



1N5.org

3975 Erie Avenue
Cincinnati, Ohio 45208
513.814.3007

NON-BINDING MEMORANDUM OF UNDERSTANDING

May 23, 2024

1N5 ("1N5") is an Ohio nonprofit corporation recognized as exempt from income taxation under the Internal Revenue Code of 1986. 1N5 desires to partner with the undersigned individuals (each, a "Partner, and collectively, the "Partners") to expand 1N5's education and training operations. This Non-Binding Memorandum of Understanding ("MOU") sets forth the understanding of the parties with respect to that relationship.

Scope of Collaboration: Partner(s) and 1N5 will work together to accomplish the activities and objectives listed on the attached "Exhibit A".

Term: The term of this MOU shall be for a period of one (1) year from the date set forth below. The term shall automatically renew for additional subsequent one (1) year terms thereafter. Any party to this MOU may terminate this MOU at any time for any or no reason and without penalty.

Compensation: Partner(s) will not receive any compensation from 1N5 for any activities performed in connection with this MOU. If any school or other program receives materials, services, or programming created under this MOU or in connection or collaboration with 1N5, all such compensation will be paid directly to 1N5.

Non-Disclosure: Partner(s) will not disclose any non-public information received by Partner(s) from 1N5 during the term of this MOU.

Ownership: 1N5 shall be the sole owner of any jointly created ideas, concepts, materials, programming, or intellectual property which is created in connection with this MOU.

Agency: Partner(s) shall consult with 1N5 prior to using the 1N5 name, brand, or programming to ensure that the goodwill and reputation of 1N5 is preserved in a manner acceptable to 1N5. Partners are not agents of 1N5 and shall have no authority to enter into any contract on behalf of 1N5.

Non-Binding Nature: This MOU is not a binding contract, except for the terms of the Ownership, Agency, and Non-Disclosure Sections set forth above, which shall survive termination of this MOU. This MOU may only be modified by a written agreement signed by all parties hereto.

The Parties have executed this MOU to be effective as of May 23, 2024

One in five teens and adults
suffer from mental illness.

1N5 is a 501(c)(3) non-profit org
supporting mental health awareness
and education in our community.

Stop the Stigma.
Start the Conversation.



1N5

By: *Nancy Eigel-Miller*
Nancy Eigel-Miller, Executive Director

PARTNER(S): NAME

Name: _____

Signature: _____

Title: _____

1N5.org

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EXHIBIT A

1. Climate Survey, Needs Assessment--\$1,000 per school
2. Gap Analysis and Recommendations--\$500 per school
3. Ongoing Consultation--\$100 per hour.
 - a. Estimated 3-6 monthly/school year.
4. Training--\$100 per hour. Based on data gathered from #1 above.

Grant Funding may be available upon request.

1N5 OFFERINGS

- **Needs Assessment, Climate Survey, & Recommendations**

1N5 begins a partnership with schools by collecting data from students, faculty/staff, and caregivers through a Needs Assessment and Climate Survey. 1N5 collaborates with schools to discuss the survey data, including a review of all school mental health initiatives already in place, and offers recommendations for the school or district.

- **Ongoing Consultation**

Regular meetings with the school are suggested to assist with planning, implementing, and continual review and evaluation of outcomes.

- **Staff Wellness Programs**

- **Recharge + Reconnect**

An opportunity to reflect on the people, places, and practices that help support mental health and wellbeing and learn new ways to build wellness.

- **Unlocking the Power of Play**

From improving memory and problem-solving skills to fostering empathy and building stronger relationships, play has the potential to have profound effects on our overall well being.

- **Mindfulness Coaching for Educators**

Mindfulness has proven to improve attention, reduce stress and anxiety, improve emotional regulation and create greater compassion.

- **Customized Trainings**

Designed specifically for schools, catering to their unique needs, addressing topics such as brain health, stress, trauma, and resilience.

Educational Programs

- **Introduction to Trauma-Informed Education**

Participants will learn about the prevalence of trauma, the impact of

traumatic experiences on students and classroom behaviors, and strategies to buffer the negative impacts of trauma and create healing-centered engagement.

Mind Matters: Beginners Guide to Mental Health for Youth, Staff, and/or Caregivers

This presentation introduces statistics around mental health, the mental health continuum, warning signs, supporting others, local and national resources, and tips for staying mentally healthy.

Building Resilience for Youth, Staff, and/or Caregivers

An upstream look at protective factors and how to build those into a healthy lifestyle. This training is good for all audiences including students, staff, and parents.

State of Mind Video Series

A series of videos to promote mental health & wellness for educators, caregivers, and youth.

Expert Speakers for Youth, Staff, and/or Caregivers

Expert speakers to present (virtually or in-person) to youth, staff, and/or parents on topics including but not limited to signs and symptoms of mental health disorders, self-care, resilience, internet safety, mindfulness, stress management.

- **Suicide Prevention Trainings**

QPR (Question, Persuade, Refer) for Staff

Designed to train administrators, teachers, coaches, mentors, or anyone in a position to prevent suicide with how to help save a life.

QPR (Question, Persuade, Refer) for Parents

Designed to train parents or caregivers with how to help save a life.

Signs of Suicide

The Signs of Suicide Prevention Program (SOS) is a universal, school-based depression awareness and suicide prevention series of videos and discussion questions designed for middle school (ages 11–13) or high-school (ages 13–17) students. This program also includes a screening and is in conjunction with the mental health partner. Meets state requirements for Ohio HB 123.

Sources of Strength

This Peer-to-peer program provides the highest quality evidence-based prevention for suicide, violence, bullying, and substance abuse by training, supporting, and empowering both peer leaders and caring adults to impact their world through the power of connection, hope, help, and strength. Meets state requirements for Ohio HB 123.