

September 24, 2015

Angel Mumma, CFO
Melody M .Kennedy
City of Dublin

Dear Angel and Melody:

On behalf of the Syntero, Inc. @ Dublin Counseling Center's Board of Directors, staff and our clients and their family members, I am submitting our formal request for continuation funding from the City of Dublin in calendar year 2016. I have attached an overview of our agency and programmatic highlights for your review focusing on our services provided on behalf of Dublin residents in calendar year 2014 and some YTD 2015 data.

We value our relationship with the City of Dublin and we take our role in the community very seriously. The City has partnered with Dublin Counseling Center for over 38 years to ensure that its residents have programs and services available to maintain our community's emotional wellness.

The City of Dublin generously allocated \$131,250 to Syntero @ Dublin Counseling Center for Calendar Year 2015. Many of the programs that we are able to provide with these funds are highlighted in the attached overview. We are respectfully requesting that City Council consider an increase to our budget so that we can develop and provide the following services on behalf of our residents in 2016:

- Supportive services for caregivers of older adults and emerging seniors 50 years –plus.
- Supportive services for persons with chronic illness and /or pain and their caregivers/family members.
- Supportive services for widows and widowers.
- Sexual Health Clinic and supportive services for adolescents and young adults.
- Early Childhood education and early intervention programming.
- Supportive services for persons with chronic illness and/or pain and their caregivers/family members.
- Expanded partnerships with primary care experts and other wellness related professionals to coordinate a more integrated approach to health care on behalf of our residents.
- Community-based alcohol and other drug prevention programming targeting all ages.
(Dublin ACT)

As we have worked with members of the community and other organizations serving City of Dublin residents, these enhanced programs needs have come to light.

Thank you in advance for your consideration of our request. If you have any questions please do not hesitate to contact me.

With gratitude,

Julie Erwin Rinaldi
CEO

**Syntero @ Dublin Counseling Center
Agency Profile
2014**



Incorporated as Dublin Counseling Center	1978
Statutory merger with Northwest Counseling Services in Upper Arlington- Maintained Dublin Counseling Center as a dba	January 1, 2013
Agency Status	Non-Profit 501-c3
CEO/Executive Director	Julie Erwin Rinaldi, M.Ed.
Board of Directors	18-member Board of Directors James Seguin, Esq., Chairperson
Annual Budget	\$4.8 million
Total # of FTEs	74 FTE's
Licensure/Certification/Accreditation	OhioMHAS, CARF
Hours of Operation	M-Thurs 9-9 p.m., Fri and Sat. 9-5 pm.
Service Locations	299 Cramer Creek Court, Dublin, Ohio 43017, Dublin Methodist Hospital Emergency Room, 1560 Fishinger Rd., Upper Arlington, Ohio, 3433 Agler Road, Suite 2800, Columbus, Ohio 43219
Geographical Area Targeted	Dublin, Ohio, Washington Township, Upper Arlington, Hilliard, Grandview Heights, Worthington, Franklin County, Union County, Fairfield County and Delaware County
Areas of Focus/Expertise/Specialization	Child and Adult Trauma Treatment, Grief, Older Adults, Integrated Primary and Behavioral Health Care Programs, Crisis Response, School-Based Prevention, Community-Based services from birth to the frail elderly.
Types of Services	Outpatient Counseling, Case Management, Professionally facilitated support and treatment groups, In-home therapeutic interventions, school-based prevention and treatment, community-based prevention and treatment, Emergency Room Crisis Intervention/Assessment, Critical Incidence Stress Debriefing and Management, Integrated Primary and Behavioral Health Care

HIGHLIGHTS

DUBLIN/WASHINGTON TOWNSHIP SPECIFIC SERVICES AND DATA

- ✓ Syntero @ Dublin Counseling Center served a total of 758 Dublin residents from zip codes 43016 and 43017 in our outpatient clinic located at 299 Cramer Creek Court during calendar year 2014. From January 1, 2015-August 31, 2015 we have served 457 individuals living in the 43016 and 43017 zip codes.
- ✓ Syntero @ Dublin Counseling Center served a total of 731 students in 20 different Dublin City Schools and provided educational training sessions for 699 parents and other family members during the October 1, 2014 thru December 31, 2014. This represents a partial school-year.
- ✓ Syntero @ Dublin Counseling Center's school-based services professionals provided the following programs at 11 different Dublin City Schools during the months of October-December 2014 on behalf of parents, educators and students:
 - "Helping Children with Stress and Anxiety"
 - "Classroom Strategies for Managing Stress"
 - "Looking Beyond the Look"
 - "Working Without a Net"
 - "Trauma and its impact on learning"
 - "Healthy Choices/Healthy Futures"
 - "Helping Students with Grief and Loss"
 - "Seeing the Sea Inside"
 - "Positive Parenting"
- ✓ Syntero @ Dublin Counseling Center's staff provided special educational learning sessions targeting participants in the Senior Services Lounge at the Dublin Recreation Center numerous times. Many of these sessions focus on wellness and stress management and other subjects related to aging and are offered through the Recreation Center's Program Guide.
- ✓ Syntero @ Dublin Counseling Center recently teamed up with the Washington Township Administration to provide educational sessions focusing on stress and wellness which was provided on behalf of Washington Township employees and their family members.
- ✓ Syntero @ Dublin Counseling Center has been providing 24/7 psychiatric assessment and referral in the Dublin Methodist Hospital's Emergency Room for all ages since the hospital opened. It has been a very positive relationship. We served 324 individuals in the emergency room in calendar year 2014.
- ✓ As a result of the merger with Northwest Counseling Services the organization acquired a long-standing program that serves older adults. This expertise is very crucial as our community's population continues to age. Our Older Adult staffs have spent the last 24 months reaching out to interfaith groups and senior services organizations in Dublin to both evaluate the emerging needs of the community and to educate potential referral sources about our specialized services for the older adult population.

- ✓ Syntero @ Dublin Counseling Center's specialized crisis management and intervention staff trained in Critical Incident Stress Debriefing and Management (CISM) worked in partnership with the Dublin City Schools after the tragic deaths of two students, a teacher and a parent last year.
- ✓ Syntero @ Dublin Counseling Center partners with the City of Dublin's Police Department to provide a weekend Youth Diversion Program targeting youth arrested in Dublin for crimes related to bad judgment and poor decision-making. The program had historically been provided at Dublin's Justice Department on Saturday mornings, but is now provided at our offices at 299 Cramer Creek Court.
- ✓ Syntero @ Dublin Counseling Center partnered with Columbus Neighborhood Health Centers (now PrimaryOne Health) to open an integrated primary care and behavioral health care program at the 299 Cramer Creek Court location. This is a state-of-the-art program which will result in better coordinated medical care for our residents. One dynamic that we are seeing is the changing demographics of the population of Dublin residents that come to us with no insurance or are what we consider "underinsured." These individuals and families are having a difficult time navigating the support networks that they need.
- ✓ Syntero @ Dublin Counseling Center signed two affiliation agreements with the OU School of Osteopathic Medicine. One agreement focuses on Syntero providing behavioral health care services on behalf of the medical students and their family members and the other agreement focuses on medical students rounding with our staff through our programs.
- ✓ Syntero @ Dublin Counseling has also signed an affiliation agreement with the OU Physician Assistant Program. Students are slated to be placed with Syntero in August, 2016.
- ✓ Syntero @ Dublin Counseling Center partnered with the Dublin Arts Council (DAC) to plan for the Eddie Adams Photography exhibit. Our therapists provided consultation to the DAC staff prior to the exhibit opening regarding grief and PTSD reactions of veterans who might come to see the exhibit. Our crisis intervention staff also provided on-site support during the opening, closing and at other special events associated with the exhibit when there were a high volume of veterans expected at the exhibit. We also developed special materials that were available for individuals visiting the exhibit who might need some supportive interventions or information. We have also started partnering with DAC on the Alfred Tibor exhibit.
- ✓ Syntero @ Dublin Counseling Center recently completed a much needed expansion and renovation at our 299 Cramer Creek location. We received a capital grant from the Franklin County ADAMH Board to add an additional 4,400 square feet to our current space. This has allowed us to more effectively meet the growing demand for services from our community.
- ✓ Syntero @ Dublin Counseling Center employees contributed \$30,034 of income tax to the City of Dublin in calendar year 2014.

2016 Request

We are respectfully requesting that the Dublin City Council consider an increase in our 2016 allocation to help support an expansion of services for older adults and their caregivers in our community as well as to help support a portion of the funding for the Dublin ACT Coalition. The requests are listed in detail below:

The additional funding that we are asking the City of Dublin to consider would provide the following:

Older Adult Supportive Services: Funding Range: \$50,000-\$75,000

- Caregiver resource support for Dublin residents who are taking care of a loved one who is struggling with age-related ailments.
- In-home intensive support for Dublin residents who are struggling with age-related ailments and mental health needs.
- Support groups for persons widows and widowers to help them through the grieving process.
- Support groups for persons who are experiencing chronic pain.

Alcohol and Other Drug Community-Based Prevention-Dublin ACT Coalition: Funding Range: \$5,000-\$10,000

The Dublin ACT Coalition is a community-based coalition of partners from a variety of sectors (e.g., schools, police department, City of Dublin, businesses, non-profits) that provides education about underage substance abuse in our community. This Coalition was funded by a federal grant for 5 years to provide community-based awareness focusing on prescription drug abuse, alcohol abuse, opiate abuse which includes heroin, marijuana and other drugs). We are requesting that the City consider partially funding a small portion of the salary of the Coalition Coordinator to help sustain the work of the coalition. The remainder of the Coordinator's salary will be covered by other funding sources. Some of the prevention activities that the Coalition has partnered with the community to implement are the following:

- Purchased the prescription medication drop-box now located and operational at the Dublin Police Department headquarters.
- Created parent resources guides and other alcohol and other drug prevention materials that are disseminated to Dublin City Schools students and parents.
- Partnered with the City of Dublin's Recreation Center to create a prescription drug abuse/misuse awareness presence and message at the annual Senior Services Fair.
- Partnered with the City of Dublin to create educational materials focusing on the enhanced social hosting law by creating multiple marketing materials focusing on the message the "Parent Who Host Lose the Most."
- Partnered with the Dublin City Schools and the athletic departments to raise awareness of how the use of substances is both illegal and impedes athletic performance and is against the code of conduct.
- Create an annual Public Service Announcement (PSA) competition between the three Dublin high schools focused on a drug prevention message. These PSAs are created by high school students and the winners receive a scholarship and the winning PSA is shown at the Dublin AMC movie theatre.

