



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 approved application.

1. In quarter 4, REINS Mental health programs had 53 participants in total for both group and individual programs, with 112 individual sessions provided free of charge. Based on the surveys collected pre-REINS intervention, 50% of the participants were diagnosed with PTSD, 75% had two or more comorbidities that impacted the challenges of daily life, and 91% stated that they had more bad days than good in a week or were unsure on how to answer this statement. Unfortunately, our survey system for post-REINS intervention did not gather the data inputted by the participants, however, 90% did fill out the survey according to their instructors.

2. The number of participants served has again increased in Q4. After hosting educational workshops for North County Fire Department and 911 dispatchers, REINS is now providing mental wellness services to those populations, as well as Border Patrol and law enforcement. The awareness of REINS mental wellness services is growing as is the number of participants.

3. Participant satisfaction data is currently gathered in the pre/post surveys that we collect at the first/last session of the program. However, in Q4 REINS experienced a technical challenge as the responses to the survey were not recorded by the computer. As stated above, 90% of participants filled out the post-survey according to REINS instructors. However, REINS did see a decrease in the number of participants that completed the program and is in the process of reaching out to those participants to inquire about the reasons behind not finishing.

Number of residents that directly benefitted (participant/client) from this program. 53

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	0	0
Young Adults (13-17)	22	42
Adults (18-60)	31	58
Seniors (60+)	0	0

	Percent of program participants	Estimated number of participants
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	20
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	
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.

What language(s) does this program accommodate:

English

What demographic group does this program predominately serve:

Special Populations

**Social Determinants of Health (SDOH)**

The Fallbrook Regional Health District has identified several Social Determinants of Health that demonstrate a significant impact on the long term health and well being of our community. The following questions address how your program and/or services address these concerns.

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.

## Program Objectives & Measurable Outcomes

1. Improve mental health and well-being of program cohorts by at least 15% within 12 weeks of initial assessments.
  - a. How: Continue providing tailored and safe interventions. Increase participants' sense of self-efficacy and empowerment by enabling at least 75% of participants to successfully complete a challenging equine-assisted activity (e.g. navigating an obstacle course) by the end of the program. Improve participants' interpersonal skills and social connectedness by offering applicable participants one group equine-assisted therapy session focused on cooperative activities (e.g., group horse grooming) each month. Throughout the sessions, staff will also nurture and document instances of increased trust and bonding between participants and therapy horses during activities, such as relaxed body language and positive interaction.
  - b. Success will be measured via pre and post session survey data collection from participants and licensed health professional.
2. Increase number of participants by 20% within 1 year, enhancing access to mental health support and promoting well-being in the community.
  - a. How: Increase facility capacity to include designated indoor and outdoor space for mental health sessions within 1 year. Secure 3 new collaborations with new partners in 1 year. Increase certified staff to support expanding program needs.
  - b. Success will be measured by operating and enrollment data collection and reporting throughout the year.
3. Improve participant satisfaction, ensuring participants have a positive and meaningful experience contributing to their mental health and well-being, achieving a satisfaction rating of 4 out of 5 or higher within 6 months of implementing enhanced feedback process.
  - a. How: Initiate internal evaluation process every 6 months and address areas for improvement. Enhance participant surveys to include expectations of REINS, and overall first impressions. Offer both verbal and written survey options to increase potential efficacy based on preferred communication of participant. Post session, participants will not only provide satisfaction rating for mental health professionals and staff, but also for facilities and equipment.

# Anticipated Acknowledgment

Please describe how the Fallbrook Regional Health District's investment in this program will be acknowledged. This includes all print and electronic materials, press releases, website references, and any other form of written and verbal publicity that relates to the funded program.

District Support Acknowledgment

Social Media Postings

Signage at Service Sites

Website Display

**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

District Support Acknowledgment



Program Budget



Confirmation

YES - this information is accurate

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	\$2,960.00
	<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	\$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	\$4,835.00

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