

# Stephanie Hardy

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Tax Exempt Status **YES**

Service Area **Bonsall De Luz Fallbrook Rainbow**

Will no less than 80% of the program recipients live within the communities of Fallbrook, Rainbow, Bonsall or De Luz? **YES**


Collaborative/Joint Application **NO**

<b>Organization Information</b>	Legal Name	DBA (if Applicable)
	Riding Emphasizing Individual Needs and Strengths	REINS Therapeutic Horsemanship Program

<b>Contact Information</b>	Contact Name	Title
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Organization Physical Address **4461 S. Mission Rd  
Fallbrook, CA, 92028**

Board of Directors



**REINS Board of Directors 2024.pdf**  
90.15 KB

Financial Documents - Audit



**REINS ELECTRONIC AUDIT 2022.pdf**  
778.59 KB

Financial Documents - P&L and Balance Sheet



REINS 2023 Balance Sheet.pdf

36.15 KB



REINS 2023 P & L.pdf

36.33 KB

Financial Documents - 990



REINS 2022 Tax Return.pdf

3.62 MB

Organization's Mission Statement

Our mission is to support the physical, mental, and emotional health of disabled children and adults with therapeutic equine-assisted activities.

Organization's Vision Statement

REINS will be a leading center for equine-assisted services in the United States, known for excellence, safety and innovation and improving the physical, emotional and mental health for all who cross over our bridge.

Organization History & Accomplishments

REINS was founded in 1984 with a handful of students living with disabilities, their devoted parents, and a few special horses. Over the last 40 years, REINS has grown to provide over 200 local students with weekly therapeutic riding lessons and equine-assisted mental health sessions (8,000+ lessons annually), 30 staff members, and hundreds of volunteers. REINS has changed the lives of so many families, and has become one of the leading therapeutic equine-assisted services centers in the United States. In 2022, REINS worked to reach a new standard of excellence, achieving Premier Accreditation status with PATH International, signifying adherence to the highest standards of safety and professionalism in the therapeutic equine-assisted services industry. We also completed our first equine-assisted mental health pilot program for Veterans. The success of that pilot helped set in motion the development of key collaborations and create a strong foundation for the official launch of our mental health program. In January 2023, REINS officially kicked off mental health programming and launched exciting partnerships with the VA, Mustard Seed Ranch, and Zak's House, offering weekly programming for Veterans, at-risk youth, and individuals struggling with addiction respectively, bolstering our commitment to changing as many lives as possible through the power of the horse. Throughout 2023 REINS has continued to grow the program with generous grants, contributions from our supporters and collaborations to also serve active duty military. In 2024, REINS celebrates 40 years of excellent service and will be expanding our mental health program operations to support the growing needs of our community and serve even more individuals in need.

Program Name/Title

Equine-Assisted Mental Health Program

Brief Program Description

**REINS offers equine-assisted mental health sessions for at-risk youth, Veterans, active duty military and individuals in recovery. Working with a licensed mental health professional, PATH certified Equine Specialist in Mental Health and Learning (ESMHL), and healing horses, these sessions have a powerful and lasting impact on mental health and well-being.**

Is this a new initiative/service or established program within your organization?

Established Program

Did this program receive FRHD CHC - Grant funding last funding cycle (FY 23.24).

YES

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.

This program has had a significant impact already on our community enabling REINS to contract a mental health professional immediately after being awarded the grant. REINS has also been able to provide mental health support at no cost to our participants. In addition, REINS has begun planning for multi-day mental health group programming in April, to serve over 100 active duty military and Veterans. The opportunity to open accessibility is incredibly important, especially for those that are nervous about getting mental health help. This program is the only one of its kind in our district, and we are making a difference in the military, veterans, and at-risk youth in this area with no barriers to access. Fourteen new participants from Q1 and Q2 have self-reported improvement, and our mental health professional and equine specialists have also reported meaningful improvements in these participants as evidenced in their impact stories.

If this program was previously funded, please provide an example of how the District's funding of this program was acknowledged.



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6.42 MB



Screenshot of Website showing Fallbrook ... .png  
183.06 KB



Social media post.png  
9.13 MB

Funding Amount Being Requested

25000

Program Information - Type

Ongoing

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

200

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	7.5	15
Young Adults (13-17)	20	40
Adults (18-60)	55	110
Seniors (60+)	17.5	35
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

N/A

Target Population - Gender

	Percent of program participants
Female	40
Male	60
Non-binary	
Unknown*	

\*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	40
Low (80%) Income Limits, ceiling of \$85,600	60
Higher Than Listed Limits	
We do not collect this data (indicate with 100%)*	

\*Target Population - Income Level

This information is optional. Students who are supported on scholarship provide information so these percentages are based on information we are able to collect.

What language(s) can this program accommodate:

English

What demographic group does this program predominately serve:

Youth - other setting

Special Populations

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)

Social Determinants of Health -  
Social and Community Context

This program addresses the Social and Community Context domain of Social Determinants of Health (SDOH) by providing individuals with opportunities for social interaction, connection, and support within a community setting. Horses naturally foster social connections and facilitate non-verbal communication, which can help participants develop interpersonal skills, build relationships, and establish a sense of belonging. Additionally, participating in group activities and therapy sessions alongside peers creates a supportive community environment where individuals can share experiences, offer encouragement, and learn from one another. By addressing social isolation, promoting social cohesion, and fostering a sense of community, equine-assisted mental health programs contribute to improving overall mental well-being and resilience in individuals, ultimately influencing their health outcomes within the broader social context.

Social Determinants of Health -  
Healthcare Access and Quality

This program can address the Social Determinants of Health (SDOH) domain of Healthcare Access and Quality by providing an alternative and accessible form of mental health support. Traditional mental health services may be limited by factors such as availability, affordability, and stigma, which can hinder individuals' access to care. Equine-assisted therapy offers a unique and inclusive approach that appeals to individuals who may not engage with traditional therapy methods. By incorporating interactions with horses into therapeutic interventions, these programs can reach individuals who may face barriers to accessing traditional mental health services. Additionally, equine-assisted therapy sessions are often conducted in natural outdoor settings, which can enhance the therapeutic experience and promote a sense of calm and relaxation. By increasing access to mental health support and improving the quality of care through innovative and inclusive approaches, equine-assisted mental health programs contribute to addressing disparities in healthcare access and quality.

Statement of Need/Problem

The District is home to a diverse community facing various mental health challenges, exacerbated by factors such as stress, trauma, and limited access to effective therapeutic interventions. As we strive to support the mental well-being of our community members, there is a pressing need for innovative and accessible mental health programs. REINS' equine-assisted mental health program represents a powerful and evidence-based approach to addressing these needs, offering unique benefits that traditional therapies may not provide.

Statistics from the National Institute of Mental Health (NIMH) underscore the prevalence and impact of mental health disorders in our society. In the United States, approximately one in five adults experience a mental illness each year, with rates of depression,

anxiety, and post-traumatic stress disorder (PTSD) on the rise. Moreover, marginalized communities, including Veterans, individuals with disabilities, and low-income populations with at-risk youth, often face additional barriers to accessing mental health care.

Research consistently demonstrates the effectiveness of equine-assisted therapy in improving mental health outcomes. Studies have shown that interactions with horses can reduce symptoms of anxiety, depression, PTSD, and other mental health disorders, as well as enhance overall well-being and quality of life. Equine-assisted therapy provides a unique therapeutic environment that fosters trust, connection, and emotional expression, particularly for individuals who may struggle with traditional talk therapies.

In our District, where a significant population of individuals may benefit from mental health support, there is a notable gap in access to equine-assisted and outdoor therapy services. Financial constraints often prevent organizations from offering these vital programs, including the costs associated with maintaining horses, providing trained staff, and operating suitable facilities.

By supporting REINS' equine-assisted mental health program, Fallbrook Regional Health District can directly address this gap in healthcare (Healthcare Access and Quality) and provide much needed social interaction, connection and support (Social and Community Context), to individuals struggling with mental health challenges. This program truly offers a holistic and effective approach to mental health care, leveraging the healing power of the human-animal bond and the therapeutic environment of the barn setting, and with your continued support, we can provide accessible and effective mental health services to our community members, helping them to heal, thrive, and lead fulfilling lives. Together, we can make a meaningful difference in the mental well-being of our community and contribute to building a healthier, more resilient society for all.

How are other organizations addressing this need in the community?

While there are traditional counseling services in the District, no other organization offers an equine-assisted mental health program. REINS has a unique and complementary service with a licensed mental health professional and certified equine specialists.

Program/Services Description - Program Entry & Follow Up

**Initial Assessment:** Most individuals are referred to REINS via mental health professionals and local collaborative organizations like the FBI, Mustard Seed Ranch, Veterans Affairs and the Daniel Ferguson Foundation. Some individuals are referred by other individuals and some reach out to us from learning about our program via social media, events, fliers and emails. Individuals interested in participating in the Equine-Assisted Mental Health Program undergo an initial assessment conducted by a licensed mental health professional. This assessment helps determine the individual's suitability for the program, identify their mental health goals and needs, and gather relevant background information.

**Informed Consent:** Participants and/or their legal guardians are provided with detailed information about the program, and are given

the opportunity to ask questions and provide informed consent for participation.

**Orientation Session:** Prior to starting the program, participants attend an orientation session where they learn about program expectations, safety guidelines, and barn rules. They also have the opportunity to meet the therapy horses and become familiar with the program environment.

**Structured Sessions:** The Equine-Assisted Mental Health Program consists of structured therapy sessions led by a licensed mental health professional trained in equine-assisted therapy techniques and an Equine Specialist in Mental Health and Learning (a required structure for PATH Int'l centers).

**Transition Planning:** As participants progress through the program, therapists work with them to develop transition plans for ongoing mental health support. This may involve referrals to other services or programs, recommendations for self-care practices, and strategies for maintaining progress beyond the program.

**Program Evaluation:** Periodic program evaluations are conducted to assess the effectiveness of the program in achieving goals and objectives. Participant feedback, outcomes data, and therapist observations are used to inform improvements and adjustments.

Through this entry and follow-up process, REINS aims to provide participants with comprehensive and effective mental health support.

#### Program/Services Description - Program Activities

In an equine-assisted mental health session, individuals or groups engage in therapeutic activities involving interactions with horses under the guidance of trained mental health professionals. These sessions are designed to address specific mental health goals, promote emotional well-being, and enhance personal growth and resilience. A typical session may include:

**Introduction and Grounding:** The session begins with a brief introduction and grounding exercise to help participants relax, focus their attention, and become present in the moment. This may involve deep breathing exercises, mindfulness techniques, or simple stretches to release tension and connect with the environment.

**Establishing Trust and Connection:** Participants are introduced to the therapy horses and have the opportunity to observe, interact, and connect with them. Building trust and rapport with the horses is an essential aspect of equine-assisted therapy, as horses are highly sensitive animals that respond to nonverbal cues and emotional energy.

**Therapeutic Activities:** Participants engage in structured activities with the horses that are designed to address their specific mental health goals. These activities may vary depending on the individual's needs and objectives but can include:

**Grooming and Bonding:** Participants groom and bond with the horses, fostering a sense of connection, trust, and empathy. This

hands-on interaction promotes relaxation, reduces stress, and enhances emotional regulation.

**Leading and Groundwork:** Participants lead the horses through various exercises on the ground, such as navigating obstacles, setting boundaries, and practicing assertiveness. These activities help participants develop leadership skills, improve communication, and build confidence.

**Therapeutic Riding:** For participants comfortable with riding, therapeutic riding may be incorporated into the session. Riding can provide a sense of freedom, empowerment, and physical engagement, as well as opportunities for mindfulness and sensory integration.

**Reflective Processing:** Throughout the session, the therapist facilitates reflective processing and discussion to help participants explore their thoughts, feelings, and experiences. Participants are encouraged to express themselves, identify patterns, and gain insights into their emotions and behaviors.

**Closure and Integration:** The session concludes with a closing activity or ritual to bring closure to the experience and facilitate integration of insights gained during the session. Participants may have the opportunity to share reflections, set intentions, or express gratitude for their experience with the horses.

**Follow-Up and Integration:** After the session, participants may have the opportunity to continue processing their experiences and insights with the therapist during follow-up sessions. The therapist may also provide recommendations for self-care practices, coping strategies, and ongoing support to help participants integrate their learnings into their daily lives.

The benefits include:

Improved emotional regulation and coping skills

Increased self-awareness and self-confidence

Enhanced communication and interpersonal skills

Reduced symptoms of anxiety, depression, and trauma-related disorders

Greater sense of connection, trust, and empathy

Opportunities for personal growth, resilience, and empowerment

Overall, these activities provide a unique and powerful therapeutic experience that combines the healing presence of horses with evidence-based therapeutic techniques to support individuals on their journey towards improved mental well-being.

#### 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:



Program Objectives &  
Measurable Outcomes

- 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.

- 1) Improve mental health and well-being of program cohorts by at least 15% within 12 weeks of initial assessments.

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 interactions.

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.

How: Increase facility capacity to include dedicated 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.

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.

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.

Success will be measured by rating data.

Organization Collaborations

Zak's House: Zak's House residents going through drug/alcohol detox/rehabilitation come to REINS under supervision of a medical and mental health professional, with transportation and group oversight provided by their staff. The residents participate in a 90 minute equine-assisted session once a month. Mustard Seed Ranch (MSR): REINS provides horses, facilities, volunteers and staff for MSR to run equine-assisted psychotherapy sessions, giving foster and displaced youth a place to heal from trauma and embrace a healthy future. This program serves children 12 and older who have experienced trauma, displacement and/or are in foster care. Veterans Affairs: Collaborating with the VA's Equine-Imity Project, REINS offer services for Veterans struggling with homelessness, addiction, trauma, and mental health. Working with LCSWs from the VA, REINS is able to offer equine-assisted integrative therapy directly targeting healthy coping skills, emotional balance and self-regulation. With this project we are jointly working to combat homelessness and Veteran suicide in our community.

REINS is partnering with the Daniel Ferguson Memorial Foundation to offer a weekly workout program for active duty military, Veterans and first responders at REINS. The group fosters mental health support with physical activity, camaraderie and connection for the vulnerable military community in our District. The group hosts a 1-2 hour workout every Sunday and post workout meetups and discussions. The foundation provides trainers and connections to individuals in need of the program. REINS provides facilities, volunteer and mental health program enrollment for individuals seeking more support.

REINS partners with MCAS Miramar and Camp Pendleton on an ongoing basis to offer mental health intervention for referred individuals who are living with PTSD, trauma, sexual assault and other challenges. Participants are individuals or groups and number of sessions per week depend on individual needs.

Anticipated Acknowledgment

- Social Media Postings
- Signage at Service Sites
- Print Materials to Service Recipients
- Website Display

Anticipated Acknowledgment

We will promote FRHD via signage/banners on our property, press releases, at our events, across our social media (Facebook and Instagram dedicated posts throughout the year), and on our website. We will also include FRHD in direct mailings, and marketing materials for our annual Hoedown and Horse show Events. This year we will also be including FRHD in new events including: a PATH Int'l Conference at REINS with over 2000 people from the equine services industry, and workshops for 200+ active duty military. Verbal announcements will also be made at events along with emails to our database.

Funding History

NO

Program Budget



24\_25 FRHD CHC Program Budget Form-... .xlsx  
104.22 KB

Terms and Conditions

Accepted

Authorized Signature

A handwritten signature in black ink, consisting of several fluid, overlapping strokes.