



H.O.P.E. for WARRIORS

(Human Opportunity Partnering with Equines)

"There is something about the outside of a horse that is good for the inside of a man"
-Sir Winston Churchill

Reins of H.O.P.E. needs your help! We are reaching out to our Tri-County active duty military personnel, veterans and their families with our Equine Assisted Psychotherapy (EAP) program. There is an overwhelming need at this time to help those who have served our Country with the challenges they face. "The psychological health needs of America's military service members, their families and their survivors pose a daunting and growing challenge to the Department of Defense" (DOD Task Force, 2007). We want to help **NOW** and have undergone specialized training to develop our **H.O.P.E. for WARRIORS** program.

Equine Assisted Psychotherapy is currently offered to military personnel in various locations throughout the United States. It is a powerful, short term experiential therapy that is highly effective in developing resilience and adaptability in civilian as well as military life. There is no riding. Equine sessions develop coping skills for PTSD, Traumatic Brain Injury (TBI), anger, depression, addiction and grief. Time spent with the horses, out in a natural setting fosters trust, respect, problem-solving skills, improved communication and healthier relationships. The horses are co-therapists that offer a healing presence and have the unique ability to mirror their clients. They model authenticity, how to be congruent and immerse completely in the moment. Metaphors emerge during the sessions, revealing attitudes and patterns of behavior. These stimulate insights readily transferable to day to day life.

Reins of H.O.P.E. is a 501(c)3 non-profit based in Ojai providing mental health services to at-risk youth, individuals, families and groups since 2007. We are a dedicated professional team certified and trained in the Equine Assisted Growth and Learning Association (EAGALA) model. Our beautiful facility in Ojai and horse herd are ready to provide healing, hope, and health to those who have sacrificed so much for us. Please help us to **ACT NOW** and provide this vital service at **NO COST** to the participants. We feel that the various grants we are applying for will respond favorably to a community that is already making the commitment to help. Your generous tax-deductible donation will make this cutting edge therapy readily available to the active duty military and veterans in our community.

Sincerely,

Julie Giove-Sardonía, M.A., LMFT
Executive Director

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