

Abstract submission

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General Adult Psychiatry Annual Conference 5-6 October 2017, Newcastle

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Abstract

Category: Service evaluation/audit

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Abstract Title: TheHorseCourse ReStart programme – examination of an initial data set

List all co-authors with affiliations / workplace here including yourself:

Professor Anne Hemingway, Institute of Health and Community Studies, Bournemouth University

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Aims and hypothesis
Large numbers of people with non-psychotic mental health problems have little benefit from usual interventions. We present

programme across a number of domains for people with a range of psychological and behavioural problems who have had no or inadequate benefit from traditional approaches.

Background

ReStart is an equine-assisted one-to-one intensive 5-day programme aimed at improving skills related to personal functioning in hard to reach or treat individuals with emotional or behavioural difficulties. It is offered by TheHorseCourse, a registered charity based in Weymouth. Referrals to the programme come from CAMHS, adult mental health services, schools & PRUs, YOTs, Children's Services (EIS to LAC), D&A treatment agencies and domestic abuse support specialists. The study group was characterised by high resistance to usual treatments, as determined by referring agency..

Methods

Data was collected on all 126 people referred to The Horse Course in 2014-2016 using TheHorseCourse Skills Star tool (THC Star). This is an 8 dimensional tool measuring various aspects of self-efficacy and sense of personal agency, assessed by the referring professional. This paper presents outline analysis of data collected pre-, and then 2 months post-, intervention. This population has a high degree of heterogeneity with regard to age (8 to adult) and identified problem. The intervention and assessment are deliberately not diagnosis focused. Analysis was carried out by Bournemouth University.

Results

Improvement was recorded in 81% of participants, deterioration in 13% and minimal change in 6%: the average positive shift was +10.4 points for those that improved, on a scale of 0-32. Statistically significant positive results ($p=0.001$).

I hereby declare that the work is original:
