



By the end of the year, Mosaic will have provided well over **7,000** counseling hours despite the pandemic's negative impact on our organization in 2021. Of these clients, **64% are uninsured**, and almost all of these uninsured clients **(over 90% of them)** needed financial assistance to pay for counseling. **And you made it happen!**

From Our Clients

These vignettes are based on actual client stories. However, due to HIPAA, HITECH and other privacy and information security laws and regulations, names and circumstances have been changed to ensure such privacy.

Sarah* has been coming to therapy for several years. She has a significant history of trauma, including being a war veteran, being in an orphanage for several years, having a parent commit suicide in front of her, and having two siblings also commit suicide, among other traumatic events. Sarah suffered from PTSD (Post Traumatic Stress Disorder), which included symptoms of flashbacks, nightmares, depression, anxiety, and fear of the future ("What next?"). Using EFT (Emotional Freedom Technique), she no longer has flashbacks or nightmares and her depression and anxiety are significantly reduced. Her thoughts about the future are more positive, and she no longer qualifies for the diagnosis of PTSD.

Jennifer* was suffering from post-partum depression. The isolation of COVID contributed to her depression during pregnancy and exacerbated the post-partum anxiety. She was very fearful of something bad happening to her children, and she was fearful of life in general. She found it difficult to focus on daily tasks and had catastrophic thinking. Jennifer began neurofeedback and after one session reported feeling significantly calmer and was able to enjoy being with her children and laughing, which she hadn't done in about a year. After about five sessions, she reported her depression and anxiety were negligible and she no longer had catastrophic thinking, even staying calm and rational when she had to take one of her children to the emergency room. Jennifer continues to feel positive and productive and is able to enjoy her family and her life.

* Any resemblance to an actual client story is coincidental.

Meet Our Newest Therapists



Tiffany Carpenter, M.A., LPC-A
Supervised by Maggie Eckhardt, LPC-S, Ph.D.
Tiffany enjoys both marriage and family therapy and is experienced in trauma-informed care.



Larissa Smith, LMSW
Larissa is a bilingual therapist who enjoys working with children, teens, and adults to address trauma, grief, depression, anxiety, and attachment.



Don Neal, LPC
Don enjoys working with older children, adolescents, adults, and couples.

MISSION STATEMENT

Mosaic Counseling Centers of East Texas is building a healthier community by uniting mind, body and spirit through therapy, education & research, honoring individual beliefs and practices.

MCCET uses evidence-based care that integrates a client's personally held beliefs and values. Mosaic also offers a compassionate and safe place to explore beliefs, doubts, hopes, fears, and other aspects of a person's spiritual experience.

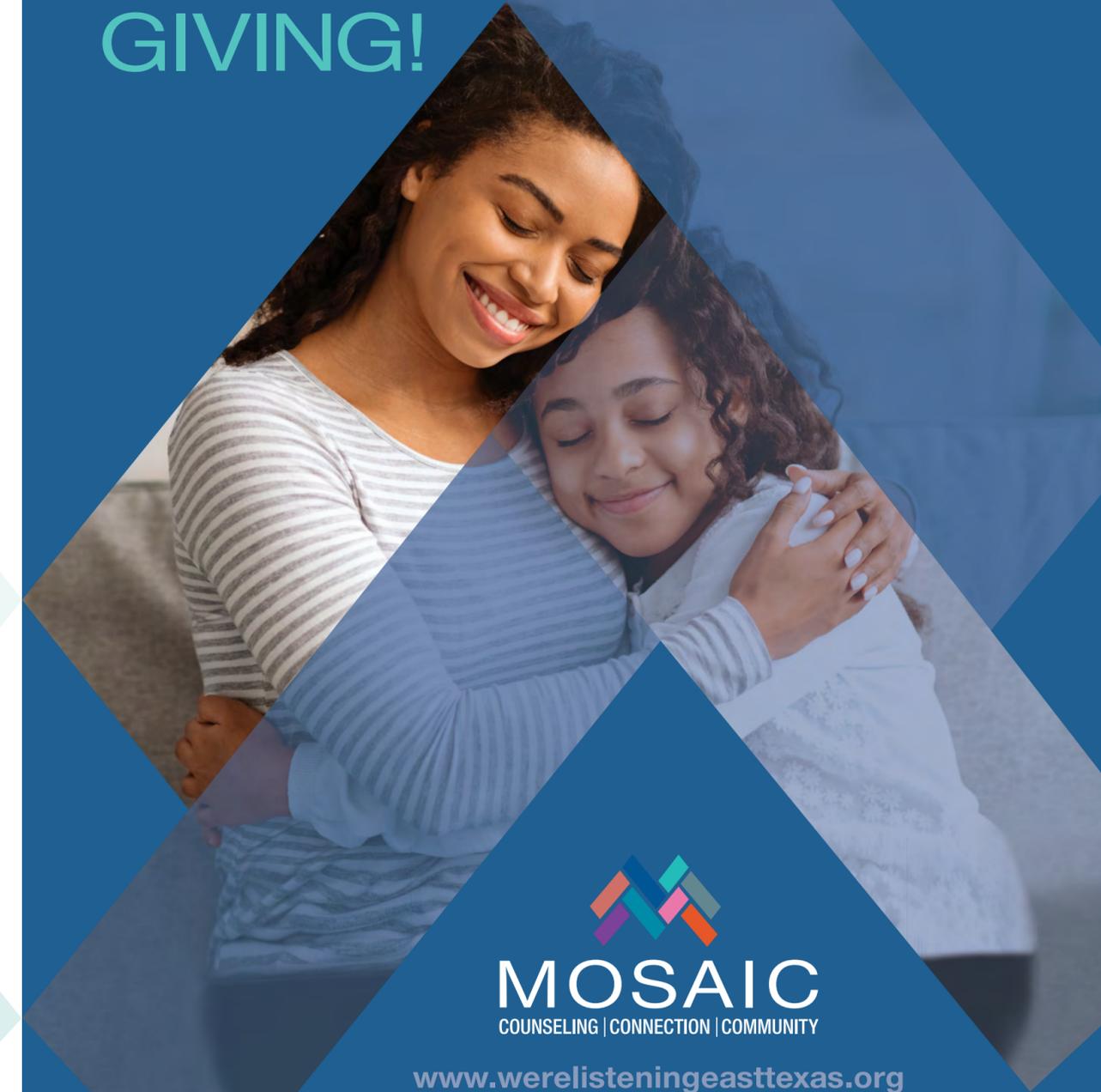


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THANKS FOR GIVING!



MOSAIC
COUNSELING | CONNECTION | COMMUNITY

www.werelistingeasttexas.org



Thanks-for-Giving!

As we approach our year's end, I find myself reflecting on all of the wonderful and terrible things that took place in 2021; although I wish I could say my brain spent more time pondering the wonderful. Truth is, this year has brought a great deal of uncertainty in many ways. In the middle of a particularly difficult day recently, I was thinking of the hardships our nonprofit has faced and more importantly, the hardships of those clients to whom we've provided thousands of hours of therapy.

How have we survived?
How have our clients survived?

On that same day later in the afternoon, I was visiting with our Director of Mission Impact, Lance Bolay, and he said something that redirected my mood. He suggested that before we begin our year-end match campaign, we should host a "thank-a-thon." Puzzled, I asked him what he was talking about. As he unraveled his plan to have our staff and board members reach out directly to those who have given gifts of care this past year, my question was answered.

How had we survived?
Each other!

The gift of relationship, provided through your gifts, meant that East Texans found their way to counseling. They found their way out of shame and despair, anxiety and depression, through loss and grief, through heartache and outright misery -

to meaning and peace. They found their way to a good night's sleep, to taking better care of themselves and their loved ones.

In short, they found their way.

As Lance and I continued to talk, the words "Thanks-for-Giving" kept swirling around in my mind. So, allow me to take this moment in time to thank you for giving. It really doesn't matter how much you chose to give or how often. You thoughtfully considered your neighbors, friends and others who needed us. Your gift allowed us to schedule one more new client, one more new session, and touch one more life.

We are grateful that you remain dedicated to your community and to us, and while we have a new name, our commitment to mental health care remains unchanged. More and more East Texans are gaining the courage to put aside the stigma and reach out for help. We could not make this happen without you.

Thanks for giving.

Sincerely,

Christopher Taylor, MPA, CM
Executive Director

GIVE NOW!



SCAN ME!

As the Director of Mission Impact, it is my job to understand why East Texans give their gifts to benefit our work at Mosaic. Learning what motivates people is also essential to understanding what they want their gifts to do. Recently, I received this letter from one of our donor families, Nancy and Robert Patterson. I wanted to take the opportunity to share it with you.

Lance Bolay, DMin, Director of Mission Impact
Mosaic Counseling Centers of East Texas



From a Donor Family Nancy and Robert Patterson

"As a young man, I felt that people suffering from depression or those who needed counseling were simply unable to cope and work their way through many life situations. I was wrongly opinionated and very uneducated about mental wellness.

Fast forward several years when a close family member was diagnosed with schizophrenia. I began a crash course on mental illness and mental wellness. Then, personally suffering from two different bouts of depression, I finally understood that regardless of your personality or even your family support, everyone is subject to mental health issues.

After these experiences, I was contacted to become a founding board member of Mosaic (formerly Samaritan Counseling Center). The opportunity to assist those in need of affordable, high-quality mental healthcare became a passion for me. I learned more about mental wellness by serving on this non-profit board. Mosaic has become a passion and I was "converted" to being an advocate for mental wellness.

East Texans have been blessed by Mosaic and the ability to help many families that need quality mental health services to be accessible and affordable. Mosaic offers a unique approach to care by taking the time to incorporate and honor an individual's personally held beliefs and practices. Care like this could not be found in Tyler and East Texas, much less at an affordable cost.

Every year, Mosaic walks alongside more than a thousand of our neighbors, addressing life circumstances and working toward better mental wellness, yet it cannot sustain itself without the support of our generous community. As we grow and respond to the needs of our families, friends and neighbors through things like offering video-based care, making new therapies available, offering evening and weekend appointments, training the next generation of mental health professionals and in so

many other ways, we recognize that this work cannot be done alone and are grateful for the continued support from all of those who give.

Mosaic provides so much to the community and in a way like no other organization has. Still, we know that we must do this work together, alongside our community partners, our donors and those we serve. ***I feel so strongly about this work that Nancy and I are pleased to issue a \$25,000 match challenge to our community as our year-end gift to Mosaic.*** I ask that you take a moment of reflection and see if you and your family can help us meet this goal and say, "We can see you," to yet another East Texan in need of mental healthcare.

Data January through October 2021

Counseling By Age

Ages 7 & Under	1%
Ages 8-12	4%
Ages 13-17	7%
Ages 18-29	31%
Ages 30-39	24%
Ages 40-49	15%
Ages 50-64	15%
Ages 65+	4%



39% of Sessions were by eCounseling / Phone

5% of Uninsured Clients pay the full \$120

64% Clients are Uninsured

36% Clients are Insured

6,782 Total Sessions (January through October 2021)

Care by County

