

CITY OF DAVIS
2002-2003 COMMUNITY DEVELOPMENT BLOCK GRANT APPLICATION

Organization Name: Yolo Family Service Agency
(Counseling for Very-Low and Low-Income individuals)

Street Address: 455 First St., Woodland, CA 95695
Mailing Address: 455 First St., Woodland, CA 95695
E-mail Address: yfsa@yolo.com
Phone Number: (530) 753-8674
Fax Number: (530) 662-4315

Contact: Sally Snell Address: 455 First St., Woodland, CA 95695 Phone: (530) 753-8674

Total Proposal Request: \$11,820

___X___ On-going Support _____ New Project

CDBG Eligible Category: Public Service

National Objective Compliance/Low and Mod Benefit: Area Benefit

City Council Identified Critical Needs:

- 1) Health care: Basic healthcare for uninsured youth and families
- 2) Mental Health Services: crisis intervention
- 3) Youth: abuse prevention

PUBLIC SERVICE ___X___ NON-PUBLIC SERVICE _____

Beneficiary Information:

2970 Total number of beneficiaries in program

50 Total number of beneficiaries in program served with CDBG funds

100% Percentage of the CDBG beneficiaries with low/moderate income

\$236.40 Cost per CDBG beneficiary (CDBG Request/CDBG Beneficiaries)

PROJECT NARRATIVE

a. Need

YFSA is the only source of mental health care for many very low-income and low-income individuals and families who are not eligible for CalWORKS funded services, do not have medical insurance to pay for services, and who cannot otherwise afford to get the help they need.

CDBG funds help underwrite YFSA services for Davis very low income individuals and families who do not qualify under any other contract funding source for mental health services. Members of the Davis community working in low wage jobs, without benefits, in the service and agricultural industries depend on YFSA to provide mental health care for them and their families. This population of "working poor" does not receive MediCal benefits. Other families, such as grandparents with the primary responsibility of raising grandchildren, are both exempt from the requirements of the CalWorks program and ineligible for the mental health services provided within that program.

Highly stressed families with limited resources can have a tremendously negative impact on society. Direct government support is just part of the cost. Society's failure to intervene with preventative and proactive help as soon as possible when a family is in crisis can lead to chronic problems that are devastating to a family and the community as a whole. Antisocial-criminal behavior and incarceration of both juveniles and adults, addiction and psychiatric hospitalization are all costly and, in many cases, preventable. Abuse of children—mental, physical, and neglect—is often the result of parents' own emotional and economic instability than an intentional desire to harm. Even the relatively short-term (12 weeks) therapy the CDBG funds make possible is support a family can use to rise above a potentially dangerous crisis. Job loss, homelessness, school truancy and failure to complete school are not uncommon results of a family spiraling downward unable to access community support and intervention before those very destructive situations occurred.

While families from all income levels experience difficulties or face crises at one time or another, low-income families have limited resources with which to seek help.

b. Benefit

With professional counseling, clients learn to manage anger and aggressive behavior that can lead to abuse or unproductive conflict. Parents improve their understanding of how to better parent their young children and teens, reducing the level of upset and conflict in the home and giving children a better chance for success themselves. Counseling can help clients deal with depression, overcome substance abuse, or simply develop the organizational skills and muster the discipline they need to function productively in society—keeping a job and raising their children to be healthy and contributing adults.

Professional crisis intervention at an earlier stage in a family's problems is not only cost effective for society, but more likely to have long lasting results for the family.

c. Other Resources and Collaboration

YFSA has made strides in diversifying funding sources over the past several years. Our capacity to provide mental health care for very-low and low income Davis families has increased significantly, primarily with our certification as a Medi-Cal provider. Ninety percent of the 2746 clients who utilized YFSA programs in the last fiscal year met the very-low or low income qualification. The difference between the people this program serves and the majority of the people who seek our help is that this constituency does not qualify for any other source of assistance. They literally have nowhere else to turn.

YFSA, uses social work graduate student interns (volunteers), as well as professional Masters level therapists, in delivery of services. The agency also has broad support from volunteers in its administrative, fund development and public relations activities.

YFSA is a primary resource for Yolo County Drug, Alcohol and Mental Health Services, University of California Davis Counseling Center, Sexual Assault & Domestic Violence Center, Yolo County Social Services & Child Protective Services, Yolo County Probation Department, Communicare Health Centers, Yolo County schools and other local nonprofits. Public agencies and community-based organizations work closely in Yolo County to ensure that services are not duplicated and that the basic needs of the County's families are met. YFSA is a critical part of making mental health care available and accessible for uninsured youth and families.

d. Organizational Capacity

Yolo Family Service Agency (YFSA) has been providing mental health care in Yolo County since 1959. As part of the agency's on-going commitment to its mission, YFSA has developed a wide variety of programs and services with which it meets the mental health needs of the Davis community.

YFSA fills a unique niche in the Davis community continuum of services for low-income residents. For many, YFSA is the only source of much-needed mental health care. Yolo County Drug, Alcohol and Mental Health Services' criteria for providing mental health care requires that individuals be "medically indicated" for treatment services. This means that it is impossible for someone to access needed services unless they are at-risk for "*harm to self or others.*" There is a great difference between being on the edge of violence or suicide to being overwhelmed with emotional or economic problems and needing short-term intervention, professional counseling, and competent case management and referral to get back on track.

SCOPE OF SERVICES

a. **Project Description** (Activity Summary: Describe the activities of the proposed budget)

CDBG funds will underwrite mental health care for individuals, couples and families who meet the HUD criteria for being very-low and low-income. Services will include psychotherapy, individual and family counseling and topic/issue specific education and support groups. YFSA offers these services to all members of the Davis community regardless of their ability to pay. Although reasonable fees are determined for each family on a sliding scale, a large percentage of YFSA clients are unable to pay more than a few dollars per visit and CDBG underwriting makes it possible for YFSA to help those families who are unable to qualify for other sources of funding—primarily because they are working and trying to maintain self-sufficiency.

The service provided is based on the needs of each individual client. Therapy in the CDBG program is necessarily short term (12-weeks) because of limited funds and high demand.

The positive ***and long-term*** results realized with family counseling make support of YFSA a cost effective way to help families learn to cope with their problems and become self-sufficient. YFSA's program has an 80% success rate in preventing families from coming apart or requiring more extreme, and often less effective interventions—at a cost of approximately \$236.40 per individual served.

b. **Target Group**

Our target population is made up of individuals and families within the Davis community who can benefit from some level of mental health care or but cannot afford to get the help they need. They are very low- and low-income individuals working in jobs that do not offer health insurance. If they have health insurance it is likely to be through an HMO that can create barriers to accessing mental health care through established criteria (i.e. crisis only, not able to involve other family members if they do not have same coverage, etc.). Our clients are families who cannot afford private practitioners. Between 50-60% of the clients benefiting from this program are single heads of household.

Most of our low-income clients are struggling to become more self-sufficient while they learn better coping skills in order to lead productive, satisfying lives. Drug/alcohol abuse, domestic violence, depression and anxiety are some of the overwhelming issues these clients are endeavoring to change. A client may have difficulty controlling his or her anger and consequently have trouble keeping a job. Another may be so overwhelmed with depression that taking care of a child has become impossible. A grandmother may be experiencing anxiety over assuming the responsibility for raising her three teenage grandchildren, but be even more afraid of what will happen to them if she doesn't. A parent may be working three jobs to make ends meet. Stress and

exhaustion may lead to child or spousal abuse. A student grieving over the loss of a parent may be losing the struggle to keep up with her classes.

c. **Outreach**

All referral sources are aware of Yolo Family Service Agency's on-going efforts to serve low-income Davis residents. During the intake process, families applying for YFSA services who are eligible for assistance because of their income level and who cannot qualify for help through any other contract, such as MediCal or CalWorks, will be informed of the option to be included in this program.

TIMELINE

Work Plan

List Activity

Completion Date

Reconfirm clinical staff person as City of Davis CDBG Program Coordinator	July 1, 2002
Inform referral sources of continued capacity. Inform eligible clients of CDBG option of supported services	August 31, 2002
On a weekly basis, per YFSA procedure supervise, consult and monitor services provided by agency professional staff	On-going
On a monthly basis, monitor number of referrals to program and actual hours of direct service and education provided. Take appropriate action to be within performance statistics.	On-going
Ensure that a minimum of 50 families receive from 1-12 weeks of professional services—an estimated 600 hours of counseling.	On-going

**YOLO FAMILY SERVICE AGENCY/ LOW INCOME COUNSELING 2002-2003
CITY OF DAVIS
COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM
BUDGET SUMMARY**

YFSA-Counseling Services

Budget Category	Proposed Project	Other Sources	Total
Salaries and Wages <i>(12 months X 40 hrs/month X</i>			
A. <i>\$18.50)</i>	\$ 8,880		\$ 8,880
B. <i>21%)</i>	\$ 1,865		\$ 1,865
Consultant/Contract			
C. <i>Services (2 hrs/wk @50/hr)</i>		\$ 5,200	\$ 5,200
TOTAL PERSONNEL BUDGET	\$ 10,745	\$ 5,200	\$ 15,945
D. Office Rent			
E. Utilities			
F. Telephone			
G. Office Supplies			
H. Equipment			
I. Printing/Duplication			
J. Travel/Conferences			
K. Other (specify)			
Administration allocation <i>(10%)</i>	\$ 1,075		\$ 1,075
TOTAL NON-PERSONNEL BUDGET	\$ 1,075		\$ 1,075
TOTAL PROJECT BUDGET	\$ 11,820	\$ 5,200	\$ 17,020

Note 1: Clinical supervision is a critical component of YFSA's services and is part of our quality control system, Although it increases the overall cost, YFSA is committed to providing quality services to all of its clients.

Note 2: Although CDBG funds are needed to underwrite the cost of counseling for low-income clients, it is important to their commitment to therapy that they pay a nominal fee whenever possible.

We estimate that \$6,000 will be generated through client fees.

Note 3: The agency's total annual operating budget is: \$765400.

YOLO FAMILY SERVICE AGENCY

1/17/02

Board of Directors

<u>NAME</u>	<u>OCCUPATION</u>	<u>ADDRESS</u>	<u>TELEPHONE</u>	<u>TERM (3 yrs)</u>	<u>Length</u>
<u>BOARD MEMBERS</u>				<u>Begin</u>	<u>of Term</u>
Brian, Kathy (1) Member	Social Worker State of California	1362 Coolidge Place Woodland, CA 95776	H: 662-8619 E: kbrian@pacbell.net		2002-05
Casias, Rich 2nd V. President	Env. Consultant RCC Group	417 Mace Blvd. Ste. J, PMB-284 Davis, CA 95616	H: 758-8603 W: 758-8128 F: 758-8128 E: rccgroup@earthlink.net	1998-01	(1)
Conk, Nancy Vice President	Ex. Director CHOC	6650 Frates Way Sacramento, CA 95831	H: 916-427-1561 W: 757-4444 ext. 224 F: 757-4454 E: nconk@chochousing.org	1998-01	(1)
Garcia Ayala, Elvia Member	Dispute Resolution City of Davis	3104 Kite Street Davis, CA 95616	H: 753-6159 W: 757-5623 F: 757-6628 E: egarcia@ci.davis.ca.us	2001-2004	(1)
Geisler, John President	Ops. Mgr. Davis Waste Removal	2420 Clemson Dr. Davis, CA 95616	H: 758-9955 W: 756-4646 F: 758-5270 E: john@dwrco.com	1999-02	(1)
Giminez, Kimberley Member	Branch Manager Wells Fargo Bank	715 W. Keystone Ave. Woodland, CA 95695	H: 662-8180 W: 662-9164 F: 666-7837	2001-04	(1)
Graf, Jody Member	Alliance for Excellence Coordinator San Juan School Dist.	2862 Mallorca Lane Davis, CA 95616	H: 759-0225 W: 916-566-2184 E: jgraf@sanjuan.edu	2002-05	(1)
Hupe, Howard Member	Retired School Counselor	39808 Barry Road Davis, CA 95616	H: 756-6187 E: GSHMH@aol.com	2001-04	(1)
Johnson, David Treasurer	CPA Private practice	231 D Street Davis, CA 95616	H: 758-6260 F: 758-3113 E: BigwaveDLJ@aol.com	2000-03	(1)
Mack, Nancy Secretary	Retired School Principal	512 Greenwood Dr. Woodland, CA 95695	H: 662-9637 E: chasrmack@aol.com	2000-03	(1)
Rogers, Julie Member	Marketing Consultant Freelance	44917 S. El Macero Dr. El Macero, CA 95618	H: 758-4059 F: 753-1568 E: jarogers@jps.net	1999-02	(1)
Smith, Stephanie VP-Special Projects	Loan Officer 1st Northern Bank	1642 Donner Way Woodland, CA 95695	H: 662-3704 W: 661-6000 F: 668-3258 E: stephanie.smith@thatsmybank.com	1998-01	(1)
Widman, Jean Member	Teacher Davis Joint Unified School District	38387 Wisteria Way Davis, CA 95616	H: 297-7946 E: dwidman@cwnet.com	1999-02	(1)

<u>NAME</u>	<u>OCCUPATION</u>	<u>ADDRESS</u>	<u>TELEPHONE</u>
<u>ADHOC MEMBERS</u>			
Hahn, Roger	Attorney Private Practice	P.O. Box 1117 Woodland, CA 95776	H: 666-3212 W: 662-1082 Fax: 662-3018
Hill, Marti	Accountant PG&E Properties	105 Second Street Winters, CA 95694	H: 795-1468 W: 759-1811 Fx: 753-1920
Judson, Charles	Retired-UCD Prof.	742 Plum Lane Davis, CA 95616	H: 756-6274
Stefano, Shirley		910 Cottonwood St. Woodland, CA 95695	H: 662-6264 W: 666-4666
Thornhill, Kathy	LCSW Private Practice	24958 CR. 101A Davis, CA 95616	H: 756-3958 W: 758-5469
Welborn, Chris	Verstrada, Inc.	331 Sandpiper Dr. Davis, Ca. 95616	H: 753-7240 W: 668-1000 Fax: 775-305-9052 E:
<u>VOLUNTEERS</u>			
Errington, Tim	Computer Prog.		H: 666-7081 W: 787-3405 ext. 128 (228 v.m.)
<u>STAFF</u>			
Kelley, Susan L.	Consultant	2114 N Street Sacramento, CA 95816	W: 916-443-8647 F: 916-443-7202 E: kelleys@jps.net
Snell, Sally	Executive Director		W: 662-2211/753-8674/375-1254 H: 756-7628 E: yfsa@yolo.com

No Board or Ad Hoc member receives reimbursement for services to the agency

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