



# ANNUAL REPORT 2023-2024

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

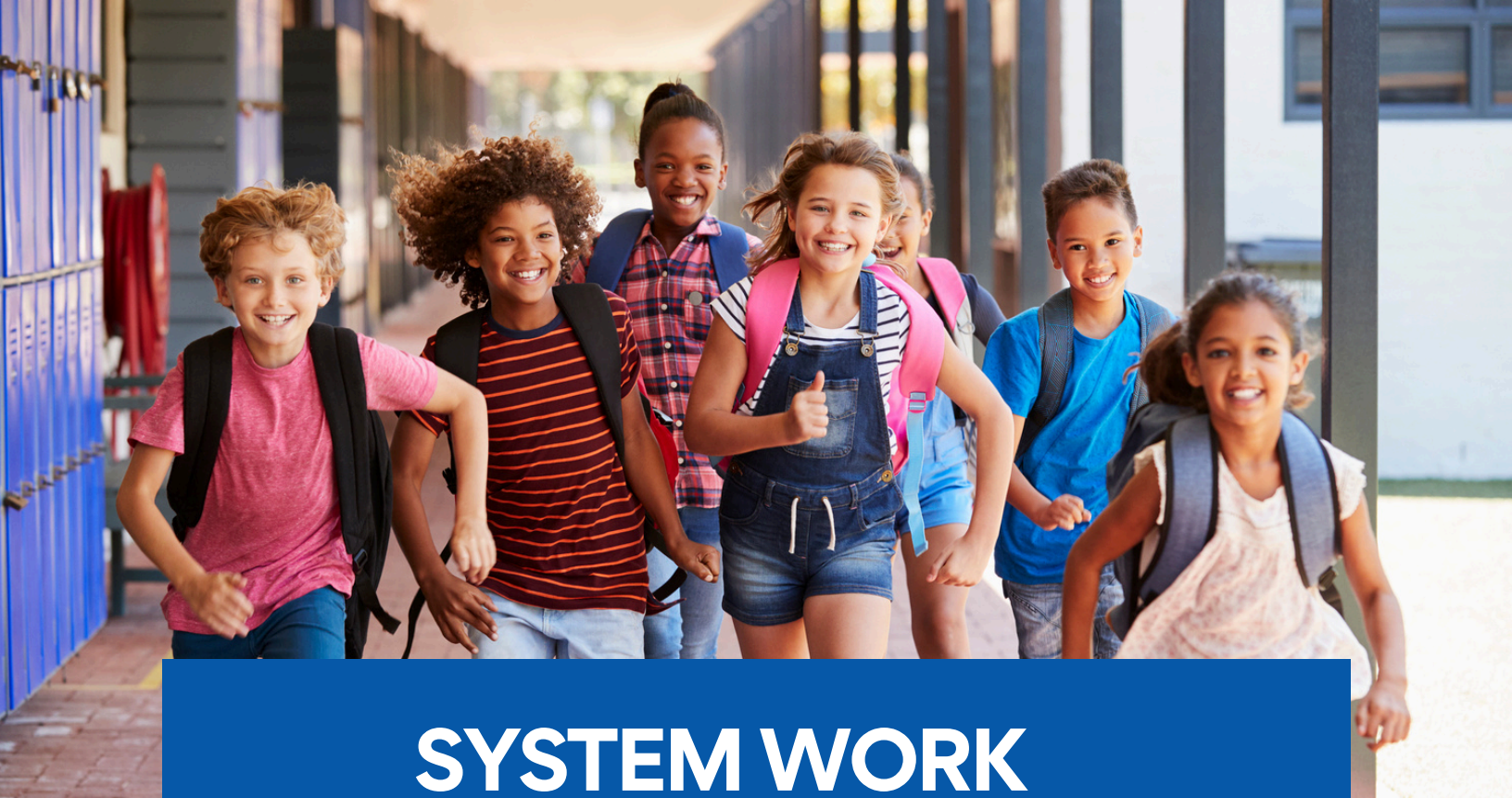


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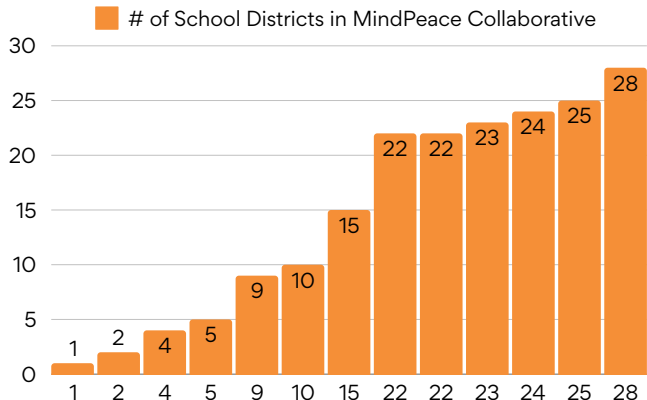
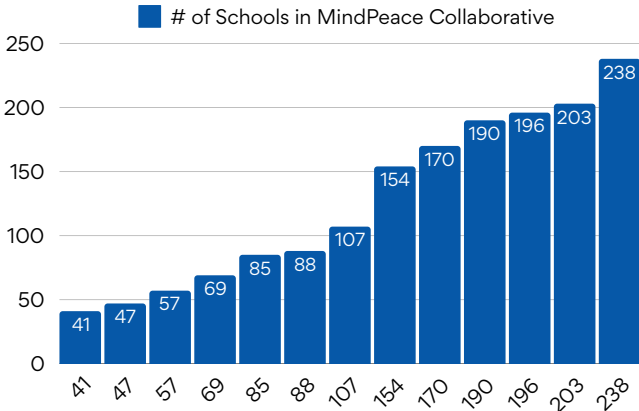




# SYSTEM WORK

Over the past year at MindPeace, we have continued to expand our reach working with school leaders and mental health partners across the region to address youth wellness within the school environment. In order to create mentally healthy schools, it is important that wellness is a foundation of learning and that educational systems that are in place positively support youth mental health.

During the 2023-2024 school year, we increased the time spent providing professional learning opportunities to our partners on a variety of topics regarding behavioral intensity, environmental modifications, and setting the classroom up for success. We were able to complete over 55 professional learning opportunities across the region. In addition, increased time has been spent collaborating with school district leaders to review district discipline, attendance, and student service policies and procedures to ensure they are supportive of positive school culture and promoting positive mental health. There has been an intentional focus on the integration and alignment of the medical and educational model, knowing that providing services and supports embedded into the school day can lead to greater mental health outcomes for youth.



# 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:

MindPeace partnered with **28** school districts across **4** counties impacting a total of **163,282** students!

As a result of our Network, **75%** 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 received care from a specialized mental health care provider.

**75%**

Access to Care

The fourteen school-based behavioral health agencies, with the help of MindPeace provided these additional services:

- **14,203 total hours** of individual or group prevention services to **5,780 students**.
- **1,331 hours** of information dissemination.
- **10,400 total hours** of education to teachers/staff, students, or parents/guardians.
- **1,326 total hours** spent on mental health screenings and support.
- **6,379 hours** of planning services with schools.

**20**

Average Hours of Care

**8,920**

Student Referrals for Therapy

**10,299**

Students Treated

## MINDPEACE COMMUNITY REFERRALS

**846**

Families  
Contacted

MindPeace works to reduce barriers to care by assisting families in their search for mental health services. When schools are on a waitlist for school-based mental health services MindPeace connects with parents and caregivers (with permission) to give direct, customized referrals for community agencies with available appointments. MindPeace assisted **65 schools** in reducing both the school-based therapy waitlist, as well as barriers to care the family may face. Cumulatively, over **1,000 families** have been helped by MindPeace since the referral service was first offered in 2021; offering a way to begin their healing and mental health journey quicker.

# EDUCATIONAL OPPORTUNITIES

## MINDPEACE SUMMIT



A first for the Summit was a Poster Presentation. These were 9 learning experiences represented by 9 different groups consisting of agency and school professionals.

Our 2024 MindPeace Summit welcomed nearly 250 partners to learn about the role of medication in treatment by Dr. Michael Sorter at Cincinnati Children's, and develop tips from Dr. Susan Bazyk at Every Moment Counts for promoting participation in mental health throughout the day!



## 2ND ANNUAL FAMILY EDUCATION DAY

In collaboration with MindPeace, 1N5 and Cincinnati Children's hosted a second annual education day for adolescents and young adults living with depression/anxiety and their caregivers. Approximately 60 youth along with their parents/caregivers were in attendance. The event featured expert presentations and breakout sessions. Topics discussed were: *Depression and Anxiety: How They Co-Exist and Treatment Approaches*, *Genetic Pharmacology and Treatment of Chronic Depression*, *The Whole-Person Approach to Depression Treatment*, *Latest Treatments for Resistant Depression*, *Depression and the Role of the Family in Treatment and Managing Your Care*.

## FORUMS



School and mental health agency leaders came together to discuss current mental health concerns and share potential solutions. Over 200 professionals were in attendance for the March Forum and the June Administrator Forum.

Topics included:

- Addressing the Behavioral Intensity Crisis
- Examining & Improving Discipline Practices
- State of Youth Mental Health
- Providing a Sustainable School-based Mental Health Model





MindPeace Rooms™ are places where students go to learn coping techniques and practice social-emotional skills to regulate their bodies and emotions. It's a space that is used for brief intervals where students can meet their emotional regulation needs including access to sensory input and allow for greater focus in the classroom/school environment. It provides tools for youth to cope with their emotions, understand their behavior, and re-engage in the learning or community environment.

This is a space used to calm the nervous system using soothing tactile, auditory, visual, vestibular and proprioceptive input intended to help the youth better control and regulate emotions. Station tools are available in the room to promote movement and mindfulness through guided breathing, self-regulation and reflection activities.

**89%**  
Of visitors felt much better or somewhat better after visiting the MindPeace Room!



Active MindPeace Rooms

**53**



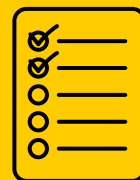
Logged Students

**1,216**



Documented Visits

**5,172**



Visits were Scheduled Interventions

**44%**

# RESOURCES

## \* WEBSITE

### RESEARCH, TOOLS, TOOLKITS, PRESENTATIONS AND PROVIDERS! OH MY!

The MindPeace website has a wealth of information, research, tools and more. Visitors come to find information, effective strategies and search for a mental health provider that fits their specific needs in the Greater Cincinnati Community.

Visitors **48,384**

Visits **127,742**

 **mindpeacecincinnati.com**



Because better systems lead to **Brighter Outcomes...**

While we continue to prioritize support for Greater Cincinnati youth and the systems and leaders who serve them, we're also beginning to leverage MindPeace's time-tested and refined School-based Mental Health Model in support of schools beyond our region.

This exciting work began in 2021 as we partnered with the Miami Center for School-Based Mental Health Programs (CSBMHP), as part of the Ohio School Wellness Initiative (OSWI). With plans to pilot our first Academy series in the spring of 2025, we invite school and community leaders interested in learning more about MindPeace's Brighter Outcomes Consultancy to visit us at [MindPeaceCincinnati.com/Consulting](https://www.mindpeacecincinnati.com/Consulting).

# DONORS

## \* THANK YOU TO OUR GENEROUS FOUNDATIONS AND DONORS!

- Andrew Jergens Foundation
- Dater Foundation
- Elsa Heisel Sule
- Hamilton County Public Health
- Individual Donors
- Louise Taft Semple Foundation
- Neediest Kids of All
- Daniel and Susan Pfau Foundation
- PNC Trust Foundation
- Robert & Adele Schiff Family Foundation
- 1N5

**A special thank you to all the knowledgeable speakers who have presented throughout the year!**

# PARTNERS

- Cincinnati Country Day School
- Cincinnati Public Schools
- Deer Park Community City School District
- Finneytown Local School District
- Forest Hills 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 Scholls
- Mariemont City Schools
- Mason City Schools
- Mercy Montessori School
- Milford Exempted Village Schools
- Northwest Local School District
- Oak Hills School District
- Princeton City Schools
- Reading Community City School District
- Ross Local School District
- Southwest 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 Schools



**238 SCHOOLS**  
**28 DISTRICTS**

“MindPeace has been key to West Clermont’s ability to best understand both the behavioral / mental-health needs of its students and the solutions suited to effectively meeting those needs. Through consultation and direct support, MindPeace was successful in helping the district to engage its stakeholders through surveys and face-to-face focus groups, in interpreting the feedback received, and in identifying promising partner solutions. Additionally, due to their leadership in the community, MindPeace allowed the district to both have confidence in its decisions as well as the language needed to engage in the advocacy needed to effect change. The district looks forward to its continued partnership with MindPeace as it continues to hone and improve the ways in which it is responsive to students.” - Eric Doole, Director of Student Services.



- Beech Acres Parenting Center\*
- Best Point Behavioral Health\*
- Butterfly Support Services\*
- Camelot Community Care
- Catalyst Counseling, LLC.\*
- Catholic Charities Southwestern Ohio
- Central Clinic\*
- 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\*

**22 BEHAVIORAL HEALTH AGENCIES**

**\*14 SCHOOL-BASED PROVIDERS**

# OUR TEAM



## Susan Shelton, Executive Director

Susan 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

As Director of Programs and Business Development at MindPeace, Christy helps with research, great writing and developing systemic solutions with our partners to connect children and teens with critical brain health prevention, intervention and treatment.



## Elana Carnevale, Program Manager

At MindPeace, Elana helps to implement quality improvement efforts in areas of access to care, transitions in care, trauma-sensitive learning, MindPeace Rooms, and technological advancements. Elana also manages communications, events and outcomes data for partners.



## Jessica Carroll, Program Manager

At MindPeace, Jessica helps manage mental health partnerships in the school with a goal of reducing barriers to care.



## Nicole Pfirman, Senior Vice President

Nicole is responsible for supporting the improvement of integrated and aligned school-based mental health services and systems.



## Tina Russo, Program Director

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.



## Carissa Parker, Access Coordinator

Carissa began at MindPeace in 2022 as an intern before her current position of providing direct therapy referrals and mental health resources to families in their community.

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

## BOARD OF DIRECTORS

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David Mentzel  
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Orly Rumberg  
Michael Sorter, MD

**Consider making a tax-deductible donation to MindPeace at**

**<https://mindpeacecincinnati.com/donate>**