



ANNUAL REPORT 2022



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Message from the Executive Director

Dear Supporters,

I came across this picture of Ted, one of our therapy horses, who is taking a lovely nap out in the green pasture. As I'm writing this, I am looking out the window at a blustery, snowy day. It is a reminder that everything changes and ends. This past year was certainly a time of beginnings and endings, yet again a year full of losses and fresh starts. What we hope for our clients is that they, like us, learn to thrive even through the pain of loss and find joy in the fresh starts.



Ted, who is privately owned by Colleen Underwood, one of our amazing supporters, also reminds me that it takes all of these connections-to horses, to people, to nature, to each other, and to ourselves-to truly live a fulfilling life. This idea of connection has always been prevalent for PBJ Connections. It's in the name after all! But we have taken this a step further with our Healing Connections program, that gives people four days of intense healing work so that they come out on the other side with the tools to connect, and a community that they can connect to. Healing Connections has grabbed all of our hearts and we were able to offer it three times in 2022, free of charge to participants. I couldn't be prouder of all of you who supported it, Erica Lewis who developed it, and most of all the participants who dared to show up.

When I think about connections, I am also reminded of healthy boundaries. Ted is one of those guys who likes people, has a sense of humor, and consistently shows people (and horses) clearly where his boundaries are. He shows up authentically time and again in sessions and therefore time and again in our success stories because he is a confident, caring leader not only in our herd but also in our therapy sessions.

This takes me to my last thought. The boundaries we need to set for ourselves so that we can rest. Ted, and every therapy animal, never hesitates to rest when they need to. Our amazing clinical staff often needs reminders to rest, to grieve, to prioritize and they have had a tough year. With an ever-pressing wait-list, several significant health concerns, and the world still having an energy that seems a little off-kilter, we work hard to give our workers the rest they deserve. We are able to do that because we take care of each other in the same way we take care of our clients. And we are taking care of clients at an ever-increasing rate as we have grown our numbers, our budget, and-thank goodness-our amazing community of supporters.

Thank you to every single one of you reading this, whether you are sharing your horse with us, your time with us, your generosity with us, or trusting us with your care. We are all breathing the same air and standing on the same ground. Ted is sharing that ground, too. Let's let him remind us to take care of ourselves unapologetically, while also taking care of each other.

Peace,

Holly Jedlicka, LSW-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 \$67,208 in scholarships last year. 1,029 CONNECT sessions were held in 2022.

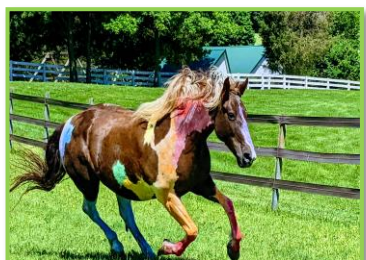
A PONY Program

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 continued to be limited in providing this program in 2022, but we did provide 22 sessions and served 40 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 85 individuals over 9 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 58 sessions in 2022.

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

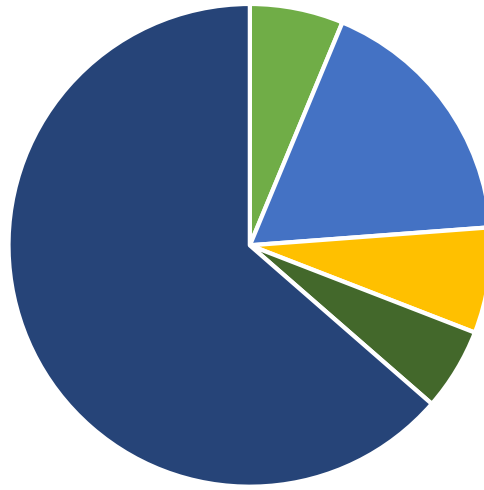
Our seven therapists provide therapy in an office setting through evidenced-based therapy modalities, as well as innovative approaches. We provided intake assessments to 175 individuals and families during 2022 and provided 1183 sessions in person and 557 via teletherapy. Scholarships in the amount of \$1350 were provided through this program.

Healing Connections

Healing Connections is a 4-day trauma intensive that was piloted in 2021. We successfully served 20 participants during the course of 2022 through 3 cohorts. This program serves women and those identifying as non-binary that have experienced trauma and are over the age of 18. We seek to make this program welcoming to those identifying as BIPOC or as members of a marginalized community.

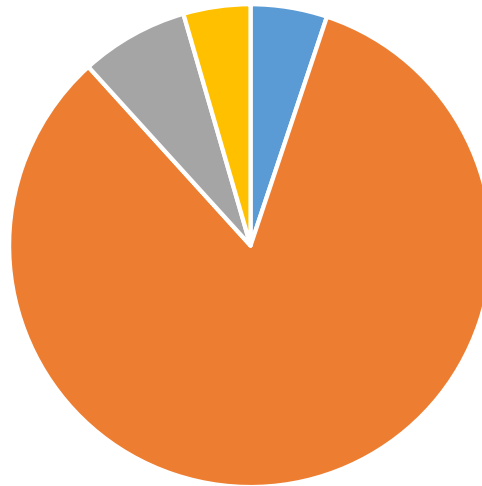
Financials

2022 Revenue

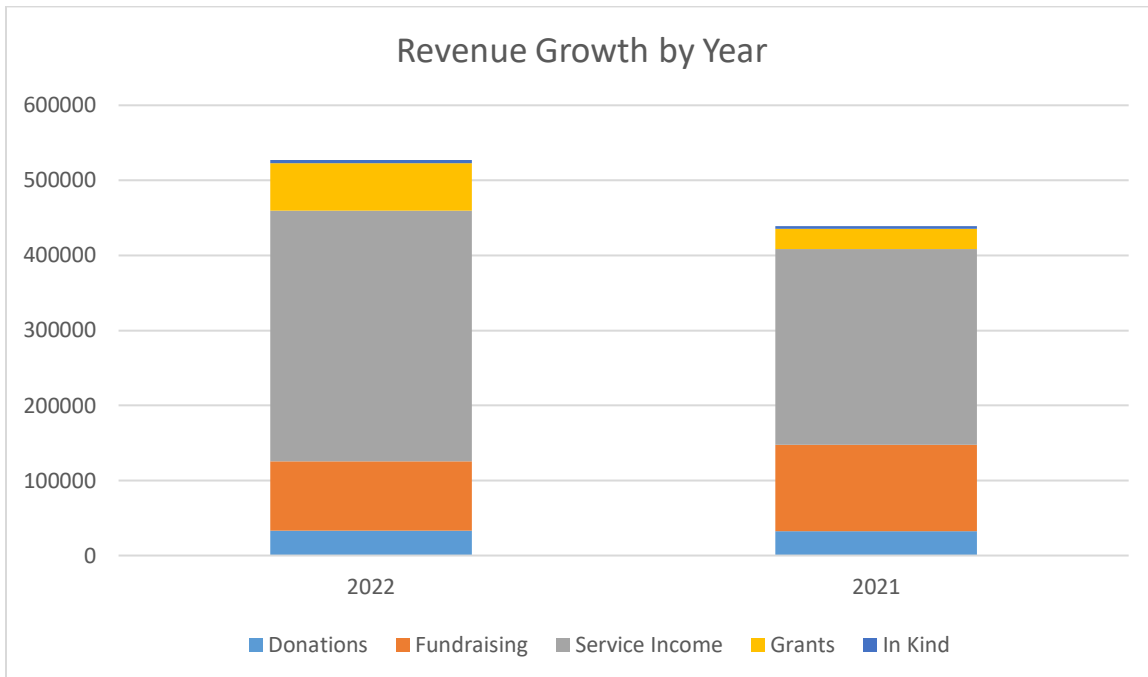


- General Donations
- Fundraising
- Foundation Grants
- Corporate Grants
- Fees for Service

2022 Expenses



- Employee Benefits
- Program
- Administrative
- Fundraising



In 2022 we raised \$188,349

From 466 Individual donors

To provide 4,208 client hours to 295 individuals and families.

Demographic Information for Connect and Office Sessions

295
Individual
Clients

8 Counties

- 173 Females
- 11 Queer/Gender Fluid/Transgender
- 76 Males
- 4 Asian identifying
- 20 African American/Black identifying
- 12 Hispanic/Latino
- 6 Biracial identifying
- 242 White identifying

- 157 Adults
- 118 Teens ages 13-18
- 89 Children ages 6-12
- 73 Medicaid clients (25%)



Impact Story 1- Deconstructing Anger



Rachel* is a 14-year-old client who has been in our care on and off for several years. Our last experience with her was several years ago when she was coming every week, but stagnating, not showing evident improvement. At that time, we struggled to see any growth, but her caregiver insisted it was helping to regulate her at home, so we persisted.

This year, she got into a rage-filled fight with another girl at school and returned to us, motivated to learn to deal with her anger. On our third day in the arena with Ted and Sirius (two of

our therapy horses), Rachel was still interested in mastering control over her angry outbursts. The mental health team asked her to create a symbolic representation of her anger in the arena, then to invite one or both of the horses to interact with it in whatever way she chooses. This type of activity can help folks interact with complex concepts, like anger or anxiety, in a way that is more concrete and often provides insights about how that particular obstacle or challenge is impacting their life outside of sessions.

The horses watched while she worked diligently to create a representation of anger that felt accurate for her. Rachel built a star shape out of some ground poles, with hula hoops standing up at three corners. She described her anger as a “firework that can explode”, so these poles were balanced with the hoops standing precariously on end, ready to blow apart any minute.

Almost immediately, Sirius walked to the structure and put his nose on a delicately balanced hula hoop which fell over, changing the original design, changing the “anger.” When Rachel asked Sirius to explore the rest of the anger with her, he walked away. She followed him for several minutes as he looked out over the gate and windows. Then, he turned to her and began to nibble on her coat.

This clearly brought some revelation to Rachel, as she came back to the team and explained that Sirius’ curiosity is what had helped to take apart her anger. With a big smile, she agreed to go back to the structure she had built and see what Ted might be representing as he stood near anger, inside a naturally occurring barrier that was already in the arena in the form of a jump.

Ted had lowered his head, relaxed his ears, and began to walk in a slow circle around Rachel’s anger. When he got back to where he had started, he touched his nose to a standing hoop, and it fell over, again changing Rachel’s anger just a little bit. She explained that Ted was the “leakage” of her anger coming apart a little at a time.

Rachel was able to verbalize what it is that can help calm her anger. She discovered on her own that when curiosity enters the scene, anger can relax, and the potential explosion can change to more of a leak. This was an important day for Rachel, her family and her friends!

Impact Story 2- Focusing on Positives



LouAnn* has been coming to PBJ Connections on and off for years. She lives with her parents as a young adult, but struggles to be socially appropriate and make healthy decisions for herself. Mom has been very active in trying to problem-solve how to help LouAnn have more independence as an adult, but she has also only participated in a very few equine sessions. Recently, Mom ended up bringing LouAnn to a session and expressed they were struggling. They both agreed communication was an obstacle.

We asked them to build a path to the communication they wanted that included some of the obstacles they needed to overcome to get there. Immediately, they began to brainstorm a path to “positive communication” and what obstacles were in their way.

The conversation was productive and then Mom had LouAnn stand in the middle of the path to represent “bullying.” Mom then complained that she did all the work herself setting up the rest of the path. When this was called to her attention, she realized the discrepancy and laughed. They decided to rework the path so both of them could help with the activity.

The next step involved inviting the donkeys through the path. Mom and LouAnn decided some of the donkeys represented positive things that they wanted in their path, like “caring” and “kindness,” but other donkeys represented negative things they didn’t want in the path. After a little processing, facilitators invited LouAnn and Mom to get the positives they wanted through their path.

At first, they tried using force and fear to move the donkeys. They spooked them towards the path. Shortly after the Equine Specialist stepped in to support the emotional safety of the donkeys and with some insight from the Mental Health Professional on how this was also causing the donkeys representing negative things into their path, they decided to switch tactics. This time they tried bribing the donkeys. While the bribery wasn’t very effective for the donkeys, it started a conversation between Mom and LouAnn about how bribery was not a healthy style of communication for themselves.

Surprisingly, Mom agreed to bring LouAnn back to her next appointment. They were both committed to trying to focus in a gentler way on their positives and pick up the activity in their next session. We know that having a unique shared experience, like attending an equine assisted psychotherapy session as a family, can have a lasting impact on relationship dynamics and give people a common story to reference when they are looking to connect. When Mom and LouAnn returned the next week, they told us of how they kept reminding each other of the path and their goal to have positive communication.

**Names changed to protect client confidentiality.*

CORPORATE AND FOUNDATION SUPPORTERS

HONDA



HARRY C. MOORES FOUNDATION



Pope Family Foundation

\$1,000 TO \$4,999

Animal Hospital of Pataskala
The Brashares Family Foundation
Bremen Banking Center
Columbus Medical Association
Youth Advisory Council
Empowering Help Fund
Equine Veterinary Dental Services
Licking Memorial Health Systems
Ohio Harness Horsemen's
Association
The Energy Cooperative
The Ohio State University College of
Social Work
The Ohio State University College of
Veterinary Medicine

United Way of Licking County
Women United
Weiler Financial
Wexner Family Charitable
Fund

\$500 TO \$999

Amazon Smile
Buffalo Cabins and Lodges
Captain Car Wash
Equus Now!
Everhart Advisors
Greenpointmed
Merck
Park National Bank
Sheetz

Waste Away Systems

UP TO \$499

Abbott Laboratories
Cheshire Crossing Animal Hospital
Columbus Epoxy Floors
Coughlin Automotive Group
Equus Ridge Winery
Facebook
Home Instead
Kroger
T.G. Subs Inc
The Columbus Foundation
The Ohio State University CFAES
The Standard

INDIVIDUAL SUPPORTERS

\$5,000+

Anonymous
Mary Calderone
Terri and Ralph Napletana

\$2,500 TO \$4,999

Denise Bennett
Glenda Childress
Annie and Mikel Davis
Brenda Doner

\$1,000 TO \$2,499

Anonymous (2)
Stefanie and Keith Copeland
Jennifer Deck
Joy and Ed Medlock
Cindy Owens
Denise Pietsch
Beck Snyder
Lois Szudy
Ruth Tippett

\$500 TO \$999

Anonymous (4)
Jeanne and Larry Baker
William Baker
Stacia and Jay Barnes
The Chory Family
Joy and Eric Endrulas
Kelly Galindo
Paul Hammond and Tracee Laing
Marlan Howarth
Hagop Kasarjian
Deborah Kohman
Donna Medlock
Andrea and Peter Meuse
Amy L. Munz
Melissa Muth
Gina Petruziello
Cathy and Tom Pierro

Debbie Pryor
Julie and Jeff Reiswig
John Sahayda
Meriden Thomas
Brady and McCay Wilson

\$150 TO \$499

Anonymous (3)
Kris Braun
Kimberly Buckwalter
Nancy Carney
Ann Ciardelli
Craig Cusano
Cindy Decker
Colleen Dempsey
Paul Fields
Janine and Mike Flood
Carolyn Greshemer
Trisha Hangen
Joe and Denise Hazen
Anissa Kasarjian
Sy Kasarjian
Meg and Mike Kelley
Michelle Kozel
Paige Liptak
Christie McElmurray
Diane and Dean Moshier
Thomas and Karen Musson
Kathleen Napier
Bonita and Brad Osborne
Richard Prystowsky
Elexis and Mike Ryan
Linda Schoener
Dolora and James Schumacher
Wendy Siegel
Sarah Smith
Rose Staek
Noelle Suarez-Murias
Ronald Szudy
Mark Thomas
David Trent

Evelyn Walker
Gail Whitcomb
Bobbi Wilson
Laura Wodzinski

UP TO \$99

Anonymous (11)
Linda Arthur
Lindsay Barber
Joyce Bedrosian
Linda and William Bering
Aquila Blackwell
Jeanne Boggs
Amanda Brickner
Diane Brown
Carol Bryant
Candy Canzoneri
Margaret Carlino
Susan Carson
Christine Casavant
Katherine Casto
Ruth Charles
Linda Childress
Jenifer Chupka
Dr. Kimberly Cole
Lacie Collins
Molly and Chet Colopy
Sarah Copeland
Allen Copeland
Jill Crowe
Azure Daugherty
Laura Dempsey
Kae Denino
Hannah Donley
Doug Donley
Darla and Mike Donnenwirth
Diane Dodaro
Sandy Ellinger
Erika Endrulas
Susan Eskin

Claudia Esslinger
Lisa Evans
Summer Fenton
Kathy Fernandez
Nevada Fine Smith
Jody Fletcher
Megan Fullwiler
Avi Gabbay
Kenneth Gainer
Kim Gallagher
Gene Miller
Kate Gribble
James Griffin
David Grimes
Amanda Groscost
Eric Grover
Tabitha Hahn
Beth Hanson
Cathy Hanson
Angela Herzog
Beth Herzog
Lisa Holcombe
Julianne Houston
Mary Howard
Rebecca Howells
Rebecca Humphreys
Holly Jedlicka
Aryn Johnson
Carol Kasarjian

Donna Kinzer
Jeffrey Kohler
Pamela Kratzer
Linda Kretzmann
Megan Lehr
Alicia Lloyd
Alicia and Jeffrey Lloyd
Alexis Majorczyk
Pam Mascari
Monica and Kevin McJunkin
Carol Mehas
Charlie Miles
Rona Miles
Lauren Miller
Paula Milton
Lisa Morris
Janis Nelson
Judy Carey Nevin
Heidi Nolan
Margaret Nunley
Regina Parker
Charles Parrill
Katy Petty
Brenna Phelps
Bill Pohlman
Tammy Rakoczy
Nikki Ransom
Rose Reising
Rita Reiswig

Laura Reynolds
Abbey Richard
Zachary Robinson
Nanette Roebuck
Christopher Rolland
Blythe Saxinger
Kari Scott
Beth Seabrook
John and Christine Shanks
Matthew Siegel
Connie Simmons
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Bobby Stokes
Brianna Stone
Alice Swartz
Kim Tarnapoll
Mike Underwood
Cindy Vivekanandam
Bethany Vosburg-Bluem
Jennifer Ware
Barbara Weaver
Andrew Whapham
Kieta Wheeler
Susan Wickwire
Beth Wilber
Carol Williamson
Hannah Willkomm
Natalie Wittmann
Tricia Young

IN-KIND SUPPORTERS

Amish Country Theater
Balancing Owl
Stacia Barnes
Bath and Body Works
Brashares Family Foundation
Glenda Childress
Cherry Valley Hotel
Mary Chory
Cleveland Browns
Coffee Shack
Columbus Symphony Orchestra
Columbus Zoo and Aquarium
Jenny Creutzinger
Kae Denino
Fox's High Rock Farm
Kelly Galindo
Stan Gehrt

Gervasi Vinyard
Anissa Kasarjian
Kick's Mix Book store
Kimberly's Diamond Corner
Kristen Brown Art Studio
Jazz Arts Group
Majestic Meadows
Alpacas & Boutique
Makayla at Visual Storytelling Co.
Make it Laine
Diane McMullen
Joy and Ed Medlock
Moo Moo's Car Wash
Sheri Molli
Diane and Dean Moshier
Terri and Ralph Napletana
Orchard House Resort

PBJ Dressage Plant Therapy
Ray Ray's Hog Pit
Julie Reiswig
Braden Ripley
Rolls by the Pound
Snow Trails Winter Resort
Kari Scott
Snap Shots
Misty Skeen
Square One
Swenson's
Lois Szudy
The Art of Riding
Thirty-One Gifts
Tractor Supply Co
Tristegus
Watershed Distillery

