

22 July 2020

My Dear Friend Kristy,

I wanted to reach out to you to let you know how your Operation THRIVE Warrior Horsemanship three-day clinic that I attended in July 2018 and your continued support and mentorship since then has positively affected the lives of both myself and my family in so many domains. The quality of the preparation and execution of the content and delivery combined with your loving personal touch has left a lasting imprint on me personally. Your beautiful horses, your kind heart and authentic sharing of trauma and shame, and your ability to create a safe place for veterans to come together to build strategies to cope with symptoms of PTSD sets your program and ranch apart from all others and has been a driving factor in the recent purchase of my own land to bring horses into my family and continue healing in my very own home.

As you know, during the clinic I spent my time with your Draft Bella. While interacting with her, I relearned the ability to have control over anxiety and fear through new methods that I had not previously been aware of. I also learned how to set up and enforce boundaries. I am still able to successfully apply those methods to my life today by practicing mindfulness with grounding and establishing necessary boundaries with those in my life. When I get into situations and I need to change my state of mind, I picture Bella to this very day, and I am able to help calm myself; the experiences I gained from your clinic help me to enter a wise mind even two years later.

Your clinic was one of the first steps on my long road to recovery and you have been a constant in my support system to me and my family. From the bottom of our hearts, we cannot thank you enough for your kindness, your support, and your dedication to those who are serving and who have served in the United States Military.

Sincerely,



Joshua Carmell  
SFC (Ret.)  
US Army

