



# ANNUAL REPORT 2021



**pbjconnections**  
**PBJ Connections, Inc.**  
[www.pbjconnections.org](http://www.pbjconnections.org)



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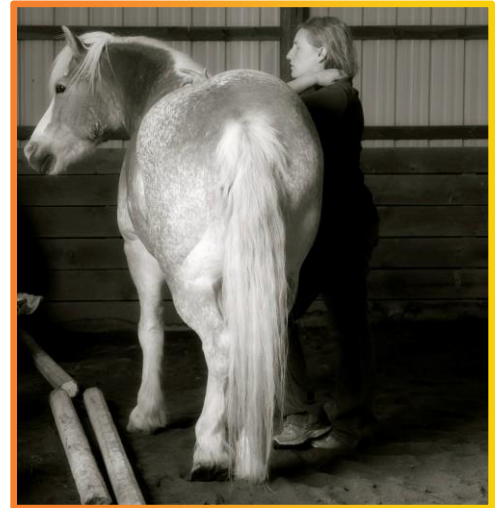
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## Message from the Executive Director

Dear Supporters,

I am reflecting on the past year with a mixture of gratitude, sadness, frustration, and pride. 2021 was definitely a year of losses, but it was also a year of survival and beautiful teamwork.

All of us at PBJ Connections struggled through the losses of several iconic therapy animals this past year. Ram was my heart horse and he changed my life forever. Dusty was the donkey who made everyone on the farm feel welcome, He also touched some of our supporters so deeply they are still struggling with him not being here even months later. September was our co-founder, Glenda Childress', heart horse. At 34 years young he had 17 years here helping people and giving them moments of peace and joy that they didn't know was possible. Jasmine the Taco Bella barn cat is no longer climbing the arena walls and putting her paw on someone's shoulder. And Rocky, the face of our organization for so long, lost a long battle with laminitis at the very end of the year. We are just a little lost without him. I know there were other losses, too, that staff and clients struggled with and everyone was ready for the year to end.



But 2021 also brought the piloting of our new trauma intensive, Healing Connections, which served a group of women with great success and we are so excited to offer it quarterly this next year and beyond. It also brought us a new Development Director, Nichelle Atkinson, the budget for a new Office Manager, and two new therapists. We had three new horses join us and they are bringing so much insight and joy to our clients.

We have also been able to keep sight of why we do all of this in the first place, and that is because of our clients. We held a total of 2,425 sessions in 2021. We held our first elder group in two years and finally saw school groups again. We know we helped so many because we heard things like being around the horses is "like an IV of calmness" and "by the time that peace [I feel from sessions] starts to wear off, it's time for my next session!"

We appreciate you supporting the good we are doing and holding space for us during the difficult moments. This is definitely a team effort and I hold such gratitude for each and every one of you.

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 \$56,597 in scholarships last year. 858 CONNECT sessions were held in 2021.

## 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 2021, but we did provide 28 sessions and served 30 individual youth.

## Wellness Workshops

Our Wellness program provides wellness experiences to individuals and families using horses, art, and nature. This program was able to serve 77 individuals over 7 workshops, including free workshops for Veterinarians and those who work in the field of veterinary medicine.

## On Mission

On Mission serves Veterans and First Responders through Eagala model equine-assisted psychotherapy and personal growth. We provided 20 sessions in 2021.

## 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 one group to 6 youth.

## Office Therapy

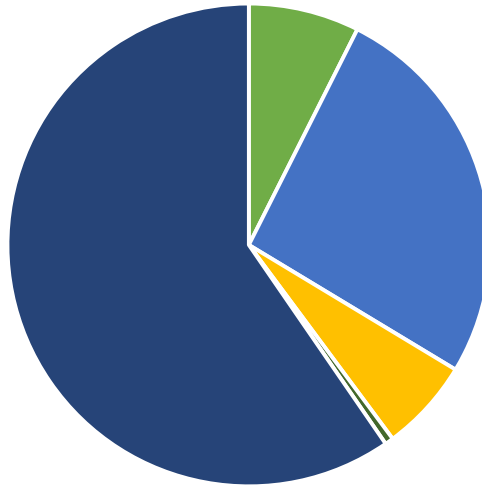
Our seven therapists provide therapy in an office setting through evidenced-based therapy modalities, as well as innovative approaches. We provided intake assessments to 152 individuals and families during 2021 and provided 874 sessions in person and 480 via teletherapy. Scholarships in the amount of \$1970 were provided through this program.

## Healing Connections

Healing Connections is a 4-day trauma intensive that was piloted in 2021. We successfully served 6 participants that were students at The Ohio State University. The majority of them were minorities.

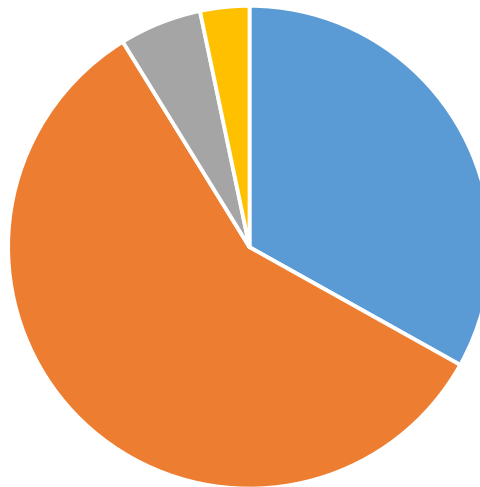
# Financials

2021 Revenue

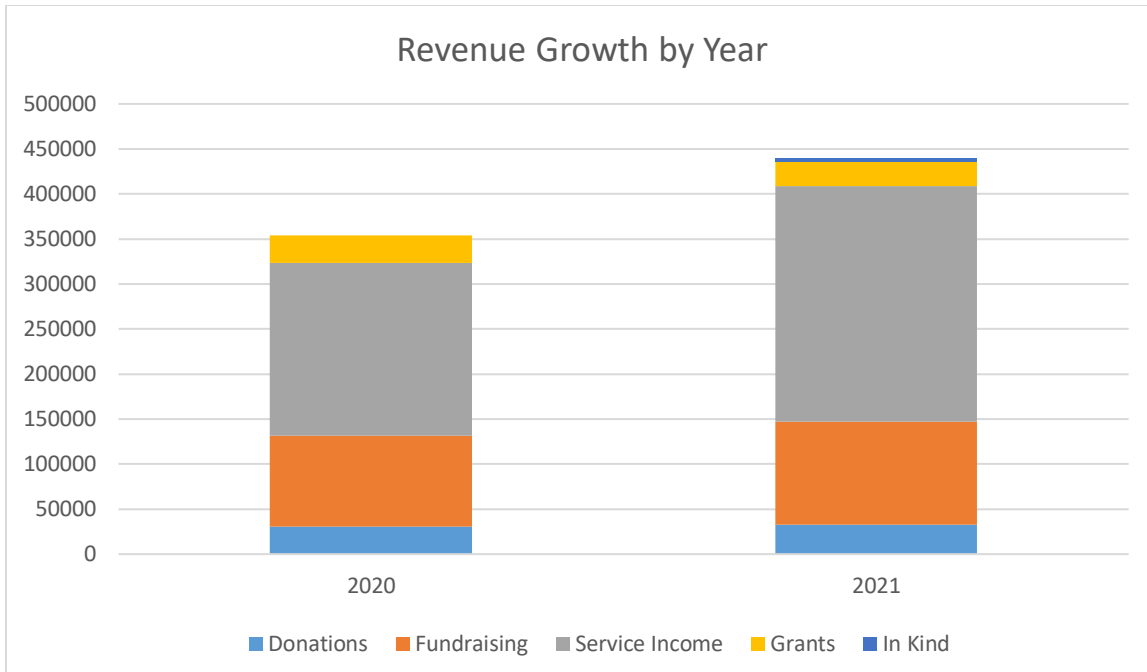


- General Donations
- Fundraising
- Foundation Grants
- Corporate Grants
- Fees for Service

2021 Expenses



- Employee Pay and Benefits
- Program
- Administrative
- Fundraising



The Helping Horses Help Kids and Others Therapy  
Horse Derby raised **\$109,576**

Through **431** individual donors

To provide **3497** client hours

To **200** individuals and their families.

# Demographic Information for Connect and Office Sessions

254  
Individual  
Clients

9 Counties

- 170 Females
- 83 Males
- 4 Native American/Alaskan Native
- 38 African American
- 12 Hispanic/Latino
- 164 White
- 25 Identifying as Transgender, Biracial, Non-Binary, Pansexual, or Gay/Lesbian

- 78 Adults
- 118 Teens ages 13-17
- 58 Children ages 6-12
- 90 Medicaid clients (35%)





## Impact Story 1- Take a Break



Tori\* is a college student who has been struggling with anxiety. They came in to a session and processed that they were overwhelmed and adamantly said they could not take breaks between classes because, "I tried that and it doesn't work." Tori was invited to spend time exploring how to help her anxiety with Heidi and Joy, two big draft horses. Having some horse experience, Tori put a halter on Joy and was asking Joy to do different things. They noticed that Joy would move with them, but then would stop. After a few minutes, Tori would ask Joy to move again and she would do so with more energy. Tori laughed when asked what was happening with Joy and then realized they were giving her a break. There was this big "ah-ha" moment for Tori when they realized that Joy was able to concentrate more, relax better, and have

better self-care by taking short breaks in between her "work". Tori was unable to receive this idea from their human therapist, but felt it and understood it when shown by the horse what a "break" can do.

## Impact Story 2- I am Worthy



Sara\* came to PBJ Connections about a year ago. She grew up in a very dysfunctional family with an alcoholic mother and an absent father. She was also told she wasn't worth anything. Her ACES Score is a 9 out of 10. Sara, now middle aged, kept it together raising two kids by drinking and continuing to be a victim. Two years ago, one of her children died in a car accident. Sara fell apart and could no longer keep it together enough to work, so went on short-term disability. She had been sober for 20 years and did not want to return to drinking as a coping skill.

Sara has had to deal with unemployment, physical health issues, and toxic family members. Through all of this, Sara has come to the farm about once per week. More weeks that not, she comes in crying, distressed, saying she can't figure out why there is something so "bad" within her that she keeps getting punished. We have worked on this negative thinking and worked to help her find her self-worth. Reliably, by the end of every session, she is smiling and saying she must not be all bad because the horses and donkeys always come up to her.

She has had many story lines and metaphors in her sessions throughout the past year, and she has been doing this all on scholarship. Recently, she was able to find work, get food assistance, and is received Medicaid. She made it through the anniversary of her daughter's death "better than I thought" by acknowledging and remembering, but not blaming herself. Currently, she is striving to be more like Liza, the horse that to her is "confident" and can "take care of herself" and doesn't worry about what others think. She says she feels "calmness" from the donkeys and "grounding from several of the horses. She also heard from her entire therapy team over and over that she is worthy and deserves to be here, living her best life. She even believes this sometimes. She is putting in the work and calls the barn "heaven" which has meaning for her on so many levels because of her religious beliefs. Sara is a person who needs us and is growing because of her time with the horses. We are grateful to everyone who supports us because in turn you are supporting Sara and others like her.

*\*Names changed to protect client confidentiality.*

# Donors

## CORPORATE AND FOUNDATION SUPPORTERS

### \$5,000+

Bella Vista Equine Veterinary Services  
Equine Veterinary Dental Services  
The Harry C. Moores Foundation  
Ian & Mimi Rolland Foundation  
Meuse Family Foundation  
United Way of Licking County

### \$1,000 to \$4,999

Buffalo Lodging  
Ohio Harness Horsemen's Association  
Peoples Bank  
Rolland Insurance and Financial Services  
Scotts Miracle-Gro Company  
Seed to Serve  
Superior Plastics  
The Wexner Family Charitable Fund  
United Way of Licking County  
    Women United  
Vinton County National Bank  
Vutech and Ruff  
Weiler Financial, Inc.

### \$500 to \$999

Animal Hospital of Pataskala  
Chory Family Charitable Fund  
Dressage Clinic  
Granville Milling Co.  
Hocking Creek Reserve  
Hoskinson Farms  
Kimberly's Diamond Corner  
Kroger  
Licking Memorial  
Marnitz & Associates Insurance  
Premier Dental of Ohio

### up to \$499

Amazon Smile  
Anissa Kasarjian Art & Photography  
Balancing Owl  
Bella Vista Equine/Laura Wodzinski DVM  
Benevity Causes  
Branchline Leather  
CAPA/Columbus Symphony  
Divine Equines, LLC  
Donatos  
Ebay Tack sale

### Equus Now!

Gallo's Tap Room - Olentangy  
Gervasi Vinyard  
Heath-Newark-Licking County  
    Port Authority  
MarkGraf Clayworks  
Nationwide Payroll Deduction  
Newark Cultural Arts Center  
Noble Baron  
Pataskala Vision Center  
PBJ Dressage/Holly Jedlicka  
Sacred Bracelets Intuitive Designs  
Salon Lofts  
Schoenbrunn Amphitheatre  
Snow Trails Winter Resort  
Specialized Speech Technologies  
The Art of Riding  
The Columbus Clippers  
The Merck Foundation  
The Reiki Center  
Tractor Supply Co  
Trinity Farms  
United Way of Central Ohio  
Vinyl by Tiffany  
Watershed Distillery

## INDIVIDUAL SUPPORTERS

### \$2,500+

Denise Bennett  
Maria Calderone  
Glenda Childress  
Jennifer Deck  
Grace Franklin  
Joy and Ed Medlock  
Cindy Owens

### \$1,000 to \$2,499

Antonella Bath  
Elizabeth Rice Bernard  
Annie and Mikel Davis  
Brenda Doner  
Tammy Hickin  
Marlan Howarth  
Jeanne Huber Morr  
Peter Meuse  
Jeff and Julie Reiswig  
Beth Rolland  
Bob Rolland  
Lois Szudy

### \$500 to \$999

Larry and Jeanne Baker

Darryl Baker  
William and Jeannemarie Baker  
Jay Barnes  
Emily Chapman  
Cynthia Lynn Decker  
Matt Dowling  
Norman Gearhart  
Emilee Hall Grover  
Holly Jedlicka  
Hagop Kasarjian  
Sy Kasarjian  
Deborah Kohman  
Diane and Dean Moshier  
Catherine Mueller  
Karen Musson  
Melissa Muth  
Nita Osborne  
Gina Petruziello  
Denise Pietsch  
Michael Piolata  
Debbie Pryor  
Elexis Ryan  
John Sahayda  
Chrissie Schneider  
Kari and Andy Scott  
Beck Snyder

Rebecca Stumler  
Meriden Thomas  
Ruth Tippet

### \$250 to \$499

Carolyn Brown  
Nancy Carney  
Mary and Paul Chory  
Helaine Crawford  
Joy and Eric Endrulas  
Kelly and Rob Galindo  
Tom Gregoire  
Sally Malaret  
Howard McDonell  
Andrew Mossman  
Amy Munz  
William Ortman, Glass Artist  
Cathy Pierro  
Richard Prystowsky  
Donna Rausch  
Janet Ricchetti  
Susannah Ross  
Aaron Ryan  
Kathleen Shepherd  
Ronald Szudy

Devon Whittaker

### **\$100 to \$249**

Nancy Alexander  
Melissa Amphthor  
Nichelle Atkinson  
Davina and Martin Beck  
Jim Bidigare  
Jeanne Boggs  
R.A. Bone  
Kris Braun  
Kimberly Buckwalter  
Susan Carson  
Jody Cattell  
Ruth Charles  
Ashley Childress  
Jenifer Chupka  
Ann Ciardelli  
Barb Cox  
Lucy and Kevin Cryan  
David Culbertson  
Karen Dorn  
Claudia Esslinger  
Sgt. Don Franks

Donna and Thomas Gilliotti  
Catherine Hanson  
Elizabeth Hanson  
Portia and Elizabeth Hanson  
Jennie Hartley  
April Hatfield  
Michael Herzog  
Kimberly Hill  
Prudence Hudson  
Diane and Ronald Jedlicka  
Michelle Kaiser  
Margaret Kelley  
Anne Kennedy  
Dorothy Kluesener  
Michelle Kozel  
Kathy Levering  
Michael Lucas  
Debbie Manos-McHenry  
Monica McJunkin  
McKelle Metzger  
Judith and Michael Milroy  
Karen Minton  
Julia Moore  
Rustin Moore  
Kathleen Napier

Mario Nigrovic  
Carol Norris  
Carolyn Oehrig  
Nancy Osborne  
Lisa Parry  
Kurt Peterson  
Stephanie and Donald Phillips  
Bill Pohlman  
Nanette Roebuck  
Carol Rolland  
Carol Shrembek  
Nancy Smith  
Sarah Smith  
Gina Snyder  
Prudence and James Taney  
Cynthia Vivekanandam  
Evelyn R Walker  
Elizabeth Watkins  
Shenae Whitehead  
Thomas Wilson  
Gary Wynn  
Sarah and Jeffrey Yoest  
Marcia Zand  
Lora Zinn

### **IN-KIND SUPPORTERS**

Balancing Owl  
Branchline Leather  
Kris Braun  
Maria Calderone  
CAPA/Columbus Symphony  
Glenda Childress  
Mary Chory  
Ed Delp  
Donatos  
Matt Dowling  
Gallo's Tap Room - Olentangy  
Gervasi Vinyard  
Emilee Hall Grover  
Hocking Creek Reserve  
Holly Jedlicka  
Anissa Kasarjian Art & Photography

Kimberly's Diamond Corner  
Sally Malaret  
MarkGraf Clayworks  
Joy Medlock  
Emily Morris  
Dean Moshier  
Newark Cultural Arts Center  
William Ortman, Glass Artist  
Amie Paramore  
Pataskala Vision Center  
Donna Rausch  
Julie Reiswig  
Jeff & Julie Reiswig  
Beth Rolland  
Jennifer Roth  
Elexis Ryan

Sacred Bracelets Intuitive Designs  
Salon Lofts  
Schoenbrunn Amphitheatre  
Scotts Miracle-Gro Company  
Seed to Serve  
Snow Trails Winter Resort  
Lois Szudy  
The Art of Riding  
The Columbus Clippers  
The Reiki Center  
Meriden Thomas  
Tractor Supply Co  
Trinity Farms  
Watershed Distillery  
Laura Wodzinski

### **TRIBUTE GIFTS**

#### **In Honor of:**

Angela Moore  
"Calisto"  
Callie A. Elliott  
Dr. Dani McVety, Lap of Love Veterinary Hospice  
Harry Thomas and Thom Korzenowski  
Jaden Palmer  
Janelle Thompson  
Julie Reiswig

#### **Donated By:**

Anonymous  
Amy Munz  
R.A. Bone  
Nellie Wilber  
Marie Lester  
Rhonda Palmer  
Rose Reising  
Thomas Conner

Lois Szudy  
My orange tabby, "Blaze"  
Nicole Waite  
"Ove"  
Preshuslee Thompson  
Renee Buchele  
William Goode

**In Memory of:**

"Claire"  
"Dusty"  
"Justin"  
Kathryn Wickes

"Pica"  
"Rocky"  
"September"

"Sitka"  
"Spike"

Ronald Szudy  
Holly Dabelko-Schoeny  
Specialized Speech Technologies  
Joy and Eric Endrulas  
Michelle Kaiser  
Darryl Baker  
Beck Snyder

**Donated By:**

Equine Veterinary Dental Services  
Marie Calderone, Anissa Kasarijan, and Michelle Kozel  
Equine Veterinary Dental Services  
Larry and Jeanne Baker, Tracy and Jason Coleman, Sgt. Don Franks,  
Charlotte Fullerton, Emmary and Adam Horrocks, Judith and Michael  
Milroy, Meghan Pennisi, Janet Ricchetti, Prudence and James Taney,  
and Gary Wynn  
Equine Veterinary Dental Services  
Equine Veterinary Dental Services, Michelle Kozel, and Jason Weber  
Carol Bryant, Equine Veterinary Dental Services, Lois Szudy, and  
Ruth Tippet  
Anne Kennedy  
Equine Veterinary Dental Services