

PROGRAM PLAN

INNOVATION (INN)

PROJECT NUMBER/NAME: Roughout Ranch, Authentic Workshops and Horse Encounters

CONTINUED FROM PRIOR YEAR PLAN OR UPDATE

NEW

A. Expected start and end dates of this INN Project: July 1, 2024

B. The total time frame (duration) of this INN Project: 12 months

1. PROJECT OVERVIEW

A. Primary Problem

Provide a narrative summary of the challenge or problem identified and why it is important to solve for the community. Describe what led to the development of the idea for this INN Project and the reasons this project has been prioritized over alternative challenges identified during the Community Program Planning Process.

Roughout Ranch currently serves individuals based on donations received and personal finances of the developers and owners of the ranch. The project they are proposing would expand this service to individuals in Shasta County who are experience emotional distress due to various life experiences. Being able to offer this service to individuals, not just those served by county mental health, provides an opportunity for individuals to improve their overall wellness.

Authenticity Workshops and Horse Encounters are all about relationships and developing insights and practices that support new ways of thinking and personal growth. The Programs powerfully promote skills that connect participants to each other and are foundational to most of the other programs offered. Authenticity Workshop sessions are customized to fit any individual or peer group.

The Authenticity Workshops, Relationship Enrichment programs, bring each participant to a greater awareness of their own selves and the ability to maintain personal safety while venturing outside some comfort circles and discovering their own abilities. These workshops meet the needs of individuals who've experienced isolation from others, seeking the core beliefs that drive each person and supporting each one as they begin to evaluate their own beliefs and make choices for themselves that are most authentic.

Horse Encounters provides healing, growth, and inspiration to individuals with diverse needs through equine assisted activities and learning. Using the training from the Authenticity Workshops and Horsemanship, combined with horse and human relationship development, Horse Encounters improves the physical, cognitive, and social well-being of men, women, and children, one day at a time. Sessions can be scheduled weekly, bimonthly, or monthly. Horse Encounters programs are offered to special needs individuals utilizing the ranch and horses to assist those with physical differences, developmental delays, and foster/adopted children. RRFI has years of history serving this population with community integration support and innovative activities that empower and enhance their lives.

The goal of both programs is to create communities of trust that can work together for mutual benefit. In the short term, these sessions promote self-healing and empowerment and affect participants' ability to enjoy interacting with others. The objective is to increase each participant's sense of confidence. This is realized through deeply learned skills, including recognizing, and protecting personal boundaries and bringing to awareness the current environment and its threats and opportunities. As participants learn to visualize and ask for what they wish for, they overcome their responses to triggers, and they grow in confidence. Their ability to

protect healthy boundaries while being respectful of the relationship results in improved interpersonal connections and reduced social isolation.

B. Project Description

See Attachment A

- 1) Provide a narrative overview description of the Project, how the Project is being/will be implemented, the relevant participants/roles within the project, what participants typically experience, and any other key activities associated with Project development and implementation.

Challenge/Problem	Potential Solution

- 2) Identify which of the three INN project General Requirements the project is/will be implementing.

- Introduces a new practice or approach to the overall mental health system, including, but not limited to, prevention and early intervention
- Makes a change to an existing practice in the field of mental health, including but not limited to, application to a different population
- Applies a promising community driven practice or approach that has been successful in a non-mental health context or setting to the mental health system.

- 3) Briefly explain how the selected approach has been determined to be appropriate.

Shasta County Behavioral Health Branch Director and Deputy Branch Director met with the Roughout Ranch leaders, Kathy Rutan-Sprague, RN, and Kathy O'Donnell to learn about the service they have been offering to a small population in the county. Both women have worked in their fields of medicine and horse training their entire careers. The Roughout Ranch program is designed out of their compassion to provide healing through group teachings and caring for horses. Given what is known about the impact of equine therapy, although the model proposed is not equine therapy, it is an evolution to the equine technique. The relationships developed in the group setting can transition to the relationship with the horses in supporting individuals with various life stories develop trust and safety, which can infuse other areas of their life. Providing individuals with various behavioral health methods for healing is essential. This model provides that.

# of individuals to be Served (estimate)	Cost per Person
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4) If applicable, estimate the to be served annually, cost per were developed.

135

total number of individuals expected person and how these estimates

5) If applicable, describe the population(s) to be served by the project, e.g., age group, gender identity, orientation, language spoken and other important demographics/characteristics.

Age Group	# of individuals	Race	# of individuals	Sexual Orientation	# of individuals	Gender Identity	# of individuals	Language Spoken	# of individuals
0-15 yrs.		White		Lesbian or Gay		Female		English	
16-25 yrs.		African American or Black		Heterosexual		Male		Spanish	
26-59 yrs.		Asian		Bisexual		Transgender woman		Vietnamese	
60 & older		Native Hawaiian or Other Pacific Islander		Queer, pansexual, and/or questioning		Transgender man		Cantonese	
		Alaska Native or Native American				Genderqueer		Mandarin	
		Other				Other		Tagalog	
		More Than One Race				Declined to Answer			
		Declined to Answer		Disability			# of individuals	Cambodia	
Veteran	# of individuals	Ethnicity	# of individuals	Communication	# of individuals	Mental (not SMI)		Hmong	
				Seeing		Physical/Mobility		Russian	
Yes		Hispanic		Hearing or Having Speech Understood		Chronic Health Condition		Farsi	
No		Non-Hispanic						Arabic	
Declined to Answer		More Than One Ethnicity		Other (specify)		Other (specify)		Other	
				None		Declined to Answer			
Total Estimated Number of Individuals to Be Served:									

2. LEARNING GOALS/PROJECT AIMS

A. Describe the Project’s learning goals/specific aims and what potential contributions will be made to the expansion of effective practices.

The goal of both programs is to create communities of trust that work together for mutual benefit. In the short term, these sessions promote self-healing and empowerment and affect participants’ ability to enjoy

interacting with others. The objective is to increase each participant's sense of confidence. This is realized through deeply learned skills, including recognizing, and protecting personal boundaries and bringing to awareness the current environment and its threats and opportunities. As participants learn to visualize and ask for what they wish for, they overcome their responses to triggers, and they grow in confidence. Their ability to protect healthy boundaries while being respectful of the relationship results in improved interpersonal connections and reduced social isolation.

In looking at effective practices, during monthly meetings, program success and challenges will be discussed in efforts to create the most effective service for those individuals participating.

- B. What does the County want to learn or better understand over the course of the INN Project, and why have these goals been prioritized?

The goal is to improve overall well being and functioning in multiple domains of an individual's life. If completion of the Authentic Workshops and Horse Encounters creates any improvement for an individual, the program is successful. Tracking an individual's functioning at referral then tracking it post program, the county will be able to determine the number of individuals reporting success.

- C. How do the learning goals relate to the key elements/approaches that are new, changed or adapted in this Project?

This project is an adaptation of formal horse therapy which is associated with helping those who have experienced hardships and trauma in their life. If Authentic Workshops and Horse Encounters can demonstrate an 85% improvement for those who complete the program, this program lends itself to be further used in possible other areas of the county.

- D. For continuing projects, include any modifications to the project learning goals/specific aims in response to lessons learned during project implementation.

This is a new program. Any modifications may be made after collaborative meetings with the county and Roughout Ranch are had.

3. ADDITIONAL INFORMATION

- A. Explain how the Project is consistent with the priorities identified in the Community Program Planning Process.

Question is answered below in B.

- B. Provide a description of how the current/proposed project relates to the General Standards of the MHSA.

- Community Collaboration: This project has been a community collaboration with private funders, Far Northern Regional Center and county mental health referrals and personal finances of the owners and developers of this project. The community who has utilized this service has advocated for an expansion of this service as they see the positive impact it has made on individuals, but the financial piece is becoming greater than they can manage.

- Cultural Competence: Cultural Competency around the needs of individuals who have experienced hardship and trauma is core to how this program delivers the service. Understanding an individual may not complete the program as others have, is accepted and plans are made to support an individual manage their ambivalence.
- Client and Family Driven: Program was presented to the county as clients and families encourage Roughout Ranch to look for funding to sustain and potentially expand the services they have been providing to date. Client's and families will be asked if they are interested in participating in quarterly meetings to share the success and challenges, they experience with the program.
- Wellness, recovery, and resilience focused: The program's goal is to improve wellness, recovery and resiliency of those who participate in the service. The skills of the Authenticity Workshops are designed to expose others to new ways of navigating the world and healing. Those skills can be practiced as they graduate to the Horse Encounter portion of the program.
- Integrated service experiences for clients and their families, i.e., the client, and when appropriate the client's family, accesses a full range of services provided by multiple agencies, programs, and funding sources in a comprehensive manner: This program is designed for the individual. Family members and other natural supports would not be detoured in collaborating with the program. Roughout Ranch recognize the importance of natural supports in a person's life.

C. Explain how the Project evaluation is/will be culturally competent and includes/will include meaningful stakeholder participation.

The project included statements from individuals and families who have actively participated in Authentic Workshop and Horse Encounters sharing how this program has improved their lives. These individuals from Roughout Ranch are invited to present their program at the Mental Health Alcohol and Drug Board meeting to allow board members and the community to ask specific questions they may have about this program.

D. Describe how community stakeholders are meaningfully involved in all phases of INN projects, including evaluation of INN projects and decision-making regarding whether to continue INN projects.

This project was posted for community member's comment. After public comment the project is placed on the Shasta County Mental Health and Alcohol Drug Board meeting for final approval.

E. If individuals with serious mental illness receive/will receive services from the continued/proposed project, describe the County's plan to protect and provide continuity of care for these individuals upon project completion.

The Authentic Workshops and Horse Encounters is a component of an individual's specialty mental health plan. By participating in this program, Shasta County may see clients transition out of specialty mental health as their overall wellbeing should improve. If an individual, continues to qualify and is in need of specialty mental health services, they will remain an active client at the county.

