures that he is searching for some kind of escape from the daily triggers. He has been able to identify that on some days he can help himself by deciding to come to REINS more often than just on the day of his appointment.

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)	A	INDIRECT EXPENSES:	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL INDIRECT EXPENSE	\$4,370.00	\$0.00	\$0.00	\$0.00		
B	PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4	
	TOTAL PERSONNEL EXPENSE	\$200,000.00	\$10,000.00	\$0.00	\$2,700.00			
C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4	
	TOTAL OTHER EXPENSES	\$46,500.00	\$15,000.00	\$3,790.11	\$6,109.89			
D	TOTALS	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4	
		\$250,870.00	\$0.10	\$3,790.11	\$8,809.89	\$0.00	\$0.00	

Total funds expended to date: **\$12,600.00**