



# ANNUAL REPORT

## 2022-2023



MindPeace ensures that every child and adolescent has access to an effective system of mental health and wellness.

THANK YOU TO OUR FUNDERS FOR LOCKING ARMS AND HELPING TO MAKE SYSTEM IMPROVEMENTS POSSIBLE!

1N5

Elsa Heisel Sule Foundation

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Magnified Giving

and Many Individual Donors

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513-803-0844

[info@MindPeaceCincinnati.com](mailto:info@MindPeaceCincinnati.com)

[www.MindPeaceCincinnati.com](http://www.MindPeaceCincinnati.com)

Offices at Cincinnati Children's

5642 Hamilton Ave.

Cincinnati, OH 45224

# PARTNER EDUCATION & SOLUTIONS

## MindPeace's Partner Forum



MindPeace hosted its first MindPeace Forum in April of 2023. School and mental health agency leaders came together to discuss current mental health concerns and share potential solutions. Speakers from Aetna, Best Point, Cincinnati Children's, Cincinnati Public Schools, and Mariemont City Schools discussed *Student Safety for Youth with Intensive Mental Health Needs During a Capacity Shortage of Day Treatment and Intensive Outpatient Programs*. The second panel was presented by representatives with Cincinnati Children's and Mason City Schools about *Threat Assessments, Resources and Alternatives to Sending Students to the Emergency Department*.

## A Year of Firsts! Check out these collaborative programs launched!

- In support of the Ohio School Wellness Initiative (OSWI) lead by Miami University, MindPeace was chosen and completed two new Guidebooks to support school systems throughout Ohio in launching school-based mental health partnerships.
- The 1st Annual Family Education Day was launched in collaboration with 1N5, Cincinnati Children's and the University of Cincinnati.
- For the Brain Health Network, an intervention was tested in collaboration with 1N5 and Cincinnati Children's.



## MindPeace's Annual Education Summit

MindPeace was glad to host over 200 school and mental health professionals to celebrate the achievements of the 2021-2022 school year and to get excited about and share strategies for the upcoming school year.

The Summit was held at The Manor House in Mason, Ohio and featured keynote speaker, Missy McClain from Akron's Children's Hospital. Missy helped attendees find their joy and regain purpose after a tough year. Additionally, three presentations were held to highlight successful partnerships.



# ACCESS TO CARE

In 2023, the AMA adopted a policy recognizing that children's mental health and barriers to care in the United States represent a national emergency.

With the help from 14 mental health agencies in the MindPeace Network:

9,194

STUDENTS RECEIVED  
SCHOOL-BASED THERAPY

19

AVERAGE HOURS OF CARE

Nineteen average hours of therapy per student were provided in school-based services

72%

ACCESS TO CARE

Seventy-two percent of students referred to care were connected to services



## MindPeace Rooms



Since its inception in 2017 MindPeace Rooms (social emotional learning spaces) have grown to expand into 65 schools with the generosity of foundations like Neediest Kids of All!

Data compiled from April 2021 to May 2023 indicates that the median time students spend in a MindPeace Room is **15-20 minutes**. Students coming for de-escalation needs decrease their emotional intensity by an average of **20%**! Data reported in the 2022-2023 school year alone shows, **1,192 students** used their school's MindPeace Room **3,764 times**!

\*The image on the left is the MindPeace Room at Spencer Academy for Gifted and Exceptional Students.

# SUPPORT

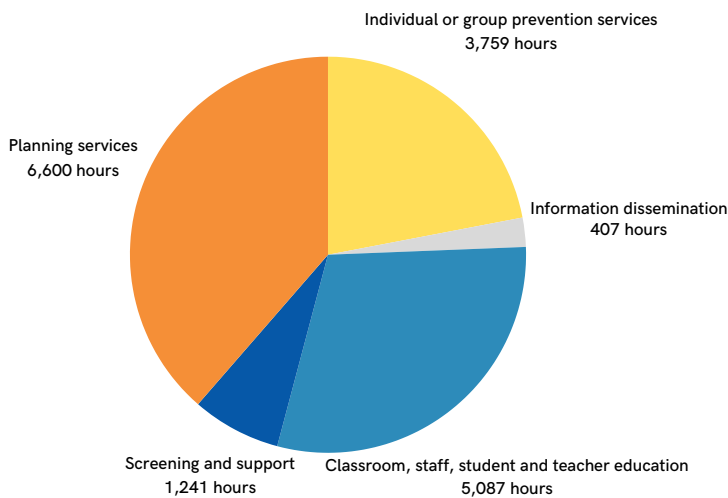
## MindPeace Network Reach

MindPeace partnered with **24** school districts across **4** counties impacting a total of **137,667** students!

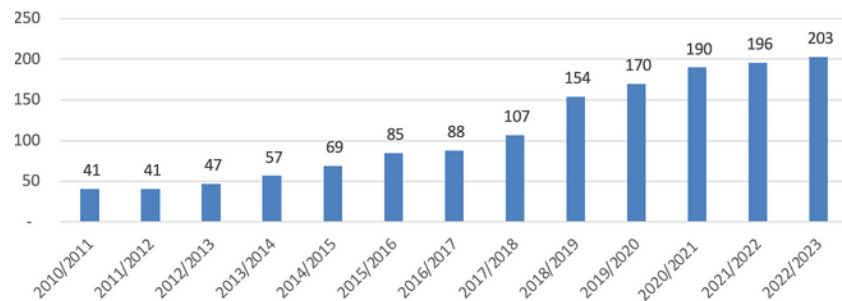
As a result of our Network, **72%** of students referred for care in schools were able to access treatment. According to the CDC (2023), only about 20% of children with mental, emotional, or behavioral disorders receive care from a specialized mental health care provider.



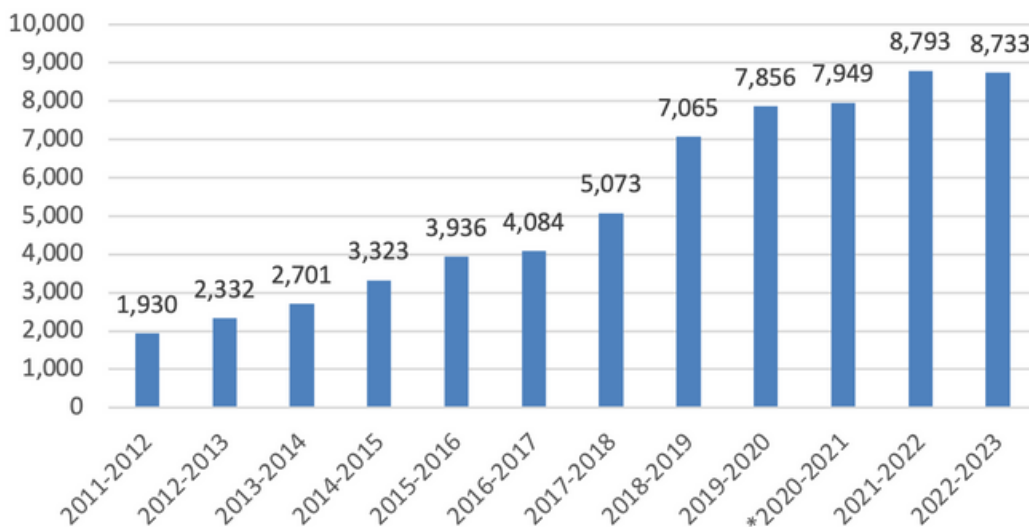
## 22/23 Prevention Data



### Community Learning Centers/Schools in MindPeace School Based Network



### Mental Health Referrals



## MindPeace Community Referral System

Due to the mental health crisis and therapist workforce shortage, some schools experienced waitlists. Due to these circumstances, MindPeace assisted **52 schools** across the region. For **552 students** (and their families) who were on waitlists and wanted treatment, their parents were given direct referrals from MindPeace to community agencies with available appointments that fit their specific needs.

# PARTNERS

## AGENCIES

Beech Acres Parenting Center  
Best Point Education & Behavioral Health  
Butler Behavioral Health Services  
Catalyst Counseling, LLC.  
Catholic Charities Southwestern Ohio  
Camelot Community Care  
Central Clinic Behavioral Health  
Child Focus, Inc.  
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  
Talbert House  
TriHealth  
UMADAOP of Cincinnati

## ORGANIZATIONS

1N5  
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  
Joining Forces for Children  
The Health Promotion and Education Program at the  
University of Cincinnati  
Interact for Health  
Mental Health America of Northern Kentucky and Southwest  
Ohio  
Mental Health & Addiction Advocacy Coalition  
Miami University's Center for School-based Excellence  
TriState Trauma Network

## SCHOOL DISTRICTS

Cincinnati Country Day School  
Cincinnati Public Schools  
Deer Park Community City School District  
Finneytown Local School District  
Great Oaks Career Campuses  
Hamilton City Schools  
Indian Hill Exempted Village School District  
Kings Local School District  
Lakota Local Schools  
Lebanon City Schools

Lockland School District  
Loveland City School District  
Madeira City Schools  
Mariemont City Schools  
Mason City Schools  
Mercy Montessori Schools  
Northwest Local School District  
Oak Hills Local School District  
Princeton City Schools  
Reading Community City School District  
Ross Local School District

St. Bernard-Elmwood Place City Schools  
St. Xavier High School  
Sycamore Community Schools  
The Seven Hills School  
Ursuline Academy  
West Clermont School District  
Winton Woods City Schools  
Wyoming City School District





# OUR TEAM

## BOARD OF DIRECTORS

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Nancy Eigel-Miller  
David Mentzel  
Shauna Murphy

Orly Rumberg  
Michael Sorter, MD



### **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.



### **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 local non-profit agencies specializing in parenting education, suicide prevention, and grief support. As Director of Programs and Business Development 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.



### **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.



### **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.



### **Nicole Pfirman, Director of School-based Mental Health Systems**

Nicole is responsible for supporting the improvement of integrated and aligned school-based mental health services and systems. Previously, Nicole served as the District Prevention and Wellness Supervisor for Mason City Schools, where she spent 19 years of her career. She is a licensed occupational therapist and has worked in outpatient psychiatry and adult rehabilitation, working both in the hospital and prison setting.



### **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.

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

Consider making a tax-deductible donation to MindPeace at <https://mindpeacecincinnati.com/donate/>