***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. **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**3. Parents will learn skills of how to be healthy authority figures **Accomplished FY 16**4. Children will learn how to respectfully submit to healthy authority **Accomplished FY 16** | 1. FAL will be available to families in Madison, Marion, and Warren Counties. **We are working with families primarily from Madison County.****Accomplished FY 16**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.** **Accomplished FY 16** | 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.** **Accomplished FY 16**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.** **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 & therapists at the conclusion of each session for each family. Accomplished FY 16**4. Final/Overall Evaluation to occur every 12 weeks. **Accomplished FY 16** | 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. Accomplished FY 16 See Case Studies below.** |

**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.

In January, February, and March although funding ran out we continued with our family sessions.

In the fourth quarter we served 3 families for a total of 36 sessions.

**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.

Third Quarter Results include: Judge Kevin Parker has noted the change of a mother and her progress with her children. She is currently increasing her time with children, to the point of reunification. In addition, she has been sober and meth free for a year. In the substance abuse world, not using meth, without relapse, shows the ability to maintain substance free lifestyle and change. She continues to make progress with the domestic violence she endured and has filed for divorce. She reflects back on the horse that died during her progress and was able to use him as the analogy to her life. This horse helped her journey begin, yet impacted a moment of change when she realized in the horses death, it could have been hers.

A family of 3 children and their father have been making progress. The father stated he didn't realize the impacts that he had on his children. In addition, the daughter shared some concerns on the horse that directly affected this case. The appropriate parties have been contacted and insisted that we continue with horse therapy.

A mother and daughter have grown remarkably. The mother is now fully engaging in the sessions. The daughter has joined a girls group and is flourishing. This youth stated, she found a place where she feels she belongs and can grow.

Child and grandparents. To sum this case up, slow and steady. Change occurs.

Fourth Quarter Results Include: A mother and daughter that made progress in self-awareness and better understanding needs in the home. The young participant decreased her baby talk reactions to a minimal, compared to baby talk 80% of her communication when sessions started. The mother better understands the impact she has on her daughter when she talks poorly of the biological father. This family went from not working together, to working together 40% of the time during sessions. Redirection was frequently given.

Overall we were very pleased with family sessions and see tremendous value helping reunite families to aid with skill building for both parents and children. We are grateful on behalf of the families were serve for allowing us to teach new skills as it is difficult to give to others something you have never received yourself. It has been incredible to see the impact of parents gaining new skills to better communicate love and support. We are particularly excited to see the improvement in healthy forms of communication between parent and child.