

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 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 lasting impact on mental health and well-being.

Service Area

Bonsall

De Luz

Fallbrook

Rainbow

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

84

What language(s) does this program accommodate:

English

Target Population - Age

	Percent of program participants	Number of participants
Children (infants to 12)	0	0
Young Adults (13-17)	0	0
Adults (18-60)	98	82
Seniors (60+)	2	2

	Percent of program participants	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	38
Male	54
Non-binary/other	0
Unknown*	8

*Target Population - Gender

This information is asked of them but not required to participate.

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 program is designed to give veterans and those on active duty no-barrier access to mental health services. We intentionally do not ask so there is no thought that they may be asked to pay for services.

What demographic group does this program predominately serve:

Special Populations

Program/Services Description - Social Determinants of Health

Social & Community Context (Civic Participation, Discrimination, Incarceration, Social Cohesion)

Program Objectives & Measurable Outcomes

1. Per the post participant surveys that REINS conducts during the last session of each 8-week program, the feedback shows that 100% of the participants reflect on a significant positive change during their time here with the horses.

a.

Each week the instructor puts together an activity from the curriculum that has specific challenges that will illicit personal reflection and introspective learning through the experience. The participants will work through the challenge alongside their equine partner and will discuss pertinent equine-focused information with their instructor. 98% of the participants found they were able to complete the challenges given to them.

2. Participants of the REINS of Valor program has now reached fully into the local North County Fire Department, and has resulted in significant increases in the number of participants.

RoV has served 104 in group sessions, and 12 individual participants as compared to last year at this time, there has been a 552% increase in the number of participants.

a. The new facility housing the mental health programs is completed and is now serving as a host site for weekly free yoga sessions along with RoV sessions.

REINS is hoping to expand into support groups in Q2-Q3.

b. Partnerships are happening as a result of the success of this program. REINS is partnering with North County Fire Department to service their fire staff on a consistent basis. Partnerships with Senior Care Foundation & FRHD is in the works to provide support groups to care-givers of those with Alzheimer's and Dementia and their clients.

REINS would really like to partner with local school districts to service students as well, we look forward to this initiative in Q3-Q4\.\.

c.

REINS is currently working on mentoring 3 new staff towards certification through PATH Intl. for services related to the mental health programs.

3.

Feedback from participants is currently gathered using self-reporting through pre/post surveys. These surveys are given to the participants during the first session at REINS to provide a baseline for the participants, and during the last session to gather information regarding the changes the participants feel. Currently the surveys reflect that there is 100% positive outcomes from the program on the mental wellness of the RoV participants.

a. Data will be gathered on group participants moving forward to identify populations served including age ranges, gender, and known diagnosis. This will be starting in Q2, and will be reflected in the writeup.

Please upload an Impact Story (Word doc or pdf preferred).



25_26 FRHD Impact Story Q1.docx

FRHD Acknowledgment

Social Media Postings

Website Display

FRHD Acknowledgment



Program Budget

25_26 FRHD CHC Program Budget F... .xlsx

Please type the name of the person submitting this report.


Cindy Salazar

REINS IMPACT STORY

Unedited testimonial from a REINS of Valor participant: "I did my sessions with myself and another person and this is has the best therapy experience I've ever had. I've tried many different therapist and spoke with a lot of people trying to learn how to cope and handle the issues I've been dealing with but nothing as compared to everything here. I felt so heard and cared for. I have nothing but amazing things to say about this place. The environment, all the workers, all the horses, everything has been perfect for me. I'm very grateful to have had the opportunity to attended these sessions"





 **Fallbrook Regional**
HEALTH DISTRICT

1950

Date 7.9.2015

Pay to
the Order Of

REINS

\$ 27,000

Twenty seven thousand and ^{NO}/₁₀₀

Dollars

For Equine Assisted Mental Health

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FRHD

Authorized Signature

@fallbrookhealth and reinsprogram

**thank
you**

FRHD CHC GRANT BUDGET REPORTING FORM

 Agency Name: **Riding Emphasizing Individual Needs & Strengths** 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	<i>AMOUNT USED Q1</i>	<i>AMOUNT USED Q2</i>	<i>AMOUNT USED Q3</i>	<i>AMOUNT USED Q4</i>
		TOTAL INDIRECT EXPENSE	\$4,820.00	\$0.00				
	B	PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	REQUESTED FROM FRHD	<i>AMOUNT USED Q1</i>	<i>AMOUNT USED Q2</i>	<i>AMOUNT USED Q3</i>	<i>AMOUNT USED Q4</i>
		TOTAL PERSONNEL EXPENSE	\$220,000.00	\$20,000.00	\$4,500.00			
	C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	<i>AMOUNT USED Q1</i>	<i>AMOUNT USED Q2</i>	<i>AMOUNT USED Q3</i>	<i>AMOUNT USED Q4</i>
		TOTAL OTHER EXPENSES	\$47,000.00	\$10,000.00	\$2,250.00			
	D	TOTALS	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
			\$271,820.00	\$0.11	\$6,750.00	\$0.00	\$0.00	\$0.00

 Total funds expended to date: **\$6,750.00**