



THE MOSAIC PROJECT

toll-free youth services info line
833-MOSAICU
FROM ROUTINE TO CRISIS
24/7



ANNUAL REPORT YEAR 4

October 1, 2022 - September 30, 2023

LIFTING FAMILIES UP.



A program of the Mental Health & Recovery Board of Union County.

EVALUATOR'S NOTE

by *Tammy L. Collins, Ph.D., OCPC*

A comparison of Mosaic Project projected benchmarks from the grant application to actual outcomes achieved during the grant period shows how the system of care for youth and families is being transformed to ensure that all children in Union County have access to the right service at the right time.

Despite the Project being launched during the beginning of the COVID pandemic and lingering struggles with behavioral health workforce shortages as a result, the new services developed as part of the Project greatly increased the number of youth and families receiving services over the life of the grant. The original goal of providing services to 1,000 youth and families was more than doubled each year. Each of the three main goals were surpassed, and these successes built the foundation for further development of the behavioral health service system in collaboration with community partners such as local public school systems in future years.

GOAL	PROJECTED BENCHMARK	2020 OUTCOME	2021 OUTCOME	2022 OUTCOME	2023 OUTCOME
1. Identify and remove barriers to access, engagement, awareness of and service delivery for the Mosaic Project System of Care.	800 youth/families served per year across the IOM continuum of care	2,663 youth/families served	4,345 youth/families served	5,237 youth/families served	5,129 youth/families served
2. Establish and expand evidence-based mental health interventions to fulfill the required activities and ensure network adequacy for delivery of SOC services.	150 youth served	163 youth served	767 youth served	1,010 youth served	1,055 youth served
3. Identify and/or create community and natural supports for children/youth with SED and their families to support effective treatment and provide natural transition from services.	5 supports	7 supports	8 supports	8 supports	4 supports



SYSTEM OF CARE IMPROVEMENTS

The following major areas of policy or practice changes that resulted from the Mosaic Project.

- Funded the hiring of a new Mobile Response and Stabilization clinician
- Changes in organizational structures to better support service delivery

Improved Cultural Responsiveness & Programming Humility

- Began pre and post survey for families engaged in family peer support services
- Provided weekly LGBTQIA+ Art Club and quarterly new events

Increased Outreach and Support

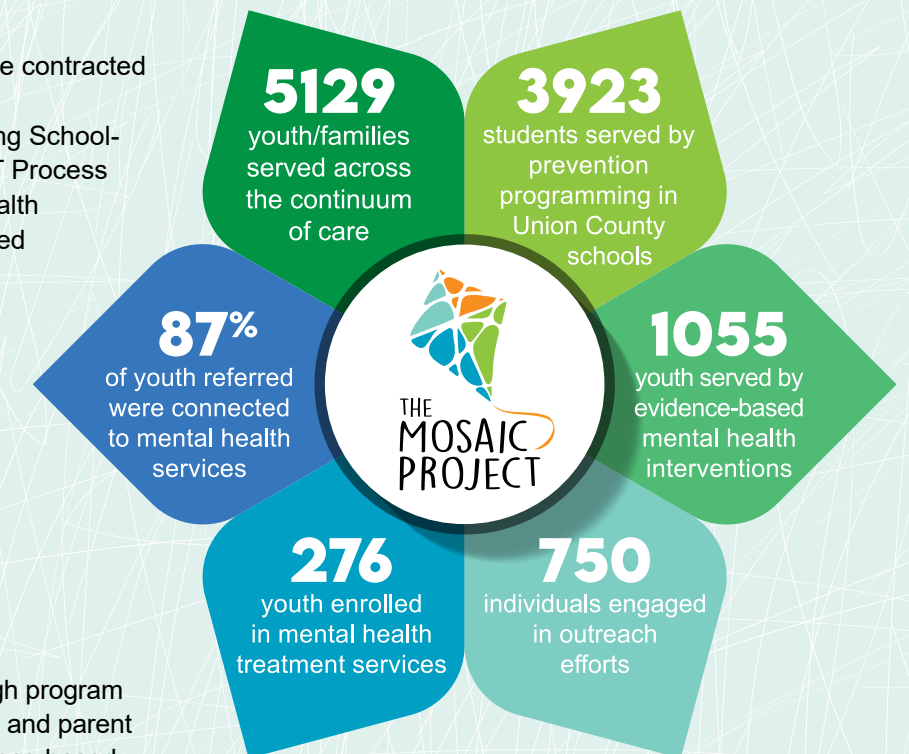
- Served families with the Youth Mobile Response and Stabilization Services Team (MRSS)
- Served families with the Helpline (and other Youth Systems) for Youth BH concerns from Routine to Crisis

CLIENT ENGAGEMENT ACCOMPLISHMENTS

The Mosaic Project maintained access to the enhanced service system developed through Mosaic despite struggles with behavioral health workforce recruitment and retention.

Increased Access to Services

- Youth receiving MH services from three contracted provider agencies
- Youth referred for MH services following School-Based Mental Health Navigator SBIRT Process
- Access and engagement in mental health services by youth screened and referred by the Mental Health School-Based navigators
- Collaborated with Memorial Hospital and MRSS provider, Maryhaven, to create a plan for MRSS response to emergency room to assess youth under the age of 18



OUTREACH

About 750 individuals were engaged through program outreach efforts including LGBTQIA+ youth and parent groups and events (401), trainings in evidence-based practices (238), outreach through Parent Peer Support, calls to helpline (139), youth served through Mobile Response and Stabilization Services Team (59) with 74 follow-up responses, and various other efforts (200). There were 12 families participating in the mental health training series.

The Mental Health and Recovery Board and The Mosaic Project fund support services for Marysville Exempted Village School District, Fairbanks Local School District, North Union Local School District, St. John's Lutheran School, and Trinity Lutheran School

REFERRAL

237 youth were referred to mental health or related support services and 87% of those referred received mental health services. 117 youth were referred to complete SBIRT with the school-based mental health navigator.

More than 20 organizations concerned about the social and emotional wellness of kids and families in Union County collaborated on various projects and services.

TRAINING OF PROFESSIONALS

Training on De-escalation Strategies was hosted for 238 professionals.



ONE YEAR OF MOBILE RESPONSE & STABILIZATION SERVICES

October 1, 2022-September 30, 2023

The MRSS Team provides assistance to families and youth up to age 21 who are experiencing difficulties or distress in 60 minutes or less.

Family Satisfaction Rate: 4.7/5

64

Unique Families Served by MRSS

191

Calls to 24/7 Mosaic Line

59

Calls Referred to MRSS Team

30

Immediate Responses

29

Scheduled Responses

168

Follow-up Appointments with Families

STRENGTHS OF THE SERVICE IDENTIFIED BY UNION COUNTY FAMILIES:

- de-escalation
- quick assistance to family's location
- regular follow-up
- warm hand-off referrals to services without a long wait
- skill development and education
- tips to handle problems and set healthy expectations

"They've been very helpful. I know it's a short-term service, but they pointed us to long-term services and made connections with other providers in the area."

"I think it's a great program. When I called, I didn't know what to do."

"It was a good start. We keep finding things to help, and it all started here."

"It's good for families to have a third party and people listen to someone outside their family more than in their family."

"This kind of thing is like a miracle for a family like mine."

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youth services info line



MENTAL HEALTH

A total of 102 new youth were enrolled in 2023 bringing the total youth receiving mental health treatment services during the Mosaic Project to almost 500 youth. Assessments are required by SAMSHA to be conducted at intake, every six months and at discharge. Due to the compliance rate with reassessment being only 20%, the number of youth discharged during the year could not be calculated at the time of this report. Although MHRB provided additional resources to bring the reassessment rate up to the required 80%, the desired rate was never achieved mainly due to staffing challenges.

YEAR	BASELINE	REASSESSMENT	DISCHARGE	TOTAL
2020	164		9	173
Maryhaven	127		6	133
Ohio Guidestone	37		3	40
2021	87	36	8	131
Maryhaven	83	33	6	122
Ohio Guidestone	4	3	2	9
2022	123	43	57	223
Maryhaven	119	39	53	211
Ohio Guidestone	4	4	4	12
2023	102	15	21	138
Maryhaven	98	15	20	133
Ohio Guidestone	4		1	5
TOTAL	476	94	95	665



SCHOOL-BASED PREVENTION PROGRAMMING

- **Signs of Suicide (SOS):** A two-session suicide prevention program based upon the ACT (Acknowledges, Care, Tell) model when concerned about suicidal thoughts or actions for self or peers.
Total students served: 928 - Total classes held (full session of 2 days): 31
- **Project Alert:** An eleven-session middle school SUD prevention program that enhances and encourages the use of refusal skills in promoting healthy behaviors including drug-free life choices.
Total students served: 148 - Total classes held (full session of 5 days): 7
- **Botvin's Lifeskills:** A ten-session high school SUD prevention program that reinforces healthy decision making by teaching low-risk behaviors choices and emotional impact.
Total students served: 263 - Total classes held (full session of 10 days): 11
- **DBT - Steps A:** A 20-session suicide prevention universal program based off DBT Therapy. Middle and high school students learn coping skills, emotional regulation, problem solving and mindfulness.
Total students served: 1,044 - Total classes held (full session of 20 days): 45
- **Too Good for Drugs:** A universal prevention education program designed to mitigate the risk factors and enhance protective factors related to alcohol, tobacco, and other drug (ATOD) use. Union County 4th and 6th grade students developed social and emotional skills for making healthy choices, building positive friendships, developing self-efficacy, communicating effectively, and resisting peer pressure and influence.
Total students served: 1419 - Total classes held (full session of 10 days): 23
- **Summer Career Program:** A three-week Mental Health Career Pathway Learning Program for Union County youth in grades 9-12. Students explore career options in mental health and social work through engaging activities including college visits, service projects, fun and games, and speakers from a variety of mental/behavioral health agencies and professions.
Total students served: 15 - Total classes held (total number of days the program was held): 12

YOUTH-LED PROGRAMMING

- **Gatekeepers:** Middle School (7 & 8th) and High School opportunity for teens invested in helping peers find help for concerns of mental health and suicidal ideation.
Total students served: 106 - Total meetings: 154



FAMILY PEER SUPPORT

Families are the backbone of our community. When families face adversity, everyone feels it. Mental wellness struggles are not uncommon among children. It is only natural that parents lean on one another when their children struggle with mental wellness challenges. Parents can often feel isolated and face internalized blame when their children aren't themselves. Family Peer Support can be the lifeline of hope that families need during this time. Here in Union County, family peer support is a critical service that has been missing in children's mental health services.

The MHRBUC is committed to a System of Care approach that values the engagement and participation of families and youth in all aspects of our community behavioral health system.

That is where Family Peer Support comes in. Family Peer Supporters are highly trained professionals who use their lived experience of raising children with mental health and/or substance use challenges. Their role is to support other parents and caregivers of youth experiencing behavioral health challenges. Family peer support is a critical component in our youth system of care and produces greater outcomes for families and their children. During the last federal fiscal year, more than 115 families received services from a Family Peer Supporter. Research has shown that family peer support increases parents' sense of empowerment, system collaboration, and self-efficacy while decreasing internalized blame and isolation. We are excited to continue to see improved outcomes for youth and families with the additional support of Family Peer Supporters. Because of our deep commitment to family peer support, we offer training for family peer supporters. This training is one of the two approved trainings that is required for the Family Peer Supporter Certification in the state of Ohio. Last year, we were thrilled to have the opportunity to train over 70 participants across the state of Ohio to bring family peer support to families in need.

UNDER THE RAINBOW ART CLUB

The Under the Rainbow Art Club, facilitated by Prevention Awareness Support Services, provides weekly meetings at Crooked Door Studio for around 10-15 LGBT teens and teen allies each week since June of 2022. The club engages in art projects and activities in order to help them form bonds and a sense of community regardless of their school district and grade. The group functions as a connection group, but with weekly projects, guests and fun activities to keep the kids engaged.

Guest artists have included volunteers from the community who demonstrate or teach the skill they are knowledgeable about. With their help the youth have explored many great creative outlets including painting, drawing, sculpting, photography, face painting, sewing, crocheting, embroidery, origami, jewelry making, felting, cartooning, logo design, resin pouring and wood burning. The group has also engaged in cooking, flower arranging, poetry writing, belly dancing, yoga, art abandonment, a public art installation, juggling, games and a lot of karaoke.

In addition, PASS has hosted monthly Rainbow Teen Events for LGBT teens and teen allies to engage in an activity in the community. The group has roller skated at the YMCA, bowled at Dragon Lanes, created their own scone flavors at Kitschen Bakery, potted and painted plants at Dutch Mill, and swam at the Marysville Pool. The group has also visited the Maize at Darby Creek, saw a vaudeville show, and experienced a movie at the Avalon.





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131 N Main Street, Suite A
Marysville, OH 43040
937.642.1212

24/7 Mosaic Line 833-MOSAICU (833-667-2428) or text 4help to 85511

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