

- **A Study Exploring the Implementation of an Equine Assisted Intervention for Young People with Mental Health and Behavioural Issues, 2019** Hemingway, A. J 2019, 2(2), 236-246 – feasibility for an efficacy RCT, includes cost benefit indicators.
 - ReStart evidence and programme maturity warrants a gold standard clinical trial 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.
- **An Exploration of the Mechanism of Action of an Equine-Assisted Intervention, 2019** Hemingway, A.; Carter, S.; Callaway, A.; Kavanagh, E.; Ellis, S. *Animals* 2019, 9, 303 – showing a consistent emotional journey for participants, explored using galvanic skin response and interviews.
- **The Royal College of Psychiatrists General Adult Psychiatry Annual Conference 2018**, Dr N Kosky – prize-winning 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:
- **A Pilot Study of the Mechanism of Action of an Equine Assisted Intervention, 2018** – presented at *HETI International Congress 2018*, multi-disciplinary team (BU)
- **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 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)
- **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 within prison
- **An Exploration of an Equine Facilitated Learning Intervention with Young Offenders 2014**, SOAN-1158R1 peer reviewed scientific journal, Hemingway, Meek, Ellis-Hill
 - Trialled our innovative observational casenote tool alongside participant interviews and quantitative data

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.

Other recognition:

- Winners **FSI Small Charity Big Impact Awards 2017**
- Shortlisted for the **Guardian Charity Awards 2015**

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