



pbjconnections

ANNUAL REPORT 2020

PBJ Connections, Inc.
www.pbjconnections.org



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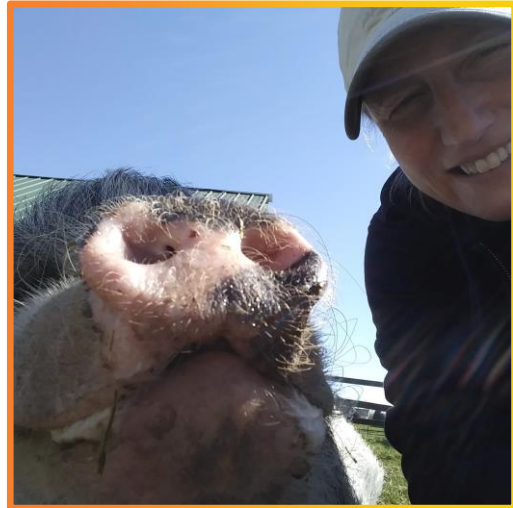
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Message from the Executive Director

Dear Supporters,

I am not wanting to say any of the cliché things that we are all saying about 2020, but we survived. Not only did we, PBJ Connections, make it but we thrived. We are grateful we were able to be here, and continue to be here, for all of the clients who came flooding through our doors.

As you all know, this has been a very difficult time in history. We have been inundated with clients who are struggling with the state of the world, the pandemic, and trauma. In fact, the difficult national and global situation has caused triggers for those who already struggled with anxiety, depression, and other mental health issues. It has also made so many of us realize how we are struggling, even when we thought we were relatively stable.



Our staff made a quick pivot to provide telehealth in March, and then our farm owners helped us make another quick pivot five weeks later to add back in equine-assisted psychotherapy sessions and in-person office sessions. This has been a life-saver for so many. To date, we are providing a record-breaking number of sessions month over month and doing it safely.

We also had a quick shift to a virtual fundraiser, our Helping Horses Help Kids and Others Virtual Therapy Horse Derby. This was also record-breaking and we raised nearly \$100,000. This was by far our best year ever, and we exceeded our own goals for 2020. I cannot thank you enough, all of you, for your role in PBJ Connections thriving when our services were most needed; when as individuals no one has been thriving and as a nation and a world we have all been suffering.

Every year, I am astounded by the generosity of our community. This is you. I hope you read to the end to hear just a sample of the personal impact you have had on our clients. Mental health challenges are so real and we are grateful we have such good leadership, an organization that was in the right place at the right time, and the skilled ability of our horses, mental health professionals, and equine specialists that have been here every day making sure we can do our best to help anyone who reaches out to us.

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.

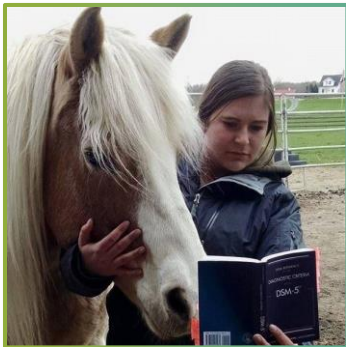
Our vision is that PBJ Connections will be the Central Ohio leading provider of equine assisted psychotherapy and other innovative behavioral health services. Our experience and venues will evolve to meet the changing needs of the community. We will develop sustainable partnerships and connections to 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 \$48,084 in scholarships last year. 579 CONNECT sessions were held in 2020.

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. Due to the pandemic, we were limited in providing this program in 2020, but we did work with Amethyst Summer Camp and the Northpointe program out of Heritage Middle School in Westerville. We provided 19 sessions and served 20 individual 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 program was able to serve 43 individuals over 7 workshops, despite being limited by the pandemic.

On Mission

On Mission serves Veterans and First Responders through Eagala model equine-assisted psychotherapy and personal growth. Our primary partner in this work has been Save A Warrior (www.saveawarrior.org), through which we served 105 men and women through 11 cohorts in 2020.

Recovery Connections

Recovery Connections provides Eagala model equine-assisted psychotherapy and personal growth to groups receiving treatment at local substance abuse treatment facilities. In 2020 we provided four groups to participants from Shephard's Hill.

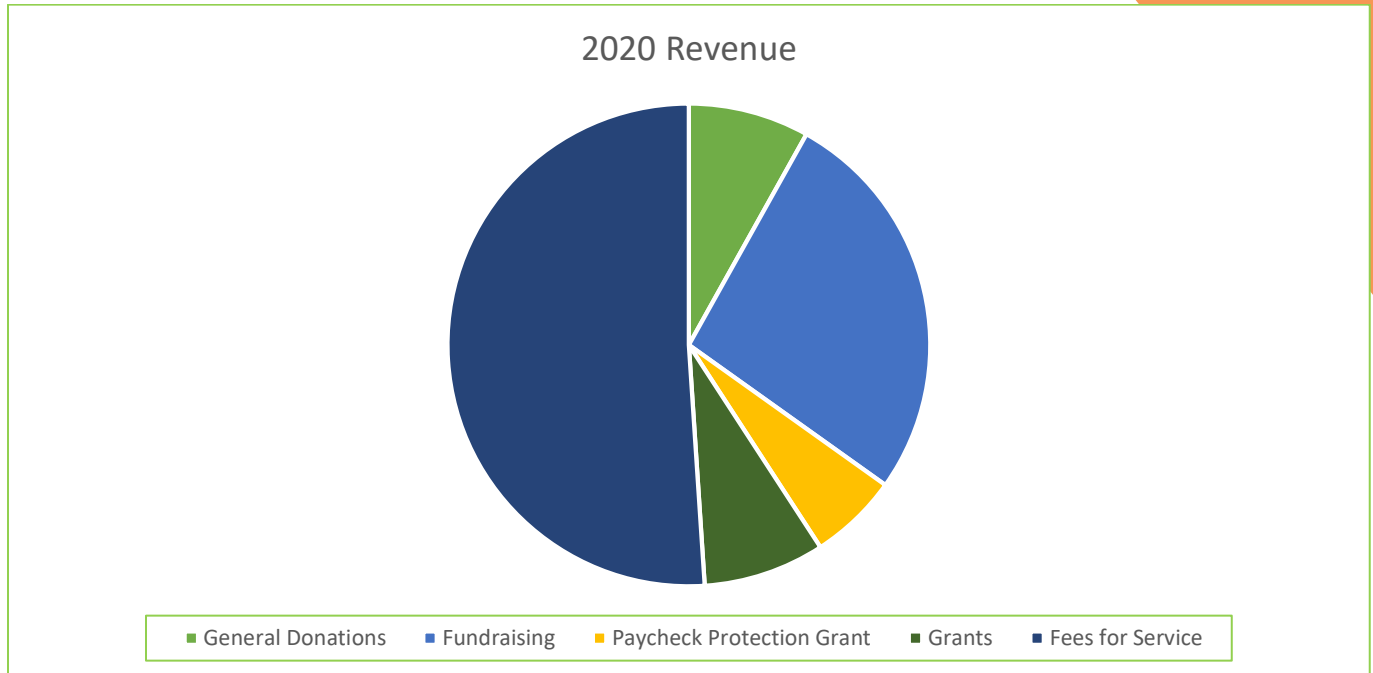
Expressive Arts Groups

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. We provided 20 groups to 31 individuals this year.

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 141 individuals and families during 2020 and provided 1021 sessions in the office or via teletherapy.

Financials



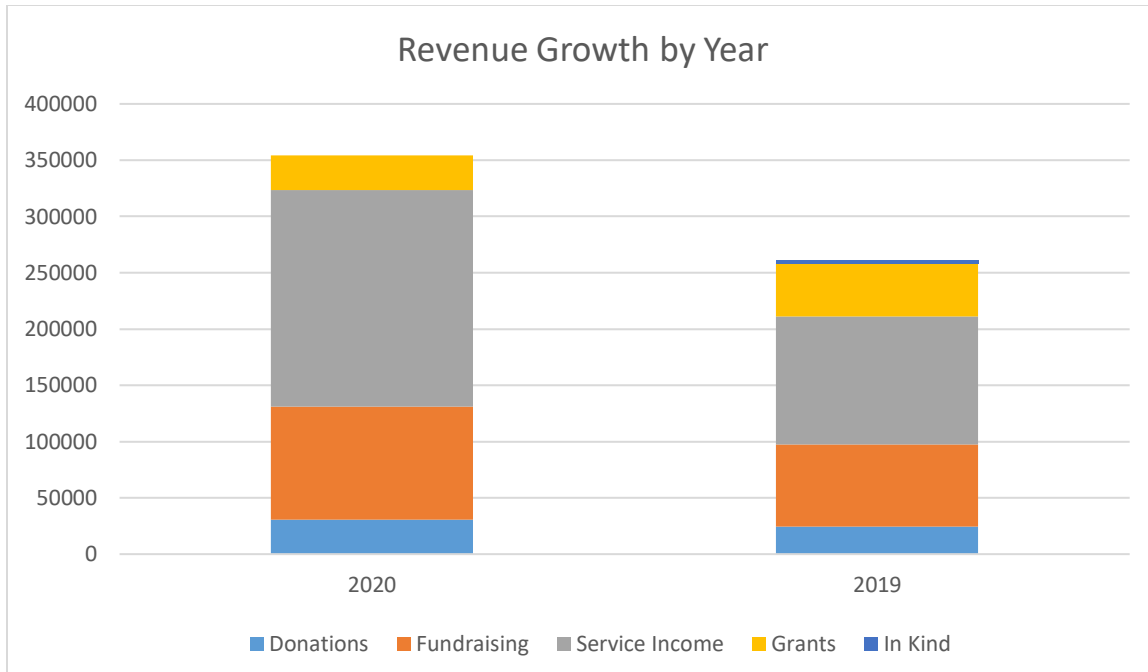
The Helping Horses Help Kids and Others Therapy Horse Derby raised

\$97,082

Through **568** individual donations and over **411** individual donors

To provide services to **2715** client hours

Spending only **\$2560** on fundraising efforts.



Demographic Information for Connect and Office Sessions

11 Counties

163 Licking

36 Franklin

Madison, Perry, Crawford,
Fairfield, Morrow, Seneca,
Morgan, Coshocton,
Cuyahoga

141 Females, 67 Males (Administrative Sex)

100 Caucasian, 4 LatinX, 5 Black

75 Adults ages 20+, 70 Teens ages 13-19, 67 youth ages 5-12

25 Identifying as Transgender, Biracial, Non-Binary, Pansexual, or Gay/Lesbian

212 Individual/Family Clients

134 Scholarship sessions for Equine-assisted Psychotherapy

27 Scholarship sessions for Office therapy

\$113,663 in scholarships awarded

91 Medicaid clients

Impact Story 1

Learning to Heal



A young teen is coming for therapy after his dad was incarcerated for child abuse. He is the oldest sibling in a large family. After doing a couple of family sessions, Jay* came on his own to give him some space. He had requested to work with the big draft horses at Taco Bella. Jay was resistant to talk about his dad, but he said working with the horses helped him manage his anger and deal with family dynamics better.

He was working to get one of the draft horses to walk with him around the arena and they were being particularly active. After observing them for minutes at a time, trying to approach them and retreating, he finally came over and said, "I'm

scared". Facilitators asked him what about the situation was scary and he said they were "big" and "unpredictable". Through careful questioning of what else felt "big, scary and unpredictable" he said, "The situation with my dad.". This was the first time he had brought up his dad. He then said, "I'm sorry. I feel like I'm wasting your time," as he was not wanting to continue trying to approach the horses. Facilitators assured him our time was not being wasted and continued to discuss the metaphor of the "big scary unpredictable situation". Jay was able to share that no matter what he did, his dad would end up getting violent, even though he always hoped it would be different each time.

After several minutes of processing what it was like to have such an "big scary unpredictable" thing in his life and recognizing that Jay was erroneously owning the blame, we were able to talk to him about how worthy he was and how he is not defective. He was then able to start talking about how things were still chaotic at home, but not so scary without dad there. Jay decided that even though he was intrigued by the big draft horses (now representing his dad) that he should work with the mini horses next time who already represented his other family members. He realized he did not have any control over the draft horses (or dad).

In the next session, Jay "developed a relationship" with Waffles and they were walking all over the arena together. He was smiling ear to ear and recognized he was capable of having a relationship with predictability that made them both feel good.

**Name changed to protect client confidentiality.*

Impact Story 2

What I learned from September



This story was written by Andrew, a former client from Ohio School for the Deaf. He is now an adult and came with Dawn Watts to visit, then shared his experience.

In the beginning of 2015, I was in eighth grade in middle school at Ohio School for the Deaf. My behavior was struggling because I was angry about everything. I frequently lashed out at others who did not deserve it, and was often in trouble for being disrespectful, having no patience, fighting with others or attempting to, just to release my anger. This caused me to alienate many at

school. My school started to recognize that my behavior had quickly changed. My grades suffered enormously and everything was affecting my social life as well. The school decided to send me to a therapy program alongside several other deaf students.

Once a week in the morning, the other deaf students and I arrived at the barn, and PBJ Connections staff introduced us to two horses, September and Rocky in the arena. September's behavior caught my eye and I observed him often because he was big and had firm body language. Some deaf students laughed with a noisy voice but we were not able to hear the sounds. September was in full shock and flipped out, running around the arena. I was puzzled and learned that the sound waves hit the walls around in the arena. In short, after months I learned many lessons from him. He taught me how to be patient, responsible, committed, use critical thinking, and use positive communication with the group. Not only did he teach me that perseverance and determination is key if you want to get anywhere in life, but he also taught me that patience is something you need to apply to your entire life, not just one specific thing. But most importantly, he taught me that it is okay to fail and that it is okay to change your path. He taught me that I don't have to win to be great.

I needed to fix my mistakes and learn from other people through learning and listening.

Honestly, I never thought that I would be working closely with horses. Yet it completely changed my outlook on life, and led me to be a better person with kindness, respect, and patience with others.

Now I am a second-year student at Gallaudet University, located in Washington D.C. and I have been involved with Congress as an intern and advocate and I have an ambition to be a Congressman representing this country. I am so thankful to have the opportunity to be part of the program and to share my story with others. If you are curious about this program, I highly encourage you to contact PBJ Connections.

Thank You to All of Our 2020 Donors

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Congratulations to Joy Endrulas who is our 2020 Volunteer of the Year.

Congratulations to Ringo who is our 2020 Therapy Horse of the Year.

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

PBJ Connections, Inc.

<http://www.pbjconnections.org>

Phone: 740-924-7543

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