

## Agency Quarterly Report Cover Sheet

**Agency: Gateway Family Services of Illinois**

**Program: Trauma Focused Equine Assisted Psychotherapy**

**Quarterly Report Date Range: June 2022 – August 2022**

**Report Due Date: October 14, 2022**

**Agency Quarterly Meeting: October 18 – Location TBA**

Agency Outputs: (As detailed on 2021-2022 Application)

\*Reduce the SASS calls and psychiatric hospitalizations from multiple calls a month to no calls for those receiving services.

\*Reduce the frequency of school discipline actions, including suspensions and expulsions, from multiple disciplinary actions within a school year to 1 incident or less per client.

\*Increase the overall well-being of the individuals and families we serve as evidenced by self-reports, a reduction in anxiety symptoms per the BECK Anxiety Inventory, and a reduction in depressive symptoms per the BURNS Depression Inventory

\*Improve academic performance and behaviors for the individuals we serve as evidenced by school and parent reports.

How many lives have been impacted over the last quarter?

\*Trauma Focused-Equine Assisted Psychotherapy Sessions—The agency has provided nearly 1,000 hours of trauma focused equine assisted psychotherapy to individuals in this region. Our weekly impact is an average 98 individuals.

\*Camp Braveheart—a camp for kids who have lost loved ones included 15 Campers, 18 Caregivers and 4 siblings.

\*Fall In Fridays—a drop-in group provided to Veterans and their families. We began in late August and impacted over 30 Veterans and their families in this

quarter. We are excited to see this program continue to grow and reach more veterans!

Please break down demographics of lives impacted. If not available, how are you going to work towards gathering this information?

	None	1%-24%	25%-49%	50%-74%	75%-99%	100%
American Indian or Alaskan Native	X					
Asian or Hispanic		X				
Black, African American		X				
Pacific Islander or Hawaiian	x					
White or Caucasian			X			

	None	<25%	<50%	<75%	<100%
Poverty Household (<\$25,750)			X		
ALICE Household (\$25,750-\$40,000)		X			
Above ALICE Household (>\$40,000)		X			

Are you on track to hit your output goals as listed above? If not, what is preventing you from reaching those output goals?

As an agency we are seeing fewer crisis calls from the families who have been involved with our services and have been able to implement their crisis stabilization plans. This has also reduced the number of psychiatric hospitalizations for our clients.

During this quarter, our agency has been able to move several clients and their families into our graduation/phase out stage because they continue to progress in treatment. This is evidenced by reduction in BECK Anxiety and BURNS Depression Inventories, as well as reports from client and family.

The staff have been able to work with the students and parents and have successfully maintained 90% of the clients in their academic placements. Clients have demonstrated growth in their academic performance and behaviors.

Please provide one (or more) inspiring story over the last quarter. This could be about your organization or a special impact story. Please include any pictures/graphics you feel necessary with your report.

An adult client, who has struggled with intimacy and connecting with others, was at home sick with COVID-19. She said she felt “OK” for a telehealth session, but stated, “I hate telehealth, but I don’t want to miss a week of therapy.”

As the session began, clinician noticed the client was discouraged and when he checked in with her, she shared that she was disappointed because she was looking forward to spending time with her friend, Willow (one of our horses on the farm). Clinician took the telehealth session and walked out into the pasture and sat next to Willow while she ate her breakfast. There was silence. Clinician checked in with the client to ensure the connection was not lost, and realized that the silence was because the client was weeping. After a few minutes of tears, the client shared that when she got the news she had COVID-19, her anxiety increased significantly. She had told herself, “think of how calm it feels to be next to Willow.” She shared that even through telehealth, she was able to experience the calmness and connection with Willow. Client reported at the end of the session that she had not felt that calm in weeks.

A young kid has been struggling with impulse control and regulating his moods. He experiences outbursts and often yells “no one loves me! I am too bad.” Recently, the clinical work has led to a partnership with our horse Rainbow. As the two of them have begun building a relationship, client has been able to show some small improvements in the outbursts. The biggest change the parents reported is that when he is upset and in a tough mood, he is able to calm himself when he is reminded that Rainbow loves him. He believes that. He knows that connection is real and it is through that connection that he is able to move towards a more regulated state. We have a long ways to go together, but I believe with Rainbow by his side, this client will change the world!

Please use this sheet as your cover letter for any supporting documents.