ANNUAL REPORT

YEAR 2

October 1, 2020 - September 30, 2021

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

toll-free youth services info line

833-MOSAICU

FROM ROUTINE TO CRISIS 24/7

80% of Youth Referred Were Connected to Mental Health Services

4,345 Youth/Families Served Across the Continuum of Care

2,896 Students Served by Prevention Programming in Union County Schools

1,014 Individuals Engaged in Outreach Efforts

516 Youth Served by Evidence-Based Mental Health Interventions

53 Union County Families Served by Parent Peer Support

251 Youth Enrolled in Mental Health Treatment Services

IT'S BEEN A BUSY YEAR!

WHAT IS THE MOSAIC PROJECT?

- The Mosaic Project is a unique collaboration of organizations that are concerned about the social and emotional wellness of kids and families in Union County, Ohio.
- The Mental Health and Recovery Board of Union County received a federal grant to supplement the resources that were already being allocated for kids and families and to create a new way of engaging people to be well.
- The primary goal of The Mosaic Project is to make it easy for families to access activities and services that promote social and emotional wellness.
- Services provided through The Mosaic Project cover the entire Institute of Medicine's Behavioral Health Continuum of Care and includes a core benefit package for youth. This includes services in prevention, intervention, treatment, and recovery supports as well as providing extensive evidence-based programming.
- The 24/7 Mosaic Parent Helpline, launched September 1, 2021, is a "one stop" for information and support for all families and kids in Union County. Families can reach out for youth mental health questions or concerns from routine to crisis. Families will be connected to resources and support and The Mosaic Project Mobile Response Team can respond to the family's location within 60 minutes if they are experiencing a crisis.

PROJECT SUMMARY

The Mosaic Project seeks to provide a core benefits package of behavioral health services to all children and youth ages 0-18 in Union County, Ohio. This represents approximately 14,000 children with most youth to be served in the promotion and prevention parts of the continuum and a smaller number at risk for serious emotional disturbance to be served through service coordination. The core benefits package is designed to fulfill the Institute of Medicine's behavioral health intervention spectrum and provides the infrastructure of care management to ensure that all children receive access to programs and services necessary to promote well-being and early intervention; treat behavioral health conditions; and give ongoing support for children and families. Based on SAMHSA's Tiered Care Coordination model, the Mosaic Project will begin with universal screening of all children in Union County, provide a central intake portal for any family, and coordinate services across the complete continuum of evidence-based practices – from prevention to recovery supports. It will be the responsibility of the Mosaic Project to help the family select the correct mix and amount of services and then utilize all available benefits – private insurance, Medicaid, Mental Health Block Grant, SAPT Block Grant, state general revenue funds, funds from juvenile justice and child protection, education funding, and local levy dollars to provide the service plan seamlessly to the family.

FUNDING

The Mosaic Project is funded by a federal grant from the Substance Abuse & Mental Health Services Administration awarded to the Mental Health & Recovery Board of Union County (MHRB) for four years starting in October of 2019. Funds are being used to build the system of care infrastructure including planning and policy, engagement and referral, screening, care management, crisis services, and a continuum of evidence-based practices. This system of care coordination is supported by data management and health information exchange, and collaboration among the system payers from all levels. This will enable families to focus on wellness and recovery with an understanding of the available benefits and without the worry of understanding how to navigate the endless parade of payment systems. The desired result is an unprecedented level of collaboration and coordination that ensures Union County kids are healthy and thriving.

SAMHSA
Substance Abuse and Mental Health Services Administration

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EVALUATOR'S NOTE

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

Despite the challenges to implementation brought about by the global pandemic, The Mosaic Project achieved all projected first- and second-year program goals exceeding projected benchmarks in all areas.

New Mosaic Project services developed in 2021, such as the Mobile Response Team and Youth Behavioral Health Info Line, were launched in response to youth needs and system gaps identified by family/parent focus groups held last year.

A comparison of Mosaic Project projected benchmarks from the grant application to actual outcomes achieved during the first year, provides a snapshot of 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.

Goal	Projected Benchmark	2020 Outcome	2021 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
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
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

SYSTEM OF CARE IMPROVEMENTS

There were more than a dozen major areas of policy or practice changes that resulted from the Mosaic Project. These included the following system of care enhancements.

Improved Cultural Responsiveness & Programming Humility

- Adopted the National CLAS Standards as a Mosaic Governance Board. Governance Board members worked on action plans created last year to further implement these standards within their own organization
- Launched Family Perception of Care Survey based on National CLAS Standards
- Completed Juvenile Justice Sequential Intercept Mapping to better identify opportunities for early intervention and diversion from formal court involvement
- Funded the addition of a full-time parent peer support specialist at Council for Union County Families, and funded and trained a full-time parent peer support provider at the Peer Support Agency
- Created social-emotional learning keyrings with materials developed by Harvard EASEL Lab for 536 Union County Teachers

Increased Outreach and Support

- Adopted FREDLA Practice Model for Parent Peer Support and became Ohio License Holder for the Curriculum
- Launched the Youth Mobile Response and Stabilization Services Team (MRSS)
- Launched Parent Helpline (and other Youth Systems) for Youth BH concerns from Routine to Crisis
- Hosted trainings including: Parent Peer Support Provider and Supervisor Trainings, Family Check-Up Facilitator Trainings, and PracticeWise Direct Services Training
- Hosted LGBTQIA+ educational series including: The Gender Unicorn: Demystifying the LGBTQIA+ Acronym and Cultivating Affirmation and Belonging for LGBTQIA+ Youth for Behavioral Health and Healthcare Providers
- Parents Participated in LGBTQIA+ Group facilitated by Kaleidoscope Youth Center
- Youth Participated in LGBTQIA+ Group facilitated by Kaleidoscope Youth Centers

CLIENT ENGAGEMENT ACCOMPLISHMENTS

The Mosaic Project increased access to services for Union County youth even during the challenges of the global pandemic.

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
- Funded a full-time Intensive Care Coordinator at Council for Union County Families
- Provided funding to Hire two licensed therapists and two parent peer support providers to create a MRSS team

OUTREACH

About 1,014 individuals were engaged through program outreach efforts including LGBTQIA+ Youth & Parent Groups, trainings in evidence-based practices, outreach through Parent Peer Support, calls to helpline, youth served through Mobile Response and Stabilization Services Team and various other efforts.

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.

PREVENTION

School-Based 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: 759 - Total classes held: 49

- **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: 308- Total classes held: 76

- **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: 216 - Total classes held: 92

- **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: 1,281 - Total classes held: 213

- **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: 320 - Total classes held: 41

PREVENTION CONT...

- **Summer Career Program:** A five-week Mental Health Career Pathway Learning Program for Union County youth in grades 9-12. Students explore career options in the 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: 12 - Total classes held: 19

Parent Programming

- **Guiding Good Choices:** A five-session, multimedia family-competency training program that promotes healthy, protective parent–child interactions and addresses children's risk for early substance use.

  Total participants: 2

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: 104 - Total meetings: 81

Training of Professionals

- **PracticeWise Direct Services Training:** For School Psychologists, School Navigators, Therapists, and Supervisors.

  Total participants: 19

- **Family Check-Up Facilitator Trainings:** Three sessions were provided for Parent Peer Support Providers, School Navigators, and Parent Educators.

  Total participants: 16

- **Juvenile Sequential Intercept Mapping Process:** Conducted to identify opportunities for early intervention and diversion from formal court involvement.

  Total participants: 44

REFERRAL

About 337 individuals were referred to mental health or related support services and about 80% of those referred received mental health services.
20 organizations concerned about the social and emotional wellness of kids and families in Union County collaborated on various projects and services.

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MENTAL HEALTH

A total of 87 new youth in addition to several of the 164 youth that were enrolled during federal fiscal year 2020 received on-going mental health treatment services through Mosaic in FFY 2021. Of the new youth enrolled in 2021, MaryHaven served 83 and Ohio Guidestone served four. 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. MHRB is providing additional resources to bring the reassessment rate up to at least 80%.

Number Served

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
Total	**251**	**36**	**17**	**304**

PRACTICEWISE TRAINING

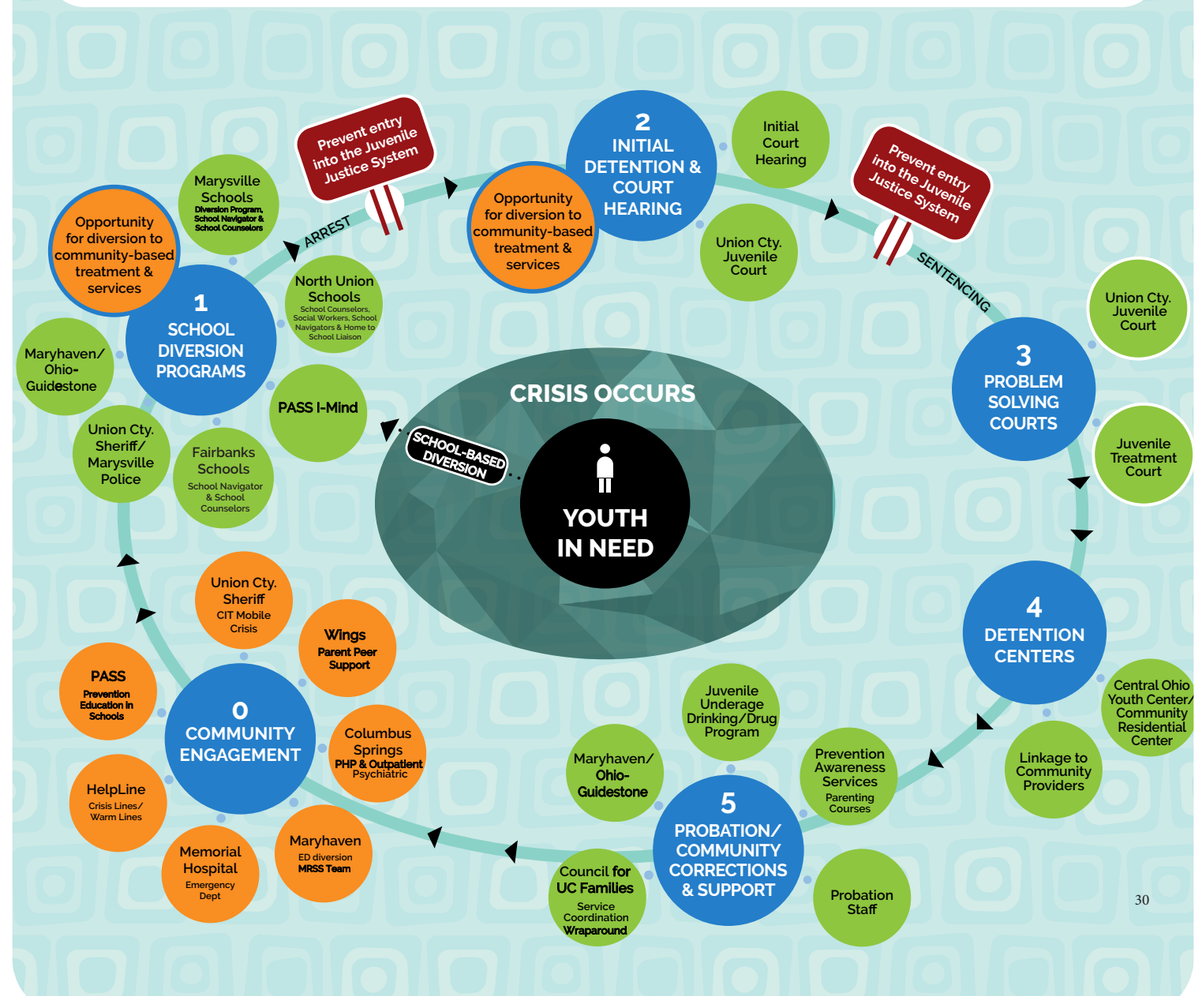
In August 2021, 19 Union County youth service providers including school navigators, school psychologists, therapists, and supervisors completed the 5-day PracticeWise Map and Match Training. They have continued their engagement with consultation and experiential learning based on the implementation of these strategies with youth they are serving. The PracticeWise Map and Match training and resources are the result of extensive research on evidence-based practices distilled down to the active ingredients or kernels that are most effective for working with specific populations of youth with specific diagnoses. The training covered 20 therapeutic practices common in the treatment of anxiety, depression, traumatic stress, and disruptive behavior. This knowledge will help the youth service providers match the most effective treatment to the child they are working with.

"Having MAP and MATCH available to me has helped with structuring the counseling supports I am providing to students, as well as enhanced my approach in problem solving with colleagues to meet student needs. I like having access to the framework and all of the best practices in addressing mental health in youth, as well as the tracking systems and supports to guide what steps are most appropriate in working on building meaningful outcomes for students and meeting their goals. The consultation calls have helped me to be sure I am utilizing all of the resources MAP and MATCH have to offer effectively, as well as grow my skills in listening and problem solving through other individual's case studies."

Alyssa Peck
School Psychologist
Marysville Schools

SEQUENTIAL INTERCEPT MAPPING

In June of 2021, The Mental Health and Recovery Board of Union County hosted a collaborative conversation, facilitated by Dr. Gretchen Hammond, with 44 Union County youth-serving professionals in attendance. This process, preceded by localized data collection, was a key element in the creation of a Sequential Intercept Map (SIM) and Report with the goal of preventing juveniles in crisis from entering the juvenile justice system. The process of adapting the SIM model for juvenile justice was innovative, because the SIM model is typically used for the adult system and looks at intercepts where a community can intervene to prevent further entry into the justice system. The Union County Juvenile Sequential Intercept Mapping process aimed to specifically address ways to keep juveniles out of jail/ detention by engaging community services and investing in family involvement. The report and map are the first step in a continued collaboration to examine and expand best practices for Union County youth at each intercept.



UNION COUNTY FAMILY VOICES

"They helped us see how important taking time for us as caregivers is. Amazing experience that helped us move forward to the next steps in what we needed with our family to be successful."

"My experience with my parent peer support provider has been exceptional. I honestly do not know what I would do without her. My family and I moved to Union county after our daughter was the victim of a violent crime. We didn't know anything about our new town's schools, resources, or personality. She has helped me navigate all of these things.

Through our parent peer support provider, we have been able to connect with our community, obtain mental health services and most importantly, get my daughter the support she so desperately needed with the school.

Navigating life with a child newly diagnosed with PTSD is very scary and can feel lonely. Having my parent peer support provider by my side has dramatically reduced my stress, and consequently, my daughter's stress. I fear we would have been in serious trouble without the help she has given me."

Rachel
Union County Parent

"Calling the MRSS team was the best decision we made. The team arrived quickly and were able to de-escalate the situation. They were also able to help me get mental health services through Maryhaven as well as connecting my other two children with mental health services through their school. I feel confident knowing I have The MRSS team on my side. It gives me peace knowing a team designed to help families like ours is available to us with one call."

"The team that came to our home was extremely compassionate and helped us through our crisis. We are very lucky to have this resource available."

THE MOSAIC PROJECT

MRSS

MOBILE RESPONSE & STABILIZATION SERVICES

WHAT IS MRSS? The Mobile Response & Stabilization Service **(MRSS)** Team provides assistance to families and youth up to age 21 who are experiencing difficulties or distress and need immediate assistance (within 60 minutes). The MRSS Team includes a Parent Peer Support Provider (a parent who has experienced similar challenges) and a Licensed Therapist who can respond to any distressing situation where the family feels they need help. Situations could include emotional or escalated behaviors, mental health challenges, substance use concerns, grief and loss, trauma, suicidal thoughts, transitions, truancy, parent/child conflict, and more.

WHO CAN CALL? Anyone! This includes youth, family, neighbor, friend, probation officer, school personnel, and more.

WHAT TO EXPECT... The Mosaic Line staff will connect you with the MRSS team via a 3-way call. The MRSS staff member will work with you to determine if an immediate or scheduled response is necessary and where to respond to best meet the needs of your family. When the MRSS staff members arrive, they will immediately assess, work to diffuse the crisis, and will stay with your family until the crisis has resolved. The team will help your family to create an individualized plan, can stay connected with you to support your family for up to 4 weeks, and will connect you to the most appropriate services in the community.

HOW DO I KNOW IF MY SITUATION IS A CRISIS? You, the family, determine when you are experiencing a situation or circumstance in which you need help! Youth and families experience many stressors. When families feel overwhelmed and aren't sure what to do, it is a good time to call the Mosaic Line to access the MRSS team.

HOW DO I KNOW IF I SHOULD CALL 9-1-1 OR THE MOSAIC LINE? Safety is the most important factor! If the situation involves a medical emergency or someone is in immediate danger, please call 911 so that help can come immediately. If the situation is difficult, but everyone can be kept safe for 60 minutes until the MRSS team arrives, MRSS could be a great resource for your family.

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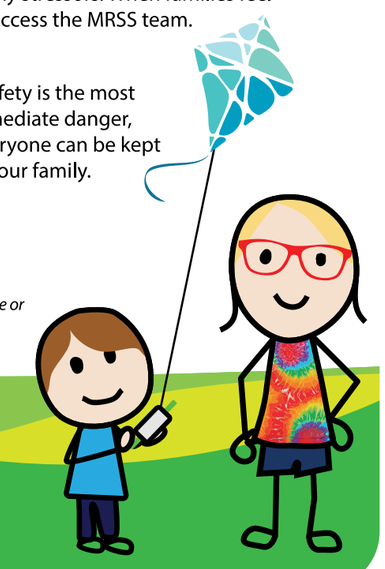
MARYHAVEN. Helping People Restore Their Lives®

Mobile Response and Stabilization Services are FREE for ANY Union County youth and family regardless of income or situation. Funded by the Mental Health & Recovery Board of Union County and provided in partnership with Maryhaven.



REQUEST MRSS SERVICES

MOBILE RESPONSE & STABILIZATION SERVICES

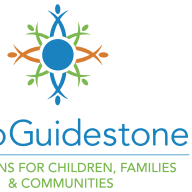
toll-free youth services info line

833-MOSAICU 24/7

(833)667-2428 • mosaicu.org

The Mosaic Project
131 N Main Street, Suite A
Marysville, OH 43040
937.642.1212
24/7 HOTLINE 800.731.5577 or text 4help to 85511

FUNDED PARTNERS



GOVERNANCE BOARD MEMBERS

CareSource
Columbus Springs
Central Ohio Youth Center
Council for Union County Families
HelpLine
Kaleidoscope Youth Center
Marshall University
Maryhaven
Marysville Exempted Village School District
Mental Health and Recovery Board of Union County
Nationwide Children's Hospital
North Union School District
Ohio Department of Medicaid
Ohio Guidestone
Prevention Awareness Support Services
Partners for Kids
Pinwheel Creative
The Village Network
Union County Commissioners Office
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Union County Job and Family Services
Union County Probate & Juvenile Court