



pbjconnections

ANNUAL REPORT 2019

PBJ Connections, Inc.
www.pbjconnections.org



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Message from the Executive Director

Dear Friends,

Humbled is the word that comes to mind. I am absolutely humbled by all of you, all of our equines, and especially all of our clients as I look back at 2019 and realize the impact, the resiliency, and the dedication of so many.

The name PBJ Connections really does speak to what we do. We help people connect to others, to themselves and to nature, which many of us are lacking in these modern times. These connections have brought healing to so many through our mental health treatment and our wellness programming. It takes partnerships and trust to touch the lives of 924 individual humans. We did this with the connection to seven different horse owners, four facilities, five therapists, and nine equine specialists. Our reach touched the lives of individuals from the age of six to those in their 90s. Each one of these individual connections was special.



I had my own humbling experience in 2019 as I partnered with one of our best therapy horses to reach my own riding goals. I mention this because I was once again in awe of the serendipity of life as I rode Fuzzy in FEI classes and obtained scores for my Silver Medal Dressage Rider Award, which is no small feat, and two days later watched as Fuzzy helped ten Warriors through the depth of their healing. Imagine grown men, wounded from the trauma of war and the traumas of their childhood, sobbing as Fuzzy showed them what healthy connection looks like.

The second humbling experience I had in 2019 was a fairly major surgery. I had to rely on others, ask for help, and could not work at my normal pace. Life was not only put into perspective for me during this time, but I was also amazed at the willingness of my colleagues to pick up extra work or help at the drop of a hat. I felt the equines shift their energy to accommodate my needs. And I gained a new perspective of what it feels like to not be at one's best, giving me even more insight into what our clients struggle with every day.

And as always, our clients humble me. They survive through the depths of depression and the terror of traumas. They show resilience through grief and anxiety. They have such trust in us and our horses when they have been given no reason to know how to trust. And they learn that they are worthy, as we all are.

If you are reading this, I am humbled by you. My connection to you is deep and heartfelt, and my gratitude is unending.

Thank you!

Holly Jedlicka, LMSW-S
Executive Director

Mission, Vision & Values:

Our mission at PBJ Connections is to provide professional behavioral health therapy for children, adults and families through horses, counseling and nature.

Our vision is that PBJ Connections will be the Central Ohio leading provider of equine assisted psychotherapy and other innovative behavioral health services. Our experience and venues will evolve to meet the changing needs of the community. We will develop sustainable partnerships and connections to continue serving clients, regardless of their ability to pay. PBJ Connections will maintain a professional quality of care with high ethical standards.

Our Values are that PBJ Connections is:

- **Welcoming** - We welcome people from all walks of life.
- **Caring** - We are here to care about our community, our clients, our staff and our horses.
- **Adaptive** - We adjust to the needs of the community and our clients.
- **Responsive** - We are here to serve.
- **Inclusive** - We work to provide culturally competent care, and when we don't know we learn.



Program Impact



Connect Program

The Connect Program serves individuals and families through EAGALA model equine-assisted psychotherapy (EAP). Some clients are able to use health insurance to cover partial costs, but there is a great need for scholarship funds. We awarded over \$10,000 in scholarships last year. 417 CONNECT sessions were held in 2019.

A PONY Program

The A PONY Program provides EAGALA model psychoeducational groups to youth from local schools. Youth work on leadership, coping skills, self-esteem and positive communication. We partnered with five school districts and seven schools in 2019. School staff identify the youth they believe will benefit the most and students participate in ten sessions over ten weeks. Supported in large part by the *Harry C. Moores Foundation* and *The Ian and Mimi Rolland Family Foundation*, we were able to serve 132 youth.

Wellness Workshops

Our Wellness program provides wellness experiences to individuals and families using horses, art, and nature. The program is in partnership with the *My Time Program* through Mt. Carmel Hospitals, The James Survivorship Program through The James Cancer Hospital, and local elder care facilities. This partnership has allowed 98 individuals to experience healing.

On Mission

On Mission serves Veterans and First Responders through EAGALA model equine-assisted psychotherapy and personal growth. Our primary partner in this work is Save A Warrior (www.saveawarrior.org), though which we served 217 men and women through 20 cohorts in 2019.

Recovery Connections

Recovery Connections provides EAGALA model equine-assisted psychotherapy and personal growth to groups receiving treatment at local substance abuse treatment facilities. In 2019 we partnered with Compdrug, The Recovery Village, and Amethyst to provide 41 groups to 300 men and women.

Expressive Arts Groups

Expressive Arts Groups provide a therapeutic experience using expressive arts, both in the school setting and in the community. This program is largely funded by The United Way of Licking County.

Office Therapy

Our five therapists provide therapy in an office setting through evidenced-based therapy modalities, as well as innovative approaches. We provided intake assessments to 111 individuals and families during 2019 and provided 721 office therapy and intake sessions.

Our Impact!

We provided 4388 client hours to the Central Ohio Community in 2019. This is up 25% from the previous year.

Family Coaching

Family Coaching is a program developed as a therapeutic intervention for families looking for better communication, healthier relationship, and more positive family functioning. This program is our first step in addressing preventative mental health needs.

PBJ@Work

PBJ@Work provides professional leadership training and team building for companies and teams of all varieties. Income from this program helps to support individuals and families in need of therapy services.

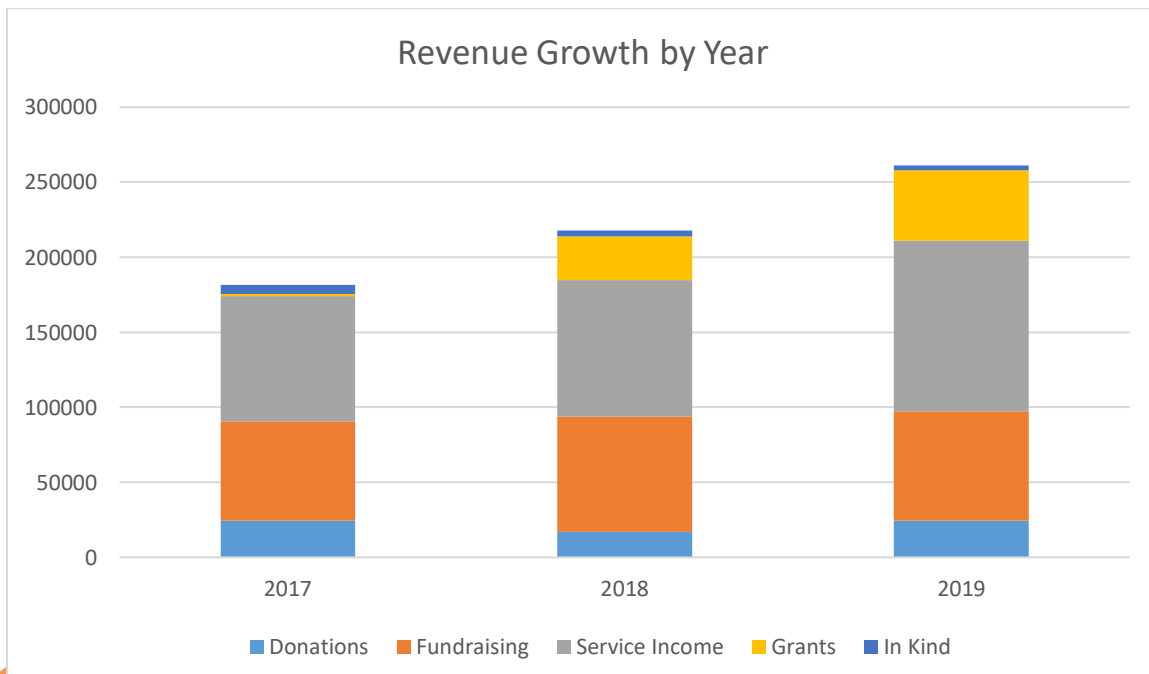
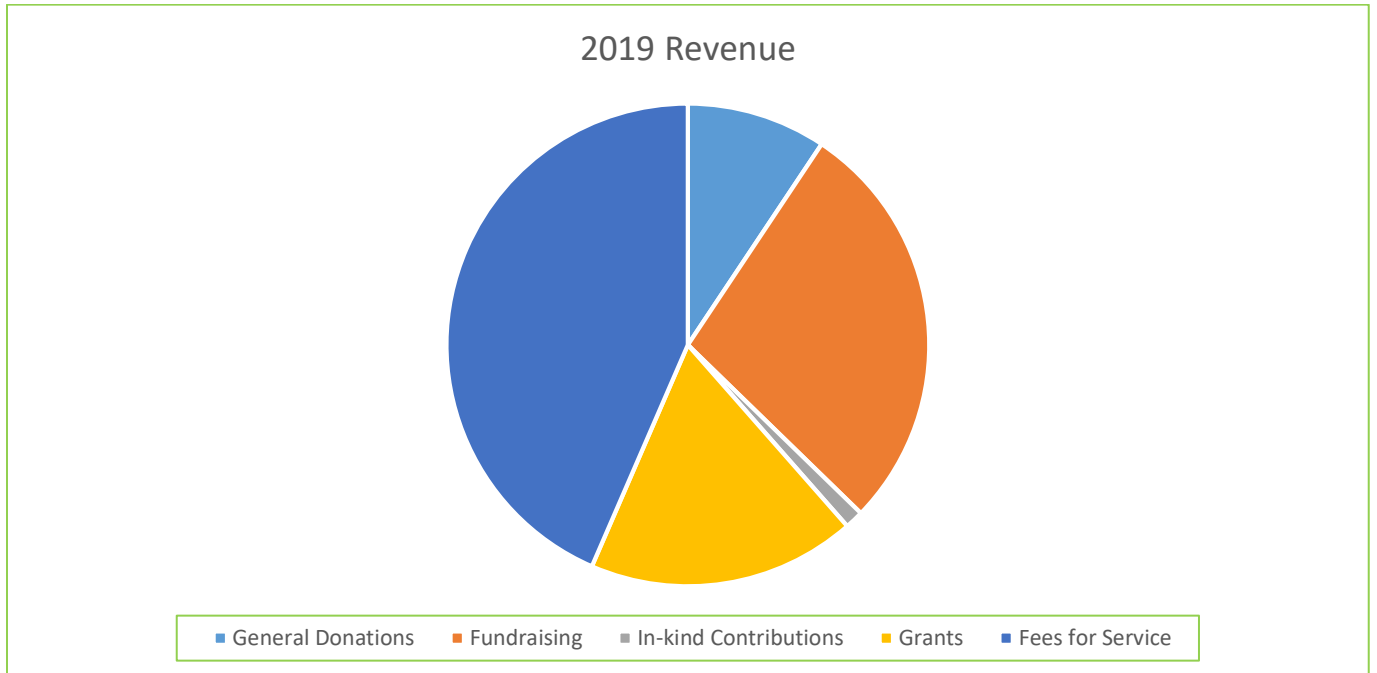
Together we raised **\$100,478**

Through **130** individual donors

To provide services to **924** individuals

Through **9** distinct programs at **4** locations.

Financials



Impact Story 1

Surviving Cancer-A Family's Journey



We held a session at The Ohio State University's equine facility, in partnership with The James Cancer Survivorship group. A family of 3 showed up, mom, dad and daughter. Mom is the cancer survivor in the family unit. The first activity involved setting up a "safe communication space". The family built a representation of this space using various props, then stood in the space talking with each other. The 4 horses moved slowly to surround them, at one point they were all standing in a plus shape with their heads together, and mom in the center (photo above). There were numerous cones standing throughout the space, and one by one the

horses touched and knocked over all but a big orange one. The family talked for a long time, at times the voices got louder and more emotional. The horses stayed with them the entire time. When the human facilitators joined the family for processing, the horses all went and stood facing away from us by the fence. Mom was able to share about going to another country for her cancer treatment and her family not being there and how scared and alone she felt. It was important to her to have them fully understand what she went through during this time. During this activity, the daughter went from having nothing to say, to talking with her mom and verbalizing her support for her. Mom also shared that the one cone left standing was her.

The second activity involved creating a representation of their journey with cancer in their lives, identifying the strengths and fears associated with the journey, then taking one or more of the horses and themselves through the journey. They built a long path, and there was a lot of discussion among the three of them. One of the horses moved to stand in the journey, and put her nose on some of the objects, knocking them over. Similar to the first activity, most of the cones ended up on the ground. This horse walked all the way through the journey on her own. Another horse approached the journey and walked beside it, then moved quickly away when the first horse pinned her ears. Two horses moved toward mom, and stood on either side of her. She put her hands on their backs and they walked together a distance away from the group. The family shared that the things that got knocked over represented the "past", and the horse was telling them they didn't need that stuff anymore, that they could let it go. The two horses that walked with mom are the "future", leading the family to a new way of living together.

Throughout the session, there was a pattern of 3 horses standing near the family/activity, and one horse going into a connected pasture space alone. The family described that their son/brother had left the home and this horse who went off alone represented him.

For this family, these four horses gave them a way to verbalize with each other what they have been going through, and helped them see a new future together.

Impact Story 2

Beatty Park Elementary-Providing Leadership to Inner-City Youth



We have a group of ten kids that comes weekly from Beatty Park Elementary as part of our A PONY Program. All of them struggle in some way with behaviors and most are from some sort of difficult environment. During the first session, we discussed with them the importance of the horses' expectations, which is to "mosey, whisper, observe, breathe". Very quickly the kids learned these expectations and staff is able to use them to redirect behavior very effectively. We can say, "Are you moseying?" if they are moving too quickly; or when they all want to talk at once we remind them to "Breathe". These kids are

amazing because as much as we've heard about their struggles to behave, they have the utmost respect for the horses.

Taco is a horse that often has a negative reaction to people if they come into his space in a way he doesn't like. When Taco first met these kids, he turned around to greet them at the door. Imagine five little boys all touching his face at the same time. When they went into this stall, however, he gave them signals he was uncomfortable. They never went into his stall again because they listened to him the first time he put his ears back.

The kids have continued to listen to Taco throughout the weeks. One week, the group was divided into four smaller groups, each with their own horse. The groups with all three other horses made it through the obstacle course in a fairly uneventful way. Oatmeal stood on top of a boogie board obstacle and pawed in delight. Waffles walked onto that same obstacle without a thought. Beauty went through all the obstacles but would not stand on the boogie board, so the kids decided she was afraid and moved on. They then "calmed her down" by brushing her. Taco made it through one obstacle and then refused to move. His team of three boys tried talking to him, petting him, moving him a different direction, bringing his horse friends over to him, calling on classmates to help, taking his halter off and putting it back on. Taco still wouldn't move. Not one kid got frustrated. They decided he was being clear in not wanting to participate and asked to borrow a horse from another team.

The ability these kids have in this environment to be respectful and respected is amazing. Week after week they listen to the horses in a way we know they struggle to do with the adults in their lives. We hope the teachers are watching and learning!

Thank You to All of Our 2019 Donors

Annual Sponsors

Glenda Childress
Bella Vista Equine Veterinary Services
Equine Veterinary Dental Services
Rolland and Associates

Helping Horses Help Kids 11th Annual Charity Event

Presented by Bella Vista Equine Veterinary Services
Wine Sponsor – Gentile's The Wine Sellers
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Photography Sponsor – A. Kasarjian Art and Photography

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The Recovery Village
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The Ohio State University College of Veterinary Medicine
Buffalo Lodging Company

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Lynn Peters
Sandy Maddy – in honor of Glenda
Ellen Seigel in Honor of Danielle Smith
Elizabeth and Robert Bernard
Julie Weekley
John Sahayda
Loraine Teets
William T. Spradlin

Rocky's Fan Club

Fan Club Members

Lisa Parks
Nancy Carney – Happy Birthday Rocky!
Grayson Wyatt Blasczyk
Jeanne Sands
Lois Szudy
Alison Mowery and Girl Scout Troop 5016
Rona Orbovich
Barr26 Entertainment
Two Labs Foundation
Tarra Nystrom
Rebecca Jahn
Ruth Tippet
Ragamuffin Coffee House

Rocky's Family Fun Day

All funds raised from this event support mental health services for older adults.

Rocky's Fan Sponsors
Brenda Doner
In Memory of Craig Harris
In Memory of Jim Gantt
Amanda Robison-Piolata
Amy Lett
Amy Suen in honor of Molly Xanthopoulos
Bromley Farrier Service
Connie Coultrap

Deborah Cowen
Diane Stevens-in Honor of Molly Xanthopoulos
Fran Ryan
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Tamara Hensley
Teresa Burns
The Ohio State University College of Social Work
Valerie Pervo
Wendy Seigel
Weiler Financial, Inc.
Karolyn Sedlacko

General Donations

Salesforce.org-match for Jillian Froment and Kevin Potter
Equine Veterinary Dental Services in honor of "Eyes So Beautiful"
Shelley and Gary Harris in honor of "Eyes So Beautiful"
Equine Veterinary Dental Services in honor of "Tex"
Nationwide Foundation employee match-Emily Krebs, Jennifer Laake, and Alexis Majorczyk
Cardinal Health Foundation-Jody Cattell
Aetna Foundation-Joan Hubbell
AT&T Corporate Giving – Mary Fenlon
Equine Veterinary Dental Services in Memory of "Princess" and "Blessing"
Equine Veterinary Dental Services in memory of Lilly
Equine Veterinary Dental Services in memory of Reilly
Glenda Childress
Ohio Harness Horseman's Association
Women Today
Caresource Foundation
Equine Veterinary Dental Services in memory of "Ladybug"
Amy Munz in memory of Mary Jo Looney
Ian and Mimi Rolland Foundation
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Amy and Glen Sullivan Fund in honor of Dr. Meuse
Sonia Skripac
Equine Veterinary Dental Services in Memory of Bella
Equine Veterinary Dental Services in Memory of Ljufor
Equine Veterinary Dental Services in Memory of Dee
Ronald Szudy in Honor of Lois Szudy
Equine Veterinary Dental Services in Memory of "Danny", "Count" and "Fury"
Christina and Herbert Yee
Equine Veterinary Dental Services in memory of Mateuss

Equine Veterinary Dental Services in memory of Shirley
Jillian Froment
Christine D'Andrea
Carolyn Brown
Lyn Green
Susan Puwalksi
Nancy Carney
Kroger Community Giving – through families using purchases with their Kroger Plus Card to support PBJ Connections
Benjamin and Krista Suffron
Gregory and Karen Clifford
David Jump and Catherine Pruett
Kenneth Roll
Richard Prystowsky & Charlie Miles
Ronald Szudy in honor of Lois Szudy
Equine Veterinary Dental Services in Honor of "Tamina", owned by Dianne Hood
Debra Boone
Sherida Harvey

In-Kind Donations

Glenda Childress- Book Keeping, web hosting, Christmas Wish List items, raffle items
Sally & Bob Malaret - Wish List Items and visits from Fiona the Therapy Dog
A. Kasarjain Art and Photography - art and photos
Lois Szudy-printing

Our Community Partners

The Ian and Mimi Rolland Foundation – For supporting our APONY program which provides leadership and self-esteem sessions for local students.

The United Way of Licking County – Providing Grant funding for Expressive Arts Programming and Equine Assisted Psychotherapy for Licking County Residents.

The Energy Cooperative Round-Up – Provided funding for plaques that were used to create a beautiful and valuable meditation trail around PBJ Dressage.

Harry C. Moores Foundation – Supporting the CONNECT Equine Assisted Psychotherapy program to make it accessible to those in need.

Meuse Family Foundation
The Granville Community Foundation
The Caresource Foundation

Our Service Partners

Mount Carmel My Time Program
Recovery Village of Columbus
CompDrug
Amethyst and Alvis House
First & Main of New Albany
The James Cancer Hospital Survivorship Program
Save A Warrior

Our School Group Program Partners

Westerville Middle and High Schools
Northridge Middle School
Newark High School
Hilliard Horizon Elementary
Wedgewood Elementary
Beatty Park Elementary
Johnstown Schools

Our Facility Partners

PBJ Dressage
Taco Bella Farm
The Ohio State University Equine Center

And a HUGE Thank you to all of our Horse Buddies! You know who you are!



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