

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.

70

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)	93	65

	Percent of program participants	Number of participants
Seniors (60+)	7	5
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

N/A

Target Population - Gender

	Percent of program participants
Female	43
Male	57
Non-binary/other	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%)*	70

*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. Program completion rate of 95% includes participants of both full workshops and multi-

session programs. Per data collected for all Mental Wellness programming, 100% of participants reported decreased stress, and anxiety, and increased self-awareness, impulse control, emotional regulation, awareness of communication style, presence and empathy. The participants specifically reported increased willingness to seek support or utilize available resources, and 100% rated the programs as valuable or highly valuable.

1. REINS of Valor has now partnered with Camp Pendleton based Marines by partnerships formed with: Family Advocacy Program (FAP), School of Infantry (SOI) West, Explosive Ordnance Division (EOD), MAG-39, Single Marine Program (SMP), Sexual Assault Prevention Resources (SAPR), OSCAR and EPIC Civilian contractors, 1st. MEF Battalion. These partnerships have resulted in direct referrals of Marines in need of mental wellness resources, who have since completed REINS of Valor programs.
2. REINS Mental Wellness facilities project phase 1 is completed, and fundraising and planning has begun for phases 2 (infrastructure), and 3 (building addition) of the full Mental Wellness facility plan.
3. See description above
4. 3 current staff are completing additional certifications, and 2 potential employees are on the horizon for hiring.

Surveys are now collected pre/post all mental wellness programming to include group workshops, showcases, as well as multi-session programs. These surveys are more detailed and collect data that will be utilized to evaluate the efficacy of the programs as well as the areas for improvement and expansion. See #1 for details on the reports gathered thus far in Q2\.\.

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



E2-E5 Empathetic Leadership Worksh... .pdf

FRHD Acknowledgment

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

E2-E5 Empathetic Leadership Workshop Summary

On a clear morning at REINS of Valor, thirty Marines arrived as individuals—from different units, ranks, and leadership styles. By the end of the workshop, they departed as a more connected and cohesive team. The day was intentionally designed to move them out of their familiar operational environment and into an experiential space where leadership was practiced, not just discussed.

Participants split their time between Equine Assisted Learning (EAL) activities and yoga and Tai Chi, creating a purposeful balance of movement, reflection, and hands-on engagement. In the arena, the Marines quickly discovered that effective leadership with a 1,200-pound animal cannot rely on command and control alone. Horses responded only to clear, calm, and respectful communication. Leaders who slowed down, listened, and adapted their approach saw immediate success, while those who rushed or became frustrated received honest, nonverbal feedback from the horses themselves.

As the morning progressed, powerful parallels emerged between the arena and the Marines' daily leadership roles. One participant reflected, *"Being able to connect with the horses and be more aware of my body language gives me a different perspective of how my energy translates to humans."* Others echoed similar insights, noting how the horses revealed the impact of unspoken cues—posture, tone, and emotional state—on trust and team dynamics.

Success in the arena was consistently rooted in empathy, collaboration, and presence rather than authority alone. Another Marine shared, *"The program was very thought-provoking in how we interact with ourselves and each other in the day to day. It was a great experience, and what I learned today will make me a better leader."* These reflections reinforced the value of kind, aware, and effective leadership.

The yoga and Tai Chi sessions offered a complementary space for grounding and reflection. Through intentional movement and controlled breathing, Marines practiced self-regulation and mindfulness—critical skills for leaders operating in high-pressure environments. One participant shared, *"This experience calmed my anxiety and helped me let go and not overthink."* Many noted that slowing down allowed them to recognize their stress responses and better understand how that energy impacts the people they lead.

By the conclusion of the workshop, noticeable shifts in communication and connection had taken place. Conversations became more open, supportive, and solution-focused. Marines reflected on the importance of leading with empathy, recognizing individual needs, and intentionally fostering environments where trust can thrive.

This REINS of Valor workshop went beyond teaching leadership concepts—it allowed thirty Marines to experience firsthand how empathy, clear communication, and calm presence build stronger teams. The lessons learned in the arena and on the mat will carry forward into their commands, strengthening not only leadership effectiveness, but also a culture of care, accountability, and mutual respect within their units.

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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		
	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		
	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		
	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	\$0.00	\$0.00

Total funds expended to date: **\$13,500.00**