

CITY OF DAVIS
2007-2008 COMMUNITY DEVELOPMENT BLOCK GRANT APPLICATION

Organization Name: Yolo Family Service Agency/Agencia de Servicios Familiares

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

Total Proposal Request: \$ 8,900

(Check one) On-going Support New Project

CDBG Eligible Category: Public Service
(See List A)

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

City Council Identified Critical Needs: (See List C)

- 1) Basic Human Needs
- 2) Programs to support Independent Living and prevent institutionalization
- 3) Elder self-sufficiency and counseling services

PUBLIC SERVICE

NON-PUBLIC SERVICE

Beneficiary Information:

1,100 Total number of beneficiaries in program

14-18 Number of beneficiaries in program to be served with **CDBG** funds

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

\$495-\$635 Cost (\$) per **CDBG** beneficiary (CDBG Request/CDBG Beneficiaries)

PROJECT NARRATIVE

a. Need

In the 2005 Davis Community Needs Assessment, 50% of the 87 respondents said there was a high need for mental health services and an additional 28% said there was a medium need. As well, 23.5% of the respondents said they currently used mental health services (compared with 54.3% who currently used health care services). It seems clear from this data that there are many low-income residents who need but are not currently using mental health services as they likely do not have access to affordable treatment. This data is supported by Yolo County's Proposition 63-driven 2005 Mental Health Services Act (MHSA) Community Services and Support Plan which indicated that all population groups (youth, transition-age youth, adults, and older adults) remain under-served in terms of accessing mental health services in the county.

This Davis Community Needs Assessment did not fully document the needs of the older adult population (e.g., 76% said "Not applicable" when asked about using senior services). However, the MHSA Plan provided the following data: They estimate that there are 3,827 adults in Yolo County who are 65+ and who have a sensory, physical, mental, or self-care disability. As a result of their planning process, they identified service to these older adults as a "high priority." In addition, they highlighted a need for culturally appropriate services to the elder Spanish-speaking population.

YFSA also identified in its most recent strategic plan a need to increase services to the older adult population as this is the sector of the population increasing the most according to studies of demographic trends.

b. Benefit

The benefits of professional counseling for low-income older Davis residents (ages 60+) who are experiencing significant depression are many, including reducing their isolation, reducing loneliness that accompanies less contact with the social world, providing a satisfying, enriching relationship focused on growth to stimulate and motivate well-being, improving functioning, warding off physical health problems that often accompany depression, supporting acute loss and grief, helping to develop new and satisfying roles in the community and family, and helping to ease the anxiety of immigration or relocation.

YFSA clinicians also may interact with the older client's family (depending on client needs and wishes and depending on cultural values as well) or with other service agencies and their staff involved with the client. The focus of treatment will result from a specific contract between each individual older client, his or her family, and the therapist; however, as an adjunct to therapy, many clients and their families feel that their therapist has also been an advocate, a mediator, and a broker in the community for needed services.

Another primary benefit for older adults is to learn new ways of coping, e.g., an older adult may no longer have access to coping strategies that once served them well such as being with family or friends or engaging in vigorous exercise or other activities.

All of these benefits challenge notions that older adults are resistant to change and growth (the opposite is true) and that depression and loneliness are artifacts of aging (they are artifacts of isolation and loss of valued role).

c. Other Resources and Collaboration

As part of YFSA's goal of increasing service to the low-income elder population, YFSA continuously writes grants to help subsidize the cost of counseling for low income residents who cannot afford care from a private practitioner; most of these grants are currently focused on providing counseling to young parents with

trauma/abuse histories and parenting difficulties but YFSA has a goal of increasing services to older residents of Yolo County over the next several years and will target this population in future grants. YFSA also organizes a yearly Dinner Theatre, the proceeds of which will contribute to the remaining costs of providing these services.

YFSA recognizes that older adults face many barriers to accessing social services, including economic, transportation, and sometimes cultural barriers (i.e., the World War II generation in America still has an ethic of privacy regarding mental health issues; for Latino elders, there are cultural barriers regarding the stigma of mental illness and non-acceptance of the concept of seeking support outside the family). For this reason, we feel that it is important to reduce these barriers by subsidizing the counseling fee and by locating services in places where older residents routinely go, such as the Davis Senior Center. As part of this grant, YFSA's Clinical Director Susana Russ, LCSW, will work to develop a collaborative agreement with the Davis Senior Center to provide a private room where YFSA clinicians may work with older adult clients on-site during the middle of the day. Currently, the Davis Senior Center offers an abundance of health and wellness classes and support groups for older adults with different physical illnesses, yet no service targets the mental health needs of older adults. YFSA plans to develop a simple, informational brochure (in Spanish and English) advertising mental health services to be posted in this location; as well, YFSA will advertise in the Davis Enterprise.

YFSA will build on a series of existing, informal associations with area agencies, including Yolo Hospice and Citizens Who Care, for referrals for older clients. Yolo Hospice's Bereavement Program provides up to one year of bereavement counseling for families who have used their hospice service; however, for other community members who experience a loss, they only are able to provide up to four sessions. Yolo Hospice could refer these clients, including Spanish-speaking clients, to YFSA if needed. Citizens Who Care, which focuses on trained volunteer social support for care-givers, will also benefit from being able to refer some older clients for professional counseling as needed.

Although trained, peer volunteer support for elders and their care-givers has been shown to be highly valuable, all of YFSA's clinicians are professionally trained and licensed or license-eligible. Volunteers currently support our agency in a range of other ways (board membership, technology support, facilities maintenance and improvement, fund-raising support, landscaping, etc.).

d. Organizational Capacity

Numerous clinicians at YFSA have experience and maturity to work with older adult populations, including experiences such as training seniors in senior peer counseling, facilitating support groups for grandparents raising grandchildren, working with elders and families in a hospice setting, providing bereavement counseling, facilitating bereavement groups, working with elders in psychotherapy groups focused on relationship issues, and providing individual and family counseling. In a more culturally sensitive way, our bilingual and bicultural clinicians have engaged their elder immigrant Latino clients in a "platica," or heart-to-heart talk, that can alleviate isolation, depression, and anxiety.

Overall, YFSA employs 14 licensed and license-eligible clinicians who provide professional counseling and psychotherapy for families, children, couples, and individuals coping with issues such as depression, anxiety, family conflict, marital difficulties, and grief and loss. Our Para La Familia (PLF) program ensures that the Latino population (45% of our clientele) receives equal access to mental health services in Spanish from bilingual and bicultural clinicians. YFSA has provided professional and affordable mental health services to Davis residents since 1959.

Of the nearly 1,100 clients served in 2005-2006, over 87% were low-income, with 32% qualifying as very low and 21% qualifying as extremely low income according to HUD guidelines. Approximately 165 Davis residents

received services at our Davis office last year (21 very-low income Davis residents received subsidized services through 2006-2007 CDBG funding), with other Davis residents receiving services at our office in Woodland. Last year, YFSA provided individual or family counseling to approximately 33 residents over the age of 65; additionally, YFSA serves more adults in the 60-65 age span.

YFSA is one of the primary clinical training organizations in Yolo County, providing supervision, consultation, and advanced training to therapists just emerging in the field. Many Marriage and Family Therapists (MFTs) and Licensed Clinical Social Workers (LCSWs) in Davis learned their craft and skill while working at YFSA and we remain dedicated to providing a dynamic learning environment for new clinicians. For example, YFSA provides weekly individual supervision to all license-eligible clinicians, monthly training in emerging best practices and legal/ethical issues, and a series of ongoing monthly group consultations led by advanced practitioners and focused on clinical practice, including our small group consultation, Spanish-speaking client group consultation, licensed clinicians' group consultation, sand play therapy consultation group, child therapy consultation group, group therapy consultation group, and Eye Movement Desensitization & Reprocessing (EMDR)/trauma clinical consultation group. This atmosphere of learning and support ensures the professionalism and quality of our clinical work. In addition, YFSA has been a leader in terms of organizing and hosting advanced professional training in Parent-Child Interaction Therapy (PCIT) and EMDR for YFSA clinicians while also inviting clinicians from other non-profit and public agencies in the county to participate. For example, last year, fifteen clinicians from FamiliesFirst; Sexual Assault & Domestic Violence Center (SADVC); Yolo County Alcohol, Drug & Mental Health Services (ADMHS); and other agencies participated in YFSA-led clinical trainings.

YFSA fulfills a unique niche in terms of providing individual and group mental health counseling for Davis residents across the age span and regardless of ability to pay. This grant targets an age group whose mental health needs are largely under-served and un-served; for example, the 2005 Yolo County MHSA Plan indicates that 81.9% of the older adult population with sensory, physical, mental, and self-care disabilities are "underserved."

SCOPE OF SERVICES

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

YFSA is requesting \$8,900 to subsidize the cost of individual and group counseling for 14-18 low-income elder adults (ages 60+) who have acute mental health needs:

➤ *Individual Counseling for Elder Adults*

YFSA aims to subsidize the costs of professional individual counseling for ten low-income uninsured and underinsured elder adults for ten sessions each, including both English- and Spanish-speaking adults. Each session will be subsidized at an estimated rate of \$65/session, which is combined with average client fees of \$30/session to meet YFSA's \$90-\$100 cost. This is well below the cost of counseling from private practitioners (private practice fees in Davis range between \$110-\$130/hour).

➤ *Group Counseling for Elder Adults*

In addition, YFSA will evaluate elder adult clients' interest and appropriateness for working in a group counseling context. A group setting offers many advantages, including increased social support and interaction, affordability, and added sharing of information about resources that are available. However, not all older adults with depression are appropriate for group contexts. This grant will subsidize approximately 80 sessions (8 duplicated adults for ten

sessions each, that is, some elders may continue beyond ten sessions if they find the group context beneficial). Average participant fees of \$5-\$10 for each group session will be combined with a subsidy at an estimated rate of \$30 which is again well below the rate for professional group counseling in the private practice community (typical group rates are \$50/session).

In particular, these services target low-income elder Davis residents who are experiencing depression or other serious mental health problems. For these clients, professional counseling can help prevent an acute problem from becoming a chronic and debilitating problem. This is not a prevention model targeting well elder adults; instead, it is a secondary intervention model focused on helping to ward off the depression that typically results from cumulative and multiple losses (e.g., spouses, family members, long-time friends, homes, communities, role in community, job, personal faculties such as walking, seeing, hearing, and remembering, etc.). Depression is the most common mental health problem in the older population (Zarit, 1980) and when left untreated, may lead to chronic health problems, malnutrition, self-neglect, alcohol abuse, and suicide attempts (especially in elder men) (Kropf & Hutchison, 2000). Other low-income elder adults who have had a life history of affective or anxiety disorders or substance abuse disorders and who have different mental health needs would likely also benefit from these interventions. A proportion of the proposed budget may support direct services to homeless people depending on need.

b. Target Group

Ten low-income elder adults (ages 60+) who are residents of Davis will receive ten professional counseling sessions each; in addition, between four and eight low income elder adults will receive at least ten sessions of group counseling, totaling 80 group sessions overall.

c. Outreach

One primary outreach activity will be through strengthening our collaboration with the Davis Senior Center and possibly locating our services on site there (pending space availability). YFSA also will provide information to supervisors and clinicians at Yolo County Adult Protective Services. As well, we will advertise in the local newspaper and post fliers (in both English and Spanish) about available services in additional locations frequently serving the older population, including low-income housing developments for older adults in Davis and the International House. Information about services will also be disseminated to the bereavement staff at Yolo Hospice, staff at Citizens Who Care, and to staff and volunteers with the Elder Nutrition Program (Meals on Wheels). Additional outreach may also include local churches who may serve the older adult Spanish-speaking population of Davis.

PERFORMANCE SCHEDULE

Work Plan (Identify activities and completion dates)

<u>List Activity</u>	<u>Completion Date</u>
Strengthen collaboration with the Davis Senior Center regarding a possible collaboration and shared use of community facilities	August 1, 2007
Strengthen collaboration with Yolo County Adult Protective Services regarding service availability	August 1, 2007
Prepare informational fliers in English and Spanish advertising services to low-income elder Davis residents	August 1, 2007
Disseminate informational fliers to other organizations serving Davis elders	August 15, 2007
Prepare and submit press release to the Davis Enterprise (repeat again at three months)	August 15, 2007 November 15, 2007
Provide intake and referral services for prospective elder clients and determine appropriate placement according to client need	March 1, 2008
Provide individual and group counseling to low-income Davis elder adults	June 30, 2008
Evaluate program outcomes	June 30, 2008

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)
Strengthen collaboration with the Davis Senior Center	Arrange to deliver mental health services on-site at the Davis Senior Center, if possible, at least 4 hours/week	Improved access to mental health services for elder population (other clients will be seen at our YFSA office in central Davis)
Strengthen collaboration with Adult Protective Services	Provide information about service availability for low-income counseling for Davis elder adults	Improved access to mental health services for elder adults who may be in great need of those services
Prepare and disseminate informational fliers in English and Spanish to local agencies serving the elder population	Present to staff and disseminate informational fliers about mental health services available for elder adults to at least 6 agencies	Improved outreach to Davis elder population
Prepare and submit news release to the Davis Enterprise	Submit information to the Davis Enterprise initially and with 3-month follow-up	Improved outreach to Davis elder population

(continued)

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 intake and referral services	14-18 elder adult clients are matched with appropriate services according to their need	Appropriate placement of elder adult clients according to need
Provide individual and group counseling	10 low-income elder adults receive at least 10 sessions each of individual counseling 4-8 low-income elder adults receive at least ten sessions of group counseling, totaling 80 sessions	Client satisfaction and improvement in indicators of depression and anxiety as measured by a culturally sensitive outcome measure administered at intake, at 3-month intervals, and at discharge.
Summarize evaluation results	Prepare outcome study	Improvement of services to elder adult population

**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	\$6,985	\$12,186	\$19,171
B. Fringe Benefits	\$1,104	\$1,772	\$2,876
C. Consultant/Contract Services	\$0	\$2,000	\$0
<i>TOTAL PERSONNEL BUDGET</i>	\$8,089	\$15,958	\$22,047
D. Office Rent	\$0	\$0	\$0
E. Utilities	\$0	\$1,200	\$1,200
F. Telephone	\$0	\$420	\$420
G. Office Supplies	\$0	\$210	\$210
H. Equipment	\$0	\$0	\$0
I. Printing/Duplication	\$0	\$60	\$60
J. Travel/Conferences	\$0	\$0	\$0
K. Other (Specify)			
Insurance – Davis office	\$0	\$2,833	\$2,833
Office Maintenance	\$0	\$2,080	\$2,080
10% Administrative Allocation	\$811	\$1,394	\$2,205
TOTAL NON-PERSONNEL BUDGET	\$811	\$8,187	\$9,008
TOTAL PROJECT BUDGET	\$8,900	\$22,155	\$31,055

*** 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.

**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>			
80 sessions x 2.00 hours x \$21/hr.	\$3,360	\$0	\$3,360
100 sessions x 1.25 hours x \$21/hr.	\$2,625	\$0	\$2,625
<i>Clinical Supervision</i>			
1 hour per week @ \$60/hour	\$1,000	\$2,000	\$3,000
<i>Client Services Coordinator</i>			
3 hours per week @ \$11.50/hr.		\$1,794	\$1,794
<i>Billing Manager</i>			
3 hours per week @ \$15.40/hr.		\$2,402	\$2,402
<i>Clinical Director</i>			
4 hours per week @ \$28.80/hr.		\$5,990	\$5,990
B. Fringe Benefits			
15% of gross salaries	\$1,104	\$1,772	\$2,876
C. Consultant/Contract Services			\$0
TOTAL PERSONNEL BUDGET	\$8,089	\$13,958	\$22,047
D. Utilities - \$100/month	\$0	\$1,200	\$1,200
E. Telephone - \$35/month	\$0	\$420	\$420
F. Office Supplies - \$17.50/mth	\$0	\$210	\$210
G. Equipment			
H. Duplication - 100 copies/mth @ .05 each	\$0	\$60	\$60
I. Travel	\$0	\$0	\$0
J. Other (Specify)			
Insurance - Davis Office	\$0	\$2,833	\$2,833
Office Maintenance - \$40/wk	\$0	\$2,080	\$2,080
Administrative Allocation			
10% of Salaries & Benefits	\$811	\$1,394	\$2,205
TOTAL NON-PERSONNEL BUDGET	\$811	\$8,197	\$9,008
TOTAL PROJECT BUDGET	\$8,900	\$22,155	\$31,055

* Please revise this form and annotate budget items as needed

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