

Impact Report

2023



MEZZO SOLUTIONS

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What is Mezzo Solutions?

Mezzo Solutions LLC. is an organization dedicated to creating healthier individuals, teams, organizations, and communities through in-person and virtual mental health education and support.

Our team has over 20 years of combined experience working with and with non-profits, NGOs, and regional initiatives to focus on identifying assets, coordinating community conversations, and learning more about the health needs of communities.

We show up to help using the lessons and tools used in the fields of Social Work, Sociology, Psychology and and Public Health.



Meet the Mezzo Solutions Team

Megan has over a decade of working experience in micro, mezzo, and macro levels of social work. Megan is committed to finding solutions with diversity and equality in mind. Megan is an educator and leader who holds a Masters of Social Work from Indiana University.

megan@mezzosolutions.com
(765) 697-9567



Megan Ripberger, MSW
Licensed Clinical Social Worker



Patrick Ripberger, MPH
Epidemiologist

Patrick has spent over a decade working on grassroots Public Health efforts and corporate initiatives. Patrick helps organizations and communities find simple solutions to complex problems by showing up to help, and teaching others to do the same. Patrick is a lifelong learner and holds a Masters of Public Health from Purdue University.

patrick@mezzosolutions.com
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1,000hrs+

In-Person
Mental Health
Education

500hrs+

Mental Health
Counseling

400hrs+

Virtual On-Demand
Mental Health
Education & Support

200hrs+

Community
Volunteering

100hrs+

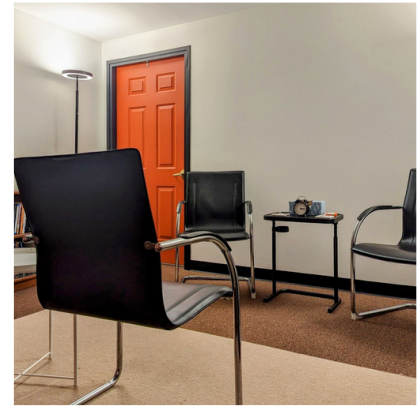
Community Health

January



2023

Impact Report
Snapshot



Mezzo Solutions LLC. expanded our office space to accommodate the growing mental health education and support services.



Megan Ripberger, MSW provided continued support to the helpers within multiple Head Start programs.



The Mezzo Solutions team is growing and so are our therapy offerings

December



1,000hrs+
Mental Health Education



“I have attended many trainings, and what separates Mezzo is their ability to get attendees engaged and excited about the content.”

Marcus Fleagle M.B.A
Executive Director
C.A.E.C.I Head Start and
Early Head Start

“In the hectic, uncertain, and often fast paced day to day, investing in mental health and overall wellness is critical. Partnering with Mezzo Solutions allows our helpers to focus on self-care. Having the opportunity to dissect different components of self-care has cultivated a holistic approach for those serving our youth. Being aware of our own needs help prevent burnout creating opportunities for relationships to form and therefore creating optimal programming outcomes.”

Jessica McKinley MLD, CYC-P
Deputy Executive Director
Indiana Alliance of Boys & Girls Clubs
Boys & Girls Clubs in Indiana





Supporting the mental health of the helpers who carry out the mission and fulfill the values of a non-profit organization is vital to sustainability and impact.

MEZZO WORKSHOPS

Stress Management: A Practical Guide to Thriving



Master stress management with resilience tools, interactive learning, and personalized strategies for well-being.

Take action today, bring education and support to your organization.

[Book Now >](#) mezzosolutions.com

MEZZO WORKSHOPS

Revive & Thrive: Burnout Prevention & Recovery



Learn to identify, address, and recover from burnout. Explore practical tools, discover key strategies.

Take action today, bring education and support to your organization.

[Book Now >](#) mezzosolutions.com

MEZZO WORKSHOPS

Understanding PACEs: Building Resilient Communities



Gain insights into Positive and Adverse Childhood Experiences (PACEs), their impact on life and community, and strategies for transformative action.

Take action today, bring education and understanding to your organization.

[Book Now >](#) mezzosolutions.com

MEZZO WORKSHOPS

Beyond the To-Do List: Craft Your Self-Care Masterpiece



Explore pathways of wellness: physical, social, spiritual, professional, and psychological well-being.

Take action today, bring education and support to your organization.

[Book Now >](#) mezzosolutions.com

MEZZO WORKSHOPS

Pride in Understanding: LGBTQIA+ Terminology & Pronouns



Explore essential terminology, the significance of pronouns, and the diverse spectrum of LGBTQIA+ identities.

Bring a getaway to inclusivity and understanding for your organization

[Book Now >](#) mezzosolutions.com

MEZZO WORKSHOPS

Mindfulness in Action: Practical Strategies to Well-being



Explore the science of presence for improved clarity and well-being. Gain tools for focus, awareness, and stress relief in daily life.

Take action today, bring education and support to your organization.

[Book Now >](#) mezzosolutions.com

MEZZO WORKSHOPS

Ignite Your Spark: Rekindle Your Purpose



Reignite passion in your profession with self-discovery. Uncover your 'why' for deeper satisfaction and impact.

Take action today, bring education and support to your organization.

[Book Now >](#) mezzosolutions.com

In-person & Virtual Education for Organizations

1hr and 2hr options available for each workshop

Contact us for Half/Full Day Conferences/Retreats

[Book Now >](#) mezzosolutions.com

500hrs+

Mental Health Counseling

Therapy that puts you front and center
serving clients in Indiana & Ohio
in-person | online | phone

Services

- Individual Therapy
- Telehealth
- Clinical Supervision
- Group

Populations Served

- Adults (18+)
- Older Adults (65+)

Focus Areas

- Adjusting to change
- Anxiety & worry
- Intrusive thoughts
- Processing past trauma
- Depression & sadness
- Self-love & self-esteem
- Emotional sensitivity



Megan Ripberger, MSW, LCSW, LISW



Amanda Girten, MSW

Services

- Individual Therapy
- Telehealth
- Group

Populations Served

- Children (3+)
- Adults (18+)

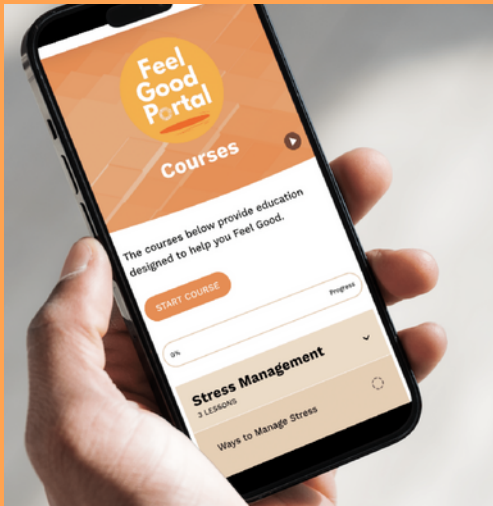
Focus Areas

- Adjusting to change
- Anxiety & worry
- Autism Spectrum
- Emotional Intelligence
- Intrusive thoughts
- Processing past trauma

Feel Good Portal

400hrs+

Virtual On-Demand
Mental Health
Education & Support



The Feel Good Portal is powered by Mezzo Solutions and created to serve individuals and organizations.

- Anytime Access
- Mental Health Support
- On-Demand Courses
- Wellness Resources



Feel Good Portal

- 24/7 Access
- Mental Health Support
- On-Demand Courses
- Wellness Made Simple

mezzosolutions.com

The Feel Good Portal was created in response to the mental health education and support needs of our community and partners.

The Feel Good Portal offers anytime access to mental health education and support to individual and organizational subscribers.

New courses, videos, articles, and resources are can be accessed on mobile devices or computers.



200hrs+
Community
Volunteering



Megan Ripberger, MSW helping at the L&M Holiday Celebration in Eaton, Ohio.



End Stigma Campaign



AFSP Out of the Darkness Walk

Who we showed up to help

- American Suicide Prevention Foundation
- Connection Cafe
- Fayette County Food Council
- Girls Inc. of Wayne County
- Hope Center
- Ivy Tech Richmond
- L&M
- Systems of Care
- Wayne County Food Council

The Hope Center Banquet was held on October 13, 2023, at Roberts Park in Connersville, IN.

Co-founder Patrick Ripberger, MPH provided personal testimony and professional insights into the need for family support services within rural communities.

This evening provided a conduit for funding to keep a community connected to healthy support services vital the wellbeing of generations to come.



Patrick Ripberger, MPH speaking at the Hope Center Banquet on the topic of teen parenting and the importance of parent-child connections.

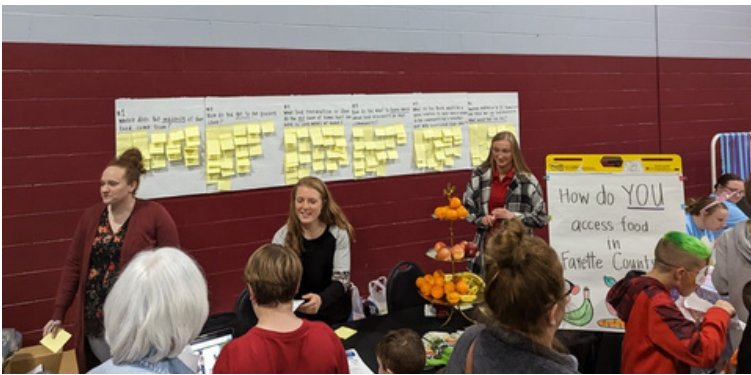


Wayne County Care Trauma Conference provided a gathering place for community helpers focused on healing their rural community.

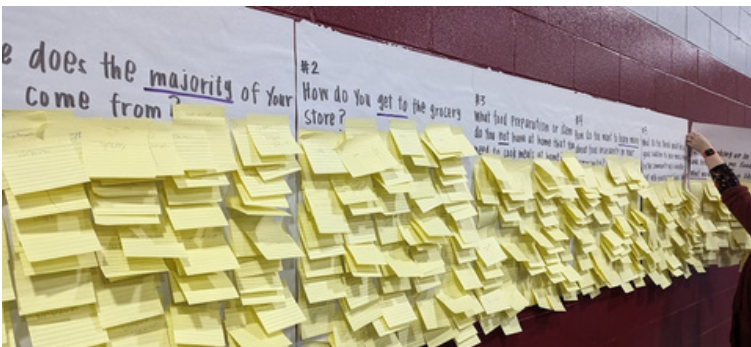
Co-founder Patrick Ripberger, MPH provided education on Positive and Adverse Childhood Experiences. Through advocacy, the message was clear that ACEs are not our destiny.



Patrick Ripberger, MPH speaks on the stage at Indiana University East at the WCC Conference.



Mezzo Solutions assisted the **Indiana Minority Health Coalition and Indiana Department of Health** with Food and Nutrition Community Conversations.



This collaboration assisted in the strategic planning designed to reduce food insecurity throughout the state of Indiana.



100hrs+
Community Health

**Building healthier communities
with sustainability in mind.**



Positive and Adverse Childhood Experiences also known as PACEs have powerful impacts on every generation.

By understanding how these experiences can shape our well-being individuals, organizations, and communities can make informed decisions on how to address the needs of those who have experienced trauma.

Reducing Youth Substance Use is a community-wide initiative that can take on many forms.

Mezzo Solutions assisted with National Drug and Alcohol Facts Week which included taking over an AMC movie theater to provide substance misuse education and resources in a rural community.





100hrs+
Community Health

**Building healthier communities
with sustainability in mind.**



Grant Facilitation is vital for many non-profit organizations to maximize their impact within their community.

Telling the story of how a program can help is vital. Mezzo Solutions helped secure grants for a wide range of community health needs by providing organizations with:

- Creating Data Tracking Processes
- Researching Health Disparities
- Assisting in Grant Searches
- Applying For Grants

Mezzo Solutions grant facilitation services provided over \$100,000 in support to:

- Law Enforcement
- K-12 School Systems
- Substance Use Prevention Specialist
- Recovery Centers
- Youth Serving Organizations





Non-Profit Support Investing in Community Health



On **World Social Work Day** Mezzo Solutions partnered with Abilities Richmond Inc and their Undercover Coffee Shop to buy social workers a drink!

World Social Work Day March 21, 2023

Hey Social Workers,
Thank You For All You Do!

Get A **FREE** Drink!
(while supplies last)
sponsored by:



MEZZO
SOLUTIONS

Undercover Coffee Shop
831 N E St,
Richmond, IN 47374
9:00AM - 3:30PM



Mezzo Solutions had the opportunity to support many non-profits in 2023 including:

- Abilities Richmond Inc
- American Foundation for Suicide Prevention
- Boys and Girls Clubs of Wayne County
- Girls Inc. of Wayne County
- JACY House
- Whitewater Community Television



**JACY
House**

A Child Advocacy Center



MEZZO SOLUTIONS



Megan Ripberger, MSW
Licensed Clinical Social Worker



Patrick Ripberger, MPH
Epidemiologist

Contact Mezzo Solutions Corp. today to let us know how we can make wellness simple for your team, organization, or community.

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mezzosolutions.com