

2021 Annual Report to the Community

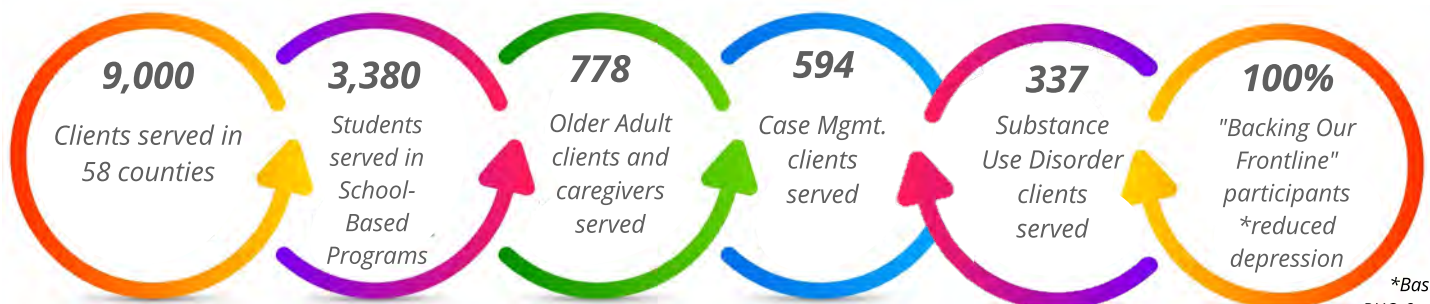
Syntero Provides Innovative, Practical Tools to Empower Community Members

Susan struggled with depression and anxiety throughout her adult life, but “Strangely enough, that isn’t exactly why I started [counseling at Syntero],” Susan said. “I was struggling with managing my emotions and I knew I needed to try something

different.” Susan had previously seen other counselors, but her experience at Syntero felt new and refreshing. “I think counseling with Syntero has been different than counseling that I’ve had throughout my adult life, because of the practicality of how to do things. It’s much more *Here’s a tool. See if it works.* versus *How are you feeling about that?* I have come out with more tools in my tool bag to manage whatever pops up. **It is just amazing what I’ve got in my tool bag that I did not have coming in the doors.**”

Syntero is committed to providing comprehensive, client-centered, trauma-informed care and innovative solutions that clients can easily incorporate into their daily lives to improve mental health outcomes. In addition to counseling sessions, Susan’s clinician suggested the incorporation of meditation apps and other relaxation tools to help Susan manage stressors. “Even though some apps have been around for 10-15 years, she’s been the first person who ever suggested it,” Susan said. “I respond to crises much less emotionally, much more logically and take things less personally. My counselor also has a basket where there’s a bazillion different things in it and when the mind goes to what I call the ‘hamster on a wheel,’ I take one of these things out and focus on it. I didn’t put together a basket of my own, but I did take a picture of her basket, so I visually do the same thing—pick one thing and look at it. **I don’t think there’s a particular piece of my life that has not been affected.**”

Our Impact at a Glance



*Based on PHQ-9 scores.

Syntero's mission is to advocate and support the health and well-being of individuals, families and communities by providing professional, compassionate behavioral health and social services that adapt to the changing needs of the community. Syntero specializes in Trauma-Informed Care, Suicide Prevention, Substance Abuse Treatment, Parent Education and Professional Development.



Core Values: *Integrity* • *Empowerment* • *Innovation* • *Inclusiveness*

"My Syntero clinician helped give me the tools I needed to tackle my issues with boundaries, self-care, and preventing the

downward spiral of my depression. She saved my life! I will forever be grateful for all the hard work you all do!

- Client

Backing Our Frontline



Syntero staff members volunteered to assemble harm reduction kits, serving

4,000

community members!



Syntero provided **46,723** school-based services for students in 12 school districts and 3 special programs!

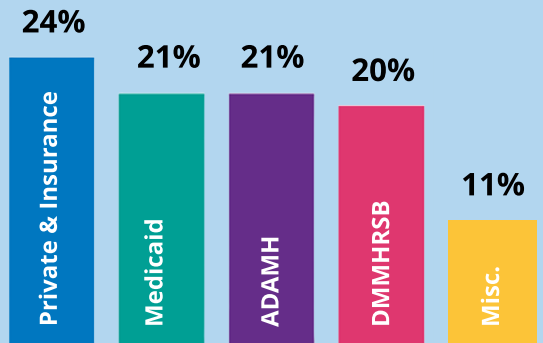
- Individual Prevention
- Group Prevention
- Treatment
- Crisis
- Universal Prevention



Funding Partners

ADAMH Board of Franklin County • Buckeye Valley Local Schools • Central Ohio Primary Care Foundation • City of Dublin • City of Upper Arlington • City of Worthington • The Columbus Foundation • Crawford Marion ADAMH Board Delaware County Family & Children's First Council • Delaware County Strengthening Families • Delaware County United Way Delaware/Morrow County Mental Health and Recovery Services Board Dublin City Schools • The Dublin Community Foundation • Franklin County Office on Aging • Goodwill Columbus • Goodwill - Frankly County Board of Developmental Disabilities • Hilliard City Schools Nationwide Children's Hospital • Ohio Children's Trust Fund • Ohio Department of Mental Health and Addiction Services • Ohio Medicaid/Medicare • Olentangy Local School District • Osteopathic Heritage Foundation • Permanent Family Solutions Network • Private Donors • SourcePoint of Delaware County • Tolles Technical School • Washington Township Trustees

Payer Sources



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