

We have been the subject of numerous external studies:

- In progress: BU are developing an *Efficacy RCT*. Two *Clinical Psychology PhD* students from Canterbury Christ Church University are currently collecting data for their theses.
- *The Royal College of Psychiatrists General Adult Psychiatry Annual Conference 2018*, Dr N Kosky – poster presentation of findings to date.
- *A Feasibility Study of an Equine Assisted Intervention for Children and Young People with Mental Health and Behavioural Challenges, 2018* – presented at *HETI International Congress 2018*, Dr Hemingway, Professor of Public Health, Bournemouth University:
 - TheHorseCourse ReStart fulfils all elements of feasibility study and is therefore suitable for an RCT
 - 95% completion rate across multiple cohorts;
 - 70%+ show improved attendance and engagement with school/training/work, improved relationships, reduced problem behaviours and greater self belief.
- *A Pilot Study of the Mechanism of Action of an Equine Assisted Intervention, 2018* – presented at *HETI International Congress 2018*, multi-disciplinary team (BU)
 - A consistent emotional journey for participants, explored using galvanic skin response and interviews.
- *Call to Action 2017*, Dr Hemingway, Professor of Public Health, Bournemouth University
 - 81% of participants show statistically significant, improvements in all 8 skills on the THC Skills Star, assessed pre-post by professional referrers – the average shift is 10.4 points on a 32 point scale;
- *Equine-Facilitated Psychotherapy With Children and Adolescents: An Update and Literature Review 2015*, Journal of Creativity in Mental Health, Jennifer A. Lentini & Michele S. Knox
 - TheHorseCourse identified in peer reviewed analysis as one of the most prominent equine-assisted methodologies
- *Moving Forward in Recovery Pilot 2015*, EDP Drug & Alcohol Service
 - 66% of Drug & Alcohol misusers show improved engagement with treatment and reduced misuse.
- *TheHorseCourse Evidence Review, working with Offenders, 2015*, published by New Philanthropy Capital & CLINKS (peer reviewed by CSAAP, Ministry of Justice)
 - 27 % point reduction in reoffending 12 mth reoffending for violent young offenders;
 - Exemplar Theory of Change;
 - Conservative estimate of £8.30 saved for every £1 spent in prisons.
- *TheHorseCourse Youth Outcome Summary, 2015*, supported by Charities Evaluation Service
 - 33% improvement in managing anxiety for youth participants.
- *TheHorseCourse at HMP Portland: Interim Evaluation Findings 2012, updated 2015*, Professor Rosie Meek, Criminology & Psychology Royal Holloway University
 - Reductions in conflict and adjudications, improved behaviour
- *An Exploration of an Equine Facilitated Learning Intervention with Young Offenders 2014*, (SOAN-1158R1 peer reviewed scientific journal), Hemingway, Meek, Ellis-Hill
 - Trialling our innovative observational casenote tool alongside participant interviews and quantitative data

Other recognition:

- Shortlisted for the *Guardian Charity Awards 2015*;
- *Winners FSI Small Charity Big Impact Awards 2017*.
- *"TheHorseCourse exemplifies the right attitude and approach towards collecting and analysing data in order to test and demonstrate impact, as well as develop practice responsively."* James Noble, (NPC).

See www.thehorsecourse.org/evidence, for full reports