***Attachment D***

***Project Proposal Name:* Cowboy-Up *Name of Agency or Individual:* Wildwood Hills Ranch of Iowa**

***County* Madison *Amount Requested* $10,000**

# Indianola DCAT Mini Grant Projects

# RESULTS MATRIX FY16

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| **Goals**  **&**  **Objectives** | Program/ServiceComponents | Action StepsandTime Frames | Program/Service Outcome & Performance Measures *(What is the expected measurable result? How will it be measured throughout the project period?)* |
| 1. Youth served will improve their ability to focus, listen, and follow directions - skills which will enable them to work more effectively as an individual and within a group. This will help them to be more successful in family, social, and academic settings. **Accomplished FY 16**  2. Participants will improve their capabilities of self control - improving their ability to process and manage their emotions and impulses. **Accomplished FY 16** | 1. Cowboy Up will be available to youth and families in Madison, Marion, and Warren Counties. (We were told recently that there may be a way to utilize public transportation to transport children from Marion County.)  **We are working with children primarily from Madison County. Accomplished FY 16**  2. Weekly 1 hour sessions will be provided through June 30, 2016. Sessions will be arranged as therapists and horse handlers are available. **See attached. Accomplished FY 16** | 1. Youth will be referred by DHS, Juvenile Courts and schools. **Referrals came from Winterset Schools and Turning Point, LLC. Accomplished FY 16**  2.Therapists and horse staff will coordinate to develop individual goals and objectives for each participant. **Equine Director & assisting staff met weekly to discuss each participant.** **Accomplished FY 16**  3. Utilizing a simple rating scale - Individual progress toward grant goals and objectives will be observed and documented at each Cowboy Up session. **Progress notes were made by staff and therapists at the conclusion of each session for every participantAccomplished FY 16**  4. Final evaluation to occur by June 30, 2016 | 1. Participants ability to focus on instructions and follow directions will be measured using a rating scale by horse staff and therapists.  **Ongoing progress will be monitored utilizing a rating scale throughout the therapy sessions, with final evaluation to occur by June 30, 2016. Accomplished FY 16**  2. Participants level of ability to manage self control will be measured utilizing a rating scale by horse staff and therapists.  **Ongoing progress will be monitored throughout the sessions, with final evaluation to occur by June 30, 2016Accomplished FY 16** |

**Program Services #2**

In July, we were focused on providing 4 solid weeks of programming for the children that visit us in the summertime and thus no sessions were held. In August, we held 31 sessions. In September through partnering with the Winterset School District we were able to increase the number of sessions we were doing to 58.

In October we held 78 sessions. In November we held 126 sessions. In December we held 101 sessions. Some highlights were discussing with the group: When you work together what can happen? When you communicate effectively things become easier. Asking a positive person for help can make things easier and a goal easier to be obtained. Responses the youth made were: Making a situation easier by working together, problem solving. Stopping and thinking instead of reacting immediately. Processing a situation. When the girls asked for assistance from someone with skills to truly help things went so much smoother and the group’s anxiety level went down and productive thoughts came through.

Third Quarter Update: although our funding has run out we are still serving youth in the Cowboy up program.

Fourth Quarter Update: We served 20 youth in the fourth quarter. We did find out two of the youth were not ready for the program by making choices that has temporarily suspended their status with the program. We can work with any youth that are willing to learn. If they let us know they are perfect and don’t need further support we release them to go where other perfect people exist because everybody at the Ranch is imperfect and willing to grow and improve. We are also committed to never quit on a kid they just let us know they aren’t ready for the opportunity yet. We will follow up the students at a future date to see if they are in a spot to learn and grow.

**Program Outcome & Performance #1 & 2**

Each session students are involved in following directions to halter, groom and tack up their horse. More complex instructions are given as session’s progress. Through discussions the Equine Director has weekly with the horse volunteers and handlers, lessons and tasks are used to gain the most impact for the individual. Tracking the student’s progress is an on-going endeavor.

For October, November and December we are still tracking progress of individual students and their personal progress in specific areas of growth. Some children we are identifying need additional support learning life skills. One student shared she thinks she misreads people and that causes some of the undue stress in her life. Our therapists made observations of hesitations when talking and stating she was unsure. She continues to express symptoms linked with: adjustments and anxiety. Our goal moving forward with her is to hone in on self-driven thinking and confidence. In the final assessment of another one of our October Cowboy up sessions the consensus of the group was that problems and solutions are easier when asking for guidance, help and support. We feel like this life skill will better allow a transference of learning from other positive adults in their lives like teachers and other supports. School staff, counselors, DHS and court officials have shared observed growth with individuals who have participated. Directly commenting on positive growth relating to anger, aggression and defiance. There was also a post on Facebook by one of the mothers that her daughter has grown “leaps and bounds since starting and she cannot show appreciation enough!!” She states our therapist and Equine Director and other instructors are wonderful, patient and very kind.”

For the months of January, February, and March of the youth we have served since October we have seen an increase grades, attendance, and positive peer interaction. The continuation of services for the clients, has shown benefits and individual growth. For youth in junior high, a review and reflection of school grades and office referrals was completed. This data showed not only growth in the educational aspect via: grades continue to increase and have been maintained, office referrals are ceased and feedback from the principal, Mr. Doug Hendricks and guidance counselor, Suzi Busta, have indicated noticeable change in behaviors with the youths involved in this program. The youth involved in the middle school programs have also had similar responses and growth.

With this process, there are always struggles with adjustment to change. While we might have some resistance, the individual begins to show baby steps in opening up. It might be a smile or waiting at the door to be picked up for the session. The important fact to remember is, if the client shows up, the client is willing to make change. This is what sets the horse program apart from the rest.

Youth arrive at the Turning Point office, asking what skills were are going to work on. What we are going to do with inner driven techniques. They have excitement to learn about themselves, while having the partnership of the horse.

One of the most touching transformations comes from a young gal. She has been with us since November. She continues to grow, change and now leads prayers before we ride. She smiles and states she will never look back at what she used to be like.

For the 4th quarter, self-reporting from our youth included:

“I have learned confidence.”

“I understand that I am in charge of me and no one else.”

“I have made friends, changed my friendship circle, and began to see myself in a positive way”

One 14 year old male, made the most progress. He drove the cart for our annual horsemanship show and set a goal to learn self-control and determination to drive the horses and make his grandpa proud of him. Our staff was driven to tears as his school interactions were noticed by peers and staff. School staff reported he was chattier and not withdrawn.

Major targeted goals achieved were: self-awareness, impulse control and concentration, validation of themselves, mindfulness and inner driven techniques.