

# What's on Our Mind at Mosaic



Things are buzzing again at **Mosaic Mental Health** as clients and clinicians are back in the office. With the pandemic behind us, we're excited to again provide services at the clinic. There are new and returning faces (like Alexis and Frances in the photo above), as well as a full slate of events and programs every month (**see below for the Spotlight on ReSolve and other coverage**).

Our 65th anniversary is this year and we're planning a celebration for September at our Annual Meeting. In May, we held our 15th annual 5K — this year's "Move for Mosaic" has raised more than \$26,000 to date. Mosaic celebrated two important occasions in June: Pride at Neighborhood House with 4Bronx and Juneteenth at our Crisis Residence.

**Please enjoy and share this newsletter**, covering many Mosaic happenings, and remember: **Every Mind Matters!**

## Highlights

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at Mosaic

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# A Message From Dr. Donna Demetri-Freidman



**Dr. Donna Demetri-Friedman**  
**Executive Director**  
**Mosaic Mental Health**

Dear Friends,

Mosaic's commitment to mental healthcare post-pandemic is stronger than ever. We have drawn on the strength of our mission and dedicated staff to continuously serve our clients in the face of significant challenges. The care we provide every day has such a positive impact on the lives of so many, we couldn't possibly stop.

The past few years have had a tremendous influence on the state of mental health around the world, with current events exacerbating the mental health crisis. At Mosaic we continue to strive to narrow the gap in equitable access to mental health resources for the underserved and provide treatment to everyone who is in need of help.

As we emerge from the pandemic, we continue to make progress in our work and ensure that the spirit of Mosaic's mission continues for years to come. The mental healthcare we provide empowers individuals to manage their mental illness, helping them lead fulfilling lives. I would like to thank everyone who supported the agency during COVID-19 and look ahead to more success in providing quality mental healthcare to all.

Warmest regards,

A handwritten signature in cursive script that reads "Donna Demetri-Freidman".

Dr. Donna Demetri-Freidman  
Executive Director, Mosaic Mental Health



# An Update From The Board

In bittersweet news, our **Board Co-Chair, Lara Holtz**, will be stepping down and moving on to pursue an MFA at Sarah Lawrence.

Lara, pictured on the right with her daughter Izzy, has been a tireless champion of the agency's mission of supporting the mental wellness of our clients for five years as Board Co-Chair and over 15 years on the Board.

Her dedication to the agency includes donating countless hours and resources to numerous fundraising initiatives and chairing our annual gala.

Lara will continue on the Board and the Executive Committee. It is with deepest gratitude that we thank Lara for her service to Mosaic and the Board. We wish her the best at Sarah Lawrence and look forward to reading her first novel!



**Mosaic Co-Chair, Dick Conley**, will continue as Chairman of Mosaic's Board. Dick is an experienced executive with over 30 years in the non-profit sector and he guides Mosaic with deep knowledge of the industry. He is the Senior Director of Real Estate for New Destiny Housing, a non-profit organization specializing in housing for survivors of domestic violence.

Dick has served on the Mosaic Board for over 20 years and is a driving force behind Mosaic's Annual 5K as Co-Chair. "It is important to bring a community together for a common cause, especially something as important as mental health. That is what we do with the 5K, and people come back every year to support Mosaic," he said.

We thank Dick for his continued support and commitment to Mosaic.

# Spotlight: ReSolve Center for Recovery

**The ReSolve Center for Recovery** provides counseling, group therapy and medication to clients and families whose lives have been complicated by chemical dependency. Using a 12-step approach, clients are given the tools they need to prevent relapse, avoiding the pain and social isolation caused by the trauma and stigma that surrounds substance abuse disorders.

The program's Director, **Dr. Luther Elliott, Ph.D., LMSW**, works with his team to provide personalized treatment to address each client's individual challenges. Mosaic is excited to announce two new members of the ReSolve team:



**Kenneth Walker**, a Recovery Coach and CRPA-P, has a passion for taking on a non-clinical role in supporting clients in their goals of long-term recovery from substance abuse disorders. With over five years of experience and training, Kenneth has developed a strong set of skills and a proven track record of success.

**Janan Raouf** is delighted to have joined the ReSolve Team as a certified recovery peer advocate. Having had the opportunity to study human nature while working both as an actress and a server, she is thrilled to finally put her "field work" to more altruistic use by helping those seeking a healthier, more fulfilling way of life. Janan has a BFA from Carnegie Mellon University.



# Town Hall: NYS 1115 Medicaid Waiver

**Mosaic's Executive Director, Dr. Donna Demetri-Friedman**, was an expert panelist at the **Urban Health Plan's Virtual Town Hall on June 25th**. The meeting covered the groundbreaking **NYS 1115 Medicaid Waiver** and its impact on creating a better health network for Bronxites.

The Waiver was approved by the federal government earlier this year and will support the creation of Social Care Networks, entities responsible for coordinating social care service delivery in each of New York's nine regions. Lead SCN entities will serve as regionally based organizations charged with building reliable networks of CBOs to enable better health-related social needs screenings and the delivery of crucial social care services.

The passing of the NYS 1115 Medicaid Waiver is an opportunity to improve the health of the people of Bronx .

Join Urban Health Plan and  
Learn About the  
**NYS Medicaid 1115 Waiver and Social Care Networks**  
Improving the Health and Lives of the People We Serve  
**For The Bronx, By The Bronx**

**JUNE 25, 2024**  
3:00 PM – 4:00 PM  
**Online Event**

**Panelists will cover**

- ✓ The Medicaid 1115 Waiver and Social Care Networks
- ✓ The NYSDOH Award Process
- ✓ Implications for CBOs and the Social Safety Net of The Bronx
- ✓ Our opportunity to improve the health of the Bronx
- ✓ Q & A

**Moderator & Panelists**

**Douglas L. York, Ph.D.**  
President & CEO,  
Union Community Health Center

**Overia Barbot, MD**  
President & CEO,  
United Hospital Fund

**Paloma Iglescas-Hernandez**  
President & CEO,  
Urban Health Plan | PANELIST

**Donna Friedman, PhD, LCSW**  
Executive Director,  
Mosaic Mental Health | PANELIST

**SCAN HERE TO SIGN UP OR CLICK ON THE LINK BELOW**

**bit.ly/3z2AwV6**  
**REGISTER TODAY!**

**Logos:** UCHC (Union Community Health Center), United Hospital Fund, URBAN HEALTH PLAN, Mosaic MENTAL HEALTH (Every mind matters).





Maribel and Juan Jerez pay tribute to Sage in May at the Move for Mosaic 5K

Sage joined Mosaic Mental Health in 2015 after completing a degree in clinical social work at New York University. She played a key role in developing our Baby Institute program, which has improved the relationship between countless children and parents. Sage has had a profound and unforgettable impact on the families she served and on her colleagues. Mosaic dedicated the 5K in her memory, we miss her dearly and we send condolences and warm wishes to her family.

## Remembering Sage Sevilla

In April, we lost our beloved friend and colleague **Joyce "Sage" Margarita Sevilla**. Sage was a shining light who touched the souls of all she encountered. Growing up in Brooklyn, she graduated from Music & Art HS in 1973. She would then join one of the first groups of women to be admitted to Yale University, with a B.A. in African American Studies and Education. After receiving her M.A. in English Education from Columbia University Teachers College, she went on to teach in a variety of school settings. In 2001, she became the Director of Diversity at the Dalton School.



Sage and her son Giancarlo







Juan Mejia



Chester Blake and Hazel Lyons-Baum



Judy Hanson



Ariel Valera

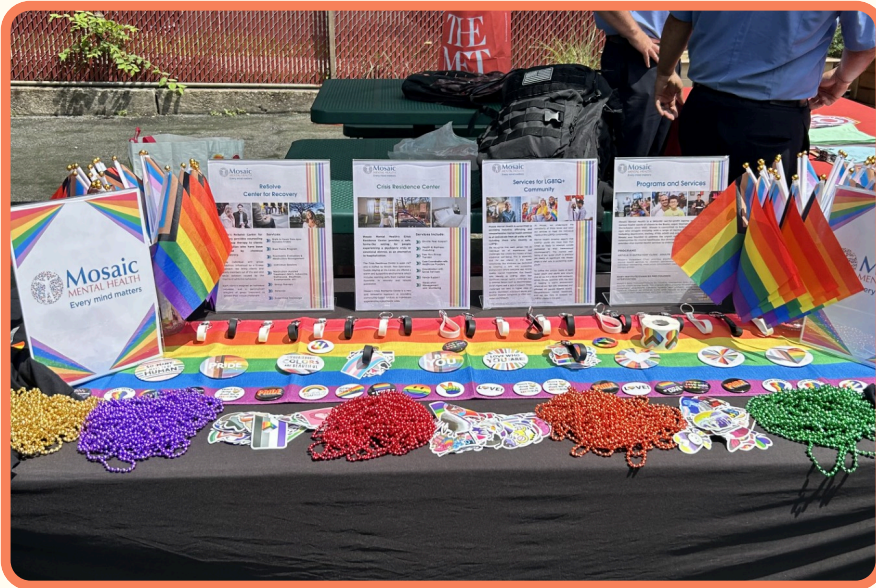
# 15 Years of Moving for Mosaic

**Mosaic** held its 15th annual **Move for Mosaic 5K** at Van Cortland Park on May 19th. Not only was it a massive success, raising **\$26,000** in the process, but the clouds parted and runners, walkers, and movers alike were able to enjoy the 5K without fear of being caught in a monsoon, as happened last year! The **Mental Health Awareness Month** event attracted more than 100 supporters of Mosaic.

**Chester Blake** and **Hazel Lyons-Baum** were the overall winners of the male and female divisions. Congratulations to all who competed and thank you to the volunteers and donors who made this event possible. A special shoutout to 5K Chair **Dick Conley**, committee members **Janice Baio** and **Willie Weinbaum**, and **Michelle Creeden**, Mosaic's Director of Communications, who spearheaded this event and made it such a resounding success!



# Riverdale Pride 2024



Mosaic's information table at Riverdale Pride held at Neighborhood House

On **Sunday, June 9th**, **Mosaic Mental Health** celebrated Pride Month with **Riverdale Pride!** We had an absolute blast eating great food, seeing some wonderful drag and music performances, and watching the doggie pride parade. We also got to meet a bunch of new people and discuss the intersection among gender, sexuality, and mental health—all while giving out stickers, flags, and pins. It was such a fun day, and **we are hoping to see you there next year!**



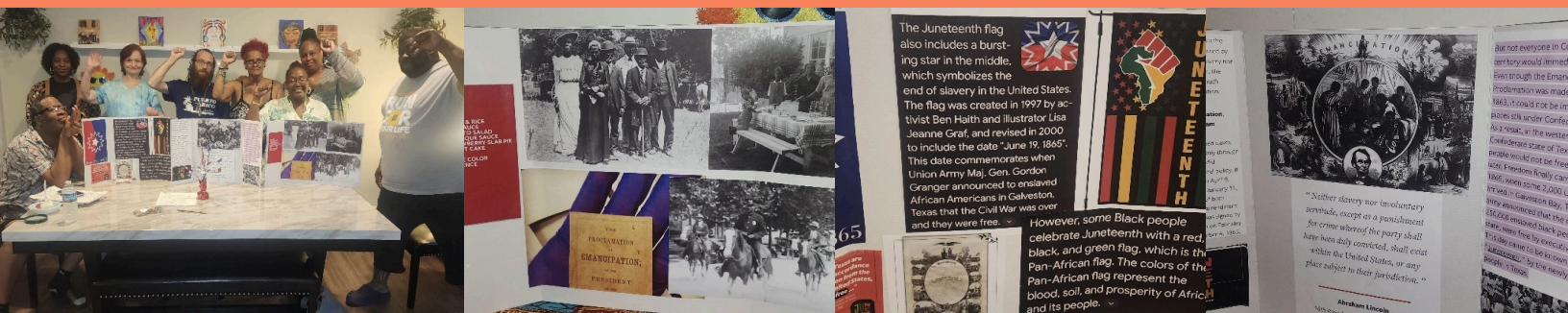
A "pawsome" Pride Parade participant





**Mosaic's Crisis Residence** staff and clients came together as a community to celebrate **Juneteenth** with a special research project and cookout. The presentations they created captured the **history and spirit of the holiday**. Smiles could be seen all around, evidence of the nurturing care provided by the Residence.

**The Residence** serves as a homelike setting for many who are experiencing a mental health crisis. The photos illustrate the care and well-being cultivated by the **program's Director, Dawn Horath**, and the program's peer specialists.



# How You Can Help Mosaic Mental Health

## **MAKE A DONATION TODAY**

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Your support is vital in ensuring that Mosaic can continue to help as many minds in need as possible. To make a donation of any amount, visit [mosaicmh.org/giving](https://mosaicmh.org/giving) or contact [szucker@mosaicmh.org](mailto:szucker@mosaicmh.org).

## **START A FUNDRAISER**

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Rally your friends, family and community to support our mission of providing quality mental healthcare to all those who need it. You can create your own on Facebook, Instagram or contact Mosaic's Sam Zucker at [szucker@mosaicmh.org](mailto:szucker@mosaicmh.org) for further info/help.

## **SPREAD THE WORD**

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Mosaic has a beautiful story that everyone ought to know. Visit [mosaicmh.org](https://mosaicmh.org) to view all our social media accounts and learn more about who we are. Be sure to share our posts so that more people can see the wonderful work we do!

## **LOOK OUT FOR FUTURE NEWSLETTERS**

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Please check your inbox for quarterly newsletters and other updates with the latest on Mosaic — and we hope you'll send us suggestions and other feedback. Thank you for reading!

