

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.

The impact of the REINS of Valor programs is ongoing, as the participants enroll at various times. This means that there is not one set cohort to measure for data, rather, each participant will provide feedback based on their experience during the time they are here. This data will be gathered using surveys, meaningful conversations with the clients about their experiences, and feedback via the instructors of the sessions. Self-reporting data result in a variety of outcomes, however, 98% of the participants conveyed that the times spent here in equine assisted learning sessions impacted them greatly in a positive way. Because REINS is closed for sessions for the month of August, the results for the number of participants vary due to the closure.

REINS is continuing to work diligently to spread the knowledge about REINS of Valor through a variety of avenues including targeted events that educate donors, potential clients and sources for grants. REINS feels confident that we can increase the number of participants by 20% during the 2024-2025 calendar year.

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.

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	0	0
Young Adults (13-17)	19	4
Adults (18-60)	71	15
Seniors (60+)	2	0
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

NA

Target Population - Gender

	Percent of program participants
Female	
Male	

	Percent of program participants
Non-binary	
Unknown*	21

***Target Population - Gender**

This data is not applicable to the purpose of the 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 the program.

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

21

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

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

Stephanie Hardy

Title

Development Director

Primary Contact Phone

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Organization Physical Address

4461 S. Mission 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.
Improve mental health and well-being of program cohorts by at least 15% within 12 weeks of initial assessments.

a.
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 interaction.

b.
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.

a.
How: Increase facility capacity to include designated 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.

b.
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.

a. 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.

Financial Reporting & Budget

Program Budget

 24_25 FRHD CHC Program B...xlsx



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			
	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			
	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			
	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	\$0.00	\$0.00	\$0.00

Total funds expended to date: **\$11,750.00**