



For Children's Mental Health

2017-2018 Annual Report



Celebrating 10 Years! Our Mission & Vision

Our mission is to ensure a seamless system of mental health care for children and adolescents that meets specific characteristics of quality, provides a continuum of care, has system connections, and is affordable.

Increasing access to quality mental health care through the improvement and expansion of school-based brain health services is our top priority. Additionally, MindPeace proudly serves as co-leader for the School Based Mental Health Network, where youth agency providers come together to identify and overcome systemic barriers to care and collectively share key learnings and resources. We strive to co-create strong, sustainable partnerships between community learning centers (CLC's)/schools and behavioral health providers, which are self-selected by the communities they serve. This results in full-time integrated and aligned support for students, as well as shared outcomes, accountability and a continuum of services to help each school community thrive!



There are 110
schools in the
MindPeace
collaborative



MindPeace
partners with 17
local school
districts



17 behavioral
health agencies
are currently
partnered with
MindPeace

School Based Brain Health

By the Numbers

"MindPeace has played a vital role in helping St. Joseph Orphanage mainstream our communication processes and service implementation procedures with schools, building strong partnerships for the future!"

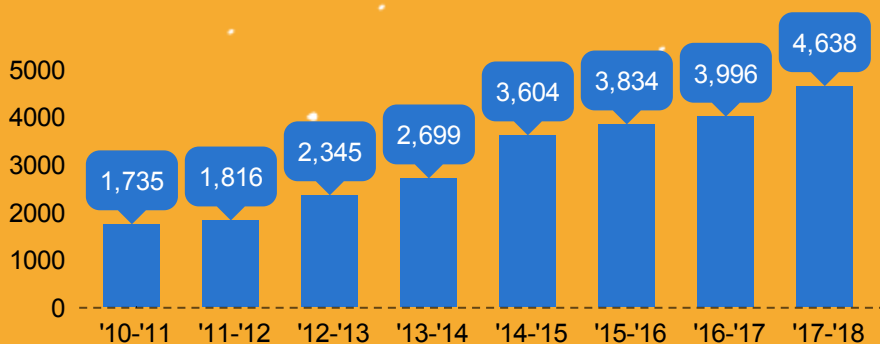
-Diane Young, Chief Services Officer
St. Joseph Orphanage



Did you know...

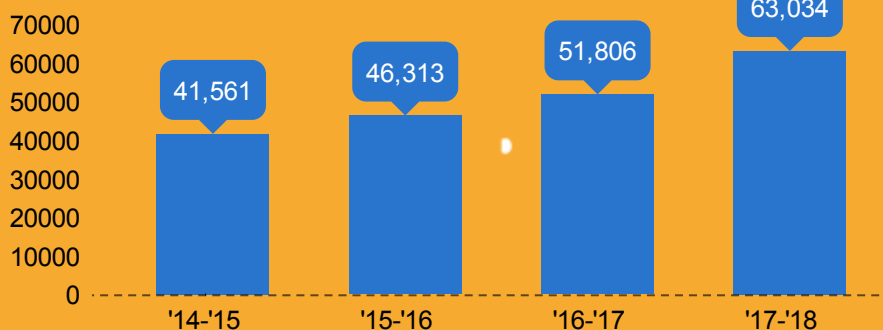
Nationally only **25-50%** of children are able to access care.
Through the work of MindPeace **71%** of students were connected to care!

Students in Treatment



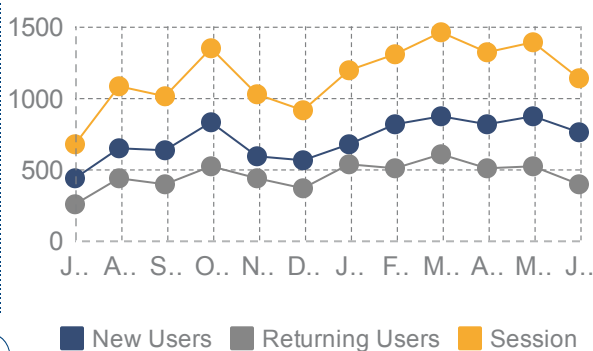
Value-Added: Over 11,600 hours of supportive intervention services were provided (crisis support, positive behavioral support, consultation with the school staff) to 6,236 students this past year. These non-billable services were freely offered as part of each agency's commitment to prioritizing student needs and reflects our collective investment in helping school communities thrive!

of Students with Access to Treatment



In the 2017/2018 school year, students received an average of 19 hours of treatment services.

Overall Site Traffic



Our Website: Connecting Families and Partners to Community Mental Health Resources

MindPeace was searched **4 times more** than the previous year!

There were **5,296 more visits** to the website this past year!

Direct traffic to the website increased **44%** from last year!

Over 900 mental health professionals are listed in the MindPeace database. MindPeace works hard to keep the database up-to-date so that appropriate referrals and recommendations for care providers can be given.

Impact

Working together with various partners, MindPeace led these critical quality improvement projects during the 2017/2018 school year!



Building Resiliency Through Calming Spaces

Disruptive behaviors often arise in classrooms when students lack the tools needed to transition their brains out of fight-or-flight mode. Through the creation of calming spaces in schools, students with emotional needs can learn to self-regulate, allowing them to return more quickly to class. MindPeace helps design these de-escalation rooms, while working with school partners to develop processes, outcome measurements and staff trainings to help students and staff get the most out of the space.

Deer Park Jr. Sr. High School opened their H3 room in the spring of 2018. This space supports students who need extra support for de-escalation and those seeking an avenue to re-focus. Over 80% of students who came to the H3 room had heightened emotions that were 7-10 (on a 1-10 scale). Students stayed in the room, on average, for 20 minutes and 86.3% left the space with self-reported emotions of a 4 or lower.

Taft Elementary opened their Focus Room for students in K-6th grade who needed help learning how to cope and create emotional stabilization. Focus Room staff received training on how to best help students utilize the tools within the room.

Western Hills University High School piloted a classroom showcasing alternate seating aimed at allowing students the flexibility of choice and comfort, and creating avenues for students to release energy to better focus on their academics.

Trauma-Sensitive Schools

Western Hills University High School continued its journey of becoming one of the first trauma-sensitive high schools in the city. In the 2017/2018 school year, Western Hills participated in a year-long trauma learning community, held suicide prevention trainings, changed disciplinary practices and in general helped change the culture at the school.

Carson Elementary received training and had 7 teachers sign up to receive more trauma-informed classroom strategies. These teachers incorporated new techniques and calming corners into their classrooms.

System Improvements- *A collaborative group was formed to address the mental health needs of the neediest children.*

Working with Cincinnati Children's and mental health agencies serving youth, MindPeace helped improve our safety net for children in crisis by bolstering after hours clinic offerings by agencies, standardizing the crisis intervention assessment tool, offering critical safety planning training, and enhancing communication between providers through expanded access to medical records. **These efforts coincided with a 5% decrease in psychiatric emergency visits at Cincinnati Children's- the first decrease in 8 years!**

Suicide Prevention and Postvention

As part of their initiative to becoming a trauma-resilient school environment, Western Hills University High School created a suicide prevention subcommittee to tackle the growing issue of suicide ideology among teens. The team provided QPR training to all teachers and revitalized a student support network. Comprised of school and community leaders, along with student representatives, this task-force also provided critical support to neighboring schools in the wake of tragic events.



Deer Park Jr. Sr. High School



Taft Elementary

"MindPeace has been a tremendous help with connecting partnerships and resources that focus on creating better outcomes for our most vulnerable students.

With their guidance we were able to improve our systems in place by creating a calm space for students in distress. The MindPeace Room offers a calm environment where students can get the immediate attention and support they need to become motivated learners by improving their self-regulation skills. The space not only supports the distressed student, but also supports the entire school climate by ensuring less distractions during instruction. Making sure all of our students are successful academically and socially could not be done without the support of MindPeace."

-Elizabeth Cone, Resource Coordinator
William Howard Taft Elementary School

MindPeace Educational Symposium



On August 7th, more than 220 school and community leaders came together at Cooper Creek Event Center to celebrate MindPeace's 10th birthday and to reflect on our collective accomplishments over the past year. The luncheon symposium included site team presentations focused on alternative approaches to discipline, suicide prevention, mentorship programs, and an enhanced communication process between therapists and teachers. We were also pleased to have keynote speakers, Emma Shelton and Susan Shelton, who bravely shared their story of resiliency and their unique student/parent perspectives on living with a brain disorder.

HELP CHILDREN AND TEENS THRIVE! DONATE TO



SPHERES OF INFLUENCE



SCHOOLS



ADVOCACY

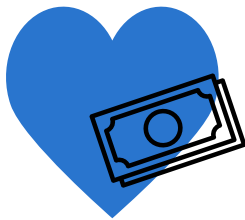


PEDIATRICIANS



AGENCIES

Please consider donating to MindPeace.
All operating funds are made possible through
grants and private donations.



Donations may be sent to:

MindPeace
5642 Hamilton Avenue
Cincinnati, Ohio 45224

For credit card donations, please visit:
www.MindPeaceCincinnati.com/donate



Where does your donation go?

\$40- One month of website hosting

\$ 200- One hour of consultation and technical support to school partners

\$1,000- Creating a calming corner in a classroom

\$10,000- The annual celebration and education luncheon



Thank you to our Donors!

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Our Collaborators

School Districts

Cincinnati Public Schools

Deer Park Community Schools

Finneytown Local School District

Great Oaks Career Campuses

Hamilton City School District

Indian Hill Exempted Village School District

Lakota Local Schools

Lebanon City Schools

Lockland School District

Loveland City School District

Kings Local School District

Madeira City Schools

Mariemont School District

Mason City Schools

Oak Hills Local School District

Princeton City Schools

Ross Local Schools

St. Bernard-Elmwood Place City Schools

Sycamore Community Schools

Ursuline Academy

Wyoming City School District

Organizations

IN5

Mental Health America of Northern Kentucky and Southwest Ohio

Cincinnati Health Department

Community Learning Center Institute

Companions on a Journey

Hamilton County Mental Health & Recovery Services Board

The Health Promotion and Education Program at the University of Cincinnati

Growing Well Cincinnati

Interact for Health

TriState Trauma Network

Agencies

Beech Acres Parenting Center

Butler Behavioral Health Services

Catalyst Counseling, LLC.

Catholic Charities Southwestern Ohio

Camelot Community Care

Central Clinic

Child Focus, Inc.

The Children's Home of Cincinnati

Cincinnati Children's Hospital Medical Center

Community First

Greater Cincinnati Behavioral Health Services

Lighthouse Youth Services

Solutions Community Counseling

St. Aloysius

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Our Plans

MindPeace Rooms

MindPeace Rooms offer a place to teach students calming techniques in order to decrease agitation, aggression, irritation or sadness. It gives the student an opportunity to calm themselves before trying to process their feelings or actions. Students using these spaces learn to develop skills which can be used both inside and outside of the classroom to benefit their well-being.

Teachers also benefit from the MindPeace Room! Students who utilize the MindPeace Room typically return to class more self-aware and ready to learn, which helps promote self-care and limits teacher burn-out.

Transitioning to College

Together with our partners, MindPeace continues to revamp transition material for local high school soon-to-be graduates. Transition tool-kits focus on providing materials to help students and their parents consider how to prepare, from a social/emotional perspective for college or work after high school, and learn about available resources to support each student's mental health and wellness needs. The transition tool-kits encourage incoming college freshman students to proactively put plans in place to successfully support their mental health. In the 2018/2019 school year MindPeace plans to distribute these packets to all seniors attending our 38 partner high schools.

Early Childhood

Providing mental health support to children as soon as possible is important and can change the trajectory of a young life. MindPeace will continue our pilot with Rising Stars Academy to fine-tune the school-based model, so that we can better meet the needs of children at a young age.

Over the next year, we will continue to collaborate with key community partners to connect local youth with critical brain health services, resources and support!

Looking to access community resources or launch a new school partnerships? Contact us!



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