

connections *communiqué*

A quarterly publication for **pbjconnections**

June 2009

PBJ Connections' Summer Day Camp

When PBJ Connections opened its doors in July of 2007, our vision was to provide programming to promote a connection to nature and self through horses. Though we feel we do this on a daily basis through our therapy program, we are excited to take it one step further with our new PBJ Connections' Summer Day Camp.

The Day Camp is open to kids ages 8-14 that are interested in horses. The weeklong camp will give kids the opportunity to learn about horse care and riding, as well as experience other nature-based activities, arts and crafts. The adult to camper ratio will be a minimum of one adult for every three youths. Since our mission at PBJ Connections

is to work with kids struggling behaviorally or emotionally, the camp is geared towards serving this population. This is a great opportunity for kids who may not need the intensity of therapy, but who can benefit from a therapeutic environment. Of course we believe any kid can benefit from the self-awareness of connecting to nature and self through experiences with horses.

There is a theory based in ecopsychology (how humans are attached to and affected by the natural world and vice versa) that states that the mental and emotional health of people has been negatively affected by our distancing from the natural world. This is a theory that we believe in

Hold September 19th

Mark your calendars for September 19th and our second annual Helping Horses Help Kids Fundraiser. Last year we had a great time and raised over \$14,000 for PBJ Connections. This year will be bigger and better with more horse demonstrations, more activities for the kids, and a HUGE silent auction! The Columbus Culinary Institute is providing our food. You don't want to miss this. Visit us online for more details.

at PBJ Connections. Today's youth need to be able to experience nature. The PBJ Connections Summer Day Camp will allow them to do so as they gain knowledge about horses as well as develop skills for experiencing nature in a healthy way. We believe this is healing for youth no matter what they have previously experienced in their lives.

Two separate weeks of Summer Day Camp will be held. June 22-26 and August 3-7. Hours will be from 9 A.M. to 3 P.M. Cost is \$350 per week. Lunch and snacks will be provided. We are looking for adult volunteers for these weeks so please contact us if you are interested in registering or volunteering.

Name / Company: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Email: _____

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

Mail to: PBJ Connections, 9800 Jugstreet 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.

Eddie and Buckeye



Most people have heard of donkeys but few have spent time with them. Donkeys have the reputation of being stubborn, but in fact they are quite intelligent and assess situations before acting. Eddie (left) and Buckeye are bright and friendly donkeys that enjoy attention and people. They nuzzle and lean against people they like; they are gentle with children and observant of strangers.

We use donkeys in sessions when we need an equine-partner that is smaller or less reactive than a horse. Eddie is particularly good at working with clients that need a very calm partner. He will look softly at a youth having a tantrum and then will slowly move towards them. This has a calming effect and allows us to bring attention to the donkey and away from the tantrum. Eddie can display all of the stubbornness that donkeys are known for when a client tries to lead him, giving the client an opportunity to look for better ways to ask him to do what is wanted.

Buckeye is a little older and taller than Eddie. He tends to take a longer time to warm up to new people and he gives our clients good feedback on how he likes being approached and handled. Once he is comfortable with the human he is working with, he is very compliant and will follow them anywhere.



Both Eddie and Buckeye are owned by our executive director Glenda Childress. We are grateful to her for covering the cost of their care and allowing us to use them in our program.

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Go GREEN with PBJ

We are recycling aluminum cans, empty printer cartridges and cell phones for cash. If you have these items to recycle, please contact us at donations@pbjconnections.org.



Meet Board of Director Member Lyn Green. She's lived in Johnstown since 1986, is retired from Alcatel-Lucent and is currently a Manager at Nationwide Insurance. She competed Hunter/Jumper, Eventing and Dressage and bred her Trakehner stallion, Kajus, for many years. She enjoys the companionship and comic relief of her horses, dogs and cats and can usually be seen with a mystery novel in hand. Lyn is passionate about writing grant applications and seeking fundraising donations for PBJ Connections and wishes that PBJ Connections' programs had been available when her kids were growing up.

Interning with PBJ Connections

by Jessica Klett

The Ohio State University allows students the freedom to pick an internship to help prepare them for future careers. When I started looking at Psychology internships, I was excited to learn about PBJ Connections. Helping people while working with horses seemed like a perfect combination. I did not have a lot of background in Equine Assisted Therapy (EAP), but was curious about its growing popularity and have been a horse lover and rider for years.

Since I started interning at PBJ I have had many hands-on opportunities. I assist with a current research study that allows me to be in selected sessions. This has been a great opportunity and I have seen the positive affects the therapy has on clients. I have also volunteered during group therapy sessions. This has helped me better understand how the clients work with the horse to help their behavioral issues or mental health conditions.

Having been through traditional counseling sessions myself, I see the advantage that equine assisted therapy has over an office setting. The client is in a relaxing environment which makes it easier to talk about certain issues. I am very grateful to have this opportunity to intern at PBJ Connections, and I think it is a wonderful way to help troubled children and families.



www.pbjconnections.org