

Agency Quarterly Report Cover Sheet

Agency: Gateway Family Services

Program: Trauma Focused-Equine Assisted Psychotherapy

Quarterly Report Date Range: January 2022-March 2022

Report Due Date: April 10, 2022

Agency Quarterly Meeting: April 19, 2022 – 9:00 a.m. – Zoom

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.

1. How many lives has your program impacted over the last quarter?

Gateway Family Services has provided services to over 80 families each week over the last reporting period. Due to our systemic approach and involving the family members, we are providing direct and indirect services to over one hundred and fifty individuals in Central Illinois through our individual or family counseling services.

Gateway Family Services has also begun partnering with local school districts to provide services at the schools to address the impact of the COVID19 pandemic on the mental health of our students and families. At this time, the program has reached over 30 families and continues to grow and expand. At time of this report, the agency is working to create a team of parents, teachers and students to participate in the program with the plans for them to shadow the next groups so they can teach the third group on their own. Our plan is to follow the medical model of “see one, do one, teach one” in order to maximize our efforts.

Additionally, Gateway Family Services has returned to the VA Illiana Health Care System to provide services to our local veterans. The reports have indicated that the staff, as well as the residents have been struggling lately. Our visits have focused not only on the residents, but also the staff as well to help support them in their work as well. Our visits have reached over 200 staff and residents this past quarter. At time of report, the agency is making plans for another visit to campus and has plans for veterans to return to our agency location in May.

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

We are continuing to see improvements with our students in reduction in self-destructive behaviors. This number has gone from 2-3 students engaging in self-destructive behaviors per week to one reported incident per month. We have noticed continued improving in the areas of academic performance and behaviors. We are also on target in addressing the depression and anxiety reports from our clients. The average report for clients went down in a Beck Anxiety Inventory (BAI) and down in a Burns Depression Inventory (BDI).

As our agency continues to work hard to address the goals listed above, we have noticed an increase in SASS calls and school discipline struggles over the last quarter. We are working closely with the families and schools to address these concerns. Some of the contributing factors to this increase include a family not following medication plans consistently, a young student's trauma history and each January-March has significant difficulties in managing his aggressive behaviors. His hospitalization reports are consistent during this time frame year-to-year. Our agency is working hard with the family and have been able to provide crisis support and stabilization to the families in need over the last quarter.

3. 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.

Over the last quarter we have experienced a lot of exciting things take place for our clients and their families. One of our clients share with us about how proud they were that in the last six weeks they had not engaged in any self-destructive behaviors! Such a proud moment as they have been learning healthy and effective strategies for addressing their stress.

One of our adult clients shared about her stressful week and that they had managed the stress well. When asked what they did to manage the stressful situations, they shared, "I just kept saying, how would Rainbow (their relationship horse) respond to me and how I am

managing my stress.” They shared that they had been able to practice the skills they were using in session and avoid canceling work or having a “freak out moment” due to their inability to manage the stress.

An individual who has been battling anxiety and depression, reported that they noticed a significant change in their anxious thoughts and depressed moods over the last several months. When asked why they thought this was happening, the client shared:
“I’ve got a lot fewer voices living rent free in my head.”

What an incredible thing to hear & also to think about. As we unpacked what that statement meant to that client, they shared that they have allowed a lot of voices such as the voice of “negativity” and “comparison” and “inadequacy” stay in their mind and not do anything to address them. They “lived there rent free.” Over the course of treatment, this client shared how they have been working to evict those thoughts.

Please use this sheet as your cover letter to your regular report.