

CITY OF DAVIS
2010-2011 COMMUNITY DEVELOPMENT BLOCKS GRANT APPLICATION

Organization Name: Yolo Family Service Agency

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(Be sure to list the **best contact** to get information to the organization as quickly as possible.)

Total Proposal Request: **\$28,149.00**

(Check one) On-going Support New Project

CDBG Eligible Category: Public Services
(See List A)

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

City Council Identified Critical Needs: (See List C)

- 1) Health Care
- 2) Mental Health Services
- 3) Child Abuse Prevention

PUBLIC SERVICE

NON-PUBLIC SERVICE

Beneficiary Information:

1200 Total number of beneficiaries in program
100 Number of beneficiaries in program to be served with **CDBG** funds
100% Percentage of the **CDBG** beneficiaries with low/moderate income
\$312.80 Cost \$31.28 average subsidy per session for 10 sessions per **CDBG** beneficiary
(CDBG Request/CDBG Beneficiaries)

PROJECT NARRATIVE

a. Need: According to the Yolo County Mental Health Services Act Three-year Plan (2006-2008) at least 520 Yolo County youth and at least 957 adults will require mental health services but be uninsured and unable to access these services. The report also identifies Latino adults as the most under-served population in the County. These residents experience problems in their lives that lead them to feel significant distress and impair them in fulfilling roles as parents, spouses, family members, students, employees, neighbors and citizens. Without mental health services, anxiety and depression increase and many resort to substance abuse or other destructive means including child abuse and domestic violence. Mental health services are an essential public service that impacts residents' overall health care, including impact on chronic physical health conditions.

Seventy percent of children served by YFSA have one or more documented high risk factors such as violent behavior, witnessing domestic violence, abuse history, substance abuse, criminal justice involvement, suicidal ideation, danger to self, divorce/separation, psychotic symptoms and/or a history of mental health treatment. With the continuing economic downturn, clients are canceling services, which puts them at greater risk for more serious mental health issues and of becoming a public burden because of the already existing risk factors.

While other resources address abuse/neglect prevention and intervention in Yolo County, Yolo Family Services Agency is the only community-based mental health agency in Davis that serves low income populations. With the continuing implosion of Yolo County Alcohol, Drug and Mental Health Services (ADMHS) due to five years of deficits, YFSA attempts to fill an even greater gap between Yolo County's mental health care of the severely and persistently mentally ill and private practice therapists who are affordable to residents with insurance or higher incomes. The current economic crisis has forced Yolo County to cut its own direct services even more. YFSA is now among the very few community agencies providing a range of low income children's and family mental health services.

Approximately 30% (382) of the 1275 clients served by YFSA are Davis residents. Approximately 87% of them (332) are low or very low income and a third of them are bicultural Latino, bilingual Spanish. YFSA has consistently served low income Davis residents with services implemented under the contracted scope of services and met the same performance measures as stated in this proposal.

b. Benefit: For the Davis residents ineligible for County services and unable to pay for private practice therapy, YFSA's mental health services are a necessary first step toward lowering stress levels, developing coping abilities and finding strategies for creating safe home environments. Achieving these outcomes can improve daily overall health and affect the client's ability to live with and maintain the medical regimen for chronic health problems such as diabetes, heart conditions and high blood pressure. With an average treatment length of ten sessions, evaluations show adult clients' overall functioning increases significantly, with 70% reporting reductions in their most troubling behavioral symptoms. YFSA's core program includes professional counseling and psychotherapy for families, children, couples, and individuals coping with issues such as parent/child conflict, depression, anxiety, custody and divorce, marital difficulties, and grief and loss. By comparison with child protection open case records, YFSA's services have been proven to prevent child abuse and reduce the involvement of Yolo County Child Welfare Services. Mental health services also provide alternatives to destructive means during stressful and challenging times as this current period of economic and social service contraction. As a preventive tool it can help curtail the intensity of mental illness in children and strengthen families before they resort to divorce or separation. With the reduction of services from Yolo County's ADMHS, YFSA is seeing more urgent cases and more stressed behavior in its waiting rooms. The agency struggles to fill this need but with reduced funding. Many of these cases are reluctantly turned away or placed on a waiting list.

Three types of therapy YFSA has found especially effective are:

- **Parent Child Interaction Therapy:** PCIT teaches specific behavioral strategies to parents who then have opportunity to practice implementing these strategies while the therapist watches through a one-way mirror. It has been shown to be effective in breaking negative, coercive styles of interaction and preventing child

abuse in families with children ages 2-8. The standard curriculum requires 20 sessions. Lower functioning, higher risk families require more, mostly to deal with the parents' history of trauma and abuse first.

- **EMDR:** Eye Movement Desensitization and Reprocessing is a cutting-edge rapid trauma recovery therapy. It provides shorter treatment (ten or fewer sessions) for clients with high levels of trauma and abuse history. EMDR replicates the rapid eye movement of deep sleep which the body uses to process daily experiences. EMDR allows the client to access and process trauma quickly in a conscious state and release it with the support of a trained therapist.
- **Play Therapy:** The Davis Play Therapy room at Yolo Family Service Agency is designed specifically to give children the opportunity to express their fears and anxieties through play. The board games and specially-designed therapeutic games and using a sand tray with action figures allow the children to create their worlds and act out their frustrations when they cannot verbally express them. Specially trained therapists observe the children at play and interact with them to alleviate their stress and direct them toward constructive solutions to their crises. Play therapy is a structured, theoretically based approach to therapy that builds on the normal communicative and learning process of children. Therapists strategically utilize play therapy to help children express what is troubling them. Toys are like the child's words and play is the child's language. Children can experience healing through the relationship developed with the therapist and can learn adaptive behaviors when there are emotional or social skills deficits. Play therapy may also be used to promote cognitive development and provide insight about and resolution of inner conflicts or dysfunctional thinking in a child. Play therapy differs from regular play in that the therapist helps children address and resolve their own problems. It builds on the natural way children learn about themselves and the relationships in the world around them. Children learn to communicate with others, express feelings, modify behavior, develop problem-solving skills and learn a variety of ways of relating to others. It creates a safe environment in which children can express their thoughts and feelings.

c. Other Resources and Collaboration: YFSA seeks support each year from Davis service clubs including Rotary, Kiwanis, Soroptimists and Venture Clubs. YFSA also seeks annual support from the community grant programs of local hospital systems and major local or regional foundations such as Yocha De He (Rumsey) Community Fund and the Sierra Health Foundation. YFSA raises community support through two direct mail appeals, an annual fundraiser and direct solicitation of major donors. This past year has been especially challenging with the demand for services increasing and resources for such services decreasing. YFSA is a contract provider for Yolo County Alcohol, Drug and Mental Health Services and Department of Employment and Social Services through CalWorks and Child Welfare Services. YFSA has reciprocal referral relationships with collaborative partners including Suicide Prevention of Yolo County, Yolo Family Resource Center, CommunCare Health Centers, the Sexual Assault and Domestic Violence Center, Yolo Continuum of Care Consortium and the Yolo Crisis Nursery.

d. Organizational Capacity: Since 1959 YFSA has provided affordable mental health services. Currently, 15 licensed and license-eligible clinicians and student interns (9FTE) provide services to approximately 180 clients weekly. Twenty five percent of the staff is bilingual/bicultural to serve the Latino population. Clinicians regularly attend cultural competency trainings and culturally-based consultation groups led by experienced, bilingual clinicians. YFSA is under the leadership of Trish Stanionis, who has long term experience in both the for-profit and the not-for-profit communities. A volunteer board of directors sets agency policy and defines the agency's mission and services. YFSA maintains facilities in Davis, West Sacramento and Woodland and provides mobile services in the rural Yolo County school district of Esparto and the West Sacramento schools.

SCOPE OF SERVICES

a. Project Description

YFSA's Low Income Counseling Services (LICS) assists people to overcome the financial barrier that inhibit their access to primary mental and behavioral health services by making counseling available to all, no matter their ability to pay. Bilingual and bicultural services remove the language barrier that inhibits the Spanish speaking populations' access to mental health services. The program supports children and their parents and caregivers/guardians in strengthening their family relationships which is clinically proved to reduce the involvement of Child Welfare Services and the incidents of child abuse. It also reduces the need for individual clients to resort to substance abuse or violence to deal with life's challenges. While each clinical session costs YFSA approximately \$100, the charge to clients is as little as \$10 per session, depending on their financial status and need. The current private practice rate for Masters level therapists employed at YFSA is \$125 an hour. Currently there are 39 names on the waiting list for parents and children requesting low-income counseling services. Each adult client usually requires at least 10 sessions to address their mental health needs. Children work under treatment plans of up to six months. Various modalities are used to achieve results including PCIT, EMDR and the Davis Play Therapy – all described above under benefit.

b. Target Group: Davis residents with numerous stressors in their life that inhibit their ability to cope and reduce the quality of life.

- 65% adults and 35% children
- 68% female and 32% male
- 49% Caucasian, 39% Hispanic, 3% African American, 4% Asian/Pacific Islanders, 3% Native American and 2% other.

c. Outreach

YFSA reaches families in need through direct contact with school districts and Family Resource Centers. The Davis office is open to the public and easily accessible for urgent care during regular business hours. Clinicians also take appointments during non business hours to facilitate working individuals and families. YFSA is a leader in community collaborations which work to create a countywide continuum of mental health care, such as the Child Abuse Prevention and Intervention Program in Yolo County, funded by United Way CA Capital Region. This keeps YFSA staff in touch with professionals and up to date on current community challenges and needs. This year the agency has several representatives in the new countywide training for mental health professionals treating children ages 0-5 hosted by Yolo First 5. This program is training providers in the specific competencies for treating social and emotional health with children 0-5 and their families and is developing a network with common protocols for cross referrals among medical, mental health, child development and education professionals. YFSA regularly participates in collaborative meetings, health fairs and community fairs such as Celebrate Davis.

PERFORMANCE SCHEDULE

Work Plan (Identify activities and completion dates)

<u>List Activity</u>	<u>Completion Date</u>
100 low-income Davis Residents receive mental health therapy services for a minimum of 9 sessions	June 30, 2011
Client well-being self assessment conducted at intake, quarterly thereafter and at termination of services	Ongoing
70% of clients improve their mental health, documented by case notes, surveys and evaluations	June 30, 2011

PERFORMANCE MEASUREMENTS

ACTIVITY (What the program does to fulfill its mission)	INDICATOR (The direct products of program activities) Service #s	OUTCOME (Benefits that result from the program)
Provide counseling services to low income residents	100 clients attend nine therapy sessions during the fiscal year equaling 900 therapeutic sessions.	70% of clients report improved functioning and 75% rate the quality of services as good or excellent.

**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 <i>Therapists</i> 1000 client sessions 1.25 hrs @ \$22/hr <i>Clinical Supervision</i> 4 hours per week @ \$50/hr <i>Client Services Coordinator</i> 6 hours per week @ \$16.50/hr <i>Billing Manager</i> 3 hours per week @ 18.00/hr <i>Clinical Director</i> 6 hours per week @\$31.00/hr	\$10,450	\$17,050	\$27,500
B. Fringe Benefits 147% of Gross Salaries	\$3,952	\$6,448	\$10,400
	\$1,956	\$3,192	\$5,148
	\$ 1,067	\$1,741	\$2,808
	\$3,675	\$5,997	\$9,672
C. Consultant/Contract Services			
<i>TOTAL PERSONNEL BUDGET</i>	\$24,688	\$40,280	\$64,698
E. Utilities		\$1,200	\$1,200
F. Telephone		\$420	\$420
G. Office Supplies		\$210	\$210
H. Equipment		\$60	\$60
I. Printing/Duplication			
J. Travel/Conferences			
K. Other (Specify)			
Insurance-Davis Office	\$992	\$1,841	\$2,833
Office Maintenance		\$3,000	\$3,000
Admin: 10% Personnel	\$2,469	\$4,028	\$6,497
<i>TOTAL NON-PERSONNEL BUDGET</i>	\$3,461	\$10,759	\$14,220
TOTAL PROJECT BUDGET	\$ 28,149	\$51,039	\$79,188