

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.

Overall, the times spent here in equine assisted learning sessions impacted participants in a positive way. Because REINS was closed for sessions for the week of Thanksgiving and for 2 weeks in December for the holidays, the results for the number of participants may vary due to the closure.

Data collected reports on the following details for participants: age, diagnosis, duration of diagnosis, physical activity level, mood most of the days of the week, overall outlook on life (positive/negative), average mental health in the last 30 days (fill in the blank), feelings most days (chosen from a list), sleep habits, and after the session check in on stress and anxiety.

Self-reporting data resulted in a variety of outcomes, however, 100% of the participants conveyed that after their sessions with the horses they felt lower anxiety, while 90% of the participants felt that although they had stress it was more manageable. Only 20% of the participants felt the session did not improve their stress level post session.

Pre-session survey reports state that most days 0% of participants felt: happy, fulfilled, positive, or excited about doing things, and 50% reported feeling intimidated. 51% of participants in post session surveys reported positive feelings such as: exhausted yet happy, needed, or energetic. These results point to the NEED of this intervention based on the general mental health status as reported in the participants.

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	4	1
Young Adults (13-17)	22	5
Adults (18-60)	74	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	

	Percent of program participants
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.

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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

Print Materials to Service Recipients

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

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Email Address

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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. Based on the surveys collected at the end of the participant's time at REINS, 100% of the participants identified that they had a more positive outlook on life, 90% 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. 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 less this year in comparison with last year at this time, as REINS of Valor is shifting from a contracted trauma therapist to a more standardized, research based and data-based curriculum, to be conducted by REINS staff (a mental health professional and an equine specialist). This change was made due to the challenges of tracking quantifiable data in order to show the efficacy of REINS mental health programming. During the transition time, there has been an unforeseen gap in equine assisted psychotherapy services that was caused by the resignation of the contracted licensed mental health professional. However, equine assisted learning sessions have been on-going during the transition. REINS hopes to again increase the number of participants served in the remainder of the fiscal year.

3. Participant satisfaction has been at an all-time high, although REINS would like to continue to improve, the clients are happy about the program that is offered. Through surveys, REINS will gather more detailed information on how we can build and improve this program.

Financial Reporting & Budget

Program Budget



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



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Fallbrook Regional

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)	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	\$17,500.00	\$9,875.00	\$2,515.00		
	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	\$7,500.00	\$1,875.00	\$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	\$0.10	\$11,750.00	\$4,390.00	\$0.00	\$0.00

Total funds expended to date: **\$16,140.00**