



The Rundown

A Quarterly Newsletter

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Meet Our Team:

Emily Reichman, Director



I have been in the world of horses my entire life and teaching riding lessons since 2007. Horses are extraordinary creatures. They do not care where you come from or what you look like, they only care about your willingness to build a relationship. Their world revolves around trust and respect, and they have taught me more about compassion than I thought possible.

Hope Lives Rescue Ranch has been a dream since my youth. Back then it didn't have a name; I just knew God somehow wanted me to share what I had learned from horses. The road to where I am now has been far from straight or easy, but all of my experiences, from my parents' divorce, various places of employment, and my marriage have equipped me for this calling. God continues to encourage me forward through an amazing team of people and horses who have helped get our program off the ground.

The ranch is currently run out of my home just north of Lodge, IL, where I live with my husband, Rusty, and daughter, Sozo. Rusty and I were married in August 2011. We bought the ranch in February 2016, Sozo came in September 2017, and our ranch opened for sessions in May 2018. Our journey has been filled with long hours and hard work, but I have used the opportunity to pray blessing over the house, barn, and grounds. My dream is for everyone who steps onto the property to feel the peace and love God provides.

Who Does Hope Lives Aim to Serve?

Hope Lives Rescue Ranch is designed to serve at-risk youth. We offer trauma-informed mentoring sessions in 7-week segments through the summer. Any child or teen aged 8-18 may qualify for our program. Children under the age of 8 may be admitted on a case-by-case basis.



We use horses because researchers have found a horse's brain can function in much the same way as a human brain that has been affected by trauma. By using these parallels, we can ideally work in conjunction with a child's therapist to help them heal. To work with them successfully, horses require us to be

calm and patient. Using them in sessions with children who have difficulty regulating their emotions and behavior, helps students begin to focus their energy on self-regulation in order to help their horse to be responsive and happy. Working with a horse builds a sense of accomplishment, leading children with low self-esteem to feel more confident in other areas of their lives.

Our program is specifically designed to serve children and teens with emotional trauma-based challenges. An on-line application form found at <https://www.hopelivesrescueranch.org/sessions> must be submitted before admittance into the program. Sessions run May 1 through September 30.

Our session leaders are working towards certification with Natural Lifemanship, a trauma-focused equine-assisted psychotherapy organization that focuses on the role of

relationships in the healing process. This professional group trains leaders to work effectively with children and youth who have been impacted by the effects of trauma.

"I think this form of {mentoring} would be beneficial for some of the kids in my class... We have several with ADD and getting them to focus on one thing at a time is helpful."

-Mikki Henry, Special Ed. Teacher

"Thank you for welcoming us to your ranch! You are doing wonderful things for our community!"

-Emma Reinbold, Special Ed. Teacher



Highlights from Our First Spring:

We launched on May 1 after a busy spring of preparations. Here are some of the exciting things that have been happening around the ranch:

Inviting School Participation: Emily traveled to all of the Monticello schools to present information about our program to teachers and staff so they could begin to refer students.

Work Day: Volunteers came out on April 27 to help put up the arena fence, modify the dry lot fence, and install a chute from the dry lot to the pasture. They did an incredible job!

Horsemanship Training Day: Session Leader volunteers came to the ranch on April 28 for some horsemanship training.

Donkey Donation: Jack and Mabel, two miniature donkeys, were donated to the program on May 3. They have happily settled in and love interacting with all of the students.

Parkland Animal Science Lab Trip: Ryan Rob from Parkland College brought his Intro to Animal Sciences class out for their equine lab on May 8 to learn about career opportunities in the equine industry and our program.

Monticello Middle School Field Trips: We had two visits from Monticello Middle school classes. The students came out on April 25 and May 23. Keo loved showing off for them in the round pen and enjoyed some petting afterwards.

The Vision Realized: As exciting as these specific highlights have been, the most important events are the sessions that have been running in the evenings four days a week. The students love spending time with the horses, and we have begun to see progress in each of them. Appointments are almost completely booked for this term. If you would like to enroll your child in the final term of the season (Aug 13- Sept 28), please go to our website www.hopelivesrescueranch.org to fill out an application.

A Change in Volunteer Opportunities:

When we first began volunteers were scheduled on a case by case basis around the farm to help with what we needed. Now that we better understand our needs, we will begin to hold regular volunteer hours from 9:00-11:00 Tuesday mornings. Those interested in volunteering with us can sign up on our website at www.hopelivesrescueranch.org/volunteers.

How We are Funded:

Every session at Hope Lives Rescue Ranch is free of charge. We are a registered 501(c)3 and are funded solely through solicited donations and the generosity of our community. 100% of the funds donated to Hope Lives Rescue Ranch are used to care for the horses and create a safe environment for the children we serve. If you would like to donate to our program, you can do so online at www.hopelivesrescueranch.org/funding or by mail to PO Box 3223, Champaign, IL 61822.

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Also Find Us on Facebook and Instagram!

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