



# MindPeace<sup>®</sup>

## Mental Health Solutions for Youth, Families & Communities

### 2020/2021 Annual Report

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 a top priority. MindPeace serves as co-leader for the School Based Mental Health Network, where youth agency providers come together to identify and overcome systemic barriers even with the challenges caused by the COVID-19 pandemic. Collectively sharing key learnings and resources by our school teams was instrumental!

2020/2021 was a very challenging year. As the COVID pandemic was in full force so was the shadow pandemic of mental health. Even so, the vast majority of schools were still able to maintain their monthly mental health referral meetings. At these meetings the team reviewed every student that was referred for access to mental health care. Barriers that may have been keeping students from connecting to care were discussed and many eliminated.



Many teams also started to feel an extraordinary amount of stress due to staffing shortages and their own personal mental health. The MindPeace team helped by providing staff wellness resources and beginning to develop solutions for workforce shortages. This helped stabilize the teams. Overall, MindPeace helped each member of all the school teams realize their role in making sure that every family was contacted, a new referral was made, and no student was lost in the process. Because of the deep collaboration of MindPeace and our partners 75% of students referred for treatment were still able to connect to care, even during an unprecedented pandemic!

"MindPeace provides comprehensive support to both schools and community partners. Their support has helped to keep our processes functioning and to continue to connect students to care in the midst of the pandemic. We all had to adjust and adapt to this new reality, and MindPeace was a critical partner in figuring out how to thrive through these challenges."

Lori Brown  
Lakota Local Schools, Director of Student Services



There are 190 schools in  
the MindPeace  
collaborative



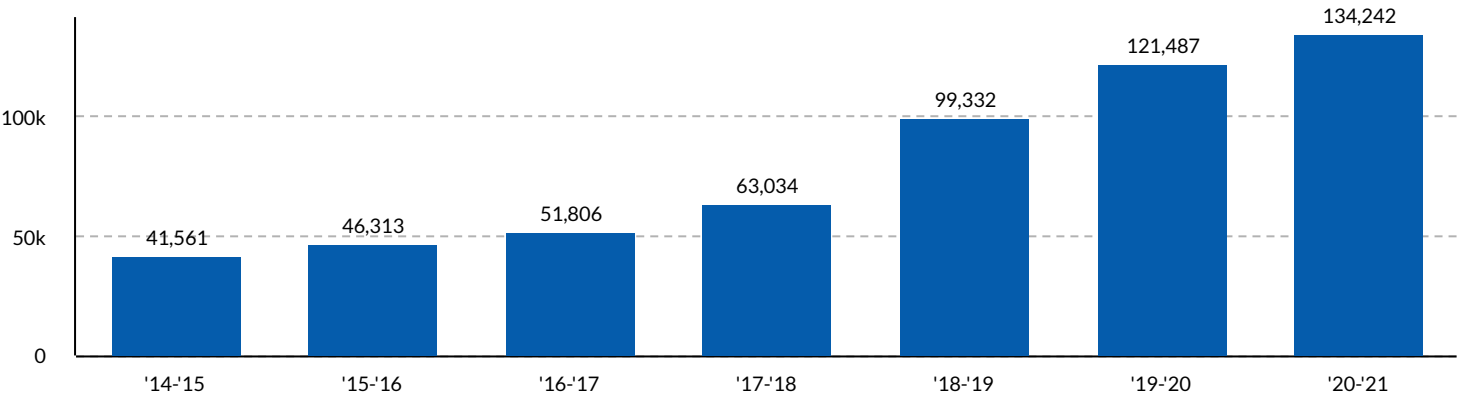
MindPeace partners  
with 23 local school  
districts



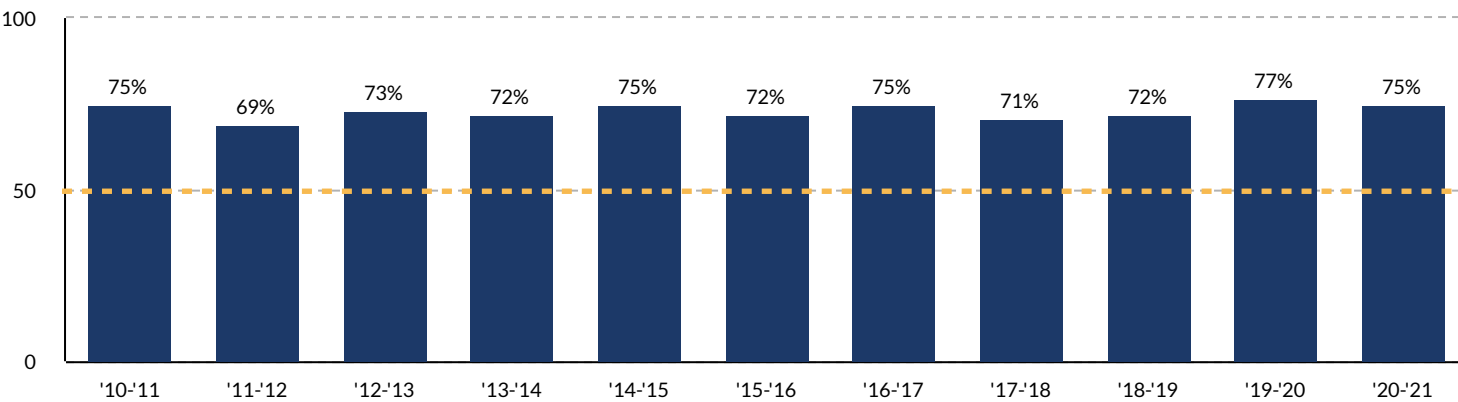
19 behavioral health  
agencies are partnered  
with MindPeace

# School Based Mental Health Services Impact During the Pandemic

Students with Access to Mental Health Treatment

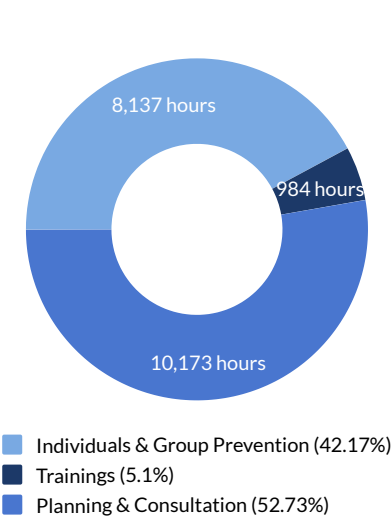


Access to Care

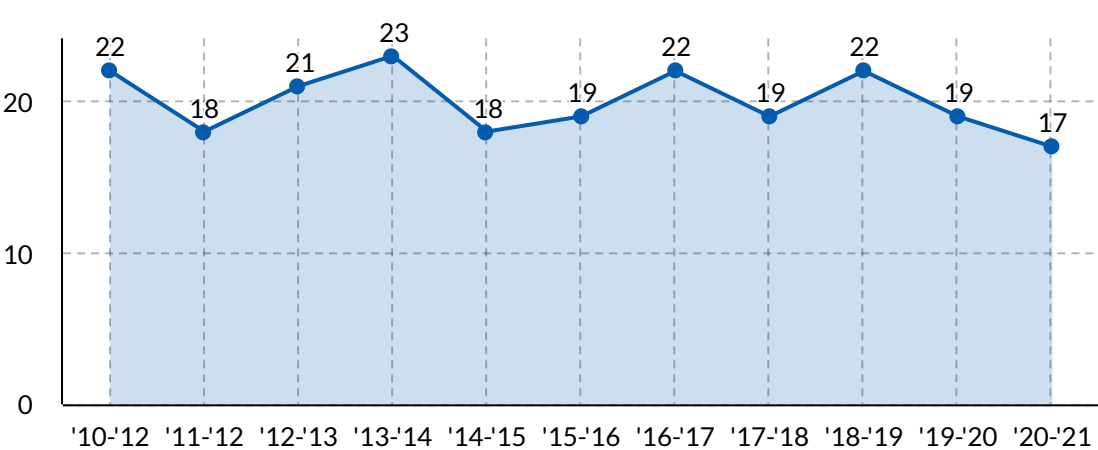


----- Nationally, about 50% of students access care during a typical year.

## Prevention Support




Average Hours in Treatment Per Student



What an outstanding effort by our network schools and mental health agencies to ensure that **75%** of students were able to access mental health services during such a challenging year, still beating the national average by twenty-five percent!

# Help Children and Teens Thrive! Donate to MindPeace!



All operating funds are made possible through generous grants and private donations!

## Where does your donation go?



- \$40- One month of website hosting
- \$ 200- One hour of consultation and technical support to school partners
- \$1,000- Creation of a calming corner in a classroom
- \$20,000- The Annual MindPeace Education Summit

**Donations may be sent to:**

**MindPeace**  
**5642 Hamilton Avenue**  
**Cincinnati, Ohio 45224**

**For credit card donations, please visit: [www.MindPeaceCincinnati.com/donate](http://www.MindPeaceCincinnati.com/donate)**

## Thank You Donors!

1N5

Andrew Jergens Foundation

Deaconess Health Association Fund

Hamilton Community Foundation

Josephine S. Russell Charitable Trust

Louise Taft Semple Foundation

Nancy and John Silverman

Neediest Kids of All

Robert and Adele Schiff Family Foundation

Shannon and Lee Carter Family Fund of the  
Greater Cincinnati Foundation

Susan and Dan Pfau

Thomas J. Emery Memorial

\*Many Generous Individuals\*



# Our Partners are the Best!

## Agencies

Beech Acres Parenting Center

Butler Behavioral Health Services

Catalyst Counseling, LLC.

Catholic Charities Southwestern Ohio

Camelot Community Care

Central Clinic Behavioral Health

Child Focus, Inc.

The Children's Home of Cincinnati / Best Point

Cincinnati Children's Hospital Medical Center

Community First Solutions

The Counseling Source

Greater Cincinnati Behavioral Health Services

Lighthouse Youth and Family Services

NewPath

Poppy's Therapeutic Corner

Solutions Community Counseling

St. Aloysius

Talbert House

TriHealth

## Organizations

1N5

Mental Health America of Northern Kentucky and Southwest Ohio

Cincinnati Health Department

Community Learning Center Institute

Companions on a Journey

Growing Well Cincinnati

Hamilton County Mental Health & Recovery Services Board

Hamilton County Public Health

The Health Promotion and Education Program at the University of Cincinnati

Interact for Health

LifeSpan

MHAC (Mental Health & Addiction Advocacy Coalition)

TriState Trauma Network

## School Districts

Cincinnati Public Schools

Cincinnati Country Day School

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

Northwest Local School District

Oak Hills Local School District

Princeton City Schools

Ross Local Schools

St. Bernard-Elmwood Place City Schools

St. Xavier High School

Sycamore Community Schools

The Seven Hills School

Ursuline Academy

Wyoming City School District





Pandemic Response

MindPeace helped our school partners keep access to care top of mind, amidst many competing priorities.

During this time of COVID over the past school year, MindPeace helped overcome added barriers to care, including 1. Logistical, psychological, and communication barriers to treatment while schools navigated COVID protocols and transitions between learning models; 2. The financial sustainability of our behavioral health partners as they strove to sustain staff capacity despite billing challenges; and 3. New obstacles for identifying students facing a potential mental health crisis. MindPeace also helped partners access professional development and staff wellness support along with ensuring seamless communication across agencies and school personnel.

Working in collaboration with Cincinnati Children's, MindPeace continued to support efforts to build our system-wide safety net.

Safety Net

Standard Screening



3 Columbia Suicide Severity Rating (C-SSRS) Trainings in collaboration with Cincinnati Children's.

Assessment & Safety Planning Training



448 Professionals attended the virtual C-SSRS and Safety Planning Training.

Suicide Data



Quarterly Suicide Epidemiology meetings in collaboration with Cincinnati Health Department, Hamilton County Mental Health & Recovery Services Board, Hamilton County Public Health, and Cincinnati Children's.

Responding to the Need

Teamwork between school staff, mental health teams and MindPeace was unprecedented last year!

A Great Example: At Fairwood Elementary through intense team work and constant communication during the pandemic, care coordination and therapy were able to continue and students' access to care improved from 73 to 76 percent. At the same time, the number of treatment hours per client also increased. Importantly the team was able to identify 21% of students who needed therapy services and reach out to their guardians. This team always came to their monthly and quarterly meetings prepared and with honest feedback. This allowed them to grow and successfully connect students to care during an unprecedented time.

Focusing on youth at highest risk MindPeace worked with schools to ensure juniors in treatment and all seniors had social emotional resources during their transition into adulthood.



Information and resources were also shared with alumni to help them feel connected and a part of the community during such an isolating time.

Transitions



A Hospital Transition Learning Network co-lead by MindPeace and Cincinnati Children's started in the midst of the pandemic because our Network was committed to improving mental health care.



Many MindPeace Rooms were not able to be used during the pandemic so MindPeace focused on improving the data system and building new rooms so they'd be ready when the schools were back in-person! Our team also continued to improve Virtual MindPeace Rooms.

"The MindPeace Room has been a wonderful addition to Crawford Woods Elementary. It is an additional tool in our toolbox when working with kids that are escalated or impacted by trauma." Aaron Hopkins, Crawford Woods Elementary Principal



10,635 total Virtual MindPeace Room™ visits



360 total students visited a MindPeace Room



MindPeace Rooms began leveraging new data software!

# Meet the Team

## Board of Directors

Dr. Barbara Boat

Mr. Lee Carter, Chairman

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Mr. David Mentzel

Dr. Michael Sorter

Ms. Shauna Murphy

Mr. Jeff Brokamp

Ms. Nancy Eigel-Miller

Ms. Victoria Parlin,  
Secretary

Mr. Kent Cashell, Treasurer

Ms. Nancy Silverman



### Susan Shelton, Executive Director

Susan has a BSEE and an MBA and worked in high tech industries for over 20 years in the areas of research and development, product management, manufacturing, marketing, and strategic planning. She was a founder of MindPeace as a volunteer of the Junior League of Cincinnati (JLC) and under Susan's leadership, MindPeace has earned numerous awards and national recognition.



### Tina Russo, Program Director

Tina is retired from Cincinnati Public Schools where she served as a principal and leadership coach. She's also been the Director of The Children's Home School, worked for Lighthouse Youth Services, and was an adjunct faculty member at three local universities. She received her Ed.D. in Educational Administration, M. ED in Special Ed., and a BA in Psychology/Philosophy. Tina started her journey with MindPeace as a Board Member before moving into her current position where she helps improve and develop school based partnerships.



### Elana Carnevale, Program Manager

Elana has a BA in Communication with a minor in Psychology, and a Master of Public Health degree. Since 2007 she has worked in the non-profit, healthcare industry. At MindPeace, Elana helps to implement quality improvement efforts in areas of suicide prevention, access to treatment, transitions in care, trauma-sensitive learning, MindPeace Rooms, and technological advancements. Elana also supervises the internship staff.



### Christy Berning, Director, Programs and Business Development

Christy holds a BA in Education with a special emphasis in Business and Communications. Over the past 25 years, Christy has held leadership roles within the fields of communications, education, and non-profit management. More recently, she's served as a Strategic Consultant for a number of local non-profit agencies specializing in parenting education, suicide prevention, and grief support. As Program Manager at MindPeace, Christy partners with school and agency teams to develop systemic solutions, connecting children and teens with critical brain health prevention, intervention and treatment.



### Jessica Carroll, Program Manager

Jessica has a Master in Social Work and is a Licensed Independent Social Worker in Ohio and Florida. She has been licensed since 2008 and started working with adolescents in 2005. Jessica has also completed CAPP, a two year post graduate training program from the Cincinnati Psychoanalytic Center that focuses on normal and abnormal childhood and adolescent development. At MindPeace, Jessica helps manage mental health partnerships in the school with a goal of reducing barriers to care.



MindPeace hires 2-3 interns tri-annually to help support the work of MindPeace, and to provide valuable experience to our budding professionals.

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