

HOOF



PRINTS

The Hope Reins Newsletter

Spring 2026



Alyssa & Spirit in 2018

A Note from Kim

Comfort. Safety. Play.

These three elements are vitally important to our heroic horses. First, they must have their basic needs met—comfort in the form of food and care. Second, because horses are prey animals, they must feel safe. And finally, they learn, socialize, and communicate through play.

And guess whose needs look remarkably similar?

Traumatized kids.

Everything we do at Hope Reins flows from the belief that God designed us to be rooted in relationships. When a child or teen befriends a horse, something powerful happens. For kids who

have experienced deep hurt—often at the hands of people—they can begin to trust again through the gentle, honest presence of a horse.

One beautiful example of this healing bond is the friendship between Alyssa and our beloved blind Appaloosa, Joey. Their story of a rescued horse and a young girl named Aly who found her voice again, shared in Jennifer Bleakley's national bestselling book *Joey*, captured the hearts of many.

But have you ever wondered... Where is Aly now?

I hope you enjoy this Spring edition of Hoof Prints as you discover how your generosity continues to impact Alyssa (aka Aly) and so many kids like her.



In hope,

Kim Tschirret
Founder & CEO

15 Years of Healing Because of *You*. Alyssa's Story.

Alyssa literally found her voice at Hope Reins.

As a painfully shy 5-year-old foster child, her newly adoptive mother noticed that when she was around new people or situations, Alyssa's anxiety would drive her daughter into a self-imposed world of silence.

"She would almost crawl into a turtle shell. It was getting harder and harder to bring her back out," says her mom, Cindee.

After being diagnosed with an anxiety disorder called Selective Mutism, Cindee found Hope Reins and thought perhaps horses could provide a bridge of healing to her daughter's silent struggle.

"I didn't speak much. So no one ever spoke to me," says Alyssa, reminiscing about her time at Hope Reins. "I just remember feeling very isolated until I met Joey."

Alyssa was immediately drawn to Joey, the ranch's beautiful rescued Appaloosa horse who'd lost his eyesight after being almost starved to death.

"I thought he didn't seem to notice the crowd around him. I imagined he was much like me and would rather just be alone," says Alyssa.

The girl who wouldn't speak and the horse that couldn't see quickly developed a bond.

Joey became Alyssa's safe place to talk, which soon turned into conversations with her session leader and then other peers in the Hope Reins community. Together with Joey and her mentor, Alyssa experienced healing of past hurts and discovering her voice, markedly improving her communication skills and more.

As a matter of fact, Alyssa's story was chronicled under her nickname, Aly, in the book *Joey*, written about Joey's life and the beginning of Hope Reins. And when the time came for the book launch, Alyssa stood in front of a crowd of people and, with her own voice, shared her story about how a horse that couldn't see gave her the courage to speak.



THE GIFT YOU GAVE ALYSSA

Alyssa spent nearly six years at Hope Reins, and after healing past hurts and finding her voice, she poured that newly-found confidence into writing a book about the lessons she learned. Alyssa remembers, "My first words were, 'Joey, walk.' From that point on, I went to find my voice. My stories in the book reflect the big accomplishment that was overcoming crippling anxiety."

"I also joined the rowing team at my school," says Alyssa. "I would have never been able to join a social sport without Hope Reins."



Today, Alyssa is finishing her bachelor's degree in Exercise Science at a private university in New Jersey. She's on her way to helping others overcome difficult obstacles in their body through physical therapy. And looking back, it all began when she experienced hope and healing at Hope Reins. "I learned that miracles happen when you ask for a little support," she says with a smile. "And I learned that I'm worth it."

My First Week at the Ranch



From Dream to Legacy: Barb & Allin's Hope Reins Story

Their story with Hope Reins began before there was even a ranch — back when there was only a dream.



Kim Tschirret first invited Barb Foulkrod to lunch to share that dream. “The funny part,” Barb remembers, “is that Kim was really meeting with me to get connected to my daughter, who had a

horse, and my husband, an entrepreneur, hoping they might help get the ministry started.”

But that simple lunch became the beginning of something much bigger.

Over the years, Barb and Allin Foulkrod have become far more than supporters of Hope Reins — they have been lifeblood to the organization for the past 15 years. Barb served as a founding staff member and former Chief Operation Officer, while Allin faithfully led as Board Chair and now serves as Chair Emeritus. What began as a connection quickly became a family commitment.

“Our personal commitment to Hope Reins reflects the confidence we have in how well it is run and how impactful it will be for years to come,” Allin shares.

And along the way, Hope Reins has shaped them, too.

“I can say without a doubt that Hope Reins has completely changed me,” Barb says. “I’ve had a front row seat to watch real miracles happen.”

Multiplying Hope: The Academy is Growing



For years, you’ve helped turn our God-sized vision of true hope and real healing for every child into reality. One of the ways that vision continues to grow is through Hope Reins Academy, our online learning community launched in 2024 for dreamers, builders, and implementers in equine mentorship ministry.

Thanks to your generosity, leaders like Hallie Myers in Georgia are finding the tools and encouragement they

need: *“The tangible support I have received from Hope Reins Academy is a game changer for us. Through Healing-Based Horsemanship, we’ve learned invaluable concepts like a 90-day horse trial and how to protect horses from burnout.”*

Because of you, this growing community is receiving the training and support they need to replicate the Hope Reins model—without unnecessary hurdles standing in their way.

And the vision continues to expand. If you know someone dreaming of starting this kind of work in their community, we would love to welcome them into The Academy. hopereins.org/academy



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you!*

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