

CITY OF DAVIS
2003-2004 COMMUNITY DEVELOPMENT BLOCK GRANT APPLICATION

Organization Name: Yolo Family Service Agency (YFSA)

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Total Proposal Request: \$13,297

XX 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 XX NON-PUBLIC SERVICE _____

Beneficiary Information:

2,985 Total number of beneficiaries in program

60 Total number of beneficiaries in program served with CDBG funds

100 Percentage of the CDBG beneficiaries with low/moderate incomes

*\$221.62 Cost per CDBG beneficiary (CDBG Request/CDBG Beneficiaries)

*\$221.62 is the average per client for 12 weeks of treatment, or \$18.47 per session.

Project Narrative

A) Need: YFSA is the only source of mental health care for many low and very low income Davis residents who are unable to pay the full cost of mental health care. The services that these clients receive are underwritten with CDBG funds. While families from all income levels experience difficulties or face crises, low-income families have limited resources with which to seek assistance and these are the people that YFSA is committed to treating.

The 1999 US Surgeon General's Report on Mental Health made a clear connection between mental and physical health and stressed the fundamental importance of mental health to overall health and well-being. The report recognized that mental disorders affect nearly one in five people. It characterized these mental disorders as real illnesses, that, when left untreated, can be just as serious and disabling as physical diseases such as cancer and heart disease. The report also emphasized that mental health and mental illness are important concerns for persons of all ages.

As the State of California faces severe budget shortfalls, YFSA may very well feel the pinch. YFSA is expecting an increase in the number of individuals and families seeking our services due to proposed changes to Medi-Cal qualifications, which will make thousands of people who have been receiving Medi-Cal benefits suddenly ineligible.

B) Benefit: Mental illness, including depression, can be as functionally disabling as a serious heart condition, and more disabling than other chronic physical illnesses such as lung or gastrointestinal problems, angina, hypertension and even diabetes. With professional counseling, clients learn to manage anger and aggressive behavior that can lead to abuse or conflict. Parents improve their understanding of how to better parent their children, reducing the level of upset and conflict in the home and giving children a better chance for success. 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. YFSA fees are determined on an adjustable schedule, making our services available to families and individuals with low or very low incomes and no or limited access to health insurance.

This proposal responds to the basic human needs/health care and mental health services areas.

C) Other Resources & 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 2,700 clients who utilized YFSA services in the last fiscal year met the very-low or low-income qualification.

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 Employment & Social Services, Yolo County Probation

Department, CommuniCare Health Centers, Yolo County schools and other local not for profits. 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 has been providing mental health care in Yolo County since 1959. As part of the Agency's ongoing 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 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 individual and family brief treatment as well as topic/issue specific education, and/or participation in other YFSA psycho-educational groups upon request. 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 an adjustable fee 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.

The positive and long-term results realized with individual and family counseling make support of YFSA a cost effective way to help families and individuals learn to cope with their problems and become self-sufficient. The approximate cost of each individual served is \$221.62, which is the average per client for 12 weeks of treatment, or \$18.47 per session.

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 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 and individuals who cannot

afford private practitioners. Approximately 60% of the clients benefiting from this program are single heads of household. We estimate that CDBG funds will provide services for 60 clients.

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 seeking 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 and individuals 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 Medi-Cal, will be informed of the option to be included in this program.

TIMELINE

Work Plan

| <u>List Activity</u> | <u>Completion Date</u> |
|--|------------------------|
| Reconfirm clinical staff person as City of Davis CDBG Program Coordinator | July 1, 2003 |
| Inform referral sources of continued capacity. Inform eligible clients of CDBG option of supported services | August 31, 2003 |
| 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 60 families receive from 1-12 weeks of professional services—an estimated 720 hours of counseling. | On-going |

**CITY OF DAVIS
COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM**

BUDGET SUMMARY FOR PROPOSED PROJECT

| Budget Category | Proposed Project | Other Sources | Total |
|--|-------------------------|----------------------|-----------------|
| A. Salaries: 45 hours per month, \$18.50/hour | \$9,990 | | \$9,990 |
| B. Fringe Benefits: 21% | 2,098 | | 2,098 |
| C. Consultant/Contract Services: 2 hours/week, \$55/hour | | \$5,716 | 5,716 |
| TOTAL PERSONNEL BUDGET | 12,088 | 5,716 | 17,804 |
| D. Office Rent | | | |
| E. Utilities | | | |
| F. Telephone | | | |
| G. Office Supplies | | | |
| H. Equipment | | | |
| I. Printing/Duplication | | | |
| J. Travel/Conferences | | | |
| K. Other: administrative allocation @ 10% | 1,209 | | 1,209 |
| TOTAL NON-PERSONNEL BUDGET | 1,209 | | 1,209 |
| TOTAL PROJECT BUDGET | \$13,297 | \$5,716 | \$19,013 |

Notes: 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 of the program, YFSA is committed to providing quality services. 2) Although CDBG funds are needed to underwrite the cost of counseling for low-income clients, it is important to their commitment to therapy to pay a nominal fee (based on income) when possible. We estimate that \$5,000 will be generated from client fees. 3) The Agency's total annual operating budget is \$955,400.

Yolo Family Service Agency's proposed 2003-04 budget will not be prepared until May 2003. We do not expect that the funding percentage set aside for the Core Program/CDBG Low Income Counseling will be much different from our current 202-2003 budget – approximately 8%. Please see the attached fiscal year 2002-2003 budget.