

CITY OF DAVIS
2010-2011 COMMUNITY DEVELOPMENT BLOCK GRANT APPLICATION

Organization Name: Yolo County Court Appointed Special Advocate Program

Street Address: 724 Main Street, Suite 101 – Woodland, CA 95695
Mailing Address: same
E-mail Address: cmedlock@yolocasa.org
Phone Number: (530) 661-4200
Fax Number: (530) 662-0970

Contact: Claudean Medlock, ED Address: same Phone: (530) 661-4200
(Be sure to list the **best contact** to get information to the organization as quickly as possible.)

Total Proposal Request: \$ 15,000.00

(Check one) On-going Support New Project

CDBG Eligible Category: Public Services
(See List A)

National Objective Compliance/Low and Mod Benefit: Limited Clientele
(See List B)

City Council Identified Critical Needs: (See List C)

- 1) Assistance to low-income young adults leaving foster care for independent living
- 2) Child abuse prevention and counseling services
- 3) Youth drug and alcohol abuse prevention and counseling services

PUBLIC SERVICE

NON-PUBLIC SERVICE

Beneficiary Information:

85 Total number of beneficiaries in program (**49 on Waiting List to be Served**)
40 Number of beneficiaries in program to be served with **CDBG** funds
100% Percentage of the **CDBG** beneficiaries with low/moderate income
\$375 Cost (\$) per **CDBG** beneficiary (CDBG Request/CDBG Beneficiaries)

PROJECT NARRATIVE

a. Need

The Yolo County Court Appointed Special Advocate (CASA) Program is requesting CDBG funding to formalize and expand a safety-net, independent living program for foster youth emancipating from the juvenile justice system in Yolo County. These funds will serve a 100% limited clientele of at-risk, low-income youth ages 14-21 transitioning from the juvenile justice/foster care system.

The nature of transition from youth to adult life presents many challenging issues and is complex for all youth. The critical period begins around age 14 and continues to about age 21, requiring a flexible menu of basic needs for food, clothing and shelter and other supportive services in order for youth to reach adulthood happily and well-adjusted. Most youth receive this support from their parents, but others, such as youth navigating the juvenile justice system, must rely on public service organizations to achieve these goals. Their ability to obtain and maintain these life skills may be compromised by a history of failure at school, multiple out of home placements, a history of physical or sexual abuse, use of substances, and/or interactions with the law. As a result, youth often have not attained a developmental age that matches their chronological age when the courts release them on their own. Youth are unprepared and suffer feelings of isolation, abandonment and hurt, sometimes becoming victims of crime or becoming involved in illegal activities. All of this occurs often after a history of abuse as children exposed to neglect and violence in their birth homes. Regardless of the tragedy youth have experienced in their lives, their hopes and dreams are no different than all youth. They seek independence, educational opportunities, and a choice of careers and need a social network to rely on in their times of need. Their ability to obtain positive outcomes is complicated by a lack of preparation and support from persons in their environment.

In 2006, California supported the largest foster care population in the country totaling 78,373 youth, a number 40% greater than the next highest-rated state of Texas supporting 30,848 youth. California also leads the nation in the number of youth exiting the system, a number currently estimated at approximately 5,000 youth annually. Within a year of emancipation from the foster care system, nearly one-third of these youth are homeless. More than 50% are unemployed within two to four years of emancipation. More than 40% are on public assistance. One in five youth will be incarcerated. Many of these children who come into California's custody suffer not only from abuse and neglect, but also from serious physical or mental disabilities. Many of these children will never reunite with their families or find alternative permanent homes. Children who emancipate from the foster care system face disproportionately higher rates of unemployment, lower education attainment, incarceration, lack of health coverage, mental health problems, and dependence on public assistance, substance abuse issues and early or unplanned pregnancies. In fact, according to the 2006 Select Committee Hearing of the California Legislature, over 70% of all State Penitentiary inmates have spent time in the foster care system. The lack of dedicated safety net services and programs to mentor foster youth into adulthood serves as a barrier to success for transitioning youth. While the Yolo County CASA program currently utilizes volunteers who are court-appointed advocates to mentor youth through the system to provide minimum transition support, there is no fully developed program dedicated to transition services alone. This request for funding will fill this local unmet need and serve as a systems change in how Yolo County supports transiting foster youth.

Since the year 2000, child abuse and neglect in Yolo County has increased an additional 20%. At the end of 2008, Yolo County Child Welfare logged 2,123 reports of child abuse with 556 children being removed from their homes and placed in foster care (179 of these children were placed as a result of a recurrence in maltreatment). Since 1995, the number of foster children in Yolo County has increased 533%. For the majority of these children, this removal marks the beginning of life as dependents of the foster care system. Already traumatized by the abuse inflicted at home, children enter an overburdened social service system where their individual needs are not known or met. Two of every five foster children will be in the

system for at least three years. Forty percent of the children will not be reunified with their family. The average foster child is placed in at least two different homes and one in every three children in care is likely to have been in five or more foster placements. In response to these circumstances, Yolo CASA volunteers offer thousands of hours of individualized care and support – in 2008-09 alone, CASA volunteers provided over 6,500 hours of service. Yolo County CASA anticipates providing programs to approximately 125 children in the coming year with as many trained advocates. The program serves children from the following geographic areas including West Sacramento, Woodland, Davis, Esparto, Winters, Knights Landing, Clarksburg, Live Oak and other rural outlying areas. The program collaborates/coordinates with all social services programs and partners serving foster youth.

b. Benefit

Yolo County CASA will recruit and train volunteer mentors to join The Mentors Bridging Access (MBA) Project for Transition-Age Youth (TAY). This program will address the needs of youth to function as fully independent adults as they transition from school to independent living, employment, and higher education and beyond. The core program goals address the following: **A PLACE TO LIVE** – Assure that youth receive access to a safe, affordable place to live through emergency, supported, transitional and permanent housing options. **EDUCATION** – Assure that youth receive access to high school educational and postsecondary educational opportunities that will provide the life and career skills necessary to function as independent adults. Mentors work with youth to access high school support services and review higher education or vocational training options; complete FAFSA's and seek a variety of scholarship opportunities. **EMPLOYMENT** – Assure that youth have access to the occupational knowledge and job skills needed to obtain and maintain meaningful employment. Mentors work with youth on resume preparation, interview skills, job seeking and dressing for success. **SOCIAL AND LIFE MANAGEMENT SKILLS** – Assure that youth have training and education on healthy relationships and receive social supports combined with the life management skills to function and perform the activities of daily living. Life skills include practice in budgeting, nutrition, shopping, rental contracts and other real world experiences. **HEALTH CARE** – Assure that youth have access to affordable health, mental health and alcohol and drug education and services to aid in managing issues of substance abuse and other disabilities. Mentors work with youth to obtain program benefits which some youth may have an eligibility to receive such as Medi-Cal, Social Security or Supplemental Security Income benefits. Mentors also assist youth in obtaining and safely securing important records including birth certificates, immunization records, medical, and placement records and drivers license. Mentors are dedicated to following youth over a significant period of time to assure their success and transition into the adult world. Many will maintain lifelong relationships with youth. Emancipated foster youth will serve as peer-to-peer trainers and role models in the delivery of educational workshops surrounding a variety of the topics mentioned above.

The California Mentor Foundation has surveyed over 300 quality mentoring programs in California which has provided significant results that mentoring is having a positive impact and making a significant difference for youth. The responses of the survey provided a snap shot of the quality mentoring programs in California. These programs report having 36,251 mentors that supported 57,659 young people. They reported that 56,736 (98.4%) stayed in school, 49,154 (82.25%) did not use drugs, 56,448 (97.9%) did not become teen mothers, and 56,621 (98.2%) did not get involved in a gang. These results are also consistent with research findings from mentoring programs across the country. In the study of Big Brothers/Big Sisters, Public Private Ventures found that youth experienced a 52% reduction in absenteeism and improved school performance. The Sponsor-A-Scholar program in Philadelphia found mentoring youth had higher GPA's in the 10th and 11th grades and were more likely to enroll in college. Little Brothers and Little Sisters were 46% less likely to start using illegal drugs. They were also 27% less likely to start

drinking alcohol. Teen pregnancy was also reduced to 1.1% in the Best Friends Mentoring Program, compared to 26% for peers. Delinquent youth in a mentoring program reduced recidivism by 65-75%. Mentored youth in the Big Brothers/Big Sisters Program were 34% less likely to use violence.

In reviewing California successes, the percentage of dropouts in the mentored youth is half of that in the general population. The rate of drug use in the mentored youth is less than half of what is reported in the statewide student survey. Several programs in the Bay Area such as the Davis Bridge Educational Foundation and the East Bay Leadership Foundation (EBLF) work with youth at-risk youth of color and those in poverty to assist in their academic successes and improve their chances to pursue higher education opportunities. EBLF has an 85% success rate of youth who matriculate to college and return to their communities as vital assets to support others. The powerful nature of mentoring relationships that adapt to the needs of young people by accessing a range of resources and opportunities is proving to be effective.

The key objectives of the MBA Project include:

- By June, 2011, 30% of Yolo County's foster youth will be enrolled in the MBA Program.
- By June, 2011, 25% of those foster youth served will have improved housing, employment opportunities, education, health, social/life management skills, access to medical and mental health treatment, and ongoing adult mentoring role models in their lives
- By June, 2011, there will be a 25% decrease in the number of transitioning-age foster youth who are homeless in Yolo County.

This project reflects the mission of the Yolo County CASA Program to advocate for abused, neglected and at-risk children who have become dependents of the Yolo County Juvenile Court system. The program recruits, screens and trains community volunteers to advocate and mentor youth, speak for the best interests of the child and help ensure they will live in a safe and loving home. This program meets the identified critical needs in assisting low-income young adults leaving foster care for independent living; in the prevention of child abuse and creating access to mental health and peer counseling; in providing access to drug and alcohol abuse prevention through education and access to services. It is anticipated that approximately 40 youth will receive transition services through this funding.

c. Other Resources and Collaboration

Yolo County CASA is a well-known and respected local program receiving a wide variety of funding support. Over the past year state, foundation and corporate support has been received from the following sources: Judicial Council of California, National CASA Foundation, Yocha De He (Rumsey) Community Fund, First 5 Yolo, Anderson Family Foundation, Teichert Foundation, John Burton Foundation, In & Out Burger Foundation, River City Bank Foundation, Safeway Foundation and the SD Deacon Foundation. In addition, Yolo County CASA conducts an annual dinner and auction and other community fundraising events that bring in approximately \$60,000 per year. Private community donors also help to sustain general program services to at-risk youth. Yolo CASA will be applying to Alpha Gamma Foundation for \$10,000.00 and fundraising for \$5,000.00 to further support this project.

The Yolo County CASA Program works in close collaboration with the Yolo County Superior Court, the Yolo County Department of Social Services & Child Welfare, the Yolo County Public Defender's Office, the area Joint Unified School Districts, University of California - Davis, Foster Kinship Care, foster family agencies, group homes, multiple healthcare providers, foster parents and biological parents, children and young adults. Yolo County CASA serves as an independent liaison to all parties keeping the best interests of the child at the forefront of all activities.

d. Organizational Capacity

The Yolo County CASA program was established in 1995 by a group of concerned volunteers who recognized that children in the Juvenile Court Dependency System were not adequately represented or monitored and lacked any independent advocacy. With the support of the Juvenile Court, the Yolo County Board of Supervisors and several civic organizations, community members successfully received 501(c) (3) non-profit status for the program and recruited their first volunteer in 1995. Yolo County CASA has transitioned from a small start-up operation to a viable, well-established program that provides true advocacy for some of the most vulnerable and needy children in Yolo County. Members of the Board of Directors are a dedicated group of individuals committed to working on the primary mission of permanency for foster youth. The Board meets 11 times per year, and each member works regularly on committees in order to expand services to more abused and neglected children under the Yolo CASA umbrella. Board of Directors members participate in the development of long-range plans, set and approve policies that define the agency's mission and services, supervise its financial management, assume primary responsibility for fundraising projects, and personally participate in and contribute to CASA events and projects. The Yolo County CASA Program maintains a limited staff (4 FTE total), including bilingual members, to serve at-risk children in Yolo County. The agency contracts with an independent accountant annually.

SCOPE OF SERVICES

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

The Yolo County CASA's new Mentor's Bridging Access Project will provide access and assist at-risk, low-income foster youth with the programs and supports to safely and successfully transition to adulthood. Safety-net support services will assure youth access to an array of housing, health, education, and employment and life skills activities. Adult mentors will regularly work with youth to help increase positive outcomes in their future. Staff will work to develop workshops utilizing training modules providing a minimum of 12 hours of lessons and include a minimum of three experiential activities per module per quarter throughout the year. Modules will be culturally sensitive to meet the needs of foster youth in every facet of independent living, including ethnicity and sexual and gender orientation. The following represents the selected training materials: Education - It's My Life: Postsecondary Education and Training, created and distributed by Casey Family Programs; Employment - The Real Games Curriculum created and distributed by the California Career Resource Network; Life Skills - A Pocket Guide for Independent Living Youth Manual and Teacher's Manual, created and distributed by Independent Living Resources, Inc., and Ready, Set, Fly! A Parent's Guide to Teaching Life Skills, created and distributed by Casey Family Programs; and Financial Literacy - Money Talks created and distributed by Northwest Media Incorporated. An array of experiential activities is aligned with each module and is available upon request. Mentors will work with foster youth independently during all experiential activities.

b. Target Group

The MBA Project will serve at-risk, low-income foster youth working with the Yolo County CASA Program who are in need of transition services beginning at age 14 and continuing through age 21.

c. Outreach

The Yolo County CASA Program will develop outreach materials and protocols to announce the services of the MBA Project to community partners, foster youth, foster parents, biological families, kinship providers and other foster-youth serving agencies. Baseline program data will be collected at the onset of the project. Pre & Post surveys will provide feedback and guide the program for future improvements. Successes will be shared at the end of the first year with all program partners.

PERFORMANCE SCHEDULE

Work Plan (Identify activities and completion dates)

<u>List Activity</u>	<u>Completion Date</u>
Recruit .5 FTE MBA Transition Coordinator	July 30, 2010
Recruit, Screen & Train 40 MBA Mentors	September 30, 2010
Match Mentors with transitioning foster youth	October 15, 2010
Create MBA Training Calendar of Workshops	October 31, 2010
40 Low-Income Foster Youth Receive Transition Services	Nov-June 2011
100% of Foster Youth served have developed transition plans	December 31, 2010
Provide continuing education to MBA Mentors	June 30, 2011
85% of Foster Youth served have improved outcomes	June 30, 2011
Celebrate first year program success	June 2011

PERFORMANCE MEASUREMENTS

ACTIVITY <small>(What the program does to fulfill its mission)</small>	INDICATOR <small>(The direct products of program activities) Service #s</small>	OUTCOME <small>(Benefits that result from the program)</small>
Example: Provide transition support services to low-income young adults leaving the foster care system in Yolo County	Example: 40 transitioning foster youth are matched with 40 MBA mentors to receive transition services	Example: Improved access to transition services Improved health, education, employment and wellness outcomes for foster youth Reduced # of transitioning youth who are homeless Improved quality of life for program participants

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

BUDGET SUMMARY FOR PROPOSED PROJECT*

Budget Category	Proposed Project "CDBG Portion"	Other Sources	Total
A. Salaries and Wages	\$ 10,000.00	\$ 5,000.00	\$ 15,000.00
B. Fringe Benefits @ 18.5%	\$ 1,850.00	\$ 925.00	\$ 2,775.00
C. Consultant/Contract Services			
<i>TOTAL PERSONNEL BUDGET</i>	\$ 11,850.00	\$ 5,925.00	\$ 17,775.00
D. Office Rent		\$ 1,200.00	\$ 1,200.00
E. Utilities		\$ 600.00	\$ 600.00
F. Telephone		\$ 500.00	\$ 500.00
G. Office Supplies		\$ 300.00	\$ 300.00
H. Equipment			
I. Printing/Duplication	\$ 500.00	\$ 350.00	\$ 850.00
J. Travel/Conferences		\$ 550.00	\$ 550.00
K. Other (Specify) Foster Youth Support: Mentor Fingerprinting-Educational Workshops – Program Incentives	\$ 2,650.00	\$ 5,575.00	\$ 8,225.00
<i>TOTAL NON-PERSONNEL BUDGET</i>	\$ 3,150.00	\$ 9,075.00	\$ 12,225.00
TOTAL PROJECT BUDGET	\$ 15,000.00	\$ 15,000.00	\$ 30,000.00

* Please revise this form and annotate budget items as needed

NEW REQUIREMENTS: All applicants are requested to submit a copy of their organization's Operating Budget.