

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 for the full grant cycle	Total number of participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	100	60
Seniors (60+)		
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

NA

Target Population - Gender

	Final percent of program participants
Female	7
Male	8
Non-binary	
Unknown*	75

*Target Population - Gender

We offer different programs for different situations. We didn't collect data on the groups brought in from off property for privacy's sake.

We served four groups of participants where gender data was not asked for.

Target Population - Income Level

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

*Target Population - Income Level

We offer our programs for free, regardless of income level. Collecting this data is unnecessary for our program.

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

REINS of Valor contracted with a mental health professional/ company who assisted in creating a 12-week Equine Assisted Psychotherapy curriculum for our mental health programs. REINS created an 8-week curriculum for our clients seeking an Equine Assisted learning program that focuses on self-reflection, confidence, and skill building for healthy boundaries. With strong written reviews in both our individual sessions and group sessions, it is with confidence that this program has successfully achieved the goal of over an 80% self-reported improvement. A quote from an anonymous participant "I didn't know I could talk about these things and feel safe." Explains the environment that is provided by REINS to hold these sessions. "I know I need to take care of myself so I can take care of others." Shows the responsibility the participant has taken in their own journey, which is remarkable when struggling with mental health.

REINS completed 6 youth cohorts, and an additional 2 cohorts began during the grant period and are currently underway. The youth-oriented organization that we collaborated with services trauma & displaced youth ages 11-26. Overall program impact was a rating of 9/10, with mental health goals either completely met or almost met, and a high satisfaction rating of 95.65% for the program, facilitators, and staff. 78.3% of participants would like to participate again in the program, and 95.7% would “definitely recommend” it to family or friends.

Overall, both REINS of Valor and youth programs were a success and will be built upon in the future.

Anticipated Acknowledgment

Social Media Postings

Signage at Service Sites

Terms and Conditions

Accepted

Authorized Signature



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) did this program accommodate:

English

Acknowledgment of District Support



FRHD recognition fourth qua... .pdf

Acknowledgment of District Support



FRHD recognition fourth qua... .pdf

Impact Story



FRHD Impact Story.docx

Impact Story



FRHD Impact Story.docx

Program Budget



FRHD CHC Program Budgetxlsx

Actual number of residents that directly benefited (participant/client) from this program during the entire grant cycle.

52

8:46

5G



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Liked by [nadia.setter](#) and 50 others

[reinsprogram](#) Thank you [@fallbrookhealth](#) for your continued support and helping keep our students in the saddle.

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June 10



[reinsprogram](#)



FRHD Impact Story

Sgt Maj X came to a REINS of Valor event held at REINS Therapeutic Horsemanship Program during our spring break. Along with 3 other active-duty Marines, Sgt Maj X was here to experience what his Marines would be experiencing if he were to start referring them to come here for equine assisted learning or equine assisted psychotherapy. In the beginning of the 2-hour session, Sgt Maj X was open minded about what to expect, and very honestly invested in learning more about this program. It was a refreshing experience to be sharing this resource with Marines that were not told to come, but honestly wanted to be here BEFORE the session started. By the end of the session, Sgt Maj X was openly discussing the pro-active approach of this program with the other 3 Marines, and they were very motivated to send their Marines to REINS of Valor to gain valuable insight into themselves, and skills they have or don't have to deal with challenges presented by their career in the Marine corps.

Fast forward 2 weeks, I received a call from Sgt Maj X, there was an accident within their unit that resulted in the passing of a fellow Marine. He understood the trauma that can result with fellow Marines after this tragedy. He is recommending to ALL his Marines that they come to REINS of Valor to assist them in learning skills that will help them through this difficult time.

“Pain is a terrible thing, and you cannot avoid it. But it comes with a choice as to whether or not it makes you better person...And if you let it make you a better person, then you're already one step closer to healing it.” – Ranata Suzuki

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	\$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	\$1,220.00
	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	\$1,875.00
	D	TOTALS	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
			\$250,870.00	\$25,000.00	\$3,790.11	\$8,809.89	\$9,305.00	\$3,095.00

Total funds expended to date: **\$25,000.00**