



Health & Human Services  
Agency  
**COUNTY OF TULARE**  
**AGENDA ITEM**

**BOARD OF SUPERVISORS**

ALLEN ISHIDA  
District One

PETE VANDER POEL  
District Two

PHILLIP A. COX  
District Three

J. STEVEN WORTHLEY  
District Four

MIKE ENNIS  
District Five

**AGENDA DATE:** May 24, 2011

Public Hearing Required	Yes <input type="checkbox"/>	No <input checked="" type="checkbox"/>	N/A <input type="checkbox"/>
Scheduled Public Hearing w/Clerk	Yes <input type="checkbox"/>	No <input type="checkbox"/>	N/A <input checked="" type="checkbox"/>
Published Notice Required	Yes <input type="checkbox"/>	No <input checked="" type="checkbox"/>	N/A <input type="checkbox"/>
Advertised Published Notice	Yes <input type="checkbox"/>	No <input type="checkbox"/>	N/A <input checked="" type="checkbox"/>
Meet & Confer Required	Yes <input type="checkbox"/>	No <input checked="" type="checkbox"/>	N/A <input type="checkbox"/>
Electronic file(s) has been sent	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>	N/A <input type="checkbox"/>
Budget Transfer (Aud 308) attached	Yes <input type="checkbox"/>	No <input type="checkbox"/>	N/A <input checked="" type="checkbox"/>
Personnel Resolution attached	Yes <input type="checkbox"/>	No <input type="checkbox"/>	N/A <input checked="" type="checkbox"/>
Resolution, Ordinance or Agreements are attached and signature line for Chairman is marked with tab(s)/flag(s)	Yes <input type="checkbox"/>	No <input type="checkbox"/>	N/A <input checked="" type="checkbox"/>

CONTACT PERSON: Allison Lambert      PHONE: 624-8000

**SUBJECT:** Presentation on Tulare County Health & Human Services Agency's Department of Mental Health Equine Facilitated Therapy.

**REQUEST(S):**  
That the Board of Supervisors:  
Accept presentation on Tulare County Health & Human Services Agency Department of Mental Health, Tulare Youth Service Bureau, and Happy Trails Riding Academy Equine Facilitated Therapy.

**SUMMARY:**  
Youth throughout Tulare County are reaping the psychological and emotional benefits of Equine Facilitated Therapy, a partnership between Tulare County Health & Human Services Agency Department of Mental Health, Tulare Youth Services Bureau, and Happy Trails Riding Academy.

The Equine Facilitated Therapy program uses specially trained horses to augment the treatment of children receiving outpatient therapy through the Public Mental Health System. Practiced in Tulare County since February 2010, there are many physiological and psychological benefits documented in individuals during Equine Facilitated Therapy. These include, but are not limited to, lowered blood pressure and heart rate, decreased stress levels, reduced feelings of anger, hostility, tension and anxiety, improved social functioning, improved communication skills, and increased feelings of empowerment, trust, patience, and self-esteem.

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In Equine Facilitated Therapy classes, a specially trained clinician, the volunteer, the horse, and the child all form the therapy team. Sixty-two children have completed a 10-session cycle since the initiation of the program.

**FISCAL IMPACT/FINANCING:**

None

**LINKAGE TO THE COUNTY OF TULARE STRATEGIC BUSINESS PLAN:**

The County's five-year plan includes the Quality of Life initiative to promote and encourage the provision of quality supportive services for individuals in Tulare County.

The Tulare County Health & Human Services Agency's Department of Mental Health Equine Facilitated Therapy program supports the Quality of Life initiative with therapeutic horsemanship that provides a unique opportunity for skill building and independence in a positive learning environment, while offering a challenging alternative to traditional therapy.

**ALTERNATIVES:**

N/A

**INVOLVEMENT OF OTHER DEPARTMENTS OR AGENCIES:**

- Tulare Youth Service Bureau
- Happy Trails Riding Academy

**ADMINISTRATIVE SIGN-OFF:**

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Cheryl L. Duerksen, Ph.D.  
Director of Mental Health

cc: Auditor/Controller  
County Counsel  
County Administrative Office (3)

**BEFORE THE BOARD OF SUPERVISORS  
COUNTY OF TULARE, STATE OF CALIFORNIA**

**IN THE MATTER OF:** )  
Presentation on Tulare County ) **RESOLUTION NO.** \_\_\_\_\_  
Health & Human Services Agency's )  
Department of Mental Health Equine )  
Facilitated Therapy. )

UPON MOTION OF SUPERVISOR \_\_\_\_\_, SECONDED BY  
SUPERVISOR \_\_\_\_\_, THE FOLLOWING WAS ADOPTED BY THE  
BOARD OF SUPERVISORS, AT AN OFFICIAL MEETING HELD \_\_\_\_\_  
\_\_\_\_\_, BY THE FOLLOWING VOTE:

AYES:  
NOES:  
ABSTAIN:  
ABSENT:

ATTEST: JEAN ROUSSEAU  
COUNTY ADMINISTRATIVE OFFICER  
CLERK, BOARD OF SUPERVISORS

BY: \_\_\_\_\_  
Deputy Clerk

\* \* \* \* \*

Accepted presentation on Tulare County Health & Human Services Agency Department of Mental Health, Tulare Youth Service Bureau, and Happy Trails Riding Academy Equine Facilitated Therapy.