

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, and healing horses, these sessions have a powerful lasting impact on mental health.

Service Area

Bonsall

De Luz

Fallbrook

Rainbow

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

200

What language(s) does this program accommodate:

English

Target Population - Age

	Percent of program participants	Number of participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	100	200

	Percent of program participants	Number of participants
Seniors (60+)		
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

NA

Target Population - Gender

	Percent of program participants
Female	57
Male	43
Non-binary/other	
Unknown*	

*Target Population - Gender

NA

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. Improve the mental health and overall well-being of participants by at least 20% within 12 weeks of their

initial assessments

During Q3, REINS continued to exceed this objective. Program outcomes show a 90% participant completion rate across all Mental Wellness programming, including REINS of Valor and multi-session workshops. Post-program surveys indicate that 100% of participants reported improvement in their mental health and overall well-being, including increased emotional regulation, self-awareness, and communication skills. Participants also reported decreased stress and anxiety, demonstrating improvements well beyond the 20% benchmark.

2. Increase the number of participants served by 25% within the next year

Q3 reflects significant growth in service numbers. Compared to earlier quarters, REINS saw a 50% increase in participants served through REINS of Valor and other Mental Wellness programs. This increase surpasses the annual goal of 25% and highlights strong referral patterns and strengthened partnerships with military units and community organizations.

3. 80% of participants successfully complete challenging activities

Participants continued to engage in weekly equine-assisted activities designed to build communication, boundaries, emotional awareness, and problem-solving. During Q3, instructors observed strong engagement and persistence, contributing to the overall 90% program completion rate. Participants demonstrated consistent success in completing the equine-partnered challenges presented throughout the curriculum.

4. Secure new partnerships with 3 local organizations

Q3 continued the momentum of partnerships established in earlier quarters. REINS of Valor has active partnerships with multiple units at Camp Pendleton, including FAP, SOI-West, EOD, MAG-39, SMP, SAPR, OSCAR/EPIC teams, and 1st MEF Battalion. Referral pathways remain strong. Additional community partnerships with senior services and caregiver-support organizations are progressing and expected to expand further in Q4. REINS continues to pursue collaboration with local school districts as planned for late Q3–Q4.

5. Expand facility

Phase 1 of the Mental Wellness facility expansion has been completed, and the space continues to support REINS of Valor activities, group workshops, and free weekly yoga sessions. Planning and fundraising for Phases 2 and 3—including infrastructure improvements and a future building addition—are underway.

6. Increase our certified staff

REINS is continuing to build internal capacity. Three current staff members are in the process of earning additional certifications through PATH Intl. related to Mental Wellness programming, and two prospective employees are under consideration for future hiring. These efforts will support REINS' ability to accommodate increased program demand.

7. 90% of participants report positive and meaningful experiences

Q3 post-program surveys show that 100% of participants reported positive and meaningful experiences during their time in REINS Mental Wellness programs. Participants described improved confidence, deeper self-awareness, and valuable insights gained through interactions with their equine partners. This exceeds the 90% target.

8. Enhance feedback process and achieve a satisfaction rating of 4.5 out of 5 within 6 months

The enhanced feedback system implemented earlier in the year continues to collect pre-program and post-program survey data across all workshops, showcases, and multi-session programs. Q3 results remain consistent with previous quarters, with participants rating the programs as valuable or highly valuable, maintaining satisfaction levels aligned with the 4.5+ target.

9. Begin collecting demographic data for group participants

REINS has implemented a new data collection process for group programs beginning in Q2. This includes age ranges, gender, and known diagnoses where applicable. Q3 data collection is ongoing and will continue to inform program evaluation and planning.

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



25_26 FRHD Impact Story Q3.pdf

FRHD Acknowledgment

Social Media Postings

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FRHD Acknowledgment

1:46



Posts
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reinsprogram Beaming with happiness at REINS! 🐾💙

A huge thank you to @fallbrookhealth for their generosity and continued support!

#REINS #FallbrookRegionalHealth #CommunitySupport

February 18

Program Budget



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

Please type the name of the person submitting this report.

Cindy Salazar

An active duty Marine came to Reins of Valor seeking support through our 8-week Equine-Assisted Learning program. He shared that he wanted to focus on personal growth, but beneath that was a deeper hope — he wanted to repair his marriage and break communication patterns that had created distance at home.

He was paired with **Chip**, a gentle gelding known for his strong sense of personal boundaries. Chip didn't like being haltered, and early on he would consistently step away when approached. Instead of viewing this as refusal, we used it as an opportunity to explore nonverbal communication — how pressure, intention, and unmet boundaries can shape relationships.

Over the weeks, the Marine practiced slowing down, softening his approach, and being more aware of the signals he was sending. With time, Chip began responding differently. By the end of the program, Chip would stand quietly with him, lowering his head into the halter as an expression of trust.

This progress wasn't about completing a task — it was about learning connection built on patience, clarity, and respect.

Encouraged by the changes he was making, the Marine invited his spouse to join him for another 8-week series of couple sessions. Together, they worked on communication, rebuilding trust, and understanding each other's boundaries through shared activities with the horses.

They grew as a team — slowly, steadily, and with intention. By the end of their time at Reins of Valor, they shared that they felt more connected and hopeful than they had in years.

Today, the Marine and his spouse are doing very well. Their experience is a powerful reminder that healing doesn't always begin with words — sometimes it begins with a horse showing us a new way to listen.



Posts
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THANK YOU!



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reinsprogram Beaming with happiness at REINS! 🐾💙

A huge thank you to @fallbrookhealth for their generosity and continued support!

#REINS #FallbrookRegionalHealth #CommunitySupport

February 18

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	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL INDIRECT EXPENSE	\$4,820.00	\$0.00	\$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	\$220,000.00	\$20,000.00	\$4,500.00	\$4,500.00	\$4,500.00	
	C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL OTHER EXPENSES	\$47,000.00	\$10,000.00	\$2,250.00	\$2,250.00	\$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	\$6,750.00	\$6,750.00	\$0.00

Total funds expended to date: **\$20,250.00**

BUDGET REPORTING FORM - TAB 5