

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 that is difficult to decipher.

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

Fallbrook Regional Healthcare District

Impact Statement 3rd Quarter

All names have been changed to maintain anonymity

Brady came to REINS shortly after being adopted from China as a 3-year-old. He spoke very little English, and his family was looking for a way to help him adjust to his new life in America. Initially his mom talked to us about how he was having trouble adjusting, then over time she discovered that Brady had some severe trauma from before he came to America. His behavior was indicative of Post Traumatic Stress, and his new family was struggling to find help for him that he would be open to.

When Brady began riding at REINS, he instantly connected with the horse. He found the challenge of learning to ride, a healthy challenge that appealed to him. The way the horse gave him feedback was not intimidating or triggering for him. His mom was so grateful after the first ride for him, she explained that he seemed calmer and not as anxious as before.

As Brady has grown over the past few years, he has encountered new challenges as he matures. Here at REINS, we can help him through some of those challenges by providing a space for him to succeed in accomplishments and increase his self-confidence. The horse allows a true friend that is not judgmental and provides him with unconditional support.

The scholarship provided by Fallbrook Regional Health Care District has made it possible for Brady to receive this type of support at a much lower cost to his family. Thank you for allowing REINS participants the opportunity to participate in this unique ongoing growth experience.

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	\$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	\$6,080.00		
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	\$3,225.00		
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	\$9,305.00	\$0.00	

Total funds expended to date: **\$21,905.00**