



HOPE REINS

True Hope. Real Healing.

HOPE REINS FACT SHEET 2022

OVERVIEW: Hope Reins is one of the country's leading faith-based equine mentorship programs. We serve kids, aged 5-18, who are experiencing life-threatening trauma at the 38-acre ranch, where they are paired with a trusted mentor and a rescued horse for a series of 90-minute sessions over a 3-year period. This journey leads to resilience and coping skills that can last a lifetime. *All services are offered at no cost to kids and their families.*

MISSION: We pair hurting kids with trained mentors and rescued horses to find hope and healing.

HISTORY:

- Hope Reins was Founded by Kim Tschirret in July 2010, with a shetland pony and 20 acres of rented property located in North Raleigh.
- Over the next several years, Hope Reins added a dozen horses, recruited nearly a hundred volunteers, and served more than 1,000 individual hurting kids.
- In 2015, Hope Reins purchased a 33-acre former cattle ranch that included two fishing ponds, creekside wooded trails, and a 4,000 square foot log cabin. An additional five acres were later aquired.
- Today, the ranch is home to a herd of 17 rescued horses, ranging from miniature horses to a 2,000-pound former police horse named Zeb.
- Since its inception, Hope Reins has served more than 2,800 individual kids in crisis and their families through 18,000 sessions.





PROGRAM:

- **WHO:** Kids in active crisis who experienced a serious traumatic event or face multiple Adverse Childhood Experiences (ACEs). The kids are incredibly diverse but unfortunately they share the pain of a crisis beyond their control: neglect, abandonment, violence or sexual/ physical abuse, to name just a few.
- **WHAT:** Kids connect with our 'angels in horsehair' because many of the horses have experienced heartbreaking stories of abuse and neglect themselves. This shared story of pain helps open hearts and fosters a significant bond between a child and a horse.
- **WHY:** According to Harvard University's ACE Study, faith and *resilience* are vital because they give kids in trauma the strength needed to process and overcome hardship now and in the future. The adverse effects of childhood trauma can be successfully reversed by helping a child or teen build their resiliency muscle.
- **HOW:** Horses naturally teach kids these skills, which are the healthy coping mechanisms needed to navigate life.

Hope Reins' 3-year, 5-step *Pathway to Resilience* supports kids as they journey alongside their mentor and horse, equipping them with the tools they need to build resiliency.

We serve the whole family by providing Listeners for the parents/caregivers and Play Pals for siblings under 5 during sessions.

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