

# About Mosaic Counseling

— We connect you to hope and healing.



## Employee Assistance Program

Mosaic Counseling is an EAP provider for many area businesses. Employees receive a certain number of free counseling sessions per year. Other EAPs (often based out-of-town) may take weeks to access but Mosaic can provide a same-day intake session for an employee in need.

## Group Counseling

Mosaic offers regular group counseling for a list of specific groups. Most are FREE, and scholarships are available when a small charge to participate is required.

**Mosaic Counseling is grateful for every dollar!**  
Here's where your donations go:

### Individual Counseling

68% of our clients have either no insurance or are under-insured, which means they have high deductibles that make counseling sessions unaffordable. We treat everyone, with or without insurance, and offer affordable deductibles (as low as \$6 per session).

### School Outreach Program

We bring professional counselors into schools to reach students who cannot afford counseling or for whom a lack of transportation to a therapist's office is a barrier. We currently see students K-12 in 31 schools.

### Suicide Prevention Training (QPR: Question / Persuade / Refer):

We are certified trainers in this nationally recognized program. It teaches how to identify someone who may be struggling with mental health issues and how to help them. We offer these upon request, free of charge, to groups and schools.

### Did you know?

Mosaic Counseling turns every \$1 donation into \$3 + worth of counseling services!

\$5,000 will allow more than 15 students to receive counseling through our School Outreach Program!

\$500 will pay for a support group for 1 year!

*i understand benefits greatly from a very special collaboration with Mosaic Counseling. Together, when providing QPR training, we are able to offer our supporters this training from qualified and educated Mosaic staff. As a part of our mission to support those struggling with mental health illness, this is a needed and appreciated benefit. It is awesome to partner with another nonprofit who believes and understands how important mental health services are. Together, we are better.*

VONNIE WOODRICK, I UNDERSTAND



**Mosaic Counseling**  
— Connecting you to hope and healing

I am Sarah Lewakowski, Limited License Psychologist for 23 years & Executive Director of Mosaic Counseling for 16 of those years.

Please keep this question in the back of your mind and I'll come back to it: If you're buying a car worth \$25K, would you rather spend \$100K or \$10K?

Mosaic Counseling, formerly TCM Counseling, is a nonprofit agency started in 1977. We never turn anyone away for counseling to anyone who lives, works, worships, or attends school in Ottawa County.

In addition, we provide in-school counseling that is free to students in 32 schools.

We also have trained over 6,000 adults and teens in QPR (Question Persuade Refer) suicide prevention.

With a staff of 7 & a therapist panel of 70, WE are the SAFETY NET for Ottawa Cty.

We have no wait list. We are able to get people right in to a therapist that is the right match for them. If someone is in crisis – they will see their therapist that day.

Insured – Underinsured – Uninsured – we see everyone!

However, due to the current mental health crisis, our promise of affordable and accessible mental health services for ALL is at risk!

Not because of our model but because of the wait list or inaccessibility at other agencies, especially ones solely funded by the state of Michigan.

Our budget this year is \$750,000. (16 years ago it was only 50K)

According to the Ottawa County Community Needs Assessment, 16% of citizens have mild to moderate mental illness. This does not include people who seek therapy due to grief, marriage counseling, etc. and 2% of citizens have severe and persistent mental illness.

The 16%+ come to see us with our budget of \$750,000. BUT, we also see some of the 2% because they are determined to not be severe and persistent enough.

We are working without the millions and millions of dollars that the Government funded agencies have, yet, so far this year, we have provided services to over 2,000.

How do we do it?

How could we not? People are struggling. People are hopeless. People are suicidal. Some are even homicidal.

The CDC has just released information about the suicide rate for youth, ages 10-14. Between 2007 to 2017 the rate tripled. Also alarming, the suicide rate for teens, ages 15 to 19, during the same time frame, increased 76%.

Yet, suicide is the most preventable death because mental health issues are treatable.

BUT, not if mental health services are not accessible.

**So, what do I believe could be changed from a policy perspective regarding the delivery of mental health services and the current crisis.**

I have been trying to share this for a long time.

I first shared information to Governor Granholm about our low overhead/high deliverability model and how it could be all across this great state.

I then shared information to Governor Snyder.

AND, there have been many state representatives and senators too.

Rep. Mary Whiteford and Rep. Jim Lilly listened.

Today, I would like to urge YOU to be the ones who decide once and for all, the current system of funding government mental health agencies is not reaching the majority of the people who need it.

Why is Mosaic Counseling able to provide so much for so little?

Sometimes it is not how much money you have but what you do with it?

The secret? LOW overhead and LOTS & LOTS of Counseling!

We are in the middle of a mental health crisis.

The CDC stats that I gave you are numbers but we're actually talking about lives.

Our kids. Dying. Because they don't know what else to do.

Suicide has become an option.

All or most of us are parents. We dream for our kids.

We dream for them to have fulfilling lives. Relationships. Careers. Children of their own.

I recently met a HS boy who had just attempted suicide. Thank God he survived. He is an athlete. Straight A's. Silently suffering. Now seeing one of our therapists.

But it is not only our young people who are dying by suicide but also adults.

Adults of all ages.

I have a dear friend whose husband died, in her words, by depression.

This is a true story: (woman from GR)

Our model takes a \$1 and stretches it to enable thousands of people to have access.

Specifically:

- A woman who has Medicare with a \$40 co-pay that she cannot afford
- A family with a BCBS deductible of \$5K who would go without if we didn't help them.
- A man with PHM whose therapist, who had been billing them for years, arbitrarily not receiving payments anymore. We stepped in to provide a sliding scale so the man could keep seeing his therapist.

Speaking of insurance companies: They HAVE to allow more therapists in Michigan to be paneled. They HAVE to stop putting up roadblocks that make it difficult for therapists to bill and be paid.

Remember my original question about the car? Would you rather spend \$10K for a car valued at \$25K or \$100K? That is the model of Mosaic. BUT, it does not stop there! Using the same analogy:

- We find the RIGHT car for you, based upon things that are important to you.
- We deliver that car to you within two weeks.
- If you have an emergency, we'll deliver that car to you today.
- If you cannot afford the car, we can work that out. Our car dealers lower the price of their cars to us and with the funds that we receive, we will make sure that you do not have to go without a car.

Everyone wants more for less. As politicians, wouldn't you prefer more mental health services for less money?

**This is Mosaic's model that can be duplicated all across the great state of Michigan.**

Please remember: Mental health services don't matter if they are not accessible.

AND, for most of the state of Michigan, they are not accessible.

But they could be.

You can make the difference. You can be the ones to say that the system is broken and be open to new ideas.

Please, be the ones that say, ENOUGH.

Let's increase the quality of life for ALL of the people of Michigan!

Let's show the rest of the country what can be done when brave politicians take a stand and move away from the status quo and move towards hope and healing for all.

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