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# Limited License Psychologist
# Executive Director

Mosaic Counseling

Where you are seen, heard, valued, and connected

# Mosaic Counseling Video

Mosaic Counseling Video 2025

Mosaic Counseling

Where you are seen, heard, valued, and connected

**Founded in Ottawa County in 1978**

**The MISSION of Mosaic Counseling, a nonprofit, is to serve the mental health needs of a community through accessible, affordable, professional counseling, by connecting individuals to personalized support in their time of need.**

- Professional Counseling
- School Outreach Program
- Employee Assistance Program
- Suicide prevention training
- Mental health education
- Advocacy

Mosaic Counseling

# Professional Counseling

- Any age
- Any presenting issue
- No waitlists
- Regardless of insurance status
- All insurances
- $6 lowest co-pay
- Personalized matching
- Immediate if crisis

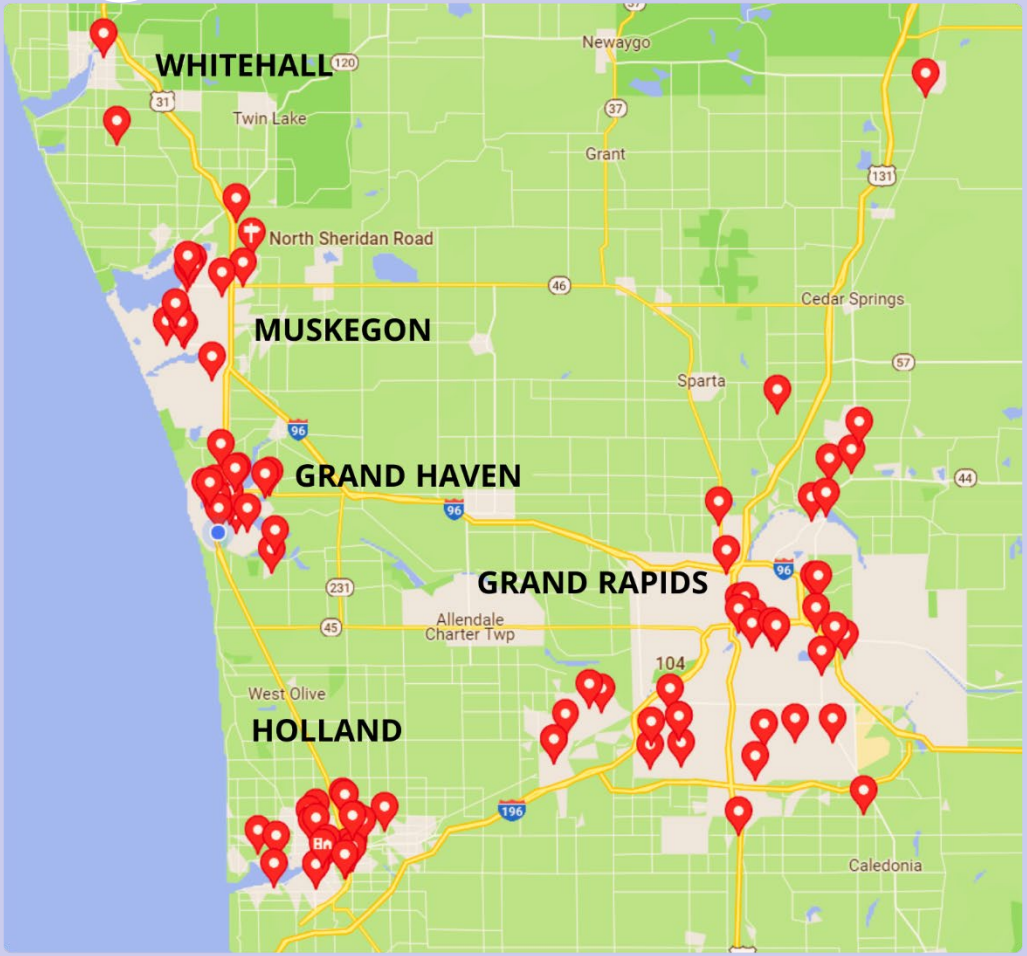
# Unique Model

## Mosaic Therapist Panel

- Currently: 270 thoroughly vetted therapists
- Licensed, in private practice
- Reduced rates to Mosaic
- Cover every area of expertise

## Mosaic Staff

- Currently:  9 staff & 3 interns



# Unique Process

Many people experiencing mental health issues are unable to access professional counseling because of barriers such as cost, lack of availability, and not knowing where to look. Searching can be confusing and after a few calls, people may just give up.

**Mosaic is the <u>easiest</u> call & referral to make!**

- **Schedule a free intake (phone or online)**
  - **Timely, same day if in crisis**
  - **One phone call**
    - **Sliding scale is determined with no need for a separate call to determine eligibility.**
    - **If in the service area, a person will not be turned away.**

# Intake Process

- Phone Intake with a compassionate specialist.
- Mosaic's intake specialists listen and provide a **personalized match** based on:
  - Presenting issue
  - In person or teletherapy
  - Insurance status
  - Special requests
  - Severity of presenting issue

# The Power of the Right Connection

*Our Personalized Match Makes the Difference*

According to research, a significant portion of people stop counseling after just one or two sessions; studies indicate that between 20-57% of individuals do not return for a second therapy appointment.

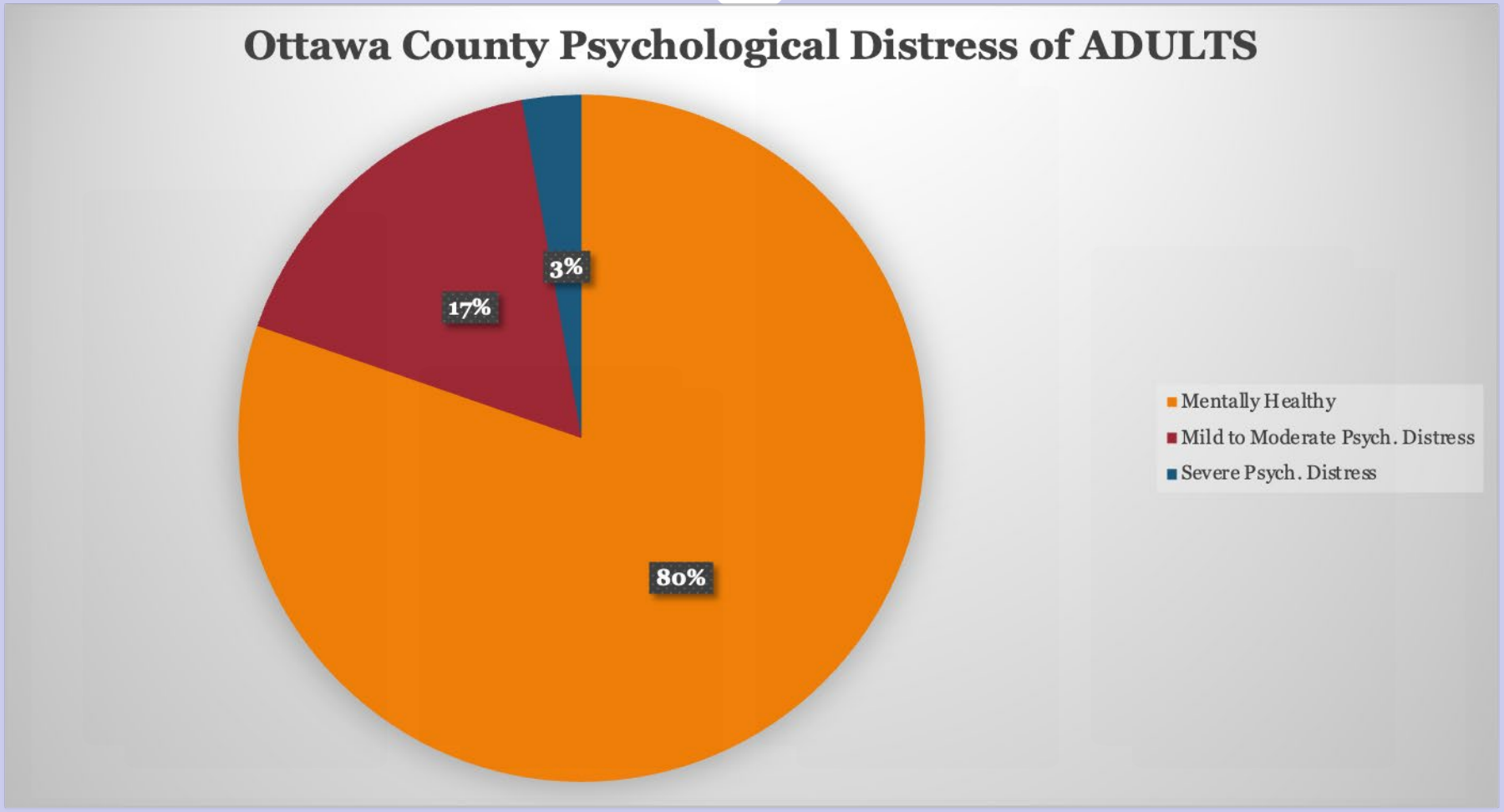
**The "Mosaic Difference"**

On average, Mosaic clients see their panel therapist 12 times.

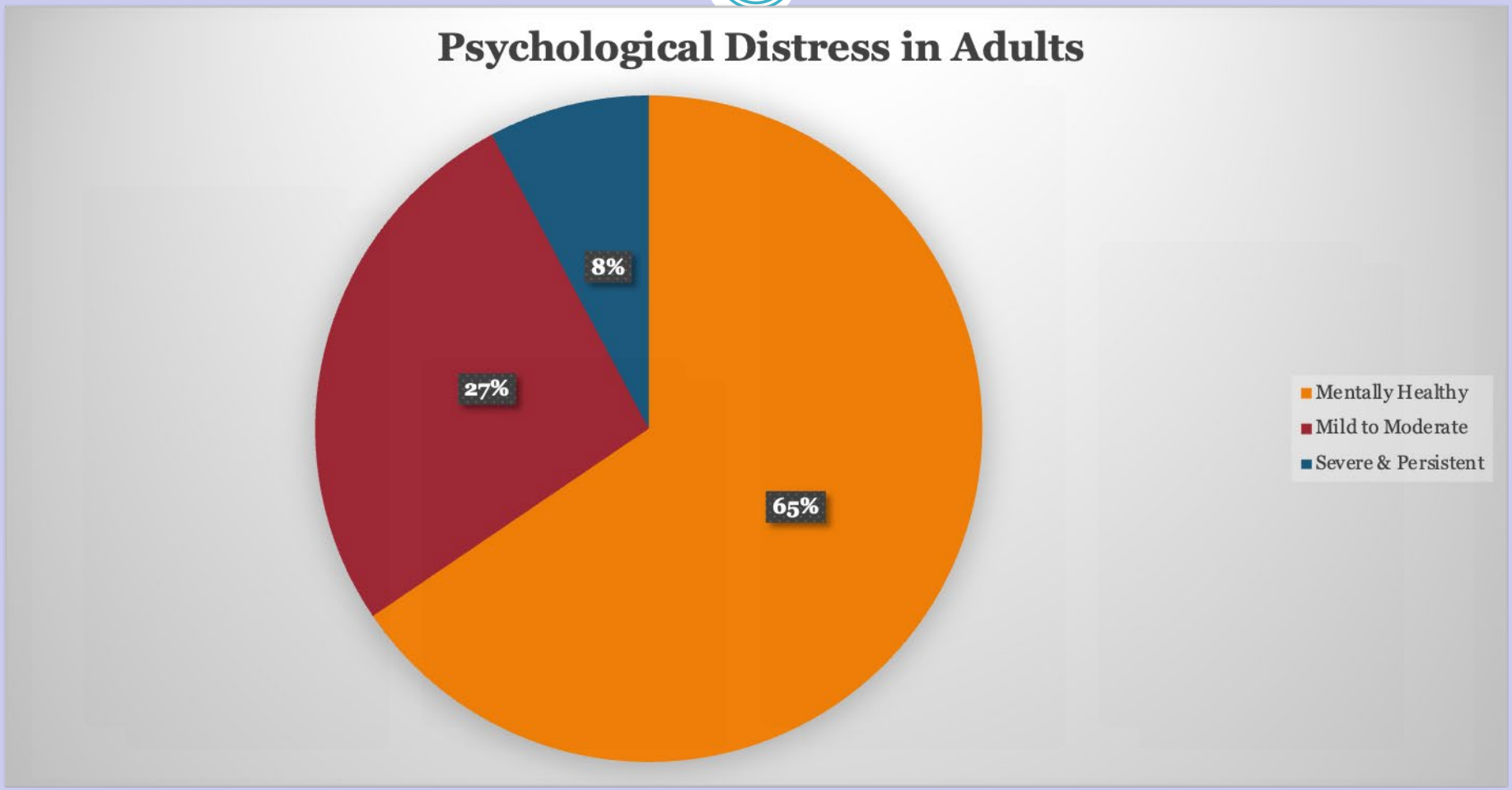
# Reasons for Stopping Therapy

- There are various reasons why people discontinue therapy, including:
  - Lack of connection with the therapist
  - Financial limitations
  - Logistical difficulties (e.g., scheduling, transportation)
  - Feeling overwhelmed by the process or the issues being discussed
  - Mismatch with the therapist
  - Feeling that therapy is not progressing or unhelpful

# 2020 Ottawa Cty. Community Needs Health Assessment



# 2023 Ottawa Cty. Community Needs Health Assessment




Pie Chart is only adults. 34% of Mosaic clients in 2024 were under the age of 18.

# When Care is Within Reach, Everyone Thrives

- **Strengthens families** by improving emotional wellbeing, communication, and stability within the home.
- **Supports children's development** by addressing mental health needs early, leading to better academic performance, social skills, and long-term success.
- **Reduces generational trauma** by breaking cycles of untreated mental health issues and fostering healthier family dynamics.
- **Boosts workforce productivity** by decreasing absenteeism, presenteeism, and burnout through early access to care.
- **Promotes economic stability** as individuals are more likely to maintain employment and contribute to their communities when mentally well.
- **Eases the burden on emergency systems** by reducing reliance on crisis interventions, ER visits, and law enforcement for mental health-related issues.
- **Fosters resilience and wellbeing** across communities by normalizing mental health care and making it accessible to all, regardless of income or background.

# School Outreach Program

- In-School, Free Therapy
- Removes Barriers
- Crisis Care
- Currently in 7 School Districts (30 Schools)
- Critical Need to Expand

*"Mosaic Counseling is a resource that could bridge gaps and provide care to vulnerable populations. We are overjoyed with the prospect of these services reaching Kent County and improving the lives and wellbeing of our students."*

***-Kent County School Counselor***

# Mosaic Provides Suicide Prevention Training

Mosaic has already trained over 12,000 adults and teens in QPR (Question Persuade Refer) Suicide Prevention Training.

The training is only one hour, and Mosaic will train any group for free.

"In my experience, the "R" or referral part of QPR is the hardest all across the country because of the difficulty accessing mental health services. I am impressed with the model of Mosaic and how they do not turn anyone away."

Dr. Paul Quinnett, creator of QPR

# Employee Assistance Program (EAP)

Mosaic Counseling's EAP is

- Local
- Accessible
- Individualized
- Continue with the Same Therapist

Mosaic is the EAP for:

- Businesses
- Nonprofits
- **School Districts**

# Recent Kent County Expansion

Mosaic Counseling

Forest View HOSPITAL

# Kent County

Forest
View
HOSPITAL

CITY OF
GRAND
RAPIDS

GRAND RAPIDS
POLICE

# MI's Support Helps Make Mosaic Possible

- Mosaic Counseling received funding from the State for three years in a row.
- Following a year off, we are grateful to have been placed back in 2024 at $200,000.
- Mosaic's low overhead and therapist's reduced rates, every $1 of support delivers $3 in value to the community.

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# Ready to Expand

- Mosaic is ready to grow which would require additional funding to help more people.
- Proposing a 5-county expansion this budget cycle to provide affordable and accessible mental healthcare services to Ottawa, Kent, Muskegon, Jackson, and Washtenaw.
- Grateful for the support of Chair Schmaltz and several members, and we look forward to expanding into more districts to help support your constituents soon.

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# Thank you!

Thank you for taking the time to learn about Mosaic Counseling and the vital services we provide to individuals with mild to moderate mental health needs.

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