

Yolo Community Care Continuum

2007-2008 CDBG APPLICATION

Organization Name: Yolo Community Care Continuum

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

Total Proposal Request: **\$15,000**

(Check one) On-going Support New Project

CDBG Eligible Category: Public Service
(See List A)

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

City Council Identified Critical Needs: (See List C)

- 1) Homeless Prevention Services: housing counseling, supportive housing services for home bound frail elderly and disabled individuals.
- 2) Programs to support Independent Living and prevent institutionalization: in-home care and transportation
- 3) Mental health Services: crisis-intervention

PUBLIC SERVICE NON-PUBLIC SERVICE

Beneficiary Information:

73 Total number of beneficiaries in program

46 Number of beneficiaries in program to be served with **CDBG** funds

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

\$326 Cost (\$) per **CDBG** beneficiary (CDBG Request/CDBG Beneficiaries)

PROJECT NARRATIVE

a. **Need**

New Dimensions Supportive Housing (NDSH) has been providing affordable housing in Davis since 1986 to people with a severe mental illness. Without the supportive services provided to residents many of the individuals housed would be unable to live in the community, become homeless, require increased crisis hospitalization, and may even require long-term hospitalization.

YCCC staff, funded through Davis CDBG, provide individualized supports to NDSH residents. These supports include housing counseling to assist people with a mental illness to find, get and keep appropriate and affordable housing. YCCC provides individualized support services in the residents' home to ensure that residents keep their housing. YCCC transports residents to mental health programs, appointments and shopping. YCCC provides crisis counseling as needed and offers opportunities for socialization.

Without support, residents are at a high risk of losing their housing when an increase of psychiatric symptoms occur. Because residents are very-low income (30% of AMI), losing housing often means homelessness. However, with independent living skills training, mental health support and a sense of hope, many individuals are not only able to live independently, but also to attend school, get a job and become contributing members of our community.

b. **Benefit**

Forty-six (46) Davis residents will benefit from these supported housing services. 100% of those served are very-low income. YCCC rents and owns six (6) congregate style houses which are sub-leased to 25 of our clients. YCCC is also a co-owner of the Homestead Co-operative which will provide supported housing for 21 individuals. YCCC provides supportive services in the residents' home to ensure mental health stability. Services include aiding in developing and maintaining independent living skills such as shopping, meal planning, cooking, laundry, and cleaning. Residents are assisted in illness management and in keeping psychiatric and medical appointments. Staff help residents to obtain benefits and rent subsidies, ensure compliance with safety regulations, and oversee maintenance of the houses. When clients know how to manage their symptoms, they are encouraged to participate in vocational services through the Regional Resource Center (RRC) located in Davis.

Program evaluation results show that individuals who reside in YCCC's supportive housing have fewer crisis contacts, hospitalizations, involvement with the criminal justice system or substance abuse relapse than prior to being housed in NDSH.

NDSH meets several critical needs identified by the City Council. Homeless Prevention Services: due to their very-low income, each resident is at risk of homelessness, many were homeless prior to placement in one of the New Dimensions Supportive Housing houses. YCCC provides housing counseling for individuals seeking housing and provides the supportive services necessary to maintain housing. Programs to Support Independent Living: program statistics show that provision of safe, decent and affordable housing decreases the number of hospitalizations and long-term psychiatric institutionalization for residents. Mental Health Services: crisis intervention occurs at early stages of escalation with the goal of avoiding psychiatric hospitalization; socialization occurs within each household and during program-wide activities.

c. **Other Resources and Collaboration**

Funding for NDSH is provided through the following: Yolo County Department of Mental Health, United Way and private fundraising. Volunteers participate in painting, gardening and cleaning residences and donate by providing food during holiday times, furniture and other household goods. Volunteers have

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included The Alliance for the Mentally Ill, AmeriCorp, UC Davis Graduate School of Management, and individual donors.

YCCC collaborates with the Yolo County Department of Mental Health and the Yolo County Conservator's Office to provide support services to residents. YCCC works closely with the Housing Authority to obtain Section 8 vouchers for our residents, and recently to obtain project based Section 8 for the Homestead Co-operative. YCCC also works closely with the Legal Center of Northern California to ensure that NDSH is following all fair housing laws and regulations.

YCCC collaborates with Community Housing Opportunities Corporation (CHOC) to develop housing opportunities for residents. YCCC also participates with County-wide planning bodies to develop housing resources including the Homeless Coalition, the Mental Health Service Act Committee, and the Mental Health Housing Task Force.

Other agencies which compliment the services provided by YCCC to residents include the Food Bank for provision of food, Right and Relevant for the provision of clothing and jobs, and Suicide Prevention for the provision of after-hours crisis services.

The provision of housing with supports for people with a mental illness is not duplicative of any service provided elsewhere in the City or in Yolo County.

d. **Organizational Capacity**

Yolo Community Care Continuum was incorporated in 1979. Our mission is to provide services and advocacy for individuals with a serious mental illness. Our primary funding source is Yolo County Department of Mental Health (YCMH). YCMH contracts with YCCC for the provision of housing and other services because the services provided are effective in helping individuals manage their illness and are a cost-effective means of providing critical mental health, housing, financial and vocational support.

YCCC provides an array of services designed to maximize an individual's stability and productivity in the community. Services include a crisis residential shelter (Safe Harbor); a long-term residential treatment program (The Farmhouse); Regional Resource Centers located in the three major Yolo County communities, Davis, Woodland and West Sacramento, which provide case management, vocational, socialization and advocacy services, a Representative Payee program and New Dimensions Supportive Housing.

YCCC is the only agency in Yolo County which provides services specifically designed for individuals with serious and persistent mental illness.

List of Board of Directors is attached.

SCOPE OF SERVICES

a. **Project Description**

Funding from Davis CDBG pays for staff to provide support services to NDSH residents. YCCC uses a scattered site, congregate model, renting houses from local landlords. Each resident has his/her own room;

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the kitchen and common areas are shared. Recently, YCCC and CHOC acquired Homestead Cooperative which also offers individuals their own room and shared living room and kitchen. The acquisition of Homestead will make an additional 21 affordable units available to people with a serious mental illness.

YCCC staff provides individualized services to each resident and household as a group. Services provided include teaching independent living skills such as meal planning, shopping, cooking, cleaning, and laundry. Staff meets weekly with each household as a group to ensure that the household is running smoothly, to mediate any house-mate difficulties, and to provide opportunities for socialization.

In addition to individualized and group support, services include locating housing, providing clinical and medical support, teaching vocational skills, providing rent subsidies if necessary, ensuring safety and maintenance of each property, and providing transportation of clients to appointments.

This project is on-going. Funds are needed for support services partly due to decreases in the County Mental Health budget, which were passed down to the contract providers, and partly due to a significant expansion of supported housing in Davis with the acquisition of the Homestead Cooperative. The cost per beneficiary is \$326 per year. Residents receive an average of two contacts a week lasting from thirty minutes to several hours. The cost per contact is \$3.14. This rate cannot be compared to private or other organizations because YCCC is providing a unique service in this community. Other mental health agencies state-wide have similar or higher costs depending on the acuity of the residents in housing.

100% of the proposed CDBG budget will provide support services to residents in supportive housing. Due to their low income, all residents are at risk of homelessness. Some residents were homeless living on the streets or living in an institution prior to being housed in NDSH.

b. **Target Group**

Funding will enable 46 individuals diagnosed with a mental illness who have a very low income and are Davis residents to have housing in Davis. The individuals served all have a diagnosis of serious and persistent mental illness including diagnoses such as schizophrenia and manic-depression. Individuals served by YCCC qualify as very low income under federal guidelines. Often the mental illness is compounded by other health problems, substance abuse and poverty. Homelessness is often the result.

c. **Outreach**

Outreach includes:

- Coordination of service planning with the Yolo County Department of Mental Health
- Participation in the Homeless Coalition to coordinate funding and community resources
- YCCC will provide a minimum of weekly support to the 46 individuals in NDSH in Davis
- Participation in groups which provide support to the mentally ill including the Alliance of the Mentally Ill and Mental Health Services Act Committee
- Continued partnership to manage the Homestead Cooperative and to develop other housing resources within Davis and Yolo County

PERFORMANCE SCHEDULE

List Activity

Completion Date

46 unduplicated Davis residents who are very low income and have been diagnosed with a mental illness will be housed in Davis

7/1/07 – 6/30/08

46 residents will receive a minimum of one contact per week to ensure housing stability

7/1/07 – 6/30/08

Activities which support services for those housed will occur daily at the Regional Resource Center

7/1/07 – 6/30/08

PERFORMANCE MEASUREMENTS

ACTIVITY	INDICATOR	OUTCOME
46 units of supported housing will be developed and maintained in Davis	Signed rental/lease agreements with 46 individuals	46 individuals with a serious mental illness will reside in safe, decent and affordable housing
One housing contact per week will be made with each resident of NDSH	Progress notes for each contact will be written	85% of those housed will remain in either NDSH or will move to a lower level of care such as independent living
Groups to support residents of housing will be conducted five days a week at the Davis RRC	Progress notes for each group will be written	Group participants will be able to demonstrate knowledge of subject matter taught in group while in group

PROJECT BUDGET

Budget Category	Proposed Project "CDBG Portion"	Other Sources	Total
	Davis only	Davis only	Davis only
A. Salaries and Wages: Includes .75 FTE Housing Director, (2) .5 FTE RRC group leaders, .05 client workers, all providing services to Davis residents only.	\$15,000.00	\$62,072.00	\$77,072.00
B. Fringe Benefits: 25% of salaries	\$0.00	\$19,268.00	\$19,268.00
C. Consultant Services	\$0.00	\$0.00	\$0.00
TOTAL PERSONNEL BUDGET	\$15,000.00	\$81,340.00	\$96,340.00
D. Office Rent		\$3,750	\$3,750
E. Utilities: for all houses		\$20,602	\$20,602
F. Telephone: for all houses		\$3,000	\$3,000
G. Office Supplies		\$1,537	\$1,537
H. Equipment		\$1,500	\$1,500
I. Printing/Duplication		\$300	\$300
J. Travel		\$750	\$750
K. Other: Insurance: For all houses		\$3,000	\$3,000
L. Other: House lease/mortgage: for all houses		\$106,973	\$106,973
M. Maintenance		\$5,295	\$5,295
TOTAL NON-PERSONNEL BUDGET		\$146,707	\$146,707
TOTAL PROJECT BUDGET	\$15,000.00	\$228,047	\$234,047