



Humans & Horses, Helping Each Other.





Anthony Lothian:

**“Horses teach you a lot.
Very little of it actually has
to do with horses.”**

At-Risk Equines, Helping Women & Girls

Reins is a 501c3 nonprofit organization dedicated to Humans & Horses. Our mission is to provide a healing space for emotional recovery.

We are different from other equine based rescues in that we integrate a powerful and therapeutic approach while rehabilitating our equines, to also transform the lives of women & girls through Equine Assisted Psychotherapy (EAP) & Equine Assisted Learning (EAL).

Horses & Humans, helping each other.

Often times, the rehabilitation journey our rescued/transitioning equines go through, gives our humans hope, and courage, to move deeper into (and through) their own trauma's— because they have suffered from similar experiences as their equine counterpart.

Horses don't require our Humans to speak to feelings they cannot yet understand. Horses allow our Humans, to just be. As such, our work is two-fold: First, providing a safe space for humans, who feel they do not belong, to belong just as they are. Second, and simultaneously, we rescue, rehabilitate, and re-home unwanted/retiring equines (horses, mules & donkeys).

Both Humans & Horses empower & transform each other emotionally, as they move through our program.

We also differ in that our humans are not those with the highest degree of needs. They are those somewhere in the middle, like our equines, that often fall through the cracks.



Our girls tend to be good students, or nice kids, but are less likely to transition successfully into adulthood due to a lack of support at home, financially or emotionally.

They can also be kids in loving homes, yet left out, because a sibling has a serious illness (cancer) or is troubled.

Our ladies have been in predatory relationships and need help understanding trust and how to be powerful, not predatory. Horses are masters at teaching this concept as they are sentient beings. A non-threatening reflection of our own emotional state.

Our Veterans are functioning in life but have graduated from the VA's "Warrior Renew" program; and need additional support. They feel unsupported and not apart of a new mission. Numb, suffering in silence, and barely surviving life's motions.

Through guided activities, our humans learn to interpret non-verbal communication with equines while using leadership skills and creative thinking to develop a healthy relationship with their equine counterpart. These skills transition into life; job/people readiness, problem solving, emotion control, and patience.

We partner with mental health professionals and equine specialists both, to help humans and our

At-Risk Equine Facts



There are upwards of 200,000 “unwanted” or “at-risk” equines in the United States. Of those, nearly 130,000 are shipped for slaughter to Canada & Mexico annually.



These figures are composed of privately owned equines, and wild herds on public land.

-Quarter Horses: 51 %

-Thoroughbred: 20%

-Drafts: 8%

-Other 21%: The BLM has nearly 90,000 free roaming burros and horses. They round up nearly 10,000 horses and burrows annually, where only 1 in 3 find appropriate homes, the rest are sent to slaughter. In Utah, the total BLM population is 5,192 vs AML of 1,956.



“Unwanted” horses are not just those that are untamed or dangerous. They are injured thoroughbred racehorses, no longer paying their keep and sent to auction. Or they might be horses owned and loved by someone who has passed away.

Our focus at REINS is partnership with ranchers & commercial outfitters to prevent trained stock from entering the slaughter pipeline after they’re no longer fit as “working” stock. Typically these horses fall under “Quarter Horse” at 51% of the slaughter pipeline. Aside from on-going lameness management, these horses are worth their weight in gold, in terms of experience.





Buck Brannaman:

“The horse is a great equalizer. He doesn’t care how good looking you are, or how rich you are, or how powerful you are...

He takes you for how you make him feel.”

Youth

Anxiety is a feeling of fear, worry, or unease. It can be a reaction to stress, or it can occur when people are unable to identify significant stressors in their life. Our targeted youth, are mostly those who lack support either financially or emotionally, suffer from chronic anxiety & stress.

According to the Centers for Disease Control and Prevention:

- 7.1% of children aged 3-17 years (approximately 4.4 million) have diagnosed anxiety.
- 3.2% of children aged 3-17 years (approximately 1.9 million) have diagnosed depression.
- In February 2019 a Pew survey found that 70% of teens say anxiety and depression is a “major problem” among their peers , and an additional 26% say it’s a minor problem.

Learning and emotions are connected. According to Yale Professor Marc Brackett, “How we feel – bored, curious, stressed, etc. – influences whether we are present, in ‘fight or flight’ mode, or able to process and integrate information.”

Horses can be an emotional mirror for humans. They respond to the feeling state we show, such as anxiety. They are herd and prey animals, which means that they have a strong emotional sense and use this sense as a survival tool; they feed off of and respond to other horses in the herd. If one horse in a herd is scared, the others will become frightened. They respond similarly to humans. If a person approaches a horse with anger, the horse will respond by shying away or becoming stubborn.

Horses never hide their emotions. It is because of these qualities, horses can be used to help youth (women & Veterans!) heal from a variety of psychological issues in an unthreatening, collaborative, environment.





Fun fact: Donkey's have a reputation of being stubborn. This comes from misunderstanding their differences in behavior from a horse, and also, their high sense of self preservation. Donkey's are extremely intelligent and have an excellent memory, making them unwilling to do anything dangerous. They observe, think, then react, if needed. A horse will just react. If a human behaves aggressively, anxiously, or inconsistently around a donkey, they will not trust and will not comply.



Women & Veterans

PTSD, post traumatic stress disorder, is a psychiatric disorder that can occur in people who have experienced or witnessed traumatic events, such as war, rape or abuse. Veterans, for example, can have intense thoughts about their experiences, long after the event has ended. They may get flashbacks, nightmares, feel extreme emotions like sadness and anger. Or they may feel a sense of numbness or social seclusion. Military Sexual Trauma (MST) is experienced by 1 in 4 women in the military, which increases the rates of PTSD.

For understanding, PTSD doesn't just happen to war veterans; it can occur in all people, all ethnicities, and all ages. It affects about 3.5% of American adults, or 1 in 11 people. Women are twice as likely to suffer from PTSD than men.

The U.S. Department of Veterans Affairs reports that incidence of post-traumatic stress disorder among veteran varies depending on which conflict a service member was involved with.

- About 11 to 20 out of every 100 veterans (or between 11 and 20%) who served in operations Iraqi Freedom and Enduring Freedom have PTSD in a given year.
- About 12 out of every 100 Gulf War Veterans (or 12%) have PTSD in a given year.
- About 15 out of every 100 Vietnam veterans (15%) were currently diagnosed with PTSD when the most recent study of them (the National Vietnam Veteran Readjustment Study) was conducted in the late 1980s. It's believed that 30% of Vietnam veterans have had PTSD in their lifetime.

The numbers are staggering. Equine-Assisted Therapy supports women on a variety of levels; emotional awareness, social skill (via the equines as well as the larger group), impulse control, trust, empathy, confidence and empowerment.

How We Serve Humans & Horses

Our Humans & Horses, both, have been let down by those entrusted with their lives. While the populations are large, we aim to make an everlasting positive difference for the specific niches we are able to connect with directly & through our community partners (The Peace House, VA, Roots Transition & so on).



Our ultimate goal is to aid our Humans in their social, emotional, cognitive and behavioral transformation by connecting them with Horses. Providing a sense of belonging and safety to all souls, animal and human alike.



To meet this goal, equines are provided with food, shelter, care & medical treatment to help them become usable for our program, and subsequently, adoption. Women & girls are provided with safe horses as a tool to work through life.



Our rescue niche is to partner with ranchers and commercial outfitters. These horses are “using” horses; trained and safe for our Humans, which eliminated high inbound training delays & costs.



Often, when these equines reach the end of their “working” days (due to lameness and/or mature age), they are sent to auction as an efficient way for ranchers/outfitters to move unusable stock. They are not “unusable” completely, they have just reached a point where they are not as productive of a tool as needed to get the job done efficiently.



“Courage is being scared to death but saddling up anyway” John Wayne

Peanut is our first rescue. We were told by the kill pen that she was 12 years old, trained under saddle & to pull a cart. When she arrived, we had her sedated and vetted; she was still a baby with baby teeth! 3 years old & unhandled.

She was, however, extremely quiet (never nickered or ran around like a maniac), but she was afraid. Her fear kept her in flight mode and she'd move away quickly—or kick—as a human approached. No one could touch or catch her. She'd have to be herded into a corner & trapped, in order to halter.

But oddly enough, from the beginning, once she was haltered she'd walk right into the trailer when led, tie & stand perfectly quiet, like she was an old pro. Often times, horses from kill pens or the BLM, are chased around so frequently, & so aggressively, that the trailer becomes their only safe haven. The only place where humans leave them alone.

With patience, and hours of ground work, we were able to get through some of those fears. Enough to halter her upon request and walk with us around the property. She was still highly reactive with humans she did not know (she kicked a person cleaning her stall & also the farrier) so we had to seek the help of a professional trainer.

While we were not prepared to take in a rescue at that time, we saddled up anyway. She was sent to a trainer for 9 months, to help her develop through the strong reactive part of her brain, and under saddle. Training cost \$450/month; and Peanut has not yet worked through all of her trauma's. A child can NOT ride her yet.

She led us to understand who our organization should partner with while rescuing; ranchers and commercial outfitters.



Saddleview Ranch

REINS has access to a 75 acre ranch in Oakley, UT. Saddleview is ideal as there are 43 acres of irrigated hay fields (reducing our feeding costs), with 95% usable acreage, & a 5,500 sq ft “welcome & retreat center” which creates a safe place for our Humans to decompress during hot summer days, or chilling cold.

The facility usage is donated by REINS founders. However, there is still a financial need of \$550k+ for program implementation, horse intake, and residual costs. *Note: these estimates change daily due to global supply chain disruptions we all contend with.

We will rely heavily on volunteers for the daily care of our animals and execution of the REINS program. However, there are still program implementation costs. Between the program manager’s salary, marketing materials, events, food & beverages for our Humans, utilities for the caretakers home, supplies (helmets, extra boots, riding vests, leather gloves), and any misc office expenses, we have an annual need of \$100,000.

A rescue case, on average, costs \$4,500 per horse (payment for purchase of the horse, 30-day quarantine, transportation, and initial vet care). Additionally, it costs between \$6,000-7,000 per year for the basic care of one horse, which does not include professional training (will be minimal, if any, due to our niche) and advanced veterinary treatments. Horse rescues are not eligible to receive federal funding, so we are entirely dependent on our donors. Ten horse rescues, in one year, will cost \$95,000+/-.

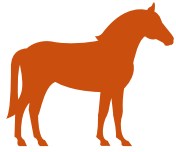
Our founders are donating space usage for rescued horses to live and for program implementation with our Humans. Additionally, they have completely remodeled the “welcome center”, at their own expense. However, REINS still has specific capitol improvement needs, mandatory for the safe execution of our program, with our humans. A covered 75’ round pen, private tack area, and tack, at a cost of \$50,000.

Additional paddocks by the outdoor arena, at a cost of \$50,000. Three additional shelters, \$9,000. And in the long-term future, a heated indoor arena, estimated at \$550,000 (this estimate has the biggest variation currently due to construction demands).

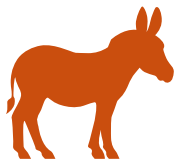
Our program costs will be covered by the former detail. However, we are asking for an additional \$15,000 so we may always be in a position to say “yes” to our humans. No act of kindness or generosity, no matter how small, will ever be wasted.



Giving Opportunities



Benefactor \$10,000+/year :: Benefactors are the largest supporters of our mission, maximizing our equine rescue reach and providing ad-hoc scholarships. Prominent listing on campaign plaque at ranch facility & website.



Guardian \$5,000/year :: Guardians support one equine for an entire year. If you choose to sponsor a specific horse, mule or donkey, we will give you monthly updates on their health, training and adoption status.



Champion \$2,500/year :: Champions provide funding for basic care of our horses (hay, feed, fly spray, etc) and basic supplies for our Human partners (leather gloves, boots, helmets, etc.).



Ranch Hand \$1,000/year :: Ranch Hands & volunteers are our lifeline. On-going community engagement, outreach, educational programs, and volunteer supplies are mandatory for day-to-day operations.



Buckaroo \$10-999/year :: Every dollar counts! There are countless unplanned expenses, case-to-case, both equine and human. Anything from corrective shoeing to providing youth lunches, who might otherwise go hungry. We want to be prepared to say yes to every situation.



Horse Rescue Background and Terminology (WARNING: some of the info graphic below)

Part of our mission is to raise awareness and start a conversation about the condition of horses in our society. While most of us would agree that animal companions, like dogs and cats, are not work animals - the purpose of horses stirs a lot of controversy. Are horses our companions, or are they work animals? Are horses an industry? Like most domesticated animals, horses suffer from over-breeding, overuse and overpopulation - there are simply too many horses in the system, and most of them live in unsavory conditions. There's even a debate among rescues about rescuing horses from kill pens and the horse transit system (i.e. if you buy from them, they make a profit allowing them to buy more at auction).

What we need to have a conversation about is how we end the vicious cycle of overbreeding, cruelty, neglect and abuse. But continue to support our ranchers & equine businesses who support our food supply in the USA + drive the economy.

Horses end up in the horse transit system for a variety of reasons: old age, financial stress, behavioral or health issues and sometimes, the horse has simply served its human purpose. The reality is that many owners have no idea about the actual fate that awaits their horse in the transit system. Out of sight, out of mind.

The necessary reform to safeguard all animals is moving slowly, while many animals suffer. As more humans become aware, we move towards more sustainable, compassionate relationships with all living beings. Until then, every life matters. Every act of kindness makes a difference. Finding the ways, the means, and the community to raise awareness.

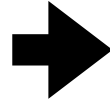
United States Slaughter: Horse Slaughter is the practice of slaughtering horses for meat consumption by humans, a practice for thousands of years. France's "Chauvet Cave" has the oldest known cave art, 30,000 years old, depicting horses (among other wild animals) being hunted for meat. Controversy arises on whether or not horses can be managed humanely in industrial slaughter, whether horses—not specifically raised for human consumption— are safe and whether it is appropriate to consume a companion animal.

In most countries where horses are slaughtered for food, they are processed in industrial abattoirs similarly to cattle. Typically, a penetrating captive bolt or gunshot is used to render the animal unconscious. The blow (or shot) is intended to kill the horse instantly or stun it, with exsanguination (bleeding out) conducted immediately afterwards to ensure death. Saleable meat is removed from the carcass, with the remains rendered for other commercial uses.

According to equine-welfare advocates, the physiology of the equine cranium is such that neither the penetrating captive bolt gun nor gunshots are reliable means of killing (or stunning) a horse; the animal may be only paralyzed. Unless properly checked for vital signs, a horse may remain conscious and experience pain during skinning and butchering. Transportation to Mexico and Canada is also inhumane. Considering the distance, the trailers are overcrowded, no rest during shipping, no access to food/water, and on-going shipment of horses not well enough to make the journey (they die in transport).

Horses in the United States are not bred and raised for meat. Nearly all equine medications and treatments are labeled, "Not for horses intended for human consumption." Meat from American horses raises a number of potential health concerns, primarily due to the routine use of medications banned in food animals and a lack of tracking of such use. Unlike livestock raised for food (where all potential medications are tested for withdrawal times and vigilantly tracked), there is no way to guarantee which medications have been used in a particular horse. Concern also exists that horse meat will be mixed with ground-beef products and sold improperly labeled in the US.

Kill Buyers: Numbers vary, but the general consensus is that approx. 130,000 US horses are slaughtered annually. It is the job of the kill buyer acting on behalf of these slaughter houses to supply those numbers, purchased mostly at horse auctions. However, kill buyers will regularly reach out on Facebook/newspaper/Craigslist ads looking to “re-home” for a small fee or give away, most often acting deceptively (posing as a person buying a family horse, not one for slaughter). Some have been accused of horse hustling (working with individuals to steal horses off ranges in the West).



*Horses before the auction at Shipshewana.
These were racing, riding, and show horses.
But the slaughterhouse buyers were there to bid on the least expensive horses.
Depending on the bidding competition on any particular day,
the buyer may walk away with 80%+ of those sold.*



Kill Pen: Auction houses that hold horses destined for slaughter in overcrowded, unhealthy pens.

“Bomb Proof” horse: A very gentle and highly exposed horse that doesn’t get excited, anxious or upset (aka “hot”) with varied surroundings. Examples, cars, balloons, flags, riding on a trail, being away from the herd, and so on. Such horses are worth their weight in gold for young kids learning to ride or elderly who are more fragile.

Unsound: An equine that is lame/sore/injured in it’s feet/leg region. Often times lameness is treatable. In severe cases, where the equine will not return to full soundness, we will retire them to our sanctuary until we are no longer able to keep them comfortable with medication. At that time, they will be humanely euthanized.

Rescue Process: There are three primary steps before an equine can step foot onto our property.

- First, they need to be purchase or signed over (a voluntary surrender). Most often, these equines will be purchased, either at auction or from a Kill Pen. **Our niche is focused on ranches and professional outfitters, to cut out the auction house and buy them BEFORE they’re sent to auction, and subsequently a kill buyer.** Auctions purchases are preferred to most rescues, as at auction, they can out-bid meat buyers cutting them off from a surplus profit, in addition to the price/lb of meat, via “Kill Pens”. Additional profits allow the meat buyers/kill pens to purchase more equines at auction, which perpetuates the cycle. Depending on the horse, prices often range from \$300-\$1500. **Being we work directly with the sellers, we purchase equines for \$2,000-7,500 on average. While substantially more up front, we cut out much more in costs on the back end. Also, there are many organizations targeted the worst cases of equine rescue, we feel our niche is underserved and also of greater value to the mission of our Humans.**
- Second, quarantine (QT) for 30 calendar days, at \$15/day, for auction purchases. Horses are exposed to all kinds of diseases at auction houses and kill pens. While we are not targeting kill pens, still to protect our existing herd, they must be send to a QT facility to be monitored for contagious illnesses (example, Strangles). Incubation period for equine infectious diseases are 1-4 weeks. During QT a basic health assessment will be conducted; primarily for contagious diseases, but also, immediate health issues such as an infected eye, open wounds, things that cannot wait to be assessed. Vet costs are not included in the QT daily fee.
- Third, transportation. While we try to focus on horses in need within Utah, we will not say no to those outside of our state boundaries, provided we have enough space and funds to take them in. Volunteer’s are the most helpful, and cost effective way to transport horses to/from QT and our rescue. However, often times due to logistics, we rely on shippers to move them for us at the national rates between \$1-1.10/mile.