

## 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 now offers equine-assisted mental health programming for at-risk youth, Veterans, and individuals struggling with addiction. Working with a licensed mental health professional, PATH certified Equine Specialists in Mental Health and Learning (ESMHL) and healing horses, these sessions can have a powerful and lasting impact on mental health and well-being.

## Funding Amount Awarded

25000

## Target Population - Age

|   | Percent of program participants | Estimated number of participants |
|---|---------------------------------|----------------------------------|
| Children (infants to 12)                          | 0                               | 0                                |
| Young Adults (13-17)                              | 0                               | 0                                |
| Adults (18-60)                                    | 100                             | 8                                |
| Seniors (60+)                                     | 0                               | 0                                |
| We do not collect this data (indicate with 100%)* |                                 |                                  |

## Target Population not collected - Age

n/a

## Target Population - Gender

|            | Percent of program participants |
|------------|---------------------------------|
| Female     | 5                               |
| Male       | 3                               |
| Non-binary | 0                               |
| Unknown*   |                                 |

## \*Target Population - Gender

n/a

## Target Population - Income Level

|   | Percent of program participants |
|---|---------------------------------|
| Extremely Low-Income Limits, ceiling of \$32,100  | 0                               |
| Very Low (50%) Income Limits, ceiling of \$53,500 | 8                               |
| Low (80%) Income Limits, ceiling of \$85,600      | 0                               |
| Higher Than Listed Limits                         | 0                               |
| We do not collect this data (indicate with 100%)* |                                 |

## \*Target Population - Income Level

n/a

## Actual number of residents that directly benefited (participant/client) from this program during this quarter.

8

## 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)

## Program Goal & Objectives

Improve the mental health, overall well-being and quality of life for more residents of the district struggling with mental illness, addiction, socialization, and trauma, via safe and effective equine-assisted intervention with low barriers to entry.

- 1) Serve at least 100 new residents in the district. Contract an effective licensed mental health professional or practice within the district for a minimum of 1 year, to expand the program to individuals and groups that do not have a staff professional and provide excellent care between July 1, 2023 – June 30, 2024.
- 2) Provide a service at no cost to the participants that will address mental health challenges affecting our immediate community by initiating a scholarship program in partnership with FRHD covering the program cost of at least 5 youth cohorts (servicing between 40-50 individuals) between July 1, 2023- June 30, 2024.

## Program Outcomes & Measurables

- 1) REINS will hire a licensed mental health professional(s) and provide reporting on all hosted sessions. Participant surveys will include satisfaction ratings for experience with mental health professional(s). At least 80% of participants will self-report improvement after each 8-week session.
- 2) REINS will retain 5 new youth cohorts by collaborating with other youth-oriented organizations in the district. Scholarship paperwork will be required and data will be provided to FRHD. All participants and parents will receive surveys prior to the start of sessions and at the close of sessions. At least 80% of participants will self-report improvement after each 8-week session.

## Anticipated Acknowledgment

Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

Website Display

**Terms and Conditions**

Accepted

**Authorized Signature**

A handwritten signature in black ink, appearing to be the initials 'SN'.

## **Contact Information**

### **Contact Name**

Stephanie Unger

### **Title**

Development Director

### **Primary Contact Phone**

760-731-9168

### **Email Address**

stephanie@reinsprogram.org

## **Writing Instructions:**

**What language(s) does this program accommodate:**

English

**Acknowledgment of District Support**



REINS Therapeutic Horsemanship Program ...

Posted by Instagram

Dec 29, 2023 · 🌐

Thank you @fallbrookhealth for your continued support of REINS. Because of your support, we are able to spread REINS Magic through our community.



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### Impact Story



2nd quarter testimony\_1689.docx

### Program Budget



FRHD CHC Program Budget ... .xlsx