***Attachment D***

***Project Proposal Name:* Family Assisted Learning *Name of Agency or Individual:* Wildwood Hills Ranch of Iowa**

***County* Madison *Amount Requested* $9,900**

**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. Families will improve their ability to communicate in healthy ways, listen, demonstrate respect, caring and trust for one another and accept responsibility for their actions -skills which will enable them to work more effectively as an individual and within a family and as a family unit.  2. Participants will improve their capabilities of self control - improving their ability to process and manage their emotions and impulses.  3. Parents will learn skills of how to be healthy authority figures  4. Children will learn how to respectfully submit to healthy authority | 1. FAL will be available to families in Madison, Marion, and Warren Counties.  **We are working with families primarily from Madison County.**  2. Weekly 2-hour sessions will be provided through June 30, 2015. Sessions will be arranged as therapists and horse handlers are available. **See attached.** | 1. Families are referred by DHS, Juvenile Courts, schools, etc. **Some families we are working with have DHS involvement, others were through Turning Point/Wildwood involvement.**  2. Therapists and horse staff will coordinate to develop individual goals and objectives for each participant. **Equine Director & Turning Point staff met weekly to discuss each participant.**  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 & therapists at the conclusion of each session for each family.**  4. Final/Overall Evaluation to occur every 12 weeks. | 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 and SOAP notes throughout the therapy sessions, with overall evaluation to occur every 12 weeks.** |

**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 sessions with two different families totaling 5 sessions, while in September only 3 sessions were held. As with any brand new program, there have been some definite learning opportunities for us. Invoicing from Turning Point and correct record-keeping has held up some of our reimbursement requests. Sometimes families are inconsistent in coming to sessions and scheduling is an ongoing issue. The reason only 3 sessions were held in September is because of DHS intervention in one of the families, as well as the therapist we are working with being out of the office one week.

We were also presented with a unique scenario… Wildwood office staff was approached by the therapist and horse professional about one family’s qualification for the program. The family was in such turmoil that the child was not even ready to engage and/or trust in working with their parent. The therapist/horse professional wanted to know if they could work with the child and parent separately for the time being before introducing them together into one session. We chose to move ahead in that manner, but only ask for reimbursement for one session, as if they were happening at the same time. The family is still getting the benefit of the equine therapy and we have confidence that they are making gains toward coming together to work together.

In October we held 7 family sessions. In November we did 14 sessions and in December we held 3 sessions. We are continuing to find sessions are helpful to have some sessions with the whole family present and others for individuals to work on themselves individually prior to continuing to contribute in a group setting. We are still only asking for reimbursement for the combined family sessions. At one of the sessions with a young lady and her step dad she shared that she thinks she, “Misreads people,” that she, “makes poor choices and we don’t communicate.” She continues to express symptoms linked to anxiety, domestic violence and separation anxiety.

**Program Outcome & Performance #1**

Each session family members are involved in following directions to halter, groom and tack up their horse. More complex instructions are given as sessions progress. Through discussions the Equine Director has weekly with the Therapist, lessons and tasks are used to gain the most impact for the individual and family as a whole. Tracking the progress is an ongoing endeavor. Turning Point turns over what are referred to as SOAP (subjective, objective, assessment & plan) notes to Wildwood after each session that do not contain the individuals name or any other identifying marker. We keep these notes on file a long with their invoice for services.

With the young lady and her step dad we continue to set goals. Some of those goals include working toward understanding natural consequences and self-driven thinking and confidence. We are continuing to assess progress on these goals and will update final assessments in the 4th quarter. We have also had participants share their personal growth in overcoming fears of the horse and their accomplishment in having courage to try new tasks with the horse. We have observed families that have been through lots of trauma laughing together, working together and mother with low esteem direct family to address safety concerns. We are continuing to work with her on parenting skills with children present.