



December 16, 2020

Greetings PBJF Friends & Family,

A heart-felt "Thank You!" and hugs to you all for lifting us through a very challenging year. Because of your continued generosity we didn't have to turn away a single family who sought financial assistance for their child in-crisis. In fact, you made it possible for us to provide essential grants for nine (9) Northwest families so that their cherished children were able to attend life-changing and yes, life-saving, wilderness therapy programs.

**From the Hearts of Parents:** The best way to show you just how important your contributions are is to share just a few of the many emotional responses we receive from parents when we say "We will help"...

...Gasp, then silence..."oh my God, thank you, thank you so much. You have no idea what this means to us!"

...Tears, sobbing..."we had nowhere else to turn. Thank you, thank you, thank you."

"We went from constant fear of the phone ringing, hopelessness, and sleepless nights....to peace, calm and a great outlook for 'our daughter's future."

"We're going to be a family again! Thank you Liz! And please thank your donors from the bottom of our hearts!"

...Shaking voice..."you just saved his life. He was headed down a terrible dark road. We are profoundly grateful to you, Liz, and to PBJF."

This year has been particularly difficult for many families and their children due to the impact of Covid19 restrictions, employment uncertainty and financial hardship. For many families, options are extremely limited, but because of you, we could offer them an open door and welcome them with open arms. Thank you again and again.

**Special Highlights from 2020:** Families Helped: We have provided support and resource information to over 100 families.

When a family first calls or a grant application is received, Liz, promptly replies and makes it her foremost priority to give all the time needed and to empathetically listen to their story and learn about their son or daughter. She understands from personal experience what these parents and families are going through and feels her most important job is to be a good listener, then share all available options, assist with the grant application process, offer a clear path to our premier wilderness therapy program partners and above all to provide hope. Grant applications are then carefully reviewed and discussed at length with our grant review team member, Julie, who is a smart, deeply caring mom who understands because she has experience with this journey, too. In just a few days we are able to collaborate with their selected wilderness program and reconnect with these parents to share the hopeful news of a grant for their child.

**Connecting Parents with Parents:** PBJ Wild Hearts Tribe is Growing! Our Families of Wild Hearts Leader, Emily, creates caring space and time in intimate group gatherings, one-on-one or virtually to an ever-growing group of wonderful parents. Emily volunteers to host the monthly Moms' Tribe and husband, Bret, also volunteers to offer a supportive safe environment for dads to connect with other dads at our Dads' Tribe monthly gatherings. More than 55 parents are connecting together on our private Facebook pages and several regularly meet. Some of these parents have their teens and young adult children currently attending Wilderness, some have children who have recently graduated from Wilderness, while still others are seeking support and information to send their child in the future. They help each other just by showing up. Did we mention we have also started a book club? We are featuring parenting and self-help books like "How to Love Your Horrible Rotten Self" by Co-Founder and Clinical Director of Evoke Wilderness, Dr Brad Reedy.

**Connecting Kids with Kids:** Through PBJ Wild Hearts Adventures, Board Members Ricky, Tyler and Matt—three dynamic, young, highly-qualified men—volunteer to lead our Wild Hearts Meet Ups and Monthly Adventures with Wilderness Grads and Alumni. This year, due to Covid19, although we tried, it was necessary to temporarily postpone our gatherings, but we are all set to get our teens and young adults together again for hikes, camping, backpacking and other fun bonding adventures in 2021. Wait until you hear what’s cookin’ on our campfire!

**Reaching Out to the County:** Dan is connecting with the Washington County Juvenile Department and is sharing the work of PBJF and the power and possibilities of Outdoor Behavioral Healthcare Programs (aka Wilderness Therapy Programs) as effective options to get our struggling young people away from a path of trouble toward positive healthful life-changing experiences.

**Interactive & Informative Website:** Our PBJF website is continually updated and we are so proud to share it! Steve is the force behind the scenes that enables us to have our public presence. He volunteers his time, keen talent and extensive experience to create a first-class website that not only is informative but also easy to use. Please check out our latest “Wilderness4Life Logowear!” Look fabulous and help us raise awareness about Wilderness and PBJF! But we are especially excited about the newest page of our website where we honor our valued donors who literally make our mission a reality. Take a look at pbjf.org--it might just warm your big heart even more.

**More Premier Choices For Families:** We are honored to work with the dedicated individuals who represent our Outdoor Behavioral Healthcare Partners. PBJF proudly collaborates with 15 premier accredited programs in Oregon, Utah, Idaho, Arizona, Maine, Vermont, North Carolina, and Georgia including our newest partner, Trails Carolina! Each team is dedicated and passionate about serving families and providing the safest most effective, research driven therapy and experiences for all young people who attend their programs, PBJF also has broadened our grant opportunities to youth, teens and young adults to age 35 who live in Oregon and Washington. We recognize the need for support can continue well into the middle 30’s.

**The Way to Wilderness Auction New Date:** We really missed seeing you all this year! While we were forced to cancel “The Way to Wilderness” Auction, Dinner, Dance this year, we are ready and excited to see you all again under one roof for another unforgettable evening together with family, friends and valued supporters--gathered by the same passion to help struggling young people and their families. We are happy to announce that we have already scheduled “The Way to Wilderness 3” for MAY 14, 2022 Saturday 6PM (Covid19-free we hope) at the World Forestry Center in Portland, Oregon. You are all invited!

We’re not yet sure what fundraising in 2021 will look like. We will be reaching out to you and others in 2021 with more opportunities to help our Oregon and Washington struggling young people and their families. If spirit moves you, you are welcome anytime to give your support by going to our website and clicking on the page “donations” or give us a call and let us know how you would like to get involved.

From the bottom of our hearts and on behalf of the young people and the families we serve—Thank you.

With Hope,

*Liz & Dan*

Elizabeth Bounds & Daniel Johnson  
Co-Founders and Parker’s Mom and Dad

*“Wouldn’t it be ‘tight’ if we could send just one kid a year to Wilderness?” –Parker*



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Parker Bounds Johnson Foundation Tax ID# 81-3500151 is a 501(c)3 non-profit public charity  
PO Box 1989 Lake Oswego OR 97035 503.810.9100  
[info@pbjwilderness4life.org](mailto:info@pbjwilderness4life.org) [www.wilderness4life.org](http://www.wilderness4life.org)

