

2018-2019 COMMUNITY DEVELOPMENT BLOCK GRANT APPLICATION

PART ONE:

Organization Name: Yolo Family Service Agency

Name: Lester Neblett Title: Executive Director Phone: 530-662-2211

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PART TWO:

Proposed Project Location: Davis

If the project is a capital project, an economic development activity or a target area project, include a copy of the map showing the project areas boundaries, the census tracts/block groups (ct/bg) and the low/mod percentage in each ct/bg.)

Total Proposal Request: \$ 10,000 Minimum Request: \$ 8,750

CDBG Eligible Category: Public Service
(See List A in Application Packet)

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

City Council Identified Critical Needs: (See List C in Application Packet)

- 1) Mental Healthcare
- 2) Self-sufficiency education services
- 3) Child & Youth Services

Beneficiary Information:

<u>285</u>	Total number of beneficiaries in proposed project
<u>30</u>	Number of beneficiaries in program to be served with CDBG funds
<u>100%</u>	Percentage of the CDBG beneficiaries with low/moderate income
<u>\$333.33</u>	Cost (\$) per CDBG beneficiary (CDBG Request/CDBG Beneficiaries)

CITY OF DAVIS 2018-2019 COMMUNITY DEVELOPMENT BLOCK GRANT APPLICATION

PART THREE: Scope of Proposal

a. Need/Target Group (Describe the need for the activity and the group being served)

Need: The mental health service delivery system for those most in need has been decimated by government spending cuts. YFSA is now among the very few community agencies providing a range of low income children's and family mental health services.

There are residents who 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. 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. While the implementation of the Affordable Care Act is having some impact and there is mental health parity, there are still numerous challenges to accessing services, especially for already fragile people. Not all eligible people will enroll, not all people are eligible and many people will not be able to afford co-payment requirements.

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.

b. Project Description/Benefit (Activity Summary: Describe the activities of the proposed budget and benefit)

Project Description: YFSA's LOW Income Counseling Services assists people to overcome the financial barrier that inhibit their access to primary mental and behavioral health services by making counseling available at lower fees. 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 \$35 per session, depending on their financial status and need. The current private practice rate for Masters level therapists is \$125 an hour. 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, Play Therapy and TF-CBT — all described under benefit.

Benefit: We must assist in reducing the stigma attached to mental health. 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. 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, divorce, marital difficulties, and grief and loss. By comparison with child protection open case records, YFSA's services have been proven to reduce 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 HHS, 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. 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 short term treatment 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:** Play Therapy 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.
- **Trauma Focused Cognitive Behavioral Therapy:** TF-CBT focuses on the past traumatic experiences of the youth by working with the client and their parents/caregivers. Clients are taught appropriate coping skills to help them manage their emotions and is gradually exposed to the reality of their trauma. Parents are given psycho-education and are taught the same skills. The last part of the therapy involves writing their trauma narrative and changing the cognitive distortions related to it.

c. **Outreach** (Describe the outreach your organization will provide for the CDBG-funded project, as well as provide a list of the languages currently included in your organizational 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. Clinicians also take appointments during evening hours to facilitate working individuals and families. YFSA is a leader in community collaborations working to create a countywide continuum of mental health care such as CommuniCare, Turning Point, Dignity Health, YCCC, Suicide Prevention, and the Yolo County Expanded Family Resource Network. This keeps YFSA staff in touch with professionals, up to date on current community challenges and needs and 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.

d. **Organizational Capacity** (Summarize your organizational capacity for the proposed project)

Since 1959 YFSA has provided affordable mental health services. Currently, 16 licensed and license-eligible clinicians and student interns provide services to approximately 280 clients weekly. Twenty five percent of the staff is bilingual/bicultural to serve the Latino population. Clinicians yearly attend cultural competency trainings and culturally-based consultation groups led by experienced clinical supervisors. YFSA is under the leadership of Lester Neblett, 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 with satellite services in Winters, and Esparto.

e. **Partnerships and Other Resources** (List other agencies you collaborate with and indicate whether or not your proposed project is duplicative of other projects operated by local public or non-profit organizations)

YFSA seeks support each year from Davis service clubs including Rotary and Soroptimists. 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 Wintun Nation Community Fund and the Sierra Health Foundation. YFSA raises community support through direct mail appeals and direct solicitation of major donors. YFSA is a contract provider for Yolo County Alcohol, Drug and Mental Health Services and Department of Employment and Social Services through Child Welfare Services. YFSA has reciprocal referral relationships with collaborative partners including Suicide Prevention of Yolo County, Yolo Family Resource Center, CommuniCare Health Centers, the Sexual Assault and Domestic Violence Center, Yolo Continuum of Care Consortium and the Yolo Crisis Nursery.

YFSA meets a specific need within the larger community. It is considered the leading agency in providing the above stated services. Currently, Dignity Health funds a partnership between YFSA, YCCC and Suicide Prevention. The three-year partnership has been successful in meeting its goals of servicing suicidal individuals.

PERFORMANCE MEASUREMENTS AND SCHEDULE

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)	COMPLETION DATE (When the specific task is completed)
Provide low income counseling	Individual counseling sessions	Clients report improved functioning	June 30, 2019

**CITY OF DAVIS
COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM
BUDGET SUMMARY FOR PROPOSED PROJECT***

Budget Category	CDBG Portion			Other Funds for Project (Non-CDBG)					TOTALS
	Salaries & Wages	Fringe Benefits	Total Salary + Fringe	Other Federal Funds	State Funds	Local Funds	Private Funds (List Source)	Other (List Source)	
Salaries/Wages (Specify each position)									
Direct Service Personnel									
1. Clinicians	9,546						1,154		11,100
2.									
Administrative Personnel									
1.									
2.									
Consultant/Contract Services									
Supplies and Equipment for Service Delivery							1,250		1,250
DIRECT SERVICE SUPPLIES AND EQUIPMENT BUDGET									
Office Rent							4500		4500
Utilities							1050		1050
Telephone							300		300
Office Supplies	104						196		300
Project Supplies (Specify)									
Printing									
Travel	350						175		525
Training									
Internet									
Postage									
Other (Specify)									
Insurance									
Fidelity Bond									
Utilities									
Telephone									
Other (Specify)									
TOTAL PROJECT BUDGET	10,000						9,025		19,025

* Please revise this form and annotate budget items as needed
All applicants are requested to submit a copy of their organization's Operating Budget.



Agencia de Servicios Familiares

Healthy communities through accessible counseling

Yolo Family Service Agency

Board of Directors

Chair: Karen Ziebron

Vice Chair: Mark Capitolo

Secretary: Alicia Mittleman

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YOLO FAMILY SERVICE AGENCY | www.YoloFamily.org

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DAVIS: (530) 753-8674 | WEST SACRAMENTO: (916) 375-1254

YFSA Budget FY18
YFSA Company Total

	Jul 2017	Aug 2017	Sept 2017	Oct 2017	Nov 2017	Dec 2017	Jan 2018	Feb 2018	Mar 2018	Apr 2018	May 2018	Jun 2018	Total
REVENUE AND SUPPORT:													
EPSDT Revenue	35,692	35,692	40,075	40,075	40,075	36,067	38,071	40,075	42,078	42,078	42,078	42,078	474,133
Med Support Revenue	19,947	19,947	19,947	19,947	19,947	19,947	19,947	19,947	19,947	19,947	19,947	19,947	239,368
Fundraising Revenue	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	12,000
Beacon Revenue	34,808	34,808	38,896	39,957	40,664	37,924	39,957	41,725	42,432	42,432	42,432	37,924	473,957
PP+PI+National Guard Revenue	8,661	8,661	8,777	8,777	8,892	8,892	9,008	9,008	9,123	9,123	9,239	9,239	107,400
Yocha Dehe Revenue	-	-	-	8,333	8,333	8,333	8,333	8,333	8,333	8,333	8,333	8,333	75,000
Other Grant Revenue	-	-	26,950	-	-	15,000	-	-	15,000	-	-	15,000	71,950
CWS Revenue	1,209	1,209	1,225	1,225	1,241	1,241	1,257	1,257	1,273	1,273	1,290	1,290	14,992
Total revenues	101,317	101,317	136,870	119,314	120,153	128,405	117,573	121,345	139,188	124,188	124,319	134,811	1,468,799
EXPENSES:													
Payroll and related costs	70,816	70,816	70,816	70,816	70,816	70,816	70,816	70,816	70,816	70,816	70,816	70,816	849,792
Consultants	2,000	2,000	2,000	2,000	2,000	2,000	-	-	-	-	-	-	12,000
Legal & Accounting	-	-	5,175	5,175	-	-	-	-	-	1,650	-	-	12,000
Printing & Advertising	250	250	250	250	250	250	250	250	250	250	250	250	3,000
Staff Development/Appreciation	375	1,050	375	1,050	375	1,550	375	1,050	375	1,050	375	1,050	9,050
Dues and Subscriptions	1,663	1,663	1,796	1,814	1,828	1,726	1,791	1,849	1,893	1,893	1,896	1,822	21,634
Equipment Leases	223	223	223	223	223	223	534	534	534	534	534	534	4,543
Meetings & Travel	200	200	200	200	200	200	200	200	200	200	200	200	2,400
Minor Equipment	-	-	19,500	1,500	-	1,300	-	-	1,300	-	-	1,300	24,900
Supplies	1,368	1,368	1,368	1,368	1,368	1,368	1,368	1,368	1,368	1,368	1,368	1,368	16,420
Postage & Shipping	114	114	114	114	114	114	114	114	114	114	114	114	1,368
Telephone & Communication	1,560	1,560	1,560	1,860	1,860	1,860	1,860	1,860	1,860	1,860	1,860	1,860	21,414
Utilities & Maintenance	2,281	2,281	2,281	2,281	2,281	2,281	2,281	2,281	2,281	2,281	2,281	2,281	27,366
Rent	1,763	1,763	1,763	1,763	1,763	1,763	1,763	1,763	1,763	1,763	1,763	1,763	21,160
Insurance	919	919	1,119	1,119	1,119	1,119	1,119	1,119	1,119	1,119	1,343	1,343	13,476
Depreciation	2,000	2,000	2,000	2,417	2,417	2,417	2,417	2,417	2,417	2,417	2,417	2,417	27,750
Professional Services- Psychiatrist	15,115	15,115	15,115	15,115	15,115	15,115	15,115	15,115	15,115	15,115	15,115	15,115	181,380
Building Improvements	228	228	228	228	228	228	228	228	228	228	228	228	2,737
Interest - Building	1,161	1,161	1,161	1,161	1,161	1,161	1,161	1,161	1,161	1,161	1,161	1,161	13,936
Fees/Taxes	160	160	160	160	160	160	160	160	160	160	160	160	1,916
Misc Exp	-	-	-	-	-	-	-	-	-	-	-	-	-
Accounting/HR	2,900	2,900	2,900	2,900	2,900	2,900	2,900	2,900	2,900	2,900	2,900	2,900	34,800
Total expenses	105,096	105,771	130,105	113,514	106,178	108,551	104,451	105,184	105,853	106,878	104,780	106,681	1,303,042
Surplus (Deficit)	(3,779)	(4,454)	6,765	5,800	13,974	19,854	13,122	16,161	33,335	17,310	19,539	28,130	165,757
	-4%	-4%	5%	5%	13%	18%	13%	15%	31%	16%	19%	26%	13%