

ATTACHMENT 2 - Applicant Requests



Project name: Meals On Wheels (MOW)
Request: \$20,000 in Standard CDBG Program Year 2022 Funding

1. Organization description:

Seniors First is a 501c3 nonprofit corporation first established in 1971 as the Volunteer Bureau of Placer County. The organization later became Senior Independent Services before merging with Seniors First in 2007 to become the largest provider of senior services in Placer County. Our mission is to keep Placer County seniors independent. Our goals are to (1) educate and support seniors, family members, caregivers and loved ones of dependent seniors; and (2) provide direct services and information about available community resources for seniors.

Based in Auburn, Seniors First offers five major programs: Information & Assistance, Nutrition, Transportation, Telephone Reassurance, and Assisted Living Placements. Last year, over 100,000 individual services advanced the Seniors First mission to keep Placer seniors independent including the provision of 2,700 rides, 93,100 home-delivered meals, 5,000 links to information and resources, and other services to meet the needs of the fastest growing segment of Placer County's population. The COVID-19 outbreak led to the unplanned expansion of our Meals On Wheels (MOW) program that peaked at nearly 500 individuals and now serves 445 seniors. This meal service is often the primary lifeline delivering so much more than just a meal, especially in uncertain times.

2. Project description:

Project Goal: Homebound seniors are healthy and food secure

Objective: Safely provide meals to homebound seniors with a current focus on feeding seniors during the pandemic.

Funds will be used to purchase and deliver meals to homebound Rocklin seniors.

The COVID-19 pandemic continues to threaten the lives and livelihoods of people across the country. Food-insecure seniors are a group of particular concern given their poor health outcomes that put them at higher risk. A 2020 analysis from Northwestern University shows that 13.5% of older adults (age 60+) face food insecurity, a dramatic increase of nearly 60% from pre-COVID-19 levels. The analysis aligns with what Seniors First has witnessed firsthand in Placer County: older adults, many of whom were already struggling to meet their food needs prior to the COVID-19 crisis, face even greater challenges as this pandemic drags on. Our MOW program peaked at service to nearly 500 seniors in 2020 and is currently serving 445--a 190% increase over pre-pandemic levels. The long-term effects of COVID-19 on food insecurity remain to be seen, but due to the projected growth of the senior population in the coming decades, senior food insecurity is likely to remain a public health challenge for years to come.

With CDBG funds, Seniors First will continue to provide five home-delivered meals per week to eligible, food insecure seniors. Meals will be delivered three times per week and will be a combination of fresh and frozen meals. Meals will be planned under a dietician's oversight,

Funding Request: City of Rocklin Community Development Block Grant Program Year 2022



prepared and packaged by Summit Food Services at the Placer County Probation Department kitchen facility. All meals will meet USDA Senior Nutrition Guidelines and will be delivered by carefully screened, trained volunteers. Staff and volunteers will conduct wellness phone calls in place of the daily personal visits typically provided by MOW to check-in on each program participant. Information and Assistance will also be provided by phone to those in need of community resources.

This is an existing program expanded in response to the pandemic. Seniors First has operated its Seniors Nutrition Program (congregate and home-delivered meals) for 36 years. It is one of more than 5,000 independent, community-based programs serving MOWs across the country dedicated to addressing senior hunger and isolation. Seniors First's MOW is the only free meal-delivery program exclusively for seniors in Placer County.

3. How funds will be spent:

CDBG funding received from the City of Rocklin will be used to purchase and deliver meals to homebound Rocklin seniors. Due to the pandemic, all congregate meal programs remain suspended until deemed safe by public health officials.

4. Amount of CDBG funds requested: \$20,000

This request represents 2% of the program's total budget (\$925,942); Rocklin seniors represent 13% of all program participants.

5. Alignment with National Objectives:

The proposed social services are an eligible activity and fall under two of the three National Objectives:

- Benefit to Low- and Moderate-Income Persons
- Urgent Need

6. Target population:

The project will serve seniors residing in Rocklin who meet the following eligibility requirements:

- i. 60 years of age or better
- ii. Frail, elderly homebound or need help to leave their home
- iii. Unable to prepare meals or shop for themselves
- iv. Had a recent hospital stay or ongoing health problems
- v. Seniors that live alone or with a caregiver

An estimated 60 Rocklin seniors will be served during the grant period calculated at:

- Overall, 445 Placer County seniors will be served by MOW, including 60 Rocklin seniors. Specifically:
 - Rocklin seniors will receive 5 meals per week X 52 weeks = 15,600 meals delivered in Rocklin.
 - Of those currently served, an estimated 80% (n=48) served will in the low to very low-income level on a monthly and annual basis.

Funding Request: City of Rocklin Community Development Block Grant Program Year 2022



- An estimated 80% will be age 75 or older.

7. Method used to document income levels and expenditures to Rocklin residents:

Funding received from the City of Rocklin is strictly managed to ensure that only residents of Rocklin are served by these funds. During the program’s eligibility screening and intake process (currently conducted by phone due to COVID), staff will verify that the client's home address falls within the City limits according to the Placer County GIS website. Age and income information is also ascertained from the applicant.

8. Primary contact information:

Organization Name: Seniors First
Name: Stephanie Vierstra, Executive Director
Address: 12183 Locksley Lane, Suite 205, Auburn, CA 95602
Phone: 530-878-5705
Email: stephanie@seniorsfirst.org

9. Payment information: Provide the entity name, address and name of the individual that payments would be directed to, should you receive an award.

Name: Seniors First
Address: PO Box 6090, Auburn, CA 95604
Attention: Stephanie Vierstra

10. Reporting / invoicing preference: Indicate your preference regarding whether you would be invoicing and providing required reporting data monthly or quarterly.

Monthly

11. Contract authorization: Identify who in your organization appears on the Secretary of State Business Search Forms and has the authority to sign contracts. Please provide the full names of those parties (preferably 2 individuals with signing authority). You will also be asked to provide a copy of the most current form if your entity is selected for funding.

Secretary of State [Business Search](#) Information:

Entity Name: Seniors First, Inc.
Agent: Stephanie Vierstra
Signing Authority:

1. Stephanie Vierstra, Executive Director
2. Beth Montemayor, Board Chair

12. CDBG experience and reference: Describe your experience, if any, as a recipient of CDBG funds and from what entity. Please include a reference from that agency (if other than the City of Rocklin) including their complete contact information.

Seniors First has 10+ years of experience as a CDBG grantee with the cities of Rocklin and Roseville who have provided generous support to Seniors First’s Nutrition Program (i.e. Meals On Wheels, Senior Cafés).



Our three-year funding history from the City of Rocklin CDBG funds:

Year Received	Program Supported	Amount
2021	Meals On Wheels	\$13,953
2020	Senior Café	\$13,995
2019	Senior Café	\$20,000

Reference: City of Roseville CDBG Contact:

Name & Title: Kristine Faelz, Housing Analyst
Economic Development Department, Housing Division
Address: 316 Vernon Street, Suite 150, Roseville, 95678
Email: kpfaelz@roseville.ca.us
Phone Number: 916-774-5451

13. Insurance requirements: Yes, Seniors First can (and will) meet the City’s requirements to carry standard insurance coverages noted in the 2022 Proposal Guidance and will provide evidence of insurance, full endorsements and the City named or endorsed as additionally insured if selected for funding.

Personnel Costs	Salaries	Percent Allocated to Program	Annual Program Cost	Total Other Sources	Rocklin CDBG (Pending)	Request = to Percentage of Expenditure	Budget Explanation
Program Manager	\$ 41,600	75%	\$ 31,200	\$ 29,200	\$ 2,000	6%	0.75 FTE responsible for program oversight, planning and day-to-day staff supervision and partner-program coordination.
Intake Coordinator	\$ 26,520	100%	\$ 26,520	\$ 25,020	\$ 1,500	6%	1.0 FTE responsible for interviewing applicants & monitoring participant eligibility through assessments via client home visits and telephone assessments.
Drivers	\$ 68,640	75%	\$ 51,480	\$ 48,480	\$ 3,000	6%	Pick up and deliver meals. Four part-time drivers with hourly rates of \$15/hour at 22 hrs/week are allocated to the project. Meals are picked up at the PC Kitchen Facility and transported to hubs & designated routes.
Program Assistants	\$ 53,040	75%	\$ 39,780	\$ 37,280	\$ 2,500	6%	1.5 FTE Provides clerical support to program (e.g. answers phones, orders supplies, coordinates meetings, data entry, recordkeeping, etc).
Executive Director	\$ 92,144	69%	\$ 63,579	\$ 60,839	\$ 2,740	4%	Provides executive oversight, partner & donor relations, evaluation, sustainability, program promotion, stakeholder reporting.
Subtotal	\$ 281,944		\$ 212,559	\$ 200,819	\$ 11,740	6%	
Benefits & WC Insurance			\$ 78,981	\$ 76,521	\$ 2,460	3%	Benefits calculated at 23.7% of salaries + WC Insurance
Total Personnel Costs	\$ 281,944		\$ 291,540	\$ 277,340	\$ 14,200	5%	

Non-personnel Costs			Annual Program Cost	Total Other Sources	Rocklin CDBG (Pending)	Request = to Percentage of Expenditure	Budget Explanation
Catered Food			\$ 151,879	\$ 146,079	\$ 5,800	4%	Represents cost of 34,755 prepared meals purchased from Summit Food Services calculated at \$4.37 per meal (170 baseline Seniors + emergency level COVID meals over 250 service days per year)
Consultants			\$ 117,599	\$ 117,599	\$ -	0%	Estimated costs of outsourced Accounting, Legal, Marketing and HR for program.
Rent			\$ 21,531	\$ 21,531	\$ -	0%	Represents 69% of total agency cost for rent allocated to project.
Utilities			\$ 8,941	\$ 8,941	\$ -	0%	Represents 69% of total agency cost of line item allocated to project.
Office Expense			\$ 19,899	\$ 19,899	\$ -	0%	Estimated costs of consumable office supplies based on expenditures in prior year.
Program supplies			\$ 13,800	\$ 13,800	\$ -	0%	Estimated cost of consumable supplies for transporting food.
Vehicle Operations & Maintenance			\$ 27,003	\$ 27,003	\$ -	0%	Estimated costs of vehicle fuel, maintenance & operations allocated to project based on prior years costs.
Outside Services (printing, mailers)			\$ 27,051	\$ 27,051	\$ -	0%	Cost of printing, educational materials, mailers & other promotional materials based on prior year costs.
Insurance			\$ 15,568	\$ 15,568	\$ -	0%	Represents cost of Liability, Auto, Umbrella Property Ins allocated to program.
Communications & Computer Costs			\$ 32,249	\$ 32,249	\$ -	0%	Estimated cost of software licenses, dues & subscriptions, telecommunications, postage & marketing based on prior year costs.
Staff Development			\$ 6,103	\$ 6,103	\$ -	0%	Estimated costs for staff training.
In-kind Volunteers (Value)			\$ 64,395	\$ 64,395	\$ -	0%	Represents value of volunteers to deliver meals to participant homes @ 88 hours/wk X \$14/hr X 52 weeks.
In-kind Volunteer Expense (Mileage)			\$ 38,136	\$ 38,136	\$ -	0%	Represents value of donated travel costs by MOW volunteers at \$0.56 cents per mile.

Seniors First
 12-Month Program Budget

In-kind Donated Goods			\$ 7,365	\$ 7,365	\$ -	0%	Represents value of donated food & misc. goods.
Subtotal Non-Personnel Costs			\$ 551,519	\$ 545,719	\$ 5,800		
Total Direct Costs			\$ 843,059	\$ 823,059	\$ 20,000		
Indirect Costs			\$ 82,883	\$ 82,883	\$ -	0%	No indirect charged to CDBG.
Total Expenses			\$ 925,942	\$ 905,942	\$ 20,000		
Request Percentage of Budget						2%	

Other Sources of Support	Status	Amount
Agency on Aging \ Area 4	Awarded	\$ 394,000.00
City of Roseville CDBG	To Be Requested 2022	\$ 30,000.00
City of Roseville CBF	To Be Requested 2022	\$ 30,000.00
Sutter Health	Renewal Pending	\$ 40,000.00
Donations	Ongoing Solicitation	\$ 302,046.00
In-kind Donations	Ongoing Solicitation	\$ 109,896.00
Total		\$ 905,942.00



**City of Rocklin
CDBG Proposal
2022-23
Victim Services Program for Rocklin Residents**

Organization Information

Name: Stand Up Placer, Inc.

Description: Stand Up Placer's mission is: Saving lives by empowering survivors and educating communities to stand up to domestic violence, sexual assault, and human trafficking. We provide services to Placer County survivors of domestic violence, sexual violence, human trafficking and their non-offending family members, and we offer community education around domestic/sexual violence and human trafficking to companies, agencies and schools. We have provided services to survivors since 1978, and we offer victims fleeing life-threatening abuse the only confidential safe house in Placer County. We offer a full array of services designed to allow survivors to rebuild their lives from a place of safety, whether they receive these services as residential clients or, like the majority of survivors, through our service offices in Auburn and Roseville.

Program Information

Description of Program: Stand Up Placer is requesting \$20,000 from the City of Rocklin CDBG Program to benefit Rocklin residents who are victims of domestic violence, sexual assault, and human trafficking as part of the agency's Victim Services Program. The Victim Services Program addresses the need for survivors of domestic/sexual violence and/or human trafficking to address their trauma, including mental and physical health needs, support their individual process of healing, and reduce the risk of future violence in their lives. The services in this program include: crisis intervention; therapy for adults and children; individual and group peer counseling; assistance with accessing the human services support system; legal advocacy including help with preparing temporary restraining orders (TROs), divorce and custody paperwork, and court accompaniment; and hospital accompaniment and

advocacy. Referral to the safe house is provided for those fleeing life-threatening danger.

Program Goals and Objectives: The Victim Services Program goals and objectives are as follows:

Goal 1: To increase access to services needed for recovery and resilience.

- Objective a: To increase access to mental health services to enhance recovery and resilience.
- Objective b: To increase access to supportive programming to enhance recovery and resilience.

Goal 2: To reduce risk factors, enhance protective factors, and link to appropriate resources to prevent future incidents of violence.

- Objective a: To assess the immediate needs of victims.
- Objective b: To increase personal safety and the perception of safety.
- Objective c: To reduce the risk of future incidents of violence.

Program Strategy: Domestic violence, sexual assault, and human trafficking victims face significant mental health issues and many barriers to service. All agency staff and volunteers working directly with victims must successfully complete a 72-hour Crisis Intervention Training program as well as a job shadowing period before working solo with victims. Due to changes instituted to support both safety and uninterrupted access during the pandemic, services may be provided in-person, via telephone or video conferencing, or via telehealth applications.

- *Crisis intervention* allows victims to plan their immediate next steps to address their safety, housing, and mental health needs. Initial intake and screening for CDBG eligibility occurs during initial client interactions and is recorded in the program enrollment section of agency's victim-services specific database, Apricot.
- *Clinical therapy*, provided under CDBG by agency staff offers survivors access to mental health care for their specific needs. Clinical Program staff include Licensed Marriage and Family Therapists (LMFTs), Registered Associate MFTs, and MFT trainees. Because we operate a training program for MFT candidates seeking to gain clinical therapy hours toward graduation and/or licensure, the specific therapy staff may vary year to year. Stand Up Placer will provide relevant clinical program staff credentials upon request once the 2022-2023 year begins. Clients with specialty needs receive referrals for these needs, such as substance abuse or psychiatric care to community

partners.

- *Advocacy services* help survivors to access the continuum of care within the community including basic medical care and fundamental needs, such as food, clothing, and housing. Legal advocacy supports both the immediate need for safety with restraining orders as well as assisting survivors with accessing long-term legal remedies for their situations. Collectively, this array of services helps to reduce the impact of trauma on survivors' mental health and that of their children and reduces the risk of re-entering violent situations. We have found survivors achieve the most successful outcomes when they are supported with culturally competent, trauma-informed care that honors their right to choose their own life goals and the best set of services to meet their unique needs.

Population to be Served: The population to be served by the Victim Services Program with CDBG funding is Rocklin residents suffering from the effects of domestic violence, sexual assault, and human trafficking and their children. We have provided services to this population from the beginning of our agency in 1978. We offer these services to all survivors regardless of race/ethnicity, age, disability, gender/gender identity, sexual orientation, faith traditions, or income. Survivor demographics track along the general county population demographics, with a majority white population followed by Hispanic/Latino, with smaller percentages of Asian/Pacific Islander, African American/Black, multi-racial, and Native Americans. Clients range in age from newborn to the elderly, but the majority of clients are aged 25-44. However, sexual assault clients are disproportionately children and transition-aged youth. Approximately 90% of all victims we serve annually fall into the extremely low, very low, low, and moderate Area Median Income brackets established by HUD for our region. Some come to Stand Up Placer with low income status, and others fall into poverty or financial distress by fleeing their dangerous living situations or as a result of their trauma.

Geographic Areas Served: Stand Up Placer provides services to any Placer County survivor in need. The majority of our clients come from South Placer and the Western slopes of the Sierra including the cities of Roseville, Rocklin, Lincoln and Auburn, the surrounding communities of Granite Bay, Loomis, Penryn, Newcastle, Sheridan, and the unincorporated areas of the foothills. This proposal is specific to services for residents of the City of Rocklin who have LMI status.

Evidence of Need: Nationwide, 1 in 3 women and 1 in 4 men will experience domestic violence in their lifetimes. 1 in 2 female homicide victims die at the hands of

a current or former intimate partner. 1 in 5 women and 1 in 33 men will be the victims of violent sexual assault. Children who live in violent homes are 15 times more likely to be abused, and 1 in 7 children now grow up with domestic violence.

The number of people seeking help and the need for services continued to increase in 2021. Stand Up Placer served over 4,000 victims of domestic violence, sexual assault, and human trafficking despite the many challenges of the ongoing COVID-19 pandemic. The pandemic has changed historic service patterns and the types of services being requested. The shelter reopened to 100% capacity in June and is at capacity and then some, with up to 44 people there at one time. This year, many victims required longer stays in the emergency shelter, and motel stays have increased dramatically due to the high need and lack of affordable housing. The housing program has remained full all year, with many clients receiving extensions of their rental assistance due to economic hardships caused by the pandemic. Through September, this program has housed 38 families with a total of 83 people. Other services are in higher demand, particularly law enforcement response and legal advocacy. We responded to 600 requests for domestic violence emergency response from local law enforcement as of September and are on track to exceed 800 calls by year's end. We assisted with over 160 temporary restraining orders as of September. Domestic violence has been the most sought after service this year as the strain of the pandemic, fires, and financial stress have taken a toll on already fragile families. The Legal Assistance program helped 333 victims with consultation, court appearances, and representation through September, and survivors come to us with more urgent needs and complex cases than in the past.

The agency finds that those victims with the fewest needs require the most assistance, making support for these especially vulnerable individuals and families of paramount importance.

Outcomes: Stand Up Placer will share objective and subjective outcomes with the City of Rocklin. We will share general income, race/ethnicity, age, and gender demographic information. We will report the total number of Rocklin survivors served and the number of CDBG beneficiaries served for the following advocacy and therapy services:

- Shelter referrals
- Crisis counseling (in person crisis intervention, safety planning and social services advocacy)

- Therapy sessions (individual clinical therapy sessions)
- Hotline calls
- Total Legal Services
 - Temporary Restraining Orders
 - Court Accompaniment

Stand Up Placer will also share survivor stories that demonstrate the personal impact that receiving services makes. Survivor stories are factual, but personally identifying information is altered to protect their safety and anonymity.

Program Budget and Sustainability

Stand Up Placer is requesting \$20,000 from the City of Rocklin CDBG Program to support the Victim Services Program for the 2020 program year, 3.3% of the Victim Services program budget. This funding will allow us provide therapy services to approximately 20 additional survivors and crisis intervention and advocacy services to approximately 80 more Rocklin survivors than we would without funding from Rocklin CDBG. We are requesting the same amount as last year to enable to continue to support to the city's most vulnerable residents at the same levels as last year. If the City of Rocklin is able to support Stand up Placer at a lower amount, we would lower the services to be provided proportionately. At funding of \$15,000, we would be able to provide therapy to 15 additional individuals and crisis intervention and advocacy to 60. At funding of \$10,000 we would provide therapy to 10 additional individuals and crisis intervention and advocacy to 40.

The budget request to the City of Rocklin reflects a portion of the wages and benefits for advocacy specialists who perform crisis intervention, advocacy, and accompaniment; the advocacy coordinator who supervises advocacy specialists and provides direct services; marriage and family therapists and marriage and registered associate marriage and family therapists (formerly interns) who provide clinical therapy; and the clinical manager, who provides mandated clinical supervision to marriage and family therapist interns and clinical therapy to victims. These individuals will provide the direct services to clients that will be reported in the outcomes. Due to the crisis nature of the services we provide, the first available advocate or therapist assists victims when they access the service offices. The services will be provided at Stand Up Placer's service offices in Roseville and Auburn.

Other current funders for this program include the California Governor's Office of Emergency Services, Kaiser Permanente, and the City of Roseville. Cal OES funding is secured through September 30, 2022 for core Victim Services programming, and

applications are expected to be released in late summer for the next round of funding. Applications for 2022 for the City of Roseville are currently in process. Requests for proposals from Kaiser Permanente are expected early next year. The agency will continue to seek additional funders for this program as appropriate throughout the year.

Stand Up Placer sustains the Victim Services Program through a combination of state and local governmental funding, private grant funding, and income generated through special events and individual donations.

A line item budget is attached.

Contact Information

Interim Executive Director: Jenine Jenkins, 530-823-6224x1002,
jenine@standupplacer.org

Project Manager: Louise Arquilla 530-823-6224 x1009, development@standupplacer.org

Agency EIN Number: 94-2578871

Stand Up Placer is pleased to provide any additional documentation that the City of Rocklin may request, including 501(c)3 determination letter, agency budget, tax returns and audited financials.



COMPASSION

NO ONE DESERVES TO BE A VICTIM

If you or someone you know is a victim of domestic violence, sexual assault, or human trafficking, Stand Up Placer is here to help.

Some warning signs of abuse include:

- Physical and/or emotional harm
- Sexual contact of any kind without your consent
- Intimidation and control over where you go and whom you see
- Control over finances and family matters

To find more information, visit StandUpPlacer.org

Need help? Call our 24-hour helpline **800-575-5352**



Or scan this QR code with your phone to chat with a trained staff member

STAND UP WITH US TODAY

Make a difference in the lives of survivors of domestic violence, sexual assault, and human trafficking.

Stand Up Placer is a non-profit organization dedicated to empowering survivors of domestic violence, sexual assault, and human trafficking to heal from the trauma and create new lives of strength and self-sufficiency. We take pride in our community, engaging and inspiring Placer County residents to end the legacy of abuse.

To volunteer or give a gift, visit StandUpPlacer.org

Administrative Office

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Auburn Direct Services Office

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Roseville Direct Services Office

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Stand Up Placer Thrift Store

916-771-4941

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STAND UP PLACER

EMPOWERING SURVIVORS. SAVING LIVES.



Serving Survivors of Domestic Violence, Sexual Assault, and Human Trafficking

StandUpPlacer.org



STRENGTH

YOU CAN RECLAIM YOUR PERSONAL POWER

If you are a victim of domestic violence, sexual assault, or human trafficking, know that:

- You did not "bring this upon yourself"
- You do not in any way "deserve" this
- There is no "acceptable" level of violence

We can help you regain your power, your self-confidence, and your life:

- Call the 24-hour helpline at 800-575-5352
- Chat with us at StandUpPlacer.org
- Walk into one of our direct services offices

“ Through my participation in the support group, I developed the strength to face my abuser in court. ”



SUPPORT

YOU CAN BREAK THE CYCLE OF VIOLENCE

Since 1978 Stand Up Placer’s experienced and caring staff has helped victims of domestic violence, sexual assault, and more recently, human trafficking.

Some of the services we offer:

- Safety planning
- Gender-inclusive, pet-friendly emergency shelter
- Housing options
- Emergency food, clothing, and transportation
- Legal assistance
- Advocacy and accompaniment
- Peer counseling and clinical therapy
- Educational workshops and classes
- Age-appropriate children’s services



HOPE

YOUR JOURNEY IS UNIQUE

We firmly believe that everyone—whatever their age, culture, disability, ethnicity, gender identity, marital status, nationality, race, religion, sex, sexual orientation, or socioeconomic status—deserves a life free of violence. We are committed to providing trauma-informed, diverse, and culturally responsive services to all survivors.

“ Now, each day that I wake up, I am fighting to be the person that I am meant to be; I am also learning how to accept the darkness I've lived through. ”

For more information about our services & how you can get help, visit StandUpPlacer.org





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KidsFirst – City of Rocklin CDBG 2022 Grant Proposal - Final

With this application, KidsFirst formally requests funding in the amount of \$15,000 for our Family Mental Wellness Program. This program provides evidence-based/evidence-informed therapy and case management services to support recovery and healing from trauma, abuse, and neglect for children (age 0-18), adults and families.

Organization History:

Established in 1989 as a private, non-profit (501c3) organization, KidsFirst's mission is to end child abuse and neglect. Our vision is that all children live in a safe, healthy, and nurturing home. We are dedicated to helping families by providing them with the tools they need to cope with difficult life circumstances before they become overwhelming. With Counseling & Family Resource Centers in Roseville and Auburn, our programs target the most vulnerable children, families and neighborhoods in Placer County to meet the growing needs of our region. We strengthen families by Educating, Advocating & Changing Lives. Our programs include Wellness, Information and Referral, and Education and Outreach. Serving as the Child Abuse Prevention Council of Placer County, we offer both prevention and treatment based therapies, parenting classes, home visitation and extensive case management services to help link families to the resources they need. KidsFirst trains professionals, government officials, and lay persons regarding child abuse and its prevention. Furthermore, KidsFirst works closely with other community-based organizations and county agencies to ensure non-duplication, effective service delivery to meet the needs of children and families in the community.

KidsFirst's Family Mental Wellness Program:

KidsFirst's therapy and case management services are well-established, long-standing programs. KidsFirst has provided these services at no cost to community members for over 30 years. KidsFirst offers its therapy program for the treatment of child abuse, as well as for adults, couples, and families. KidsFirst's clinical team consists of two licensed supervisors, five licensed therapists, one license-eligible Professional Clinical Counselor, and one Associate Marriage and Family Therapist trainee; the team includes one Spanish bilingual staff member. Additionally, our case management team has a combined total of over 30 years of



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experience in the social services field. Seven of the eight case managers are bilingual Spanish speakers.

KidsFirst therapists are trained to provide varied evidence-based and/or evidence-informed modalities including Parent-Child Interaction Therapy, Cognitive Behavioral Therapy, Trauma-Focused Cognitive Behavioral Therapy, Play Therapy, and brief clinical interventions. The clinical staff possesses knowledge of victimization, child trauma, adverse childhood experiences, family violence, child development, early brain development, post-traumatic stress disorder, attachment, grief and loss, stressors of foster placement, concurrent plans, cultural and ethnicity issues, legal interventions, development delays, and disabilities. KidsFirst therapists continually enhance therapeutic knowledge through various trainings, and participate in individual and group supervision with the Clinical Program Manager to review cases and treatment plans.

As the Covid-19 pandemic has stretched on, many of our children, families and community members have experienced mental health challenges. Sadly, children in volatile home situations have endured heartbreaking circumstances as a result of the increased isolation and inconsistent contact with those outside of their homes. Parents have been under unprecedented amounts of stress and may not have the skills to deal with their mental health challenges and those of their children and other family members. KidsFirst has seen a significant increase in requests for mental health services over the last 20+ months. Unfortunately, our requests exceed our capacity.

Utilization of funds:

City of Rocklin CDBG funds will be used for direct service personnel costs. Specifically, funding will enable KidsFirst to provide a 0.17 Therapist and a 0.08 Case Manager to serve 10 very low to moderate income Rocklin residents experiencing mental health challenges during the grant performance period.

KidsFirst's therapy program offers clients approximately 12 weekly therapy sessions. For clients needing long-term treatment, KidsFirst is able to refer families to appropriate external resources (e.g., the Placer County Victim/Witness office) or to provide extended treatment internally, as appropriate. While engaged in therapy, families also receive case management, which is an important component of mental health services. Case Managers also help families obtain vital resources such as health insurance, Cal Fresh benefits, legal help, etc., thus enabling families to stabilize and focus on their therapy treatment.



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National Objective and eligible activities adherence:

KidsFirst's Family Mental Wellness Program service provision to very low to moderate income Rocklin residents falls under the National Objective of benefit to low and moderate income persons. Therapy and case management services fall under the Public Services category of eligible activities.

Very – low to low income level income persons to be served:

KidsFirst anticipates serving a minimum of 5 very – low to low income Rocklin residents with City of Rocklin CDBG funds. This number represents at least half of the total number of 10 clients to be served if awarded.

Income and residency verification and documentation:

KidsFirst Case Managers conduct client intake assessments to identify very-low to moderate-income persons. KidsFirst secures proof of income and residency during the intake process, and will continue to use this method to verify eligibility for the City of Rocklin CDBG program. Client data is collected in paper-based files, and is tracked via spreadsheets and KidsFirst's web-based client database system. To count and monitor the beneficiaries of KidsFirst's Rocklin CDBG program, KidsFirst will continue to use a client spreadsheet, along with a client database, which tracks client name, intake date, type of service, client and family demographics, family income, collection of proof of income, and city of residence.

KidsFirst Case Managers screen clients for eligibility, working with each family to gather referral facts and then forward the referral to the Clinical Program Manager. The Clinical Program Manager reviews each therapy referral and makes the final determination of eligibility for services. To qualify for therapy services, the client needs to meet criteria outlined in our grants/contracts. After determining eligibility, the Clinical Program Manager assigns the referral to the appropriate Therapist. The Therapist then contacts the family to schedule an appointment for a clinical interview and to begin the biopsychosocial assessment. An initial clinical assessment provides a solid basis for determining whether a client falls within KidsFirst's ability to provide effective therapeutic services.



124 MAIN STREET
ROSEVILLE, CA 95678
P: 916.774.6802
F: 916.774.2685
TAX ID#: 68-0195225

KidsFirst Primary Contact:

For questions or additional information, please contact our Executive Director, Antoinette Manuel. Her contact information is listed below:

KidsFirst Counseling & Family Resource Centers

Antoinette Manuel, Executive Director

124 Main Street

Roseville, CA 95678

(916)774-6802 EXT. 2500

Email: Amanuel@kidsfirstnow.org

KidsFirst Payment Contact:

If awarded City of Rocklin CDBG funding, all payments should be directed to our Administrative Services Manager, Barbara Meade. Her contact information is listed below:

KidsFirst Counseling & Family Resource Centers

Barbara Meade, Administrative Services Manager

11960 Heritage Oak Place, Suite 3

Auburn, CA 95603

(530)887-3536 EXT. 3001

Email: Bmeade@kdisfirstnow.org



124 MAIN STREET
ROSEVILLE, CA 95678
P: 916.774.6802
F: 916.774.2685
TAX ID#: 68-0195225

Invoicing and Reporting Preferences:

KidsFirst would provide invoicing and all required reporting on a quarterly basis.

Signature Authority:

KidsFirst's Executive Director, Antoinette Manuel, and Administrative Services Manager, Barbara Meade, have the authority to sign contracts as described in the KidsFirst Board approved Signature Authority (available upon request).

CDBG Funding Experience:

KidsFirst is currently a recipient of CDBG funds through the City of Roseville. KidsFirst has been a Roseville CDBG grant recipient almost continuously since 2001. City of Roseville CDBG funding is being utilized to provide therapy and case management services for low to moderate income Roseville residents. KidsFirst case management staff verify Roseville residency and income levels of clients during intake to ensure adherence to City of Roseville CDBG and HUD requirements at the onset of services.

All reporting data and invoicing is submitted quarterly via Zoom Grants. Our primary contact at the City of Roseville in regards to this funding contract is:

City of Roseville – Kristine Faelz

316 Vernon Street, Suite 150

Roseville, CA 95678

(916)774-5451

KPFaelz@roseville.ca.us

Letters of Reference:

Please find attached letter of reference for KidsFirst from:



124 MAIN STREET
ROSEVILLE, CA 95678
P: 916.774.6802
F: 916.774.2685
TAX ID#: 68-0195225

Placer County District Attorney, Morgan B. Gire

Insurance Coverage:

KidsFirst holds all of the required insurance coverage as described in the City of Rocklin CDBG Notice of Funds Available. Documentation of insurance held is available upon request.

BUDGET CATEGORY AND LINE ITEM DETAIL

KidsFirst Child Abuse Prevention Council of Placer County	
City of Rocklin CDBG Funding Application PY 22	
Family Mental Wellness Program	
<p align="center">Therapist .17 FTE @ \$27.50 per hour</p>	9,735
<p align="center">Case Manager .08 FTE @ \$17.66 per hour</p>	2,932
<p align="center">FICA/MC @ 7.65%</p>	969
<p align="center">SUTA @ .57%</p>	72
<p align="center">Worker's Comp @ 0.7%</p>	89
<p align="center">Health Insurance @ 9.08%</p>	1,203
Totals	15,000



MORGAN B. GIRE
DISTRICT ATTORNEY

PLACER COUNTY DISTRICT ATTORNEY

10810 Justice Center Drive, Suite 240 • Roseville, CA 95678-6231

916 543-8000 • FAX 916 543-2550

www.placer.ca.gov

December 13, 2021

Dear City of Rocklin,

I am writing to express support for the proposal to provide case management and therapeutic wellness support to Rocklin residents through KidsFirst Counseling and Family Resource Center. As the Child Abuse Prevention Council of Placer County, KidsFirst provides no cost, evidenced based and innovative programs that aim to empower and strengthen children and families. This funding opportunity will allow for family support and advocacy through a trauma informed care approach. Free trauma focused evidenced based therapy is offered to support all families as well as an assigned case manager to help families navigate community resources. These services allow the family to develop healthy coping strategies and begin their path of recovery and wellness.

KidsFirst Counseling and Family Resource Centers has a great reputation for being collaborative in the community and connecting families to resources. KidsFirst recognizes and responds to early warning signs of child abuse and neglect. They value and support parents, foster support among families, and strengthen parenting. Most importantly they decrease the risks of child maltreatment, creating strong, vibrant communities. Families will benefit greatly from funds received through Rocklin's CDBG fund.

Please call me if you would like to discuss this further. I can be reached at (916-543-8000 or mgire@placer.ca.gov)

Respectfully,

A handwritten signature in blue ink, appearing to read "M. Gire".

Morgan B. Gire
Placer County District Attorney

**ST VINCENT DE PAUL SOCIETY, ROSEVILLE CONFERENCE
PROPOSAL FOR CDBG FUNDING
CITY OF ROCKLIN
RENTAL ASSISTANCE**

1) Describe your organization (how long it has been in existence, the types of services you provide, location, is it a 501c3 or other type, etc.).

St Vincent de Paul Roseville is a 501(c)3 nonprofit and has been serving south Placer County since 1983 with 39 years of operation. The agency initially started as a small thrift store and office providing free furniture and emergency financial help to low-income residents. In December 1983, SVDP opened the dining room and began serving free hot meals daily. The dining room program, located at 105 Bonita St., is now called St Vincent TO GO, and currently accommodates 50-60 guests 5 days per week.

In January 1984, we started the food locker program. In the first month, we provided groceries to 200 households. Since 1984, the number of households served has gradually increased. In 2021 we served approximately 678 households monthly, and evolved to a drive thru distribution 3 days per week. South Placer county residents may visit the drive thru distribution weekly and receive a full cart of groceries.

In 2001, the BAGS Home Delivery program was started, and currently delivers groceries to 76 homebound seniors and disabled individuals in the City of Roseville, and in 2004 we started the free urgent care medical clinic with free prescription medications. Due to the COVID-19 pandemic, the medical clinic program has been closed.

We also operated a thrift store, but closed it in January 2019.

The Food Locker and Dining Room programs have been sources of supplemental groceries and hot meals for those in our community for 39 years. These programs also support our organizational mission of preventing hunger and homelessness. By providing access to food, we help low-income households avoid getting behind in their rent or utility payments when an unexpected bill or loss of income occurs. Having unpaid rent or utility obligations often leads households on a path to becoming homeless. Our food locker also distributes feminine hygiene and baby needs as well.

In 2017, SVDP collaborated with AMI Housing, Stand Up Placer and KidsFirst in the ASSK collaboration distributing CDBG Homeless Prevention & Rapid Rehousing funds to City of Roseville Residents. Since 2018, St Vincent de Paul has continued in the ASK collaboration with AMI Housing and KidsFirst. We distributed rental and utility assistance via the CARES Act in 2020 and 2021 in greater Placer County. St Vincent de Paul participates in a Twinning program with other St Vincent de Paul conferences providing housing assistance funding in emergencies. In the past 18 months, SVDP has assisted over 50 households with rental assistance in Placer County.

Aside from these anchor program services, SVDP provides - Back to School supplies, a Christmas program, and a Holiday meal at Thanksgiving. We also serve as a clearing house for a number of other non-profit organizations in Placer County.

**ST VINCENT DE PAUL SOCIETY, ROSEVILLE CONFERENCE
PROPOSAL FOR CDBG FUNDING
CITY OF ROCKLIN
RENTAL ASSISTANCE**

2) Describe the program you would be providing with Rocklin CDBG funds. Please specify if this is a program that you have conducted previously (if so when, where, for how long and with what sources of funding) or whether it is a brand-new program.

We are proposing an expansion of our Rental Assistance Program to the City of Rocklin. The Rental Assistance Program at St Vincent de Paul Roseville has been in existence since 2017. Funding for the Rental Assistance Program has come through a variety of sources -

City of Roseville CDBG Homeless Prevention & Rapid Rehousing 2017 - 2022
EFSP United Way 2020-2021
Project Go 2020-2022

During 2020-2021 we were able to utilize CARES Act funding to assist Rocklin residents in need of rental assistance through grants provided via our EFSP and Project Go grants. A rental assistance grant specific to Rocklin residents would provide much needed support to a larger percentage of those households already being served weekly at the food distribution.

3) Describe specifically how you would spend the funds and who (by titles or description) would be conducting the activities if funding would be used for staff costs. (Please note that you cannot use the funds for Management/Admin/Overhead).

\$12,000 Rental Assistance - 15 Households - \$800 per household average
\$3,000 Staff Wages

Staff Breakdown:

\$1,500 Case Management provided by Rebecca Rush, Executive Director
\$1,500 Expense tracking, reporting provided by Mary Kay Dyer, Executive Assistant

4) Identify the specific amount of your funding request. (Please keep in mind that the City can only spend 15% of the anticipated grant amount – roughly \$42,600 +/- on services and we usually have requests from multiple entities to consider in awarding of the funds).

St Vincent de Paul Roseville is requesting \$15,000 for the current Rental Assistance Program

5) Describe how these services would fall under the National Objectives outlined in the NOFA.

The mission of St Vincent de Paul Roseville is to provide basic human services and programs to prevent hunger and homelessness.

In providing rental assistance, SVDP will serve an urgent need to those Rocklin residents facing housing instability. Through case management, households are also provided food stability through the SVDP weekly food distribution. Referrals to community partners are provided as needed for utility assistance, CALFRESH, etc. We currently receive referrals via 211 and direct inquiries from Rocklin residents regarding this type of assistance, however due to our current grant restrictions are unable to help these individuals. With funding from the City of Rocklin we will be able to expand our program to serve Rocklin residents in need.

**ST VINCENT DE PAUL SOCIETY, ROSEVILLE CONFERENCE
PROPOSAL FOR CDBG FUNDING
CITY OF ROCKLIN
RENTAL ASSISTANCE**

6) Describe how many individuals in the low or very low-income levels you expect to provide services to on a monthly and annual basis with the CDBG funds.

The average amount of assistance is estimated to be \$800 per household based on past experience in providing rental assistance in South Placer County through past grant resources. SVDP anticipates serving 15 Rocklin households with a one-time (annual) assistance grant.

7) Describe how you would ensure and document income levels and that Rocklin CDBG funds were only being used to provide services for Rocklin Residents.

All potential Rental Assistance clients fill out a client application providing demographic information, as well as detailed application for assistance. This includes proof of residence, copy of current lease, income, sources, and other demographic information.

After initial application verification, rental assistance clients' eligibility for assistance is determined through an eligibility screening process. Once vetted for eligibility, clients are provided case management to determine level of assistance necessary to meet their current and immediate future housing stability. Clients are also provided information / resources for food stability and other community referrals as needed.

8) List who in your organization would be the primary contact for the grant including their full contact information (i.e., phone, e-mail, etc.).

Rebecca Rush, Executive Director
(916) 781-3303 Office, (916) 477-1920 Cell
rebecca.rush@placersvdp.com

9) Provide the entity name, address and name of the individual that payments would be directed to, should you receive an award.

St Vincent de Paul Society, Roseville Conference
503 Giuseppe Ct., #8
Roseville CA 95678
Attn: Rebecca Rush, Executive Director

10) Indicate your preference regarding whether you would be invoicing and providing required reporting data monthly or quarterly.

SVDP would prefer to invoice and provide required reporting data quarterly

11) Identify who in your organization appears on the Secretary of State Business Search Forms and has the authority to sign contracts. Please provide the full names of those parties (preferably 2 individuals with signing authority). You will also be asked to provide a copy of the most current form if your entity is selected for funding.

Secretary of State form - Thomas Stanko

**ST VINCENT DE PAUL SOCIETY, ROSEVILLE CONFERENCE
PROPOSAL FOR CDBG FUNDING
CITY OF ROCKLIN
RENTAL ASSISTANCE**

Donald Fraser, Board President
Thomas Stanko, Board Vice President

12) Describe your experience, if any, as a recipient of CDBG funds and from what entity. Please include a reference from that agency (if other than the City of Rocklin) including their complete contact information.

SVDP has received CDBG funding from the City of Roseville - Housing Division in support of our BAGS Home Delivery Program starting in 2001 and has been renewed annually. Contact person is Kristine Faelz, Housing Analyst, Economic Development Dept., 316 Vernon St., Roseville, CA 95678 Phone (916) 774-5451. Letter of Reference attached.

SVDP has been a sub recipient of CDBG funding from the City of Roseville - Housing Division of Homeless Prevention and Rapid Rehousing funds through a collaboration with two other community partners since 2017 (ASK Collaboration - AMI Housing, KidsFirst and St Vincent de Paul Roseville) St Vincent de Paul Roseville has received and distributed \$25,000 annually since 2017. In 2022-2023 cycle, the ASK funding for St Vincent de Paul is \$50,000 to support Roseville residents.

A letter of reference from Kristine Faelz, City of Roseville Housing Analyst is attached.



Housing Division
316 Vernon Street #150
Roseville, California 95678

March 15, 2022

Laura Webster
Director of Long Range Planning and Housing
City of Rocklin
3970 Rocklin Rd.
Rocklin, CA 95677

RE: CDBG REFERENCE FOR SAINT VINCENT DE PAUL SOCIETY, ROSEVILLE CONFERENCE

Dear Ms. Webster,

I am Kristine Faelz, administrator of the Community Development Block Grant program for the City of Roseville. I am writing to recommend Saint Vincent de Paul Society, Roseville Conference, to receive Community Development Block Grant funding from the City of Rocklin.

Saint Vincent de Paul Society (SVDP) has received CDBG funding from the City of Roseville consistently since 2017. Prior to 2017, SVDP received CDBG funding from Roseville on an off for several years since 2000. Over the past few years in working with the subrecipient directly, they have been found to be responsive to any requests sent their way, communicative, timely with submission of reporting, as well as timely in their spending of funds. In subrecipient monitoring for the 2017 program year, several items were noted for remediation, including the need for drafting of policies, and tracking eligibility and documentation of program clients. Saint Vincent de Paul was able to correct the follow-up items requested by the City of Roseville and no issues have been found in terms of compliance since. On a yearly basis, the subrecipient has either met goals or overachieved in terms of persons served and groceries delivered.

Based on my experience in working with St Vincent de Paul as a subrecipient, I recommend them to receive CDBG funding from the City of Rocklin.

Should you have any questions and/or need additional information, please contact me at (916) 774-5451 or via email at kpfaelz@roseville.ca.us.

Sincerely,

A handwritten signature in black ink, appearing to read "K. Faelz".

Kristine Faelz
Housing Analyst

The Gathering Inn
Proposal to:
City of Rocklin
CDBG Program Year 2022

Organization Description:

The Gathering Inn (TGI) has come a long way since its humble beginnings in January 2004 as a winter-only shelter serving 40 guests during the most extreme months of the year to becoming the preeminent emergency shelter and comprehensive service provider in Placer County. TGI's mission and vision have been refined over the years but retain the same essential components at the core – TGI exists to house the homeless. Today, TGI is the leading program serving the homeless in Placer County, providing services around the clock, 365 days a year. In its 17th year of operation, TGI offers a complete continuum of housing and supportive services for homeless individuals: emergency housing; permanent supportive housing; interim care programs; housing placement; comprehensive support services; education and training; and aftercare follow-up. Not only have we continued to serve the initial mission and vision of the individuals who founded our organization, we have worked diligently to build on that foundation by continually augmenting the services we offer to best serve the homeless population.

TGI has earned a reputation as a trusted source of support to the homeless, serving as the hub of services designed to improve life for those without a home. Utilizing program evaluation and community indicator data, we have expanded our services over the years to meet the needs of the homeless. TGI plays a critical role when it comes to ending homelessness. Our current overall bed capacity among all our programs represents 227 beds for persons and families experiencing homelessness in Placer County.

Proposed Program:

The Gathering Inn is respectfully requesting \$69,000 to support several of TGI's efforts to assist individuals and families experiencing homelessness. Elements of this proposal are:

- Housing coordination services
- Replace desktop computers and monitors, and printer/copier in guest resource center
- Replace interior door locks in the permanent supportive housing home in Rocklin with keyless locks

Housing coordination services include supporting the Guest Housing Specialist position, whose primary function is to work directly with guests and landlords to develop a plan for permanent housing. Services include training guests in the Ready to Rent program, fostering relationships with landlords, assisting guests with completing necessary paperwork for rental, deposit or utility assistance, and collaborating with TGI's case managers to ensure new housing opportunities are communicated and available to guests. TGI has had numerous funding sources for these activities over the years including the cities of Rocklin and Roseville, and the Homeless Housing, Assistance and Prevention (HHAP) grant.

TGI offers day services to the community and includes a drop-in resource center for residents of Placer County. The resource center provides computers and internet services for guests and day program visitors to use to connect with services, search for employment and keep in touch with family and friends. The computers and monitors in the resource center are outdated and need to be replaced. Through our relationship with TechSoup, we are able to acquire refurbished desktops and monitors at a reduced cost. In addition, we would also replace the printer/copier in the resource center.

TGI manages a permanent supporting housing unit in Rocklin where residents pay approximately 30% - 50% of their income towards rental of a room in residential home. Each bedroom has its own lock, and

keys are continually being lost or not returned upon moveout. To alleviate this problem, we propose to replace the locks on the interior bedroom with keyless, coded locks that can easily be re-programmed as needed.

The proposed program falls under the national objectives of “benefit to low and moderate income persons” and “urgent need” by providing needed services to persons experiencing homelessness.

All services offered by TGI benefit low and very-low income populations who are experiencing homelessness. In the past 3 years, an average of 52 people served by TGI’s housing programs (South Placer and Mid Placer shelters, permanent supportive housing and interim care program) identified their last city of residence as Rocklin. This represents approximately 10% of the total population served by TGI’s shelter and housing programs. Demographic data is not collected for guests using day services only, but between 40 - 80 individuals access our resource center on an daily basis. Case managers complete a comprehensive intake questionnaire for all guests and information collected including income levels and last city of residence is collected in the Homeless Management Information System (HMIS) and are able to report on a wide variety of outcomes.

Contact Information:

Grant Contact:

Rolande Tellier
Chief Operating Officer
The Gathering Inn
201 Berkeley Ave.
Roseville, CA 95678
916-662-5351
rtellier@thegatheringinn.com
*prefer quarterly reporting

Contract Signatory:

Keith Diederich
President and CEO
The Gathering Inn
201 Berkeley Ave.
Roseville, CA 95678
keith@thegatheringinn.com

Payment Contact:

Maryan Grilli
Controller
The Gathering Inn
201 Berkeley Ave.
Roseville, CA 95678
mgrilli@thegatheringinn.com

Reference:

Kristine Faelz *Housing Analyst*
City of Roseville
Economic Development Dept. – Housing Division
316 Vernon Street, Suite 150
Roseville, CA 95678
KPFaelz@roseville.ca.us
916 774-5451

TGI is a past and current recipient of CDBG funds from the City of Roseville to support our emergency shelter operations and mental health clinician services.

