***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.  2. Participants will improve their capabilities of self control - improving their ability to process and manage their emotions and impulses. | 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.**  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.** | 1. Youth will be referred by DHS, Juvenile Courts and schools. **Referrals came from Winterset Schools and Turning Point, LLC.**  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.**  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 participant**  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.**  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, 2016** |

**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 amount 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 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.

**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 sessions 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.”