

Program Narrative and Logic Model for RideAbility

Maris Baylor, Mariah Johnson, Lauren Moore, Caleb Sauls, Alexandria Turner

Winthrop University

Programs and Target Population

RideAbility has five target programs that each use equine assisted activities, caring for horses, and socialization as intervention methods to progress in the individuals' goals.

RideAbility's primary program centers on riding lessons. These lessons include riding skills, horse handling skills, and socialization time for the riders. Another large program is RideAbility's work-study program. This program teaches adolescents with disabilities how to develop a work ethic by providing tasks revolving around the barn and horses. The work-study program holds job expectations for the riders to ultimately prepare them for independence and self-motivation.

The third program comprises of foster children from the Children's Attention Home. The foster children from this agency often have difficulty problem solving and communicating in their interpersonal relationships. Therefore, RideAbility's program for these children focuses on developing riders' teamwork skills to improve communication and collaboration. Another program is the Special Olympics group. These members train to compete both locally and state level, and gain significant socialization and confidence from their seasonal participation. Finally, RideAbility works with Veterans with severe Post-Traumatic Stress Disorder through the Veterans Program. The Veterans volunteer to help care for the horses and facilities which combats agoraphobia, teaches socialization skills, and allows a safe place to explore emotions.

RideAbility serves individuals with diagnoses such as Autism, Cerebral Palsy, Down Syndrome, ADHD, Muscular Dystrophy, and more. They also serve individuals with intellectual, emotional, developmental and learning disabilities. In order to reach community members who have one or more of the diagnoses above and live below the poverty line. RideAbility utilizes a tuition-assistance program to pay for their program participation.

Evidence-Based Practices

RideAbility uses Equine Assisted Activities, which is increasingly being considered an evidence-based intervention method. One recent study shows that the evidence for equine-assisted activity is increasing, and it is helpful for multiple populations including the ones served at RideAbility (Enos, 2015). Equine activity interventions are in conjunction with other therapies to strengthen the rider's core and legs, as well as confidence building techniques through positive feedback and experiential learning. This form of Equine Assisted Activity is especially significant for the target population who are often struggling to communicate and have low self-confidence.

RideAbility utilizes best practices by developing riders' horsemanship skills, left-right discrimination, sequencing, language development, listening skills, and cooperation. All therapies correlate and expand upon existing therapies that the students are currently participating in outside of the equine program. In addition, physical skills, such as muscle strength, mobility, coordination and balance are significant products of the program.

Agency Policies

RideAbility stands fervently by its mission statement, which expresses its passion for serving children and adults living with an array of disabilities using facilitated interaction with horses. Their mission statement further explains that their aim is to provide therapeutic riding programs in the hopes of advancing the well being of its riders. This organization's success is contingent upon its volunteers.. Volunteers must follow outlined procedures but are also expected to be conscious of their physical fitness level, maintain open communication, and adhere to the schedule they have agreed to on the Commitment of Hours form. If a volunteer is unavailable, it is their responsibility to alert the office a week in advance. It is policy that

volunteers keep their cell phones off while assisting during a lesson and confidentiality of riders' information is critical.

RideAbility also has a Code of Ethics and a Conflict of Interest policy that were both created to help steer the committee members, board members, volunteers, and employees on the right track to proper conduct. The Non-Discrimination Policy and Whistleblower Policy were both enacted to ensure staff are safe and free from prejudice, favoritism, and unfair penalization for speaking up regarding unethical behaviors of other staff members. The organization's Expense Reimbursement Policy details how staff members should record and submit expense reports and receipts for costs they have incurred. For example, the policy specifies how to properly handle expenses when traveling for business such as lodging, meal, and parking costs.

RideAbility has other rules listed in their handbook to help preserve safety for all that include no littering, smoking, shouting, or running. Other formal agency policies summarize what to do in case of a fall, incident, or inclement weather.

Current Evaluation Practices

RideAbility currently employs multiple practice evaluations in order to assess the needs of the clients and ensure the efficacy of the services offered through the therapeutic riding program. First, RideAbility staff conducts a needs assessment for each new client to determine his or her specific abilities and opportunities for improvement. Short- and long-term goals specialized for each client are set for every series of twelve lessons. Progress is monitored through detailed notes and logs completed after every lesson. These logs track progress towards meeting the set benchmark goals and areas which need more focus in the next lesson.

Additionally, RideAbility offers client satisfaction surveys to the parents of participating clients in order to ascertain the parents' perspectives on whether the overarching benchmark

goals and the daily lesson goals are helpful to the clients, if the program is effective, and if the parents have any ideas to improve the program as a whole. At the end of each lesson series, client outcomes are measured through meetings with the parents to discuss clients' progress and through analysis of benchmark and daily goal achievement throughout the series as documented in the lesson logs. New goals for the next series are based on this evaluation process, and the cycle begins again.

RideAbility does not have designated staff that is only affixed to conducting evaluations. Currently, Dr. Wendy Schonfeld, Executive Director, completes all evaluations including initial assessments. Evaluations outline the rider's diagnosis, goals, and initial interactions with the horses. The hope is that as RideAbility increases in size and clientele, they will need to hire designated staff to complete evaluations.

Key Sponsors

RideAbility receives funding in the form of monetary donations from United Way of York County, Lutz Foundation of Chester, Williams and Fudge, Inc., Foundation for the Carolina's FFTC, Lake Wylie Clover Mayday Project, Family Trust Credit Union, Founders Federal Credit Union, Junior Welfare League, York County Community Foundation, York Electric Round-Up, Lake Wylie Lions Club, Sweet Repeat, EverSource, Dover Saddlery, Walmart, Divine Horse Tack, Gibson Lawn Care, Cherokee Farms Three, and Eng's School of Self Defense. RideAbility also works with Robert Johnson Foundation and Bank of America and these organizations match funds from their employees to charitable organizations like RideAbility. RideAbility receives referrals for the Veteran equine therapy program from the Rock Hill Veterans Administration (VA). The Veterans are usually accompanied by a mental

health professional from the VA to ensure proper care. RideAbility is accountable to regulatory agencies like Professional Association of Therapeutic Horsemanship and the Special Olympics.

Program Goals, Objectives, and Expected Outcomes

As a program, RideAbility's main goal is to increase the mental and physical health of York County residents. In order to complete this goal, objectives are agreed upon by the program. RideAbility's objectives include providing increased access to mental and physical healthcare as well as creating healthier lifestyles for those who attend the program.

RideAbility has also identified short and long-term expected outcomes for the program. The short-term expected outcomes are increasing daily goals, improving social skills, and progress in other therapeutic goals determined individually for each rider. The long-term expected outcomes are overall improving happiness and confidence levels in riders as well as a general increase in skills in riders. RideAbility also identified increased community involvement and volunteer participation as a long-term expected outcome of the program.

Program Interventions

RideAbility's main intervention is equine therapy. Riders are able to gain confidence, social skills, strength in muscles and much more due to their weekly interactions with horses. Riders often complete tasks while riding the horses but they also go on trail rides and share responsibility in taking care of the animals. RideAbility's equine activity is rooted in evidence-based practices with daily goals for each individual rider (Enos, 2015). Due to the evidence-based nature of equine assisted activity and previous rider's data, RideAbility's program interventions and desired outcomes for York County residents is a directly causal relationship. Without the horses (equine activity), RideAbility would not be able to efficiently provide an

intervention that not only strengthens muscles and physical abilities but also builds trust, confidence and happiness from the rider's relationship with an intelligent animal.

References

Enos, G. (2015). Evidence grows for equine therapy as treatment engagement tool. *Alcoholism & Drug Abuse Weekly*, 27(41), 1–7. <https://doi.org/10.1002/adaw.30362>

Logic Model

Program Logic Model

Inputs

Investments Made:

50 volunteers weekly

10 Horses

Initial Rider Profile

Costs:

Rent

Resources for 10 horses- Food, Hay, Medicine, Supplements

Tuition Assistance Program Finances

2 Certified therapeutic instructors

Activities

Therapeutic Horseback Riding

Improve the lives of children and adults with special needs and physical disabilities

Provide community outreach for 50 volunteers

Evaluations and reevaluations for riders' goals.

Offer free services to low-income population (less than 80% area median income)

Outputs

Tuition Assistance Program enrolls approximately 60 participants

Approximately 2700-2800 lessons per year.

Utilizing 50 community based volunteers a week

Intermediate Outcomes

Therapeutic improvements for TAP recipients: strength, balance, coordination, core stability, focus, attention, work skills, confidence, self esteem, socialization, horsemanship skills, daily activities, and having fun with team-based inclusivity.

Indicator Measurements

 Measurement Projection

Description	Projected
Actual Clients #	60
Actual Clients Achieving # (Proposed)	60
Percent Clients Achieving	100

Measurement Tool

The measurable objectives need to be sensitive enough to capture changes that occur during short intervention periods. Yet, to determine overall program effectiveness we set goals. We set benchmark goals to meet the following criteria: balance/strength, focus/attention, socialization, riding/horsemanship skill, improved confidence and self-esteem. Utilizing rider initial profiles and bi-weekly reevaluations we are able to measure the improvements of our riders.

Long-Term Outcome

Increased skills, happiness and confidence in riders.

Increased community involvement with volunteers and funders.

Indicator Measurements

 Measurement Projection

Description	Projected
Actual Clients #	60

Actual Clients Achieving # (Proposed)	60
Percent Clients Achieving	100

Measurement Tool

Initial/post evaluation comparison

Program Logic Model Mid-Year Reporting

For each section provide information requested. In providing statistical information, use only data for the period of February 2019 through February 20 2019.

In narrative responses, answer question in consideration of the reporting period AND provide year-end summary where applicable.

Inputs

RFP Status

Investments Made:

50 volunteers weekly

10 Horses

Initial Rider Profile

Costs:

Rent

Resources for 10 horses- Food, Hay, Medicine, Supplements

Tuition Assistance Program Finances

2 Certified therapeutic instructors

Tuition Assistance Program Finances

RFP Status

Therapeutic Horseback Riding

Improve the lives of special needs and physically impaired children and adults

Provide community outreach for 50 volunteers.

Evaluations and reevaluations for riders' goals.

Offer free services to low-income population (less than 80% area median income).

Outputs

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Tuition Assistance Program enrolls approximately 60 participants.
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Indicator Measurements (Mid Year) 2/05/2019 - 2/20/2019

Measurement Projection

Description	Projected	Mid-Year Actual (2/05/2019 - 2/20/2019)
Actual Clients #	60	
Actual Clients Achieving # (Proposed)	60	
Percent Clients Achieving	100	

Measurement Tool & Progress Toward Outcome

Proposed Measurement tools

The measurable objectives need to be sensitive enough to capture changes that occur during short intervention periods. Yet, to determine overall program effectiveness we set goals. We set benchmark goals to meet the following criteria: balance/strength, focus/attention, socialization, riding/horsemanship skill, improved confidence and self-esteem. Utilizing rider initial profiles and bi-weekly reevaluations we are able to measure the improvements of our riders.

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Actual Clients #	60	
Actual Clients Achieving # (Proposed)	60	
Percent Clients Achieving	100	

Measurement Tool & Progress Toward Outcome

Proposed Measurement tools
 Initial evaluation compared to exit survey

Logic Model Year End Reporting

Inputs

RFP Status

Investments Made:
 50 volunteers weekly
 10 Horses
 Initial Rider Profile
 Costs:
 Rent
 Resources for 10 horses- Food, Hay, Medicine, Supplements
 Tuition Assistance Program Finances
 2 Certified therapeutic instructors
 Tuition Assistance Program Finances

RFP Status

Therapeutic Horseback Riding
 Improve the lives of special needs and physically impaired children and adults
 Provide community outreach for 50 volunteers.
 Evaluations and reevaluations for riders’ goals.
 Offer free services to low-income population (less than 80% area median income).

Outputs

RFP Status

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Intermediate Outcomes

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Indicator Measurements

Measurement Projection	RFP Projection	Actual Mid Year	Actual Year End
Number of Clients Served:	60		
Number of Clients achieving stated outcome:	60		
Percentage of Clients achieving stated outcome:	100		

Measurement Tool & Progress Toward Outcome - Year End

Proposed Measurement tools

The measurable objectives need to be sensitive enough to capture changes that occur during short intervention periods. Yet, to determine overall program effectiveness we set goals. We set benchmark goals to meet the following criteria: balance/strength, focus/attention, socialization, riding/horsemanship skill, improved confidence and self-esteem. Utilizing rider initial profiles and bi-weekly reevaluations we are able to measure the improvements of our riders.

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Percentage of Clients achieving stated outcome:	100		

Measurement Tool & Progress Toward Outcome - Year End

Proposed Measurement tools
 Initial evaluation compared to exit survey