

PBJ Connections Policy Information-Healing Connections

Purpose: The purpose of *Healing Connections* is to provide an intensive, 4-day program to address trauma, primarily trauma that occurred in childhood. The program is designed to take a group of people through a set of novel experiences while providing opportunity for deep processing, and providing information on how to move forward when we have experienced adverse childhood experiences. We are currently looking to serve minority students at The Ohio State University (OSU).

The purpose of *Healing Connections* is also to pilot a program for trauma survivors. We will be seeking feedback from participants on their experience in the program. We will be doing a pre-screening interview to determine the best group of participants. We will then be doing post-assessment interviews and screenings at the conclusion of the experience, 3 months post-experience, and 6-month post experience.

It is anticipated that participants will remain connected after the experience and PBJ Connections will assist in facilitating that process by providing means for communication. PBJ Connections will also remain available for participants to continue processing as needed after the 4-day intensive. OSU will also provide counseling spaces at no cost immediately following the intensive.

Description of Program: *Healing Connections* will take place primarily on two privately owned horse farms in Western Licking County (Johnstown and Pataskala). There will be a significant amount of psychoeducation on trauma and shame, as well as a series of novel experiences both with and without horses. There will be no horseback riding. Though activities may be physical in nature, physical limitations will not prevent someone from participating fully in the experiences. The experiences primarily take place outside on horse farms in environments that are not climate controlled so participants will be exposed to the elements. Participants will also be provided all food, water, and other beverages for the 4-day experience.

Healing Connections is designed to be a “closed container”, meaning that we will be asking participants to participate fully in the experience for the entire 4 days of the program, while doing their best to avoid engaging with the outside world. The program will be facilitated by licensed social workers and counselors, certified equine specialists, and trained volunteers. The “container” is designed to be safe and confidential. *Healing Connections* is not considered a treatment-based program and will be provided to you free of charge because of generous donors. No medical records will be kept, but confidentiality will be adhered to.

Equine assisted psychotherapy and learning: sessions take place at private equine facilities where other persons, not affiliated with PBJ Connections, may be present. Every effort is taken to ensure your privacy including informing other persons of the nature of our work and need for privacy, use of privacy signs, and mindful placement of sessions to create adequate space between your session and others at the facility. There is a risk that persons not affiliated with PBJ Connections may see you or overhear conversations despite these efforts being taken. Your facilitators will be diligently aware of where other persons are at these equine facilities, but please inform your treatment team if you ever feel uncomfortable in a given space.

EAGALA model equine assisted psychotherapy and learning is a model of therapy/learning that includes a team of a licensed mental health professional, a trained equine specialist, following a code of ethics, and is solution-oriented in nature. This model is experiential in nature. You will be exposed to the venue of a barn environment and have direct interaction with equines. You will need to sign additional liability

consent forms explaining that horses are large, potentially dangerous animals and that the State of Ohio recognizes you are taking on this additional risk by signing form titled "Liability Form". PBJ Connections has been providing EAGALA-model EAP for 15 years successfully.

Security/Surveillance cameras may be in use at the Equine Facilities where you may be having equine assisted psychotherapy sessions. PBJ Connections makes every effort to make sure your sessions are not viewed by outside parties. Please inform your treatment team if you are uncomfortable with camera usage and additional efforts will be taken to ensure your privacy. Camera usage is as follows:

- **PBJ Dressage:** Non-recording cameras are in use viewing the parking area, the barn aisle, and the last two stalls in the barn. Footage is only live and can only be viewed by persons logged on at that time. Footage is not streamed online and is on a closed system. The only access to the system is by horse care professionals affiliated with the facility.
- **Taco Bella Farm:** A non-recording camera is in use viewing the barn aisle and stalls. Footage is only live and can only be viewed by persons logged on at that time. Footage is not streamed online and is on a closed system. The only access to the system is by horse care professionals affiliated with the facility.

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