

# Budget Detail Request - Fiscal Year 2016-17

Your request will not be officially submitted unless all questions and applicable sub parts are answered.

1. Title of Project: Equine Related Activities for Youth in Foster Care
2. Date of Submission: 01/14/2016
3. House Member Sponsor(s): Jimmie Smith

## 4. DETAILS OF AMOUNT REQUESTED:

- a. Has funding been provided in a previous state budget for this activity? No  
*If answer to 4a is ?NO? skip 4b and 4c and proceed to 4d*
- b. What is the most recent fiscal year the project was funded?
- c. Were the funds provided in the most recent fiscal year subsequently vetoed? No
- d. Complete the following Project Request Worksheet to develop your request (Note that Column E will be the total of Recurring funds requested and Column F will be the total Nonrecurring funds requested, the sum of which is the Total of the Funds you are requesting in Column G):

FY:	Input Prior Year Appropriation for this project for FY 2015-16 (If appropriated in FY 2015-16 enter the appropriated amount, even if vetoed.)			Develop New Funds Request for FY 2016-17 (If no new Recurring or Nonrecurring funding is requested, enter zeros.)			
	Column: A	B	C	D	E	F	G
Funds Description:	Prior Year Recurring Funds	Prior Year Nonrecurring Funds	Total Funds Appropriated  (Recurring plus Nonrecurring: Column A + Column B)	Recurring Base Budget  (Will equal non-vetoed amounts provided in Column A )	<b>INCREASED or NEW Recurring Requested</b>	<b>TOTAL Nonrecurring Requested</b>  (Nonrecurring is one time funding & must be re-requested every year)	<b>Total Funds Requested Over Base Funding</b>  (Recurring plus Nonrecurring: Column E + Column F)
Input Amounts:					400,000	0	400,000

- e. New Nonrecurring Funding Requested for FY 16-17 will be used for:  
 Operating Expenses     Fixed Capital Construction     Other one-time costs
- f. New Recurring Funding Requested for FY 16-17 will be used for:  
 Operating Expenses     Fixed Capital Construction     Other one-time costs

5. Requester:

- a. Name: John Cooper
- b. Organization: Kid's Central Inc.
- c. Email: John.Cooper@kidscentralinc.org
- d. Phone #: (352)873-6332

6. Organization or Name of Entity Receiving Funds:

- a. Name: Kids Central Inc.
- b. County (County where funds are to be expended) Citrus, Hernando, Lake, Marion, Sumter
- c. Service Area (Counties being served by the service(s) provided with funding) Statewide

7. Write a project description that will serve as a stand-alone summary of the project for legislative review. The description should summarize the entire project's intended purpose, the purpose of the funds requested (if request is a sub-part of the entire project), and most importantly the detail on how the funds requested will be spent - for example how much will be spent on positions and associated salaries, specifics on capital costs, and detail of operational expenses. The summary must list what local, regional or statewide interests or areas are served. It should also document the need for the funds, the community support and expected results when applicable. Be sure to include the type and amount of services as well as the number of the specific target population that will be served (such as number of home health visits to X, # of elderly, # of school aged children to receive mentoring, # of violent crime victims to receive once a week counseling etc.)

Project's Intended Purpose

Project funding will offer foster youth the opportunity to participate in a continuum of equine-related activities and therapeutic programming, including Therapeutic Horseback Riding; Equine-Facilitated Experiential Learning; Groundwork and Caring of the Animals; and Equine-Facilitated Psychotherapy. Such programs have proven effective in helping individuals overcome psychosocial barriers and mental health needs such as anxiety disorders, mood disorders, psychiatric disorders, behavior difficulties, post-traumatic stress disorder, and improve educational outcomes.

Need for Funds

The relationship between horses and humans has long been revered and examined. Over the past several decades, the process of utilizing horses and equine programs to promote emotional growth and to facilitate healing in children and families has gained international recognition.

Foster youth who have experienced abuse or abandonment struggle with trusting others, have very low self-esteem, and find it challenging to form quality relationships. The positive impact equine programs can have with these youth was documented in a 2009 study, "Therapeutic Horseback Riding With Children Placed In The Foster Care System." Researchers found that after therapeutic riding, foster care children showed signs of improved self-acceptance, behavior, and socialization.

A horse is a living, breathing, therapeutic tool that naturally grabs a youth's attention and motivates even the most resistant youth to participate. Because horses perform specific roles within their herds, their natural behaviors often mimic the way humans relate within their own families. By participating in structured activities with the horses, youth, who are often unaware of their individual barriers and behaviors, develop improved understanding and insight as they see how the horse reacts and relates to them. Youth begin to recognize behaviors and develop metaphors to their own lives, which serve as a first step in

helping them become more comfortable and break through barriers. Once these barriers are removed, youth with emotional and behavioral issues see their time with the horse as a safe environment in which to work through issues of fear, anxiety, self-doubt, and poor communication. The interaction supports and encourages the identification and expression of feelings, thereby setting the stage for positive growth and change.

Youth experience healing as they become self-aware, are able to develop stronger relationships and improve non-verbal communication. Increasing these skills promotes psychosocial development, improved coping skills and increased self-esteem. The experience fosters a youth's ability to form healthy, secure attachments and reacquaints these youth with the meaning of "trust" and "responsibility."

Although some foster children have a behavioral health diagnosis and related therapeutic recommendation for equine related activities that would allow appropriate health care coverage to bear the cost, the majority of foster children do not have the required diagnosis to allow for insurance billing. It is well documented that all foster youth who have experienced abuse, neglect, and/or abandonment struggle with trusting others, bonding and relationship building, have very low self-esteem, and find it challenging to form quality relationships. As these behaviors are often significant barriers to successful reunification with their biological families, or to achieving lasting permanency with an adoptive family, there is significant need to fund this type of intervention.

#### Expected Results

Investment in equine therapy will allow foster youth to experience shorter lengths of stay, lower recidivism, improve mental health, enhance well-being, and improve educational outcomes. Over time, these improvements will result in savings that can be reinvested in additional programming and promote long-term sustainability of the program.

#### How Grant Funds would be Spent

In Florida there are over 40 equine facilities accredited by The Professional Association of Therapeutic Horsemanship International (PATH Intl.) representing broad statewide geographical coverage. PATH promotes safety and optimal outcomes in equine-assisted activities and therapies for individuals with special needs. The organization and its members have since developed a multitude of different equine-related activities for therapeutic purposes, collectively known as equine-assisted activities and therapies. These modalities often use the horse as a partner in cognitive and behavioral therapy, often with the participation of a licensed therapist. Besides therapeutic horseback riding, the activities also include equine-facilitated experiential learning, groundwork and caring of the animals, and equine-facilitated psychotherapy.

Project funding would be used to fund equine-based programming and services for youth in foster care. As the intensity and duration of these interventions vary based on participant need, hourly rates range between \$50 and \$100 per half hour. An estimated \$400,000 appropriation would allow up to 1000 foster children from across the state to participate in five to eight sessions of equine-related activities.

8. Provide the total cost of the project for FY 2016-17 from all sources of funding:

Federal: 0

State: 0 (Excluding the requested Total Amount in #4d, Column G)

Local: 0

Other: 0

9. Is this a multi-year project requiring funding from the state for more than one year?

Yes