

Dream Catchers Goal-Attainment Scores (GAS)

GAS Ratings:

Much Worse	Somewhat Worse	As Expected	Somewhat Better	Much Better
-2	-1	0	+1	+2

Baseline = -1

Weight = Importance x Difficulty

Importance	Difficulty
0 = not at all important	0 = not at all difficult
1 = a little important	1 = a little difficult
2 = moderately important	2 = moderately difficult
3 = very important	3 = very difficult

$$\text{Overall GAS} = 50 + \frac{10\sum(w_i x_i)}{\sqrt{(0.7 \sum w_i^2 + 0.3(\sum w_i)^2)}}$$

w_i = weight assigned to the i th goal

x_i = numerical value achieved (outcome)

Overall Average GAS Score = 19.13

The overall average GAS score shows that the children participating in the Mending Arrow Ranch Dream Catchers program had an average of 19.13 increase in their accomplishments of their SMART goals. Listed below are each of the six (6) students in the Dream Catchers program with their SMART goals and how their GAS scores were calculated. The names of the students have been removed due to confidentiality in order to protect their privacy.

Student #1

Goals:

- Build self-confidence / assertiveness
- Improve executive functioning
- Relationship skills

	At Baseline	Expected Outcome
1. Build self confidence	She is very quiet and lets the horses push her around. She is unable to lead a horse on her own	Will be able to lead a horse @ a walk independently once around the round pen
2. Improve executive functioning	She was unable to understand body language in horses and did not know when they were emotional/angry/calm, etc.	Will be able to interpret basic body language of a horse through facial expressions and will answer correctly when asked by instructor
3. Be assertive	She would hold in her anger with others and it would come out worse in later disagreements	Will be able to discuss upset feelings once with instructor when she is mad at the instructor
4. Relationship skills	She does not have many close friends at school and is lonely	She will make one friend and obtain their contact information to keep in touch

Weight & Scores

Goal	Importance	Difficulty	Weight (IxI)	Baseline	Outcome
Self-Confidence	3	3	9	-1	+2
Body Language	2	1	2	-1	0
Assertiveness	3	3	9	-1	-1
Relationship Skills	3	2	6	-1	+2
			Sum = 26		

Outcome

	Achieved Outcome
1. Build self-confidence	She was able to lead the horse on the trail obstacle course many times without vocal assistance
2. Increase executive functioning (body language)	She achieved her goal of being able to understand horse body language and answered correctly when asked by the instructor what the horse was most likely feeling
3. Assertiveness	She got upset at the instructor once but still held it in, and when the instructor asked what she was feeling and why, she was quiet. She told the instructor she was fine.
4. Relationship Skills	She made two new friends at the camp that was held, and she obtained contact information from both girls. She was outgoing and friendly to the girls and they all seemed to get along well.

$$\text{Overall GAS} = 50 + \frac{10\sum(w_i x_i)}{\sqrt{(0.7 \sum w_i^2 + 0.3(\sum w_i)^2)}}$$

CHANGE = 25.34

Baseline = 35.98

Outcome = 61.32

Student #2

Goals:

- Stay on Task
- Safety
- Increase speech abilities

	At Baseline	Expected Outcome
1. Stay on task	She gets distracted very easily and is unable to accomplish a task, especially two-step tasks	Will accomplish one two-step task without being assisted
2. Safety	She walks behind horses and does not pay attention to her surroundings.	Will put hand on horse’s rear end and say “coming around” when walking behind the horse once without vocal guidance
3. Increase speech abilities	She has difficulty reading and sometimes says words wrong. She is only able to manage two-syllable words	Will be able to form and sound out three three-syllable words

Weight & Scores

Goal	Importance	Difficulty	Weight (Ix D)	Baseline	Outcome
Stay on task	2	3	6	-1	0
Safety	3	1	3	-1	-2
Increase speech abilities	2	2	4	-1	+2
			Sum = 13		

Outcome

	Achieved Outcome
1. Stay on task	She was able to follow two-step directions without being assisted by an instructor
2. Safety	She still walked behind horses without notifying them and even did so when instructors would tell her not to
3. Increase speech abilities	She was able to form and sound out numerous three-syllable words willingly without assistance

$$\text{Overall GAS} = 50 + \frac{10\sum(w_i x_i)}{\sqrt{(0.7 \sum w_i^2 + 0.3(\sum w_i)^2)}}$$

CHANGE = 15.53

Baseline = 36.54

Outcome = 52.07

Student #3

Goals:

- Self-motivation
- Confidence in riding / Balance
- Positive attitude

	At Baseline	Expected Outcome
1. Self-motivation	She is unable to accomplish tasks without help and has difficulty with motivation	Will complete 4 of the 5 steps of grooming without vocal assistance
2. Confidence in riding / Balance	She is able to walk with a horse or hold onto the saddle horn while trotting, but unable to trot independently	Will trot around round pen once without holding onto the saddle horn
3. Positive attitude	She has difficulty doing farm chores and other necessary functions at the ranch without complaining, and sometimes has an unwilling attitude.	Will participate in one farm chore willingly and without complaining

Weight & Scores

Goal	Importance	Difficulty	Weight (IxD)	Baseline	Outcome
Self-motivation	2	1	2	-1	+1
Confidence in riding / balance	3	2	6	-1	+1
Positive attitude	1	2	2	-1	0
			Sum = 10		

Outcome

	Achieved Outcome
1. Self-motivation	She completed all 5 steps of the grooming process without vocal assistance
2. Confidence in riding / balance	She was able to ride at a controlled trot a couple times around the round pen without holding onto the saddle horn
3. Positive attitude	She participated in one farm chore willingly and without complaining as expected

$$\text{Overall GAS} = 50 + \frac{10\sum(w_i x_i)}{\sqrt{(0.7 \sum w_i^2 + 0.3(\sum w_i)^2)}}$$

CHANGE = 23.08

Baseline = 37.18

Outcome = 60.26

Student #4

Goals:

- Self-control
- Safety
- Staying on task

	At Baseline	Expected Outcome
1. Self-control	She has difficulty with anxiety and some anger issues.	Will complete one mindfulness breathing exercise with instructor
2. Safety	She sometimes walks around the horses without paying attention to her surroundings	Will put hand on rear end of horse and say “coming around” once when going around a horse without vocal guidance
3. Staying on task	She gets distracted easily and has a difficult time accomplishing two tasks without being reminded	Will accomplish two tasks given by instructor without verbal reminders

Weight & Scores

Goal	Importance	Difficulty	Weight (IxD)	Baseline	Outcome
Self-control	2	2	4	-1	+1
Safety	3	2	6	-1	+1
Staying on task	2	3	6	-1	0
			Sum = 16		

Outcome

	Achieved Outcome
1. Self-control	She completed several mindfulness breathing exercises with her instructor at a couple of her sessions.
2. Safety	She was able to notify the horse she was behind it by putting her hand on his/her rear and saying “coming around” when going behind the horse without verbal guidance multiple times.
3. Staying on task	She was able to accomplish two tasks given by her instructor without verbal reminders as expected

$$\text{Overall GAS} = 50 + \frac{10\sum(w_i x_i)}{\sqrt{(0.7 \sum w_i^2 + 0.3(\sum w_i)^2)}}$$

CHANGE = 22.1

Baseline = 36.4

Outcome = 58.5

Student #5

Goals:

- Self-confidence
- Decrease anxiety
- Relationship skills

	At Baseline	Expected Outcome
1. Self-confidence	She is not confident in her abilities and is unsure of her abilities with horses. She is unable to lead a horse.	She will lead a horse around the round pen once using vocal cues and body language
2. Decrease anxiety	She complains of anxiety and has nervousness throughout the day	Will accomplish one breathing exercise with the instructor once
3. Relationship skills	She is not skilled around horses and is unsure how to interact with them. She would like to build a foundation of friendship with the horse.	Will groom one horse in the appropriate sequence independently once

Weight & Scores

Goal	Importance	Difficulty	Weight (Ix D)	Baseline	Outcome
Self-confidence	3	1	3	-1	+2
Anxiety decrease	3	2	6	-1	0
Relationship skills	2	1	2	-1	0
			Sum = 11		

Outcome

	Achieved Outcome
1. Self-confidence	She led the horse around the round pen and on the trail course multiple times independently
2. Anxiety decrease	She accomplished one breathing exercise with the instructor once as expected but did complain about the mindfulness techniques when doing them.
3. Relationship skills	She groomed her horse in the appropriate sequence independently once as expected.

$$\text{Overall GAS} = 50 + \frac{10\sum(w_i x_i)}{\sqrt{(0.7 \sum w_i^2 + 0.3(\sum w_i)^2)}}$$

CHANGE = 20.24

Baseline = 36.9

Outcome = 57.14

Student #6

Goals:

- Increase patience / decrease anger
- Positive attitude
- Relationship skills

	At Baseline	Expected Outcome
1. Increase patience / decrease anger	She gets impatient very easily and has anger issues towards her sister. She does not have coping mechanisms for her anger.	She will learn one mindfulness technique and use at home once (per her mother)
2. Positive attitude	She does not get along with her sister sometimes, and tends to complain about things	Will take turns with her sister once without complaining
3. Relationship skills	She has difficulty relating to horses and does not have basic horsemanship skills. She would like to build a foundational relationship with a horse	Will groom one horse in the appropriate sequence independently once

Weight & Scores

Goal	Importance	Difficulty	Weight (IxD)	Baseline	Outcome
Patience / Less anger	3	2	6	-1	-2
Positive attitude	3	2	6	-1	+1
Relationship skills	2	1	2	-1	+1
			Sum = 14		

Outcome

	Achieved Outcome
1. Increased patience / decrease anger	She learned several mindfulness techniques, but she complained some when doing the techniques and according to her mother did not use at home
2. Positive attitude	She was able to take turns with her sister leading the ponies many times without complaining and had a cheerful disposition most days.
3. Relationship skills	She groomed her horse in the appropriate sequence independently a few times without vocal guidance.

$$\text{Overall GAS} = 50 + \frac{10\sum(w_i x_i)}{\sqrt{(0.7 \sum w_i^2 + 0.3(\sum w_i)^2)}}$$

CHANGE = 8.5

Baseline = 36.77

Outcome = 45.27