

connections *communiqué*

A quarterly publication for **pbjconnections**

June 2010

PBJ Connections Innovative Team Approach

Good teams are generally made up of individuals with complementary skills who generate synergy through a coordinated effort. Our Founding Fathers worked as a team to build an entire nation from 13 individual colonies. Jefferson provided thought leadership, while Washington provided military expertise and Franklin offered his public relations savvy to gain support.



PBJ Connections uses an innovative team approach to provide services to its clients. Based on the Model of Equine-Assisted Psychotherapy from Equine Assisted Growth and Learning Association (EAGALA), our highly-trained team includes a licensed mental health professional, an equine specialist, and a horse or donkey, and allows clients to learn about their behaviors and feelings through interactions with the team. Other professionals may be incorporated into the team as needed. For example, an interpreter is included in the therapy team for clients who are Deaf or Hard of Hearing.

The Mental Health Professional (MHP): The MHP is responsible for treatment planning, client documentation, and ethics assurance. The MHP builds on the equine specialist's horse observations, incorporating metaphoric and therapeutic relevance.

It is rare for an equine-assisted psychotherapy organization to have a licensed mental health professional

on staff and we are lucky to have **Holly Jedlicka**, MSW, LISW, as our therapist and program director. In addition to her mental health expertise, Holly brings 21 years of equine experiences. Karen A. Tinsley, a Licensed Professional Counselor with expertise in deafness and a certified interpreter, leads our Deaf and Hard of Hearing Therapy team.

The Equine Specialist

(ES): The ES chooses animals for sessions, works with the MHP to develop activities, documents horse behaviors, ensures safety and welfare of clients, horses and team, and makes observations of metaphoric relevance of horse behaviors. Our five equine specialists each have over 3,000 hours of hands-on horse experience and are trained in Equine-Assisted Psychotherapy.

The Horse or Donkey: Horses and donkeys have many characteristics which make them effective agents of change, including honesty, awareness of the present, and ability to communicate nonverbally. The role of the animals in our sessions is to be themselves. PBJ Connections has 10 horses and five donkeys and selects the session animal that fits the needs of the client or group.

To learn more about PBJ Connections and the team approach visit www.pbjconnections.org and www.eagala.org.

Name / Company: _____

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City: _____ State: _____ ZIP: _____

Phone: _____ Email: _____

I wish to make the following donation. \$ _____ Cash/Check Enclosed

Mail to: PBJ Connections, 9800 Jug Street Road NW, Pataskala OH 43062. **Online:** <http://www.pbjconnections.org>

May we publish your name in our quarterly newsletter and online? Yes No

May we publish your comments in our quarterly newsletter and online? Yes No

Comments: _____

Please remove me from your mailing list.

Founders' Circle – With your contribution of \$500.00 or more, a child can participate in a five week group session.

Builders' Circle – Your donation of \$250.00 or more can sponsor a weekend of family therapy.

Sustainers' Circle – Your donation of \$100.00 or more can sponsor a young boy or girl for a single therapy session.

Contributors – Your donation of \$50.00 or more can be used to purchase safety equipment and other needed items.

"I have learned a lot about myself in the last weeks. I've learned the losses I've had in my life have affected me and I've learned how to deal with them. I also feel that I'm finally beginning to accept that I can still be pretty and lovable, even if I'm blind."

– 14 year old client

PBJ Connections Summer Communications Skills Groups

PBJ Connections is offering Equine-Assisted Psychotherapy group sessions this summer for youth experiencing difficulties in self-expression. Focusing on appropriate communications skills, verbal and non-verbal, our summer series will assist youth with anger/emotional management, grief and loss, social skills and empowerment.

Summer groups start June 14 and each group meets once a week for 10 weeks at our Pataskala location or at the Otterbein Equine Science Center in Westerville.

The cost is \$600 for returning clients and \$660 for new clients to cover the cost of an intake meeting. PBJ Connections is able to accept funding from many county agencies, and other funding options are available including partial scholarships and financial aid.

For more information, group schedules, or to register for a group session, contact Holly Jedlicka, MSW, LISW at (614) 395-1395 or holly@pbjconnections.org

Kelly Galindo Appointed Development Director



PBJ Connections recently named Kelly Galindo as Development Director. Kelly will lead the organization's fundraising, marketing and volunteer efforts and brings more than 20 years of experience to the organization.

Kelly most recently served as Development Associate

for Canine Companions for Independence, a national non-profit which provides assistance dogs to people with disabilities, and says she "understands and trusts the healing power of the human/animal bond."

Kelly resides in Galena, Ohio with her husband, Rob, and daughter, Amanda.

Board of Directors

President: Lois Szudy

VPresident: Lyn Green

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Shanelle Boyd

Tess Philipps Gaines

Holly Jedlicka, MSW, LISW

Sidney Farr Leister

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Dr. Jeff Reiswig

Executive Dir: Glenda Childress

Mark your calendar!

Join us Friday, October 29, 2010 for PBJ Connections Helping Horses Help Kids Trick-or-Treat Cocktail Reception to be held from 6 – 9 p.m. at the Loft at Smith Brothers, downtown Columbus. Details coming soon.



Meet Board of Director Member Shanelle

Shanelle Boyd joined our Board to be an advocate for our community's youth, particularly those from minority and single parent families. As a single parent, Shanelle understands the difficulties children encounter and is eager to help families and to help build a better society. Shanelle says, "With the collaboration of the therapy and the horses, I know our children have the chance for a brighter future."

Shanelle is an employee of Huntington Bank and a graduate of Franklin University with an MBA, concentrating in Leadership. She also has a BS in Business Administration with a minor in Human Resources and Marketing. Shanelle lives in Reynoldsburg with her daughter, Octayvia, son, Nathaniel, and niece, Latisha.

"PBJ Connections is an organization that takes pride in assisting children," says Shanelle, "and I take pride in being a part of such high dignified individuals."

4th Annual PBJ Connections Women's Retreat a Huge Success!

On May 22, fifty amazing women came together to meet new friends, reminisce with old friends, sample delicious food and wine, renew their spirits both emotionally and physically, and to raise \$2,367 for PBJ Connections.



Guests enjoyed fun crafts and activities, massage, facials and acupressure, chocolate and wine tastings, a silent auction, an equine assisted therapy demo, and much more.

Our goal for the Women's Retreat was to raise enough money to put two kids through ten weeks of sessions, but we doubled that and raised enough for four kids! Thanks so much to everyone who donated, helped and attended. Special thanks to Cholle Poore who coordinated it all for us.

Design and printing donated by: www.horsehousedesign.com

www.pbjconnections.org