



# HOOF PRINTS

*The Hope Reins Newsletter February 2022*

*Hero & Lili*

# THANK YOU

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For Helping Her Heal.





## A Note to You from Kim...

I want you to know that the love you give to the kids at Hope Reins reveals your love for our magnificent Creator.

For Christians, caring about others is evidence that you love the Lord. **Mark 12:30** tells us that you must first love God with everything you have. This is the foundation on which everything is predicated.

*Proof* of that love is how well you care for and love your neighbor as **Mark 12:31** continues.

"There is no commandment greater than these," according to the Bible.

Thank you for choosing to love the kids who are victims of trauma at Hope Reins. We are so incredibly grateful to you!

You never let our kids and horses down.

The Christmas Gift Campaign that you supported was a resounding success because of your kindness!

Fifty kids are receiving a full year of weekly services at no cost to them only because of your huge heart! Thank you!

Enjoy reading about the joy you create by your generosity!

Kim Tschirret  
Founder & CEO

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these.”

**MARK 12:30-31**

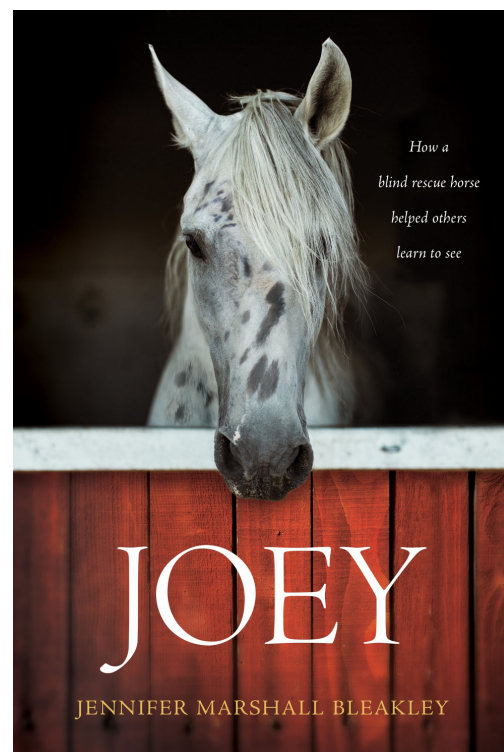
Pictured L to R: Kim, Vani & Hope Reins Director of Development Shawnte' Williams.

*We hosted a special guest from Mumbai, India. Her name is Vani and she's currently studying in the states to become an equine veterinarian.*

*To her delight, she discovered Hope Reins was nearby where she's been training in Cary!*

*"I read Joey a few years ago while in India," Vani explained. "The book inspired me to follow my dream of not only working with horses, but to also start a ministry like Hope Reins."*

*Wow! Hope and healing is international!*



Fall in  
WITH JOEY!

Speaking of the best-selling book, *Joey*, if you've not read the book about Hope Reins' humble beginnings and the blind appaloosa horse that transformed a mute little girl's life, order it today on Amazon.



# You Hold Their Future in Your Hands.

## *By Healing Their Trauma Today.*

**I**magine walking in a jungle and encountering a tiger.

Immediately, you sense danger and as your body releases cortisol (the body's main stress hormone), you fight the tiger or run from it. This 'fight or flight' response is critical to human survival.

Now imagine a kid. And the 'tiger' (the trauma) appears over and over again during a long period of time. They're anxious and fearful. But even more devastating to them is the chronic stress that is altering their brain development.

This stunning fact was confirmed in the groundbreaking ACE Study (Adverse Childhood Experiences) and Harvard University's Center on the Developing Child.

There's a direct link between childhood trauma and the onset of a myriad of negative ramifications like chronic disease, mental illness, violence, homelessness and suicide attempts.



**390% more likely to have chronic obstructive pulmonary disease.\***



**Seven times more likely to become an alcoholic.\***

*Trauma begets trauma. We are not immune here in our own backyard. Suicide is now the second leading cause of death among youth ages 10-17 in North Carolina.\*\**

Layer in COVID-19 and the additional stressors of isolation, fear, and uncertainty, and kids who are already in crisis find themselves re-traumatized.

**Want some good news?**

With 12 years of experience in the faith-based equine mentorship field, Hope Reins' proven programming pathway helps kids find hope in Christ and equips them with skills to lead a happy, healthy life. *But we can't do it without your help.*

*\* The CDC-Kaiser Permanente Adverse Childhood Experiences Study*

*\*\* 2019 North Carolina Child Health Report Card.*

*Since COVID, mental health emergencies have grown by 24% for children ages 5- 11 years and 31% for children ages 12-17 years. Emergency department visits for suicide attempts rose by nearly 51% among girls ages 12-17, according to the CDC.*



**Twelve times more likely to commit suicide.\***

**QUOTABLE: Adolescent Psychiatrist & Neuroscientist, Bruce Perry**

"What I've learned from talking to so many victims of traumatic events, abuse, or neglect is that after absorbing these painful experiences, the child begins to ache. A deep longing to feel needed, validated, and valued begins to take hold. As these children grow, they lack the ability to set a standard for what they deserve. And if that lack is not addressed, what often follows is a complicated, frustrating pattern of self-sabotage, violence, promiscuity, or addiction."





*Hero & Lili*

“God prepared everything in advance for us to adopt these two precious children. Including Hope Reins.”

*Elizabeth, Lili & John's Mom*



# Thanks for Standing Up for Them. When They Can't.

**L**ili has always protected her little brother.

When police found the twosome living in a drug-infested home, it was because Lili called 911 after discovering her birth mom unresponsive from an overdose.

Once in foster care, she shielded him once again by alerting authorities of abuse. "The caregiver kept John in a cage," says Elizabeth. "Lili found an old I-pad and took a picture. I don't think they'd have believed her if not for the photo."

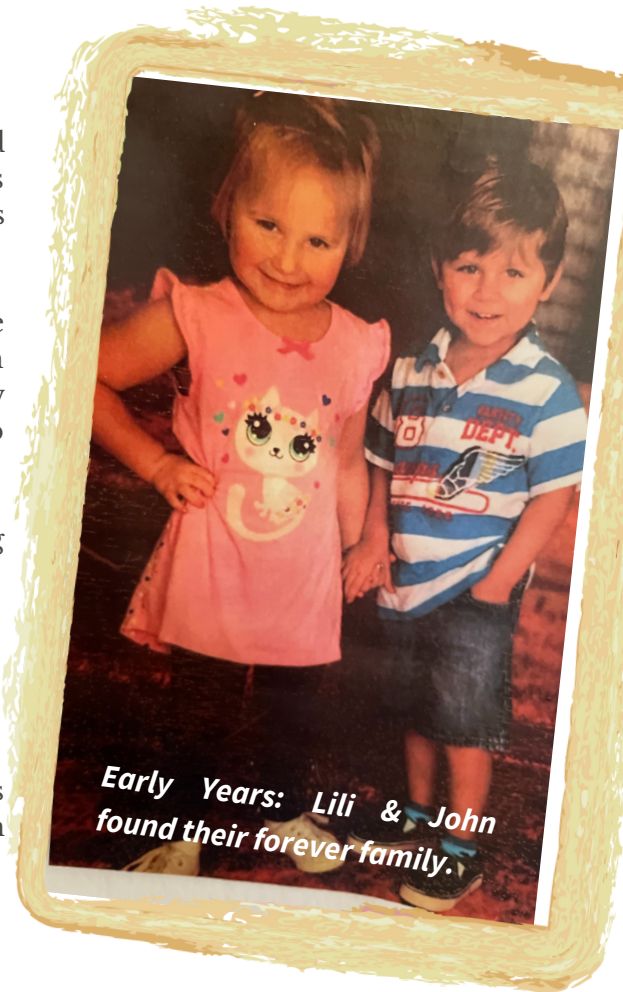
Elizabeth and her husband, Stephen, adopted Lili, 10, and John, 9, five years ago after desperately wanting a family of their own.

Says Elizabeth: "God prepared everything in advance for us to adopt these two precious children. Even Hope Reins."

The couple heard about the equine mentorship program through a therapist and knew both kids harbored deep emotional scars.

"Hope Reins has been amazing for them. Every Monday, they start counting the days and hours before they can come to the ranch," laughs Elizabeth.

"They both love their mentors and horses. I've seen them become kinder, gentler not only with each other but with everyone."



## She Has a Heart of Gold *Like You!*

**Joanne Morin:** *Client Intake Manager at Hope Reins.*

**Fast Facts:** Masters in Community Health; 20+ years in adoption, substance abuse education, and mental health.

Married to Tom; Mom to three; Grandmother to six.

**Job:** "It's my honor to walk with clients through their enrollment journey. My voice is the first parents hear when inquiring about services. God gives me the ears to hear both with my heart and head."





A portrait of Greg Hicks, a man with white hair and glasses, wearing a dark blue suit jacket over a light blue button-down shirt. He is smiling and standing outdoors in front of a brick building and greenery.

## Greg Hicks

Financial Planner  
Radio Host  
Hope Reins Donor

## MORE WAYS TO SHOW YOUR LOVE:

*For the kids and horses.*

1. **Pray for us.** We are so grateful for prayer warriors like you! When you practice intercessory prayer, you glorify God and bless others (like the kiddos!)

2. **Volunteer.** The time and talent of people like you are the most valuable gifts you can give! Learn more: [volunteer@hopereins.org](mailto:volunteer@hopereins.org).

3. **Legacy of Hope.** Join other donors who make a sustained commitment to Hope Reins. Contact [lory@hopereins.org](mailto:lory@hopereins.org).

4. **Donate Monthly:** Hope Reins is funded entirely by the generosity of donors like you. Monthly giving provides consistent, predictable support.

5. **Planned Giving:** Leaving a legacy that reflects your values or honors a loved one can be very meaningful. Contact [shawnte.williams@hopereins.org](mailto:shawnte.williams@hopereins.org).

Over 12 years ago, Kim Tschirret asked Greg Hicks for help.

The successful financial planner had seemingly done it all while rising to the top of his field. He'd been a world class wrestler, winning a gold medal in the Pan American Games; launched a talk radio show on financial fitness and raised a beautiful family.

And, most importantly, he knew ministry and what it took to fund one.

"She had such a pioneering spirit," says Greg of Kim. "And, I mean how can you resist helping kids and horses?"

"Then Kim shared how not only would kids find healing through the word of God but so would the whole family. *I was sold!*"

From that moment on, Greg became a treasured advocate and donor for Hope Reins. "I know what it is to take that leap of faith," says Greg.

After graduating with a degree in chemical engineering at NC State, Greg threw his family a curve ball and joined the ministry *Athletes in Action*, which connects athletes to Jesus. "I was intrigued to find out how I could use my wrestling ability to serve God."

Greg and his wife spent the next 12 years traveling the country and sharing the Gospel on campuses. "There's no greater feeling in the world than to trust God with everything."

That's why Greg has been so impressed with Hope Reins. "To witness the growth of this ministry, well it's just staggering."

Greg also shares his radio spotlight with Hope Reins annually when he features the ministry on his charitable giving show at Thanksgiving.

*"I've been on both sides of giving and receiving. Giving is so much more fun!"*

Greg Hicks



# A Smile for You!

Three years ago, Henry lived in an African orphanage after local authorities found him alone in a small village.

He'd lost everything he had known and loved.

But his life changed dramatically after his adoption by a loving Durham family.

"Henry is growing in confidence," says his mom, Ashley. "And this year will be a big transition for him."

Henry moves into **Step 2** of the Pathway, where focus shifts to building safe connections with his peers.



## Your Gifts At Work

*The Pathway to Resilience is working!*

- ✓ 94% of parents/caregivers saw improvement in their child/teen.\*
- ✓ 99% of parent/caregivers saw an increase in their child/teen's sense of value, trust, communication and/or sense of belonging.\* (These are the healthy coping skills horses naturally teach kids.)

\* Based off 2021 Client Survey



COMING SOON



*Heroes*  
for Hope



HOPE REINS

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