

## Organization Information

### Legal Name

Riding Emphasizing Individual Needs & Strengths

### DBA (if Applicable)

REINS Therapeutic Horsemanship Program

## Program Name/Title

Equine-Assisted Mental Health Program

### Describe the impact of the program to date. Briefly explain how the service/intervention has worked - include cumulative metrics from the Q1 and Q2 Impact reports.

The impact of the REINS of Valor programs is ongoing, as the participants enroll at various times. This means that there is not one set cohort to measure data, rather, each participant will provide feedback based on their experience during the time they are here at the start and end of their 8 weeks of services. This data will be gathered using surveys, and meaningful conversations with the clients about their experiences, and feedback via the instructors of the sessions. Self-reporting data result in a variety of outcomes, however, 99% of the participants conveyed that the times spent here in equine assisted learning sessions impacted them greatly in a positive way.

## Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	4	1
Young Adults (13-17)	34	9
Adults (18-60)	62	16
Seniors (60+)	0	0
We do not collect this data (indicate with 100%)*		0

## Target Population not collected - Age

N/A

## Target Population - Gender

	Percent of program participants
Female	
Male	
Non-binary	
Unknown*	100

## \*Target Population - Gender

This data is not applicable to the purpose of this program.

## 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

This data is not applicable to the purpose of this program.

### Projected number of residents that will directly benefit (participant/client) from this program.

26

## Social Determinants of Health (SDOH)

### Program/Services Description - Social Determinants of Health

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

### Program Goal

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

1. Increasing self-reported improvements from equine mental health cohorts 15% within 12 weeks of initial assessments.
2. Increasing number of participants in the District by 20% in 1 year, giving more of the community access to critical mental health care.
3. Improving participant satisfaction and ensure all participants have a positive and meaningful experience with equine-assisted mental health care, achieving a satisfaction rating of 4 out of 5 or higher.

## Anticipated Acknowledgment

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Social Media Postings

Signage at Service Sites

Website Display

# Eligibility Check

**You are ineligible to apply per the District's Grant Policy & Procedures, please contact District staff to if you have questions.**

## Organization Information

### Contact Information

#### Contact Name

Cindy Salazar

#### Title

Finance Coordinator

#### Primary Contact Phone

760-731-9168

#### Email Address

cindy@reinsprogram.org

### Organization Physical Address

4461 S. Mision Rd.  
Fallbrook, CA, 92028

## Writing Instructions:

## Program Information

**What language(s) can this program accommodate:**

English

**What demographic group does this program predominately serve:**

Special Populations

### Program Objectives & Measurable Outcomes

1. In quarter 3, REINS mental health programs had 26 participants, and 134 individual sessions were provided free of charge. Based on the surveys collected the results were very similar to last quarter's results, participant's reported that they felt after their time at REINS, 100% of the participants identified that they had a more positive outlook on life, 85% felt that although they still have depression,

it is more manageable, and 100% felt they slept better at night after a session at REINS. While at REINS during their sessions, 100% felt fulfilled, exhausted yet happy, and welcomed. 90% felt excited for their next session, 80% felt happy, and 70% felt they were needed while on the property. There were zero (0) participants that felt: like they wasted their time, physically drained, nervous to ask questions, or intimidated in post-session surveys. Verbally participants talked about how they felt unjudged while in their sessions, and that they had learned at least one new thing about themselves and how they cope with daily life. Most verbally reported that they will likely reflect on their time at REINS positively in the future, and that they would like to return to volunteer in other programs offered here. Overall, the results of the surveys conclude that REINS mental health programs are making positive improvements in the lives of the participants in the program.

2. Participant numbers are steadily increasing as the year progresses. With 26 participants served and 134 sessions provided free of charge, we are proud to continue to watch this program grow. REINS had another staff member gain their certification for Equine Specialist for Mental Health and Learning (ESMHL), and although FRHD funds were not utilized for this certification, it shows that REINS staff are invested in the growth of the REINS of Valor mental health programming. REINS hopes to continue to increase the number of participants served in the remainder of the fiscal year.

3. Participant satisfaction is currently shown in the pre/post surveys that we collect. REINS also is documenting verbal conversations about the impact that this program has. Participants have explained they recognized specific attributes about themselves and how they process the world around them, during their time with the horse. One participant who was injured while on duty as a Marine, explained that even though physically getting to REINS was a challenge, she felt that it was important for her to attend her session because it helps her make it through her work week mentally. REINS goal for next quarter will be to document specific quotes that will explain the impact of this program, although the quotes will remain anonymous.

## Financial Reporting & Budget

### Program Budget



24\_25 FRHD CHC Program Budget F... .xlsx





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reinsprogram



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**reinsprogram** Thank You [@fallbrookhealth](#) for your generous continued support of REINS. Your sponsorship throughout the years has profoundly impacted all of our participants in our program and your commitment enables us to continue offering these amazing equine experiences to our community!

March 1



**FRHD CHC GRANT BUDGET REPORTING FORM**

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	\$4,370.00	\$0.00	\$0.00	\$0.00	\$0.00	
	<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	\$200,000.00	\$17,500.00	\$9,875.00	\$2,515.00	\$2,150.00	
	<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	\$46,500.00	\$7,500.00	\$1,875.00	\$1,875.00	\$1,875.00	
	<b>D</b>	<b>TOTALS</b>	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
			\$250,870.00	\$0.10	\$11,750.00	\$4,390.00	\$4,025.00	\$0.00

Total funds expended to date: **\$20,165.00**