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[casaplacer.org](http://casaplacer.org)

June 29, 2022

Elizabeth Sorg, Associate Management Analyst  
Office of the City Manager  
City of Rocklin  
3970 Rocklin Road  
Rocklin, CA 95677

Dear Ms. Sorg,

It is my pleasure to submit this American Rescue Plan Act (ARPA) grant application to provider Court Appointed Special Advocates (CASAs) to Rocklin foster and at-risk youth, and Family Mentors to struggling Rocklin parents.

I also wish to confirm with this letter that Child Advocates of Placer County can meet the standard requirements for contracts for the City of Rocklin as specified in Addendum A of the "Notice of American Rescue Plan Act Grants Available for Mental Health Services for Rocklin Residents."

The individual authorized to represent Child Advocates of Placer County on the Secretary of State Business Search Forms is Donald James Kleinfelder, Executive Director of Child Advocates of Placer County.

The individuals with the authority to sign contracts are:

- Melissa Garner, Board Chair
- Donald Kleinfelder, Executive Director

Please let me know if you have any questions and thank you for your consideration.

Sincerely,

A blue ink handwritten signature, appearing to read "Don Kleinfelder", is written over a white rectangular background.

Don Kleinfelder,  
Executive Director

Our Programs





Child Advocates of Placer County  
1430 Blue Oaks Blvd. Suite 260  
Roseville, CA 95747-4003

- **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.).**

Child Advocates of Placer County, located in Roseville, CA, received its 501(c)3 non-profit status in March 2004, with the purpose of establishing a Court Appointed Special Advocate (CASA) program for the Placer County Juvenile Court. Our office is located in Roseville, CA. **Our mission is to be the bridge between the most vulnerable in our community and volunteers who make a difference.**

Initially we focused only on foster children and providing them with CASA volunteers. But over time we realized that to meet the needs of the child without also considering the needs of the parent(s) often made reunification difficult – too often the child would end up back in the Child Welfare system a few years after reunification.

To address this, we created our Family Services programs, which supports parents and serves their children through a “Whole-Family Approach.” In recent years we also expanded our CASA program to work with Delinquency and “at-risk” youth.

Here is a summary of our many volunteer-driven programs:

#### **YOUTH SERVICES:**

1. **Placer Court Appointed Special Advocates (CASA)**, which trains community volunteers to be Court Appointed Special Advocates (CASAs). We assign our CASAs to foster children through court orders that authorize CASAs to interview all parties to the action, meet weekly with the youth, and advocate in court on behalf of the child. As such, CASAs are often referred to as “the eyes and ears of the judge, and the voice of the child” in Dependency Court proceedings. CASAs also become important mentors for foster youth, and the resulting friendships often develop into long-term connections between the CASA, the youth, and the youth's family/caregivers. In 2021 we provided CASAs to 320 Placer County foster youth.
2. **Be Bold Youth Program**, which provides additional training to a subset of CASA volunteers and then assigns them to foster and at-risk youth who have been victims of Commercial Sexual Exploitation (CSE, aka sex trafficking) or are at risk of involvement in CSE. A unique element of Be Bold is that, in addition to the normal CASA interactions, the youth and her CASA/Mentor meet once a month with other Be Bold girls in a peer group to help the youth develop an “intentional community of support”. In 2021, we provided CASAs and Mentors to 62 Be Bold youth (30 foster youth and 32 at-risk youth).
3. **Level UP**, which assigns specially trained CASA volunteers to youth involved in, or at risk of involvement in, the Juvenile Justice system (juvenile delinquency). This program was launched formally in 2020 at the request of our Juvenile Court judge, who noted that youth in Dependency court (foster youth) and the youth in Delinquency court (juvenile justice youth) come from homes where the family dynamics are often the same. Similar to Be Bold, Level Up youth meet weekly with their CASAs and monthly with their peers, with the goal of forming an “intentional community of support”. Combined, the program helps juvenile justice youth develop stronger community connections, make safer decisions, and learn increased accountability. In 2021, we provided CASAs to 31 juvenile justice youth, and Mentors to four youth “at risk” of entering the juvenile justice system.
4. **K9s 4 Kids**, in which a small group of our volunteers bring their “AKC Good Canine Citizen” trained dogs to the Juvenile Detention Facility, Koinonia Group homes, Acres of Hope Transitional Housing

Facility, Blossom House, and to our office for “Read with a Dog” days, wherein foster children read to the dogs, or have books read to them. These awesome dogs give children (and moms!) who are experiencing trauma a chance to love and be loved by a trained therapy dog and experience normalcy in an otherwise stressful environment. In 2021 we had ten CASAs and their dogs participate in this program.

#### **FAMILY SERVICES:**

- **Family Mentors**, which draws on our pool of existing CASA volunteers and trains them to work with parents who are struggling to either reunify with their children who are in foster care, are in some form of transitional housing due to substance abuse or domestic violence, or are just striving to hold their family together. These parents typically lack basic life skills and struggle with issues around health, education, housing, employment, and transportation. In 2021 we provided Family Mentors to 73 parents.
- Within the Family Mentor program, we have a subset called the **Parent Empowerment Group (PEG)**, which provides Family Mentors to parents who have just had their children detained by the Child Welfare System (CWS). These parents are often angry, confused and in denial, and blame “the system” for taking away their children. Our PEG staff, who all have “lived experience” with CWS can speak with the parents as peers and help them realize their role in the situation and the changes they need to undertake to reunify with their children. Once the parents accept responsibility for the situation, we assign them a Family Mentor to help them move toward reunification. The goal is to shorten the time it takes for reunification to occur. We launched PEG with the financial support of the Placer County Children’s System of Care (CSOC) in September 2021 and we are currently serving 14 parents.
- **Kinship Allies**, which provides volunteer “allies” for kin caregivers of foster children. In Placer County about half of all foster children are placed with relatives or non-related extended family members. Sadly, about half of these placements fail in the first 90 days because the kin caregiver (grandparent, aunt, uncle, neighbor, etc.) is not prepared to handle the child who is suffering from a traumatic experience. Our Kinship Allies work to make the placement successful by meeting weekly with the caregiver at the caregiver’s home and supporting the caregiver as they navigate the system and care for the child. Most importantly, Kinship Allies become a friend that the caregiver can call on when they feel overwhelmed. We launched Kinship Allies with the financial support of the Placer County CSOC in December 2021.
- **Prosper Placer**, which connects volunteers with families who are stable but live at or below the poverty level and are trying to achieve “middle class”. This program is a collaboration with several local churches (including SS Peter and Paul of Rocklin) families and volunteer “Allies” come together once a week to share a dinner at one of our local churches. When the meal is complete, the children go off to day care or homework club while the parents and Allies stay together to work on SMART goals. We consider Prosper Placer to be the next step for parents who complete the Family Mentor program, which lets us work with these parents for over 3 years, thus ensuring their sobriety and success. In 2021 25 families participated in our Prosper Placer program.
- Within Prosper Placer, and in collaboration with the First Methodist Church of Roseville and the Latino Leadership Council, we provide **Immigration Advocacy**, which assists our Latino Prosper Placer families with immigration issues. We are undergoing accreditation by the US Department of Justice and Homeland Security that will allow us to serve families and youth as a DOJ Immigration Advocate. We provide “Know Your Rights” workshops for families and assist youth and young adults with Deferred Action on Childhood Arrivals (DACA) applications. We expect to formally launch this project this summer, which will serve families in Auburn, Lincoln, Rocklin and Roseville.

- **Describe the program you would be providing with Rocklin ARPA 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 new program.**

We are requesting ARPA support for two ongoing programs: Placer CASA and Family Mentors.

We have been conducting the Placer CASA since 2004, and to date have provided CASA volunteers to 1,974 foster children and 83 Delinquency youth. Since our inception, our 1,050 CASA volunteers have donated 161,882 hours of service and have driven over 2,318,570 miles.

During the last twelve months (June 1, 2021, to May 31, 2022) we provided CASA volunteers to 42 Rocklin children/youth. Of these, 36 were foster children, one youth was involved in Juvenile Justice (Delinquency) and five youth were deemed by our community partners (Placer County Juvenile Probation, Child Welfare and Office of Education) to be at risk of involvement in Commercial Sexual Exploitation (CSE, “sex trafficking”). Today, 15 of these 42 children/youth are still actively involved in our programs.

Since we launched the Family Mentor program in 2010, 359 families have participated in this program. Today we have 51 families actively engaged with their volunteer Family Mentor, and of these, six are Rocklin residents.

- **Detailed description of the program objectives and services. Include a timeline of service delivery and program completion date. Include if the firm has plans to continue services after one-time funding has been expended.**

**Placer CASA:** Assigned to foster youth through court orders (hence “Court Appointed”), CASA volunteers are able to meet weekly with the child one-on-one, interview all parties to the action (parents, social workers, teachers, therapists, etc.), review court documents, and (with our assistance) develop court reports stating the child’s situation, the child’s wishes, and recommendations for actions that are in the child’s best interests. In this way we ensure that these children have their needs met and do not “fall through the cracks.”

The CASA role has four components:

- INVESTIGATION - Review the child’s situation and needs,
- FACILITATION - Identify resources and services for the child,
- ADVOCACY - Communicate the child’s wishes, best interests and unmet needs to the court, and
- MONITORING - Ensure that court orders are carried out.

Foster children often suffer from Adverse Childhood Experiences (ACEs). According to the Centers for Disease Control, “ACEs are potentially traumatic events that occur in childhood (0-17 years) such as experiencing violence, abuse, or neglect... Children growing up under these conditions are at increased risk of becoming involved in crime and violence, using alcohol or drugs, and engaging in other health-risk behaviors (e.g., early initiation of sexual activity; unprotected sex; and suicide attempts). They are susceptible to disease, illness, and mental health challenges over their lifetime, may have difficulty forming healthy and stable relationships, and may also struggle with finances, family, jobs, and depression throughout life—the effects of which can be passed on to their own children.” (*Centers for Disease Control and Prevention (2019). Preventing Adverse Childhood Experiences: Leveraging the Best Available Evidence. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.*)

Fortunately, the CDC report also lists six prevention strategies, including “Connecting youth to caring adults through Mentoring programs.” CASA volunteers mentor foster children and help them build resilience to ACEs. Our foster children achieve better educational successes and make better life choices because someone cares about them unconditionally and is willing to volunteer time and energy to help them reach their goals. Foster children see their CASA as “a different kind of adult” – one that is consistent, reliable, and caring.

**Family Mentors:** Over the years we also realized that to best meet the needs of the child, we must also consider the needs of the parents. To address this, we created our Family Mentor (2010) and Prosper Placer (2017) programs, which serve children through a “Whole-Family Approach.”

In the Family Mentor program, we train a subset of our CASAs to work with parents – about 95% of which are single moms – who are striving to turn their lives around and rebuild their families. These parents are often working toward reunifying with their children who are in the child welfare system. Many are recovering from drug abuse and/or domestic violence and are residing with their children in Transitional Housing settings.

Family Mentors is a unique home-visitation program, wherein the volunteer Family Mentors meet the parents at their place of residence at a time that is convenient to the parent. Families Mentors help the parent improve their life skills, increase their knowledge of parenting and child development, secure employment, increase their resilience, and develop confidence in parenting.

Parents who “graduate” from the Family Mentor program are invited to join our Prosper Placer program, which allows us to provide support for these families for up to three years. Prosper Placer is not part of this request.

We plan to continue these programs after funding has been expended. Future funding will likely come from individual donations, foundations and fundraising events.

- **Description of the targeted populations, if any.**

We have two target populations:

1. Rocklin children who are either in foster care, in juvenile justice, or involved in CSE. These children range from ages 0 to 18 years old. All children are referred to us by Placer Juvenile Court through a court order. We anticipate serving about 42 Rocklin youth in the coming year.
2. Rocklin parents – primarily single mothers – who are either trying to reunify with their children or are at risk of having their children enter foster care. These parents are all low-income households and are referred to us by Juvenile Dependency Court attorneys (who are representing the parent in the Child Welfare process), or our community partners, which include Lincoln Lighthouse and Kids First Family Resource Centers, Roseville HomeStart, Acres of Hope, Granite Wellness, and Sierra Native Alliance. We anticipate serving eight Rocklin parents in the coming year.

- **Description of the desired outcomes of the program, including any metrics used to track success.**

We measure success through monthly reports submitted by our CASAs that summarize all activities related to the youth, including placement issues and case outcomes. Family Mentors also submit monthly reports stating the family’s situation and steps toward addressing issues. We also have our parents complete a pre and post surveys that allow us to evaluate the effectiveness of the program. The survey is provided by First 5 Placer, which is a funder of the Family Mentor program. We store all data for our programs on secure cloud-based databases that allow us to track demographics and report on outcomes.

Our desired outcomes for CASA foster youth are:

1. 80% of all foster youth will be placed in permanent living situations (reunification with parents, adoption, or guardianship),
2. 95% of youth will attain grade promotion and/or graduation,
3. 95% of the youth will avoid teen pregnancy, and
4. 90% of our youth will not enter or re-enter the juvenile/adult justice system.

Of primary importance is the first outcome – placing children in safe and stable homes. In 2021 we closed 137 foster child cases. Of these, 110 children (80%) were placed in permanent homes through either reunification with their parents (81 children), adoption (17 children), or guardianship (12 children).

Our second desired outcome is that the foster child and CASA will form a meaningful relationship that will help the child heal from the trauma of being abused or neglected by their parents – trauma that is compounded when they are then removed from their families and placed in foster care.

Our desired outcomes for Family Mentor parents are:

1. 90% will avoid relapsing into substance abuse,
2. 95% of their children will not enter or re-enter the child welfare system,
3. 90% of the parents will become minimally self-sufficient, and
4. 90% of the parents will “graduate” into our Prosper Placer program – the next step in establishing self-sufficiency.

As with our CASA program, we hope that the parent and Family Mentor will form a meaningful relationship that will allow the parent to flourish. But equally importantly, we want the parent to expand their connections with other families and form an intentional community of support that will continue long after the Family Mentor relationship has ended. This is the primary purpose of the Proper Placer program.

- **Marketing/promotion plans to inform Rocklin residents of the program or new services.**

We do not market our programs to individuals, since they are all involved Placer County systems or with our community partners, who refer them to us. However, we do promote our need for volunteers throughout South Placer County. Currently, 62 of our 300 active volunteers are Rocklin residents.

### **3. Describe your experience administering programs similar to your proposal.**

As mentioned previously, we have been administering these programs since 2004. Over time we have grown from serving 20 foster youth in 2007 to 389 children and 98 families in 2021. Our annual budget has grown from \$125,000 in Fiscal Year 2026-07 to \$1,360,000 in FY 2022-23.

Much of our growth has come out of requests from our community partners – particularly Placer County Children’s System of Care and the Juvenile Court, which keep requesting that we expand our volunteer-driven programs into new areas.

What makes our programs so powerful are our wonderful volunteers who have no agenda other than the desire to help the child, youth, or parent transition through a difficult situation. By meeting weekly with the child (or parent), the CASA (or Family Mentor) becomes perhaps the most consistent and reliable adult the child (or parent!) knows. This leads to a bond of trust and mutual respect between them. As a result, our youth and parents achieve better educational successes and make better life choices because someone cares about them unconditionally, wants to see them succeed, and is willing to volunteer time and energy to help them reach their goals.

**4. Identify the amount of your funding request. 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. Provide a detail description of all expenditures related to this program.**

We are requesting \$45,692 in funding to help provide CASAs for 40 Rocklin foster and at-risk youth in 2022-23, and Family Mentors to eight Rocklin parents. It costs about \$2,200 to provide a CASA for a youth or a Family Mentor for a year. Over the course of 2022-23 we expect to serve about 50 Rocklin youth and parents, with about 30 active cases at any given time.

Funding would primarily cover a prorated portion of salaries for program staff, plus 10% for overhead (rent, utilities, accounting, etc.). Staff involved in this project are:

Program Staff	Amount
Carmen Hill, Youth Services Director	5,000
Linsey Burd, CASA Case Supervisor	10,000
Susie Klinefelter, CASA Case Supervisor	10,000
Jen Hobdy, Data Technician	3,000
Katja Pollman, Family Services Director	4,000
Selena Owens, Family Mentor Case Supervisor	6,000
Subtotal	38,000
Payroll Taxes / Workers Comp	3,538
<b>Personnel Total</b>	<b>41,538</b>
Gen. Overhead (10% of Personnel Total)	4,154
<b>TOTAL</b>	<b>45,692</b>

Specific duties of these staff include:

- Community outreach to recruit volunteers,
- Interviewing, screening, and training new volunteers, and providing continuing education for all volunteers,
- Working with community partners (Placer Juvenile Court, Children’s System of Care, Family Resource Centers, etc.) to review and match referred children and parents,
- Matching volunteers to children and parents, and troubleshooting throughout the duration of the case (typically 12-18 months for a foster child in CASA, and 12 months for a parent in the Family Mentor program),
- Attending court and various meetings with the volunteer, and
- Providing monthly peer group meetings for the volunteers to help them build their own “intentional community of support. This is critical to preventing volunteer burnout.

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

Primary Contact:

Don Kleinfelder, Executive Director

530-887-1006

[don@casaplacer.org](mailto:don@casaplacer.org)

**6. Review Addendum A and provide a letter confirming you can meet the standard requirements for contracts with the City. Identify who in your organization appears on the Secretary of State Business Search Forms and has the authority to sign contracts and provide the full names of those parties (preferably 2 individuals with signing authority). See Cover Letter.**

**Lighthouse Counseling and Family Resource Center  
American Rescue Plan Act Proposal (ARPA)  
Submitted June 30, 2022**

**Funding Request Amount:** \$400,000 to be expended over a three-year period

**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.).**

**Response:** The “Lincoln Lighthouse,” as we were commonly referred to in our early years, began providing mental health counseling services in 1996 under the auspices of the Western Placer Unified School District to families with children that attended the district. In 2005, Lighthouse broke away from the school district to serve more families in Placer County establishing itself as a separate 501c3 nonprofit entity named Lighthouse Counseling and Family Resource Center. Since 2005, Lighthouse provides a full range of evidenced-based counseling services, therapeutic groups, educational classes, and provides help to families to access needed resources such as diapers, gift cards for gas, clothing and emergency food, car seats, CalFresh, Medi-Cal benefits, and so much more. For a complete list of programs please see Programs List 6.9.22 in Addendum B. We serve Placer County (primarily Western Placer/Southern Placer) with offices in Lincoln, Roseville and Auburn. It is our intention to use ARPA funds to open a Rocklin office location to better reach and serve additional Rocklin residents with quality mental health counseling and family services.

**2. Describe the program you would be providing with Rocklin ARPA 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 new program.**

**Response:** Lighthouse has been providing a full range of evidenced-based counseling services, therapeutic groups, educational classes, and helps families access needed resources in the City of Rocklin since it became a separate 501c3 nonprofit entity in 2005. Over the years, the number of Rocklin families served by Lighthouse has been steadily increasing. Lighthouse currently utilizes various revenue streams to cover the expenses associated with serving Rocklin residents. These revenue streams include Mental Health Services Act (MHSA) funding, First 5 funding, Victims of Crime funding, foundation grants, individual donations, and corporate event sponsorships. We are requesting ARPA funds in order to open a new Lighthouse Counseling and Family Resource Center branch office location inside the City of Rocklin. Today, approximately three to five percent (3% to 5%) of the clients we serve are residents of Rocklin. Shortly after opening offices in Roseville (August 2020) and Auburn (February 2021), we nearly doubled the number of people we serve in those two cities. We expect the same phenomenon to occur in Rocklin once we open the Rocklin branch office location. We most likely will not be offering “new” programs to Rocklin residents. We expect to be providing the same quality programs to additional families in the City of Rocklin. Once ARPA funds from the City of Rocklin have been exhausted, we expect to continue providing a higher level of services (uninterrupted) to Rocklin residents by sourcing other supplementary revenues as we have over the past years.



## Statement of Need

We are facing an epidemic of suicidal ideation (thoughts of suicide) and suicides in America especially in young children. According to the Centers for Disease Control and Prevention (CDC) WISQARS Leading Causes of Death Reports\* in 2019:

- Suicide was the tenth leading cause of death overall in the United States, claiming the lives of over 47,500 people.
- Suicide was the second leading cause of death among individuals between the ages of 10 and 34, and the fourth leading cause of death among individuals between the ages of 35 and 44.
- There were nearly two and a half times as many suicides (47,511) in the United States as there were homicides (19,141).

\* Web-based Injury Statistics Query and Reporting System

“Mental health challenges in children, adolescents, and young adults are real and widespread. Even before the pandemic, an alarming number of young people struggled with feelings of helplessness, depression, and thoughts of suicide — and rates have increased over the past decade.” said Surgeon General Vivek Murthy. “The COVID-19 pandemic further altered their experiences at home, school, and in the community, and the effect on their mental health has been devastating. The future wellbeing of our country depends on how we support and invest in the next generation.”

To more fully comprehend the scope of need for mental health services in the region, it is important to know that we currently have more than 500 individuals on a waitlist for counseling services. Many of them are Rocklin residents. In 2021, Lighthouse served 4,169 people. More than half were children under the age of 18 years old. The pandemic decimated the routines of children isolating many of them from friends, school, grandparents and other loved ones. Many children witnessed first-hand an increase in domestic violence within the home. As a direct result of children’s lack of typical support systems (friends, school, etc.), witnessing increased domestic violence in the home, and increased social isolation, Lighthouse has witnessed a 40% increase in suicidal ideation in children as young as 6 years old. We have several families receiving Lighthouse counseling services that have a child that attempted suicide. Many more families have children that are self-harming (cutting and exhibiting other destructive behaviors). Opening up an office in Rocklin to serve more Rocklin residents will help us not only meet our program objectives, it will help save lives!

## Detailed description of the program objectives and services.

Please see Addendum B for a complete list of services.

Lighthouse’s objectives include the following:

- To provide quality therapeutic evidence-based counseling services to address trauma, anxiety and depression, family attachment issues, suicidal ideation, etc.
- To provide therapeutic groups such as Anger Management, Women’s Empowerment, etc.

- To provide effective educational classes to families such as Employment Readiness and Budgeting (Financial Management)
- To provide intensive case management to better meet the ongoing needs of families
- To reduce or eliminate child abuse and neglect in Rocklin families
- To reduce or eliminate domestic violence in Rocklin families
- To reduce or eliminate suicidal ideation, especially in children
- To reduce or eliminate self-harming, especially in children
- To help families access needed resources such as gas for their vehicles, emergency food, clothing, diapers, infant car seats and booster seats
- To provide family-focused information which empowers families to make informed choices
- To enhance collaboration between nonprofit professionals and families in need, minimizing redundancy and optimizing efficiency

Our primary goal is to build strong families and in turn strong communities. Over the years we have greatly expanded our list of programs in order to become a "one-stop-shop" for families in need. Today we serve over 1,500 low-income Placer County families annually that might otherwise go without the help they need. Our tag line is "We help families heal!"

**Include a timeline of service delivery and program completion date. Include if the firm has plans to continue services after one-time funding has been expended.**

Within six months of receiving ARPA funding, it is our intention to open a Lighthouse branch location within the City of Rocklin preferably in a low-income area of the city. If fully funded, we anticipate that the Rocklin office location will have a minimum staff of two full-time Associate Counselors (2 FTE) and one full-time Family Resource Center Specialist (1 FTE). Our request is a three-year funding request. After the three years of funding has been expended, we expect the Rocklin office location to remain fully functional without cuts in service; therefore, there would be no "completion date." We have proven sustainability in our Roseville office (opened August 2020) and our Auburn office (opened February 2021) after receiving the initial funding. We also expect our Rocklin based programs to continue uninterrupted beyond initial three-year funding by seeking and receiving additional revenues. NOTE: Over the past 7 years Lighthouse has augmented its annual revenues by increasing foundation grant awards, event sponsorships, and its contracted funding amounts with the Placer County Department of Health and Human Services, and First 5 Placer. Lighthouse has a current Working Capital Ratio of 18.9 months which means Lighthouse has nearly 19 months' worth of cash and receivables to cover current liabilities. Due to our solid financial standing and industrious fundraising efforts we anticipate ongoing sustainability of our Rocklin based programs.

**Description of the targeted populations, if any (youth, seniors, homeless, specific income levels, etc.).**

Lighthouse serves over 4,000 people per year (which equates to more than 1,500 families). Our clients represent all races, ages, and ethnicities. The majority of our clients (57%) self-identify as a minority, primarily Hispanic (41%), Black (4%), Asian/Pacific Islander (2%) and mixed race (10%). Forty-three percent (43%) identify as Caucasian. Fifty-five percent (55%) of our clients are female. Fifty-one percent

(51%) of our clients are under the age of 18. The vast majority (93%) live at or below 130% of the Federal Poverty Line. We track our clients' residence by zip code along with other pertinent data, including name, age, sex, race, ethnicity, income, etc. Only clients with Rocklin zip codes will receive benefits from the City of Rocklin ARPA funding. Over the three-year period we expect to serve an additional 1,000 Rocklin residents (or more) as a result of ARPA funding. Based on need, Rocklin residents may be eligible to receive weekly counseling sessions up to 12 to 20 weeks; join therapeutic groups, attend educational classes and receive needed resources such as CalFresh, Medi-Cal, diapers, back to school backpacks and gift cards for food, gas for their vehicles and new clothing/shoes. They will also be eligible for infant cars seats, Christmas toys and turkeys over Thanksgiving.

**Description of the desired outcomes of the program, including any metrics used to track success.**

Projected outcomes as a direct result of the ARPA award, if funded at the requested level, include the following:

- 1) Improve the quality of life for Rocklin families and the community as a whole by providing quality evidence-based mental health counseling services to address trauma, anxiety and depression, post-domestic violence, suicidal ideation, family attachment issues, and/or therapeutic groups/educational classes (such as Managing Your Emotions, Financial Management, Employment Readiness, Road to Wellness Anxiety and Depression classes, etc.)
- 2) Reduce or prevent the incidences of active domestic violence, child abuse and neglect with Rocklin residents/families through direct preventative evidence-based counseling services
- 3) Provide intensive case management for the Rocklin families we serve by connecting them to critical resources such as Medi-Cal, Cal-Fresh, WIC, rent and utility assistance (when available), diapers, bus passes, back to school supplies, Christmas presents, turkeys for Thanksgiving, reconditioned bicycles, and gift cards for gas, food, clothing, medicine, and more

Lighthouse will be able to track programmatic outcomes utilizing the following evidence-based measurement tools: Protective Factors Survey (PFS); Adverse Childhood Experiences questionnaire (ACEs); Gottman Couples Assessment; Brief-FAM: General Scale; Edinburgh Postnatal Depression Scale (EPDS); Beck Depression Inventory (BDI II); Beck Anxiety Inventory (BAI); DSM-5 Cross-Cutting Symptom Measure; Woman Abuse Screening Tool (WAST); Short PTSD Rating Interview (SPRINT-OBS); SBIRT-AUDIT Form/DAST-10; and Participant Perception of Care (post-survey). Measuring outcomes gives us the information to continually measure efficacy, evaluate and improve our programs. NOTE: Ninety-eight percent (98%) of all clients served by Lighthouse report a significant improvement in family relationships, reduction in trauma induced anxiety and depression.

**Marketing/promotion plans to inform Rocklin residents of the program or new services.**

Lighthouse employs one full-time and one part-time outreach staff members (1.5 FTE) that promote our programs and other services and available resources. Our Executive Director Gary McDonald is also quite active in the community educating the public about our services, expansion, and our other accomplishments. Lighthouse works very closely with the Placer County Department of Health and

Human Services, Child Protection Services, and the Multi-Disciplinary Interviewing Center (MDIC) which operates under the auspices of the Placer County District Attorney's office. Altogether, we receive referrals from more than 300 organizations and partner with more than 100 other nonprofit organizations to maximize the impact of our services with families in need. As mentioned, we have more than 500 individuals on our waitlist for counseling services so receiving enough client referrals for service is never a challenge. With ARPA funding we will be able to serve even more people in desperate need of our services.

**Describe your experience administering programs similar to your proposal.**

Lighthouse has been providing a full range of quality counseling and family services to the Lincoln community since 1996 and Placer County since 2005 when Lighthouse incorporated as a separate 501c3 nonprofit organization. Over the years we have continuously expanded our reach and depth of services. We consider ourselves to be a one-stop-shop to address family needs. Our staff members are highly trained. Our Executive Director has been serving as a nonprofit leader over the past 25 years. He oversaw several food banks across the United States and founded Feeding America San Diego Food Bank. He also served as the California State Director for Mothers Against Drunk Driving (MADD). Our Clinical Director Diana Linn has over 20 years' experience managing nonprofit social service programs and providing direct mental health services and clinical supervision. Our Family Resource Manager Ana Ramirez has been with Lighthouse for over 9 years in various positions having been promoted numerous times. Lighthouse enjoys an excellent reputation in Placer County for its dedicated staff and quality services having been named nonprofit of the year nine (9) times since 2005 and receiving recognition from numerous elected officials such as California State Representative Kevin Kiley, Senator Gaines, Senator McClintock, and Placer County Board of Supervisors.

**Accomplishments**

To the best of our knowledge, Lighthouse was the very first nonprofit in Placer County to obtain Medi-Cal certification directly from the California Department of Health Care Services (DHCS). It took two years along with legal representation but it paved the way for other nonprofits, who were previously turned down due to overly restrictive regulations, to obtain Medi-Cal licensure. Now, with Lighthouse leading the way, more families in Placer County will be eligible to receive no-cost counseling under Medi-Cal. Lighthouse also accepts private insurance from most major insurance companies such as Aetna and Blue Shield. During the height of the COVID-19 pandemic, Lighthouse opened an office in Roseville and an office in Auburn to better address trauma, anxiety, and depression caused by the pandemic. Lighthouse was named Nonprofit of the Year for the past six years in a row (2017-2022). In 2021 Lighthouse was named California Nonprofit of the Year which is the highest honor the California State Legislature can bestow on any nonprofit entity. For the past three years in a row, for every dollar spent by Lighthouse, 96 cents funded its programs making it one of the most efficient nonprofits in the United States. The average for most nonprofits is approximately 80 cents. When you invest in Lighthouse programs, possibly more so than any other nonprofit, you maximize the impact of your community investment because we are not only very efficient we are also very effective!

**Identify the amount of your funding request. 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. Provide a detail description of all expenditures related to this program.**

#### Budget

Please see Addendum C for anticipated budget expenditures for the proposed Rocklin office location.

#### Budget narrative

We are requesting \$400,000 to assist in covering the costs of opening an office location in the City of Rocklin to be expended over a three-year period. We expect to staff the Rocklin office with a minimum of two full-time associate counselors (2 FTE) and one full-time Family Resource Center Specialist (1 FTE). The costs associated with opening a Rocklin location will exceed the amount requested in ARPA funds. For the balance of the expenditures, we will utilize other available revenue funds such as MHSA, foundation grants, and First 5 funding in order to provide a full range of services with the Rocklin office location.

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

#### Primary Contacts

Gary McDonald; Executive Director; Mobile 916-833-9193; [Gary@LighthouseFRC.org](mailto:Gary@LighthouseFRC.org)

Diana Linn, Clinical Director, Direct 916-408-6618; [Diana@LighthouseFRC.org](mailto:Diana@LighthouseFRC.org)

Ana Ramirez, Family Resource Center Manager, Direct 916-408-6942; [AnaK@LighthouseFRC.org](mailto:AnaK@LighthouseFRC.org)

#### **ADDENDUMS**

- I. **Addendum A: City of Rocklin Contract Requirements | California Secretary of State Certificates**
- II. **Addendum B: Lighthouse Counseling and Family Resource Center Programs List 6.9.22**
- III. **Addendum C: Budget**

## **Addendum B: Programs List**

**(Updated 6.9.22)**

## **EVIDENCE-BASED COUNSELING**

Trauma Focused Cognitive Behavioral Therapy (TF-CBT) – This therapy model is the most nationally recognized and research-backed therapy model. It targets a specific traumatic event that may be causing anxiety or depression for the person. While this model was originally developed for children, it is also useful for adolescents and adults.

Attachment Based Family Therapy (ABFT) – With attachment-based family work, relationships between the child and their parent(s) are addressed, and the depression, anxiety or problematic behaviors will be significantly reduced.

Solution-Focused Brief Therapy (SFBT) – SFBT which has been in use since the 1980s. With SFBT, the individual and family do not need to focus on “the problem” to resolve it, and solutions may not even be directly related to the problem. The primary focus is on the individual’s strengths and resources.

Cognitive Behavioral Therapy (CBT) – CBT is an evidenced-based, goal-oriented treatment that takes a practical approach to problem solving. The goal is to change patterns of thinking or behavior, ultimately changing the way the feels. CBT alters attitudes and behaviors by focusing on the thoughts, images, beliefs and attitudes that influence an individual’s behaviors and relationships.

Couples Counseling – Solution-Focused Brief Therapy, coupled with the Gottman Method, helps couples strengthen their relationships by deescalating destructive cycles, and creating healthy patterns of interaction. Subsequently, couples improve their communication, increase their cooperative parenting skills, and minimize domestic violence risk factors.

Grief and Bereavement Counseling – Lighthouse counselors assist individuals and families to process through the multiple stages of grief, loss, and life transitions to safely experience and accept their emotions. Our evidence-based practices support clients as they learn to adjust to their new reality and formulate plans for the future. Therapy is an opportunity to explore feelings and memories without judgment. No loss is too big or too small to warrant support. You do not have to endure your grief alone.

Postpartum Depression and Anxiety Counseling – Postpartum Depression and Anxiety are more than just “the baby blues”. When sadness and worry do not go away on their own, a mother or family may need assistance to deal with these feelings. Postpartum depression and anxiety can become apparent months or even years after the birth, and they are treatable.

Domestic Violence Therapy – Lighthouse works with individuals, couples and their children in non-acute, non-active domestic violence situations. Therapy helps victims of domestic violence transform into survivors, and couples improve relational health by establishing a safety plan and improved communication. Safety plans identify maladaptive traits and identify steps to deescalate potentially violent situations. Individuals learn how to manage fear and depression and are taught the skills to be assertive and set healthy boundaries.

Victims of Crime (VOC) – Lighthouse offers services to victims and witnesses of all types of crimes. Services include all the Lighthouse services with a strong emphasis on case management and counseling to address trauma, depression and anxiety.

Intensive Differential Response (DR) – Lighthouse receives referrals from Child Protective Services to provide family maintenance or reunification services through family counseling, co-parenting counseling,

and treatment for children who have experienced trauma. Play therapy, sand play, creative expression, and Trauma Focused Cognitive Behavioral Therapy may be utilized.

Protective Factors – First 5 funds Lighthouse to help prevent child abuse and neglect for families with children ages 0-5 by building Protective Factors. Counseling to enhance Protective Factors includes building parents’ resilience, supporting social connections, increasing knowledge of child development, and improving the social and emotional competence of children. Play therapy, sand play and creative expression may be used with children and families.

Department of Transportation Back to Work (DOT) – DOT assessments are available for employees in DOT safety-sensitive positions who have been and removed from duty. As part of employer’s return-to-duty process, a Lighthouse Substance Abuse Professional (SAP) evaluates individuals who have violated a Department of Transportation (DOT) drug and alcohol regulation and makes recommendations concerning education, treatment, follow-up testing, and aftercare.

Employee Assistance Program (EAP) – EAP is a voluntary, workplace benefit program that that some employers offer for free and confidential assessments, short-term counseling, referrals, and follow-up services to employees who have personal or work-related concerns. EAP services provided by Lighthouse include individual and family therapy for First Responders (and other community members) and their families, to treat trauma, grief, depression, anxiety and other stressors and relationship concerns.

## **PSYCHOEDUCATIONAL GROUPS**

Managing Your Emotions: Anger Reduction – groups are designed for adults experiencing feelings of anger and frustration. Exercises focus on developing skills in mindfulness, emotional regulation and interpersonal effectiveness. The classes are practical, interactive, and use evidence-based approaches from Dialectical Behavioral Therapy (DBT).

Road to Wellness: Depression & Anxiety Recovery for Adults – Road to Wellness explores feelings like anxiety, stress, depression, fatigue and guilt which can affect mental health and well-being. Classes use CBT to help participants change their perceptions and patterns of thinking, and improve their self-care, communication and relationships.

Road to Wellness – Youth – RTW is designed for middle school and high school students experiencing anxiety, stress, depression, anger, sleep problems and other feelings affecting their well-being and academic success. Road to Wellness helps students explore their thought patterns and learn new coping and communication skills.

Women’s Wellness Workshop – WWW is designed to help individuals enhance their self-esteem, make healthy lifestyle choices, and develop stronger community support.



## **FAMILY RESOURCE CENTER (FRC)**

Our Family Resource Center staff help families overcome social, economic and health care challenges by connecting them to new skills, resources, and opportunities to advance to the next level of self-sufficiency. All of our services are offered in English and Spanish.

Information & Referral – FRC staff provide clients with information and referrals to various community services including, but not limited to, housing, food, temporary shelter, drug or alcohol rehabilitation, transportation, legal assistance, education, and childcare resources.

Case Management – FRC staff provide advocacy, goal setting, and wellness recommendations to clients in need of support managing a difficult family situation. The majority of clients in need are referred to Lighthouse by social workers, probation officers or other community-based organizations.

CalFresh Information and Enrollment – We increase awareness of CalFresh benefits and educate the community about eligibility and utilization. Our FRC staff are trained by Placer County Human Services staff to collect and submit information necessary for client enrollment to county eligibility workers, and to advocate for recipients when confusion, frustration, or misinformation becomes barriers for obtaining benefits.

Medi-Cal Information and Enrollment – We assist individuals and families apply for Medi-Cal health benefits and educate the community about eligibility. Our FRC staff are trained to obtain and submit the required information necessary for client enrollment in Medi-Cal.

Women, Infants, and Children Referral (WIC) – FRC staff educate clients about WIC eligibility and benefits. We have an on-site WIC worker that helps pregnant women and children obtain services.

Diaper Bank – We support our community's diaper needs by providing parents and children with a supply of diapers once a month for up to 3 months and if deemed beneficial, educate parents about financial planning.

Child Passenger Safety – FRC staff are certified to train parents in safe transportation for children through education, research and advocacy, especially for those at risk, including rural non-English speaking and low-income community members. We partner with outside agencies to provide new and safe car seats to children five years of age and younger. Lighthouse also participates in community events to provide car seat inspections and safe installations.

Housing/Utility Assistance – We partner with other nonprofits referring clients in need of rent and utility assistance. Our partner agencies determine final eligibility with a follow-up visit and the eventual disbursement of funds. Lighthouse at times has access to governmental or county funds to assist clients residing in Placer County. FRC staff prescreen clients and determine final eligibility before disbursing funds directly to landlords and/or utility providers.

Seasonal Assistance – During special times of the year, i.e. Back to School Back Packs, Thanksgiving Turkeys, Christmas Toys, and other supplemental support items are offered to our current clients.

Vision Assistance Referral – We partner with Lions Clubs to prescreen adult clients in need of eye exams and prescription glasses. After the client has been approved for services, client receives approval letter, which serves as form of payment at ophthalmologist.

Employment Readiness – We work with clients to help them develop their employment goals. We discuss issues that may hinder them in finding suitable employment and determine how best to overcome those barriers. The clients are provided an email address from Placer County Business Advantage Network (BAN) so they can receive daily email notices of current job openings in Placer County. Lighthouse can also help in obtaining appropriate interview clothing. If the client needs help building or updating a resume, we provide access to Lighthouse computers, resume builder resume software, and helpful edits and formatting tips for a stronger competitive resume and cover letter.

Financial Literacy – Through computer-based workshops FRC staff educates clients about budgeting, and debt and credit building best practices. We also collaborate with financial institutions if additional education regarding banking (checking, savings, and loans) is necessary.

Differential Response (DR) – We partner with Placer County Child Protective Services to assist in engaging families in obtaining needed services following allegations of child abuse and/or neglect. There are three levels or paths based on the severity of the allegations.

Path One: Families are contacted by FRC staff offering voluntary involvement with our services.

Path Two: Families receive a joint visitation with FRC staff and a CPS County Worker. As the CPS worker is conducting their investigation, the FRC/DR staff member offers support to the family that may be in need of specific services, information and/or referrals.

Path Three: The child is removed from the home and placed in protective custody.

Multi-Disciplinary Interview Center (MDIC) – We partner with the Placer County District Attorney’s Multi-Disciplinary Interview Center to participate in the interview of children that may be victims of maltreatment. We provide assistance to the family and victim(s) based on the types of support needed and/or requested including, but not limited to, victim witness advocacy, therapeutic services and case management.

Early Childhood Disability Assessments – Lighthouse will assist with identifying children who may be experiencing a delay in development or particular disability. An assessment will help determine the individual child’s present level of performance and early intervention or educational needs before reaching school age.

Early Childhood Literacy Information and Referrals – We provide families with reading materials that are child age appropriate in English and Spanish.

Oral Care Information and Referrals – Tooth decay remains a significant problem with young children frequently made worse by barriers that prevent them from obtaining proper dental care. Lighthouse staff can play an important role in helping children and their families gain access to educational materials as well as dental care. Staff make referrals to dentists that will conduct a preliminary assessment and, under certain circumstances, treat the young child free of charge.

Childhood Immunization Education and Referrals. Lighthouse staff provides information regarding the new immunization law as well as a list of locations where children can receive vaccinations.

## **Addendum C: Budget**

<b>Rocklin Office Expenses</b>	<b>YEAR 1</b>	<b>YEAR 2</b>	<b>YEAR 3</b>
Salaries:			
Associate Counselors (2FTE)	\$110,000.00	\$115,500.00	\$121,275.00
Family Resource Center Specialist (1 FTE)	\$50,000.00	\$52,500.00	\$55,125.00
Benefits (21% add-on)	\$33,600.00	\$35,280.00	\$37,044.00
Insurance	\$550.00	\$577.50	\$606.38
Legal, audit and other professional fees	\$375.00	\$393.75	\$413.44
Marketing and outreach	\$1,000.00	\$1,050.00	\$1,102.50
Office supplies and equipment	\$2,500.00	\$2,625.00	\$2,756.25
Program supplies	\$800.00	\$840.00	\$882.00
Rent	\$24,000.00	\$25,200.00	\$26,460.00
Telephone/Computer equipment/install	\$2,550.00	\$0.00	\$0.00
Training & travel	\$450.00	\$472.50	\$496.13
Utilities	\$1,575.00	\$1,653.75	\$1,736.44
In-Kind expenses: gift cards, diapers, etc.	<u>\$1,000.00</u>	<u>\$1,050.00</u>	<u>\$1,102.50</u>
<b>TOTAL EXPENSES</b>	<b>\$228,400.00</b>	<b>\$237,142.50</b>	<b>\$248,999.63</b>
<b>ARPA Request</b>	<b>\$125,000.00</b>	<b>\$125,000.00</b>	<b>\$150,000.00</b>
Funded by alternate funding sources	\$103,400.00	\$112,142.50	\$98,999.63



**Placer County Law Enforcement Chaplaincy, Inc.**  
*"On a Mission of Compassion"*

June 30, 2022

Elizabeth Sorg, Associate Management Analyst  
Office of the City Manager  
City of Rocklin  
3970 Rocklin Road  
Rocklin, CA 95677

Ms. Sorg;

Please find the accompanying Application for the American Rescue Plan Act (ARPA) Grant from the City of Rocklin. We are pleased to be invited to the application process as a potential recipient of the funds that will be disbursed.

I trust that this application will include more documentation than is required, but if questions arise concerning any of it, please do not hesitate to contact me at the numbers or email addresses within.

Our partnership with the City of Rocklin and the Rocklin Police Department in particular has always been a valued relationship over the years. We look forward to continued service to the City and its citizenry for much time to come.

Appreciatively;

A handwritten signature in black ink that reads "Michael R. Boon".

Mike Boon  
PCLEC: Senior Chaplain

EIN# : 680109125

***remember us in your trusts and wills***

PO Box 1111, Newcastle, CA 95658 • Phone 916.672.6984 • Web: [www.placerchaplains.com](http://www.placerchaplains.com)

**AMERICAN RESCUE PLAN ACT (ARPA)  
GRANT APPLICATION**

**Submitted to:  
Office of the City Manager  
City of Rocklin  
3970 Rocklin Road  
Rocklin, CA 95677**

## **CONTENTS**

### **APPLICATION**

1. DESCRIPTION OF ORGANIZATION
2. PROGRAM AND SERVICES PROVIDED
3. ADMINISTRATION
4. PROJECT REQUEST AND EXPENDITURES
5. ORGANIZATIONAL CONTACT

### **ADDENDUM I:**

LETTER OF AFFIRMATION OF 501(c)(3) STATUS (copy)

### **ADDENDUM II:**

PROFIT AND LOSS STATEMENT, FYE2022 (11 month totals)

### **ADDENDUM III:**

SUMMARY OF LIABILITY INSURANCE

## **1. DESCRIPTION OF ORGANIZATION**

Placer County Law Enforcement Chaplaincy is a 501(c)(3) non-profit organization, which serves law enforcement personnel and citizens in Placer County. At the organizational level, PCLEC has two paid chaplain staff, one of which also serves as the Executive Director. Additionally there is a half-time Executive Assistant. We have a cadre of 29 volunteers. Our mission is: *To provide spiritual, emotional, and mental support to law enforcement personnel, their families, and the citizens of Placer County.*

At the request of Placer County Sheriff Don Nunes, the Chaplaincy began in 1979 as an outgrowth of a coffeehouse ministry under Mark O'Sullivan. Initially serving the personnel of the Placer County Sheriff's Office, over time chaplain services began to be utilized by all of the law enforcement agencies in the County. In 1986 the Chaplaincy was officially incorporated as a 501(c)(3) non-profit.

Since that time, the Chaplaincy has been a service tool utilized by each law enforcement agency that operates within Placer County. We have also been endorsed by and invited to a seat at the monthly P.L.E.A. meetings. P.L.E.A., Placer Law Enforcement Agencies, is a formal gathering of the lead personnel from each of the agencies with jurisdiction in Placer County; federal, state, county, and municipal.

As our Mission Statement declares, our services provide "first response" support during and following critical incidents. Those incidents will vary in scope from those involving officer injury or death, to the natural death of an elderly subject. Within that range we respond to public disasters, fatality accidents, suicides, over-doses, homicides, SIDS, unattended deaths requiring a coroner's investigation, and delivery of death notifications within our County as well as accompanying local L.E. personnel for courtesy notifications on behalf of an out-of-area agency.

## **2. PROGRAM AND SERVICES PROVIDED**

In order to fulfill our mission, chaplains are available on a 24/7/365 basis. Most commonly we are called alongside officers and deputies in their service to community members who have suffered loss or tragedy. When we are called to an incident we will provide emotional support to individuals, families or groups impacted by the loss. In provision of that support we absorb a measure of the emotional impact encountered by the officer or deputy. We offer practical resources to those who are at a loss regarding "what to do next". As we walk these citizens through the first steps toward navigating their tragedy, officers can feel confident that their subjects are being served well. They, then, are able to focus their attention on the law enforcement duties that may be required.

Within the scope of emotional support, chaplains may provide a listening ear or shoulder to cry on. We will also assist the person or family in rallying personal support systems such as extended family, friends, or church or other support groups. We will provide information necessary for longer-term support through organizations such as Seniors First, KidsFirst or grief sharing groups such as Friends for Survival. Often the emotional support overlaps with the practical support of connection to those follow up resources. We may also provide



assistance in selecting a funeral service, understanding the Coroner's process, or accessing VA resources.

Any one of those processes can be daunting to someone still in the shock of an unexpected loss. Together the tasks may be overwhelming. As we walk our citizens through the process, trauma and stress are somewhat mitigated and they move toward recovery and resiliency more quickly. In the aftermath of the COVID pandemic, the decline in societal mental health has been well documented.<sup>1</sup> This has significantly exacerbated the need for our services. On the one hand decreased mental health has resulted in more chemical dependence and incidents of overdose, avoidance of personal health care, and, of course, isolation, depression and an increase in suicidal ideation. On the other hand a general increase in anxiety and stress creates more need for "first response" support during crises.

In this light, one of the current "hot topics" for mental health that has come to the forefront is the effect of A.C.E.s (adverse childhood experiences) on child development. So many of the incidents to which we respond involve children either directly or indirectly. Whether it's the death of a grandparent, parent, or even a sibling, a school-age or pre-school child will absorb a great deal of the family stress, sometimes silently, not knowing how to process their own grief. One program that has recently been introduced by Placer County Office of Education is the *Handle With Care* program. It is a program whereby school care teams may be confidentially notified by first responders of an event potentially impacting a student. Placer County Law Enforcement Chaplaincy was the first first-response agency to implement the program fully. (for full disclosure, most other law enforcement agencies were on board, we were simply more nimble in our implementation due to size and structure.)

Not only are we involved with schools through the *Handle with Care* project, we are also involved with high schools who participate in the Every 15 Minutes program, a drunk and impaired driving educational program. In addition, we will come alongside school care team personnel when there is a high impact incident involving students, e.g. student suicide, fatal accident, or death of a popular staff person. In those situations we not only assist in student care, but also staff care.

Our services are not limited to homes or school campuses. When a group such as a small business or department within a larger entity is impacted by a tragic loss we will be available for one-on-one processing or perhaps small group processing in the form of a Critical Incident Stress Debrief.<sup>2</sup>

As our name indicates, providing psychological first aid to the community is a service program we engage in as a direct extension of and support to law enforcement agencies and their personnel. As we absorb a bit of the emotional stress on officers and deputies on critical incidents we increase the life-span of their careers and decrease the "baggage" carried into retirement.

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<sup>1</sup>W.H.O. -- Mental Health and COVID-19: Early evidence of the pandemic's impact: Scientific brief, 2 March 2022

<sup>2</sup>ICISF.org

As those L.E. personnel grow comfortable with us on scene, it gives us opportunity to make contact with them “off scene” to download stresses and process images from other events. We will follow up with them as we learn of other high-impact events and check in to encourage them to download or seek other self-care. This often includes working with peer-support teams to provide Critical Incident Debriefings. We are also available to agency personnel when non-line-of-duty losses impact an agency or one of their departments.

It has been said in the past that we are the best kept secret in Placer County. We often “fly under the radar”, coming in quietly at someone’s dark hour, providing our care, and leaving without fanfare. Folks often don’t remember our names or our faces. They just remember that someone came and helped them. In that regard, most people don’t know who we are until they need us. Although we are doing our best to become better known to potential funding sources, our best PR is when an officer comes on scene and recommends our services to a family in crisis. To that end, we will serve all, regardless of religious preference or no preference, without discrimination, and without cost. The only metrics of our success are testimonies we receive from officers, deputies, families and individuals.

So far this calendar year (January-May) our 29 volunteers and staff have posted the following county-wide statistics {Rocklin specific noted in brackets}:

12,000	hours (stand-by, dispatch, supervisor, community service events)
300+	hours on active emergency scenes {22 hours at Rocklin addresses}
105	emergency call outs {8 to Rocklin addresses}
	(6 unattended deaths-including overdoses, 2 death notifications)
500+	law enforcement personnel assisted on emergency scenes {27 Rocklin PD}
800+	citizens assisted on emergency scenes {32 Rocklin residents}

### **3. ADMINISTRATION**

Since we are not campaigning for a facilities expansion or building project, the project management will not involve construction coordination or contractors. During calendar year 2020 we were able to access Cares Act funds and were recipients of some irregular donor advised fund grants. However during calendar year 2021 the fiscal assistance was unavailable but lingering restrictions prohibited our ability to raise funds through normal channels. The effect of that will result in a significant operations shortfall for the fiscal year ending June 2022. (Cf. Addendum II) Administratively/fiscally we managed to function and maintain full service availability through three (3) lean fiscal years and certainly expect to continue as good stewards of future resources that come available.

### **4. PROJECT REQUEST AND EXPENDITURES**

Our funding request is for the amount of \$50,000. Restrictions during the COVID pandemic hindered our recruitment and training of volunteers. During the same period of time we experience a disproportionate loss of numbers to our volunteer ranks. Due to this, a portion of the funds would go towards promotion, recruitment and training to bolster our volunteer numbers. Additional expenditures would go towards the organization, management, and

deployment of our current volunteer force as well as off-setting current fiscal shortfalls. The Chaplaincy's Executive Director, Mike Boon, oversees all organizational expenditures.

#### **5. ORGANIZATIONAL CONTACT**

The primary contact for Placer County Law Enforcement Chaplaincy is:

Michael Boon, Executive Director, Senior Chaplain

Work phone: (916) 672-6984

Cell: (714) 757-2331

Work email: [pcleadmin@gmail.com](mailto:pcleadmin@gmail.com)

pers. email: [chaplmrb@gmail.com](mailto:chaplmrb@gmail.com)

Mail to: P.O.Box 1111

Newcastle, CA 95658

Phys. Addr: 6235 S. Walnut St. #150

Loomis, CA 95650

**ADDNDUM II:**  
**PROFIT AND LOSS STATEMENT, FYE2022 (11 month totals)**

Placer County Law Enforcement Chaplaincy  
**Profit & Loss - July 2021 through May 2022**

Jul '21 - May 22

Ordinary Income/Expense

Income

401 · Designated Fund Receipt	4,204.59
410 · Individuals	34,131.07
415 · Reimbursed Expense Income	2,943.24
420 · Churches	4,550.00
430 · Businesses	1,300.00
445 · Foundations and Memorials	34,824.63
450 · Government Entities	53,077.00
460 · Payroll Contributions	2,020.00
470 · Fund Raiser Income	
Fundraiser - Other	527.41
493 · T-shirt Promotion	1,761.00
492 · Pancake Breakfast	2,870.00
489 · Event Display Donations	44.00
483 · Softball	4,245.38
478 · Tahoe Event	8,450.00
479 · Christmas Dinner	1,611.00
470 · Fund Raiser Income - Other	141.25
Total 470 · Fund Raiser Income	<u>19,650.04</u>
480 · United Way	3,721.40
490 · Interest Earned	32.38
486 · Training	3,100.00

Total Income

163,554.35

Gross Profit

163,554.35

Expense

800 · Designated Fund Expenditure	110.38
Salary, Wages, Benefits	
745 · Payroll Processing Fees	1,389.75
510 · Salaries and Wages	90,963.86
580 · Employee Benefits-Housing Allow	33,366.74
640 · Health Insurance	4,125.00
660 · Workers' Comp Insurance	1,181.76
740 · Payroll Tax Expense	8,352.06
Total Salary, Wages, Benefits	<u>139,379.17</u>
Automobile Expenses	
530 · Automobile Expense	10,010.00
793 · Fuel Expense	3,366.72
Total Automobile Expenses	<u>13,376.72</u>
Other Expenses	
870 · Web Site Service	144.00
531 · Advertising and Promoting	920.50
540 · Bank Charges	
543 · Merchant Fees	147.06
542 · Paypal Merchant Fees	461.11
Total 540 · Bank Charges	<u>608.17</u>
550 · Officer Appreciation	171.43

Placer County Law Enforcement Chaplaincy  
 Profit & Loss - July 2021 through May 2022

	<u>Jul '21 - May 22</u>
558 · Volunteer Appreciation	914.90
590 · Office Equipment Rental/Lease	3,329.01
610 · General Insurance	3,404.00
720 · Office Supplies/Expense	1,443.55
730 · Outside Services	6,500.00
750 · Postage	545.63
735 · Professional Services	1,200.00
780 · Rent	9,196.00
810 · Taxes and Licenses	8.00
820 · Phone Expense	4,754.52
<b>Total Other Expenses</b>	<b>33,139.71</b>
<b>Chaplain and Training Expenses</b>	
535 · Community Chaplains	
538 · Supplies	124.78
<b>Total 535 · Community Chaplains</b>	<b>124.78</b>
600 · Fund Raiser Expenses	
603 · Softball Expense	1,020.00
602 · Tahoe Event	353.10
600 · Fund Raiser Expenses - Other	3,558.01
<b>Total 600 · Fund Raiser Expenses</b>	<b>4,931.11</b>
680 · Uniforms	289.58
790 · Reimbursable Expenses	2,789.09
826 · Volunteer Training Expenses	
824 · Staff Training	46.35
829 · Community Chaplain Academy	659.94
<b>Total 826 · Volunteer Training Expenses</b>	<b>706.29</b>
<b>Total Chaplain and Training Expenses</b>	<b>8,840.85</b>
<b>Total Expense</b>	<b>194,846.83</b>
<b>Net Ordinary Income</b>	<b>-31,292.48</b>
<b>Other Income/Expense</b>	
<b>Other Income</b>	
405 · PSEU Receipts <i>FUNDS HELD FOR</i>	2,802.00
<b>Total Other Income</b> <i>PLACER SHERIFF EQUESTRIAN UNIT</i>	<b>2,802.00</b>
<b>Net Other Income</b>	<b>2,802.00</b>
<b>Net Income</b>	<b>-28,490.48</b>



Rocklin Unified School District  
 City of Rocklin - American Rescue Plan Act  
 Grant Application

**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.).**

The Rocklin Unified School District (RUSD) formed in August 1866. Since that time, there has been rapid change and growth in the community and in the District, specifically in the last 50 years. The District is now approximately 19 square miles and will operate 18 schools this coming fall - 12 elementary schools, 2 middle schools, 2 comprehensive high schools, and one alternative education center housing 2 schools, Victory High School and an Independent Study School. RUSD is recognized for its commitment to the optimum development of each student and to the belief that all students can learn. The District provides a strong and balanced instructional program with a major emphasis on academics, social-emotional wellbeing, and extracurricular activities. The elected Board of Trustees has a clear vision as to the attributes of quality education and is committed to continuous dialogue with parents, staff, and the community to ensure that continuous improvement is a reality in Rocklin Unified.

The Rocklin Unified School district is a public school district and serves approximately 11,405 students from Transitional Kindergarten through twelfth grade. As displayed on the California School Dashboard in fall of 2021, 18.9% are socioeconomically disadvantaged, 3.9% are English Learners, and 0.1% are Foster Youth. Through the engagement of educational partners and strategic planning throughout the district, actions and services have been implemented and monitored in order to meet and exceed the needs of all student groups academically, behaviorally, socially, and emotionally. With the three LCAP goals focusing efforts on academic excellence in mathematics, social-emotional and behavioral supports, and students in Rocklin graduating college and career ready.

Currently RUSD offers school-based mental health and behavioral services to students. Services are detailed by grade span below.

Grade Span	Current Services
Grades TK-6 *schools range in size from 350-650 students	<ul style="list-style-type: none"> <li>● 5-10 individual counseling spots available per school site allowing for an average of 15-30 students (depending on school size) to be served in a year. Services are offered for 10 weeks per student.</li> <li>● School-wide Positive Behavior Interventions &amp; Supports to establish positive school culture</li> <li>● Classroom based social-emotional skill lessons</li> <li>● Small group social-skill groups (typically 15 students total can be served in a year)</li> <li>● Mentorship-type behavior intervention (check-in/check-out)</li> <li>● Access to mental health and behavior specialists through special education</li> </ul>

<p>Grades 7-8 *schools range in size from 800-1000 students</p>	<ul style="list-style-type: none"> <li>● 2 school-based counselors for 800-1000+ students to provide academic and social emotional (1:1 or small group) counseling services</li> <li>● 20 individual counseling spots available per school site allowing for an average of 60 students to be served in a year. Services are offered for 10 weeks per student.</li> <li>● School-wide Positive Behavior Interventions &amp; Supports to establish positive school culture</li> <li>● Classroom based social-emotional skill lessons</li> <li>● Mentorship-type behavior intervention (check-in/check-out)</li> <li>● Access to mental health and behavior specialists through special education</li> </ul>
<p>Grades 9-12 *comprehensive schools range in size from 1900-2100 students</p>	<ul style="list-style-type: none"> <li>● 4 school-based counselors to provide college and career academic and emergency-based mental health/crisis counseling</li> <li>● 20 individual counseling spots available per school site allowing for an average of 60 students to be served in a year. Services are offered for 10 weeks per student.</li> <li>● Classroom based social-emotional skill lessons</li> <li>● Access to mental health and behavior specialists through special education</li> </ul>

2. **Describe the program you would be providing with Rocklin ARPA 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 new program. Proposals must include the information below:**
- a. **Detailed description of the program objectives and services. Include a timeline of service delivery and program completion date. Include if the firm has plans to continue services after one-time funding has been expended.**
  - b. **Description of the targeted populations, if any (youth, seniors, homeless, specific income levels, etc.).**
  - c. **Description of the desired outcomes of the program, including any metrics used to track success.**
  - d. **Marketing/promotion plans to inform Rocklin residents of the program or new services.**

RUSD plans to expand currently offered services and increase referrals to outside agencies with this request for funds. RUSD is specifically seeking funding for 3 areas - 1) increase mental health specialist contract through Placer County Office of Education for foster, homeless and socio-economically disadvantaged students, 2) increase mental health specialist contract through Wellness Together for high school students with significant mental health needs, and 3) provide services through a partnership with Care Solace to all RUSD students, their families, and all RUSD employees.

All services are supplemental to the current services offered in RUSD schools and will directly support Rocklin students and their families. All services will be implemented during the 2022-23 school year. RUSD intends to measure the impact of this program during the upcoming year and continue funding for the 2023-24 school year if benefits to students meet anticipated outcomes. If beneficial, RUSD will work to secure long-term funding sources for these supplemental services.

RUSD will monitor the implementation and impact of these services using service logs tracking the number of students receiving services and will utilize pre/post data points (ie, wellbeing screeners) to determine program effectiveness.



Specific information about marketing of these services is included within the detailed information below, however all services will be sent out in the District's Slate newsletter, posted on the website, and shared with families at Back to School Night in August.

Detailed information about these 3 proposed services is below:

- 1) **0.3 FTE Mental Health Specialist Contract** through Placer County Office of Education (PCOE) - Contract for an additional 0.3 FTE Mental Health Specialist (MHS) to serve Rocklin's highest needs youth (foster youth, youth living in homelessness, and socio-economically disadvantaged) during the 2022-23 school year. This position would be an add-on to a new contract with PCOE for a 0.7 FTE MHS that will be new and serving Victory High School students next year.

PCOE Mental Health Specialists will collaborate with existing RUSD staff to serve intensive homeless education and foster youth education services, including accompanying families or unaccompanied youth to referral appointments while modeling how to navigate systems to meet their goals; addressing complex needs related to employment, mental health and substance use, medical and dental, transportation, pregnancy and parenting; and locating or reapplying for missing identification documents, such as state identification, social security cards, and/or birth certificates.

Each student and their family referred to the PCOE School Mental Health Program may receive case management support in addition to services listed above, including:

- Behavioral and emotional counseling for the referred student and any siblings attending RUSD
- Assistance for the student and their family to adjust to school and community life
- Training to school staff on behavioral and mental wellness
- Liaison services to other agencies

Metrics include a service and communication log to monitor the number of students who have received services and what types of services are being utilized, in addition to pre/post data points to determine program effectiveness.

School Principals, office staffs, and counseling departments will have information about PCOE supports and can make direct referrals to the District Homeless and Foster Youth Liaison, who will triage the referrals and send the highest needs referrals to the MHS. Additionally, counseling staff and administration will provide information to school staff about the referral process.

- 2) Increase to **5 days of Wellness Together services** at both comprehensive high schools - Increase contract from 4 days (24 hours) to 5 days (32 hours) at each comprehensive high school. This would increase available services to students at these schools and ensure a MHS was available for crisis counseling every day of the week.

Wellness Together Mental Health Specialists (MHS) collaborate with existing site staff to deliver on-campus mental health services, regardless of Medi-Cal or insurance eligibility, including: individual counseling, group counseling, family engagement, and crisis intervention support. MHS are typically on site 6-8 hrs/day and scheduling is based upon

site needs. The time between a student referral and the MHS meeting with the student is typically less than 2 school days.

Each student referred to the Wellness Together School Mental Health Program may receive up to 13 weekly sessions including:

- Up to ten 40-minute Cognitive Behavior Therapy sessions
- Up to three Family Engagement sessions
- Warm-hand off to community resources if ongoing support is appropriate

In addition to serving students on the caseload, MHS are able to provide crisis intervention support while on-site and not in session with a referred student. Supporting a student in crisis does not displace available spots on the caseload.

Wellness Together School Mental Health Program Objectives:

- Increase access to timely and evidence-based mental health services for students and families, regardless of Medi-Cal or insurance eligibility, to support student success
- Help students identify and regulate emotions, increase helpful coping skills, and reduce unhelpful thinking patterns through evidence-based interventions including Cognitive Behavior Therapy
- Supplement, and not supplant, a site's Multi-Tiered System of Supports Tier II and III interventions

Metrics utilized include a service log to monitor the number of students who have received services, in addition to pre/post data points to determine program effectiveness.

School counseling departments will have information about Wellness Together supports available on their website, in addition to sharing information at school events, such as Back to School Night and freshman orientation. Additionally, counseling staff and administration will provide information to school staff about the referral process.

- 3) **Care Solace contract** - Partner with Care Solace to provide connection to outside service providers for all Rocklin students and staff (and their families) within 10 days of referral.

Care Solace's 24/7/365 multilingual care coordination experts quickly connect students, staff, and their families with verified mental health providers and substance use treatment options aligned with their needs. The intent of Care Solace is to provide a bridge to community providers when needs exceed the scope of school-based services. Experts support families and staff with decreasing wait times for care. Currently, our school counseling staff report that some families are waitlisted for months before receiving out-of-school services, and many have difficulty navigating the complex health care system to identify a provider. Experts will partner with families to navigate insurance, including Medicare and sliding scale options for those without insurance.

Care Solace experts track all communications, case management, and outcome of referrals to providers. These metrics will be made available to authorized school personnel in order to ensure families are receiving timely support and to monitor the effectiveness of the program.

Care Solace will provide Rocklin Unified with marketing and community messaging resources so that we can keep families and staff informed about this available service, including messages that can be sent home to families (backpack mailer, email/text templates) and an active link to request support.

**3. Describe your experience administering programs similar to your proposal.**

Rocklin Unified has experience coordinating with community agencies to provide direct services to students. Specifically, RUSD has a history of strong partnerships with Wellness Together and PCOE. The Care Solace partnership will be new, however RUSD has District staff ready to oversee the partnership and ensure a smooth transition into our school system. All of the services provided by the Mental Health Specialists detailed above will be supplemental to the services already provided by the District and will be a necessary addition to meet the pandemic-related spike in mental health needs.

**4. Identify the amount of your funding request. 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. Provide a detail description of all expenditures related to this program.**

<b>Proposed Services</b>	<b>Expenditures</b>	<b>Personnel Providing Services</b>
0.3 FTE Mental Health Specialist Contract	\$44,640	Placer County Office of Education Mental Health Specialist
5 days of Wellness Together Services Contract (increase of 1 day per week at each comprehensive high school site)	\$31,008.00	Wellness Together, Mental Health Specialist
Care Solace Contract	\$40,250.00	Care Solace Providers
<b>Total</b>	<b>\$115,898</b>	

ARPA grant funds will directly be used to pay for contracted services through PCOE, Wellness Together and Care Solace. Expenditures listed above are provided from these agencies.

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

Hannah Anderson  
handerson@rocklinusd.org  
916-630-3306

**6. Review Addendum A and provide a letter confirming you can meet the standard requirements for contracts with the City. Identify who in your organization appears on the Secretary of State Business Search Forms and has the authority to sign contracts and provide the full names of those parties (preferably 2 individuals with signing authority).**

Attached.

# Rocklin Unified School District

2615 Sierra Meadows Drive · Rocklin, CA 95677

Phone · (916) 624-2428 Fax · (916) 624-7246

Roger Stock, Superintendent  
Barbara Patterson, Deputy Superintendent Business & Operations

Tony Limoges, Associate Superintendent, Human Resources  
Marty Flowers, Associate Superintendent, Secondary Education  
Bill MacDonald, Associate Superintendent, Elementary Education

July 1, 2022

To Whom It May Concern:

This letter is to confirm that Rocklin Unified School District has reviewed Addendum A of the American Rescue Plan Act grant application and can meet the standard requirements for contracts with the City. Roger Stock, Superintendent and Barbara Patterson, Superintendent Business & Operations have the authority to sign contracts on behalf of the Rocklin Unified School District. Their contact information is below.

Roger Stock  
Superintendent  
rstock@rocklinusd.org  
(916) 630-2230

Barbara Patterson  
Deputy Superintendent, Business & Operations  
bpatterson@rocklinusd.org  
(916) 630-2234

Please contact either party above for information about Rocklin Unified's ability to meet the requirements outlined in Addendum A.

Sincerely,



Roger Stock  
Superintendent

## **Addendum A: City of Rocklin Contract Requirements**

The City requires the standard insurance coverages noted below and will require evidence of insurance, full endorsements, and the City named or endorsed as additionally insured if your entity is selected for funding. If your entity cannot meet these requirements, please provide information regarding the level of coverage that can be provided and written justification for any reduced amounts of coverage.

1. **Commercial General Liability (CGL):** Insurance Services Office Form CG 00 01 covering CGL on an “occurrence” basis, including products and completed operations, property damage, bodily injury and personal & advertising injury with limits no less than **\$2,000,000** per occurrence. If a general aggregate limit applies, either the general aggregate limit shall apply separately to this project/location (ISO CG 25 03 or 25 04) or the general aggregate limit shall be twice the required occurrence limit.
2. **Automobile Liability:** Insurance Services Office Form Number CA 0001 covering, Code 1 (any auto), or if Contractor has no owned autos, Code 8 (hired) and 9 (non-owned), with limit no less than **\$1,000,000** per accident for bodily injury and property damage.
3. **Workers’ Compensation** insurance as required by the State of California, with Statutory Limits, and Employer’s Liability Insurance with limit of no less than **\$1,000,000** per accident for bodily injury or disease.
4. **Professional Liability** (Errors and Omissions) Insurance appropriate to the Contractor’s profession, with limit no less than **\$1,000,000** per occurrence or claim, \$3,000,000 aggregate.

If the Contractor maintains broader coverage and/or higher limits than the minimums shown above, the City requires and shall be entitled to the broader coverage and/or the higher limits maintained by the contractor. Any available insurance proceeds in excess of the specified minimum limits of insurance and coverage shall be available to the City.

### **A. Other Insurance Provisions**

The insurance policies are to contain, or be endorsed to contain, the following provisions:

1. **Additional Insured Status.** The City, its officers, officials, employees, and volunteers are to be covered as additional insureds on the CGL policy with respect to liability arising out of work or operations performed by or on behalf of the Contractor including materials, parts, or equipment furnished in connection with such work or operations. General liability coverage can be provided in the form of an endorsement to the Contractor’s insurance (at least as broad as ISO Form CG 20 10 11 85 or both CG 20 10, CG 20 26, CG 20 33, or CG 20 38; and CG 20 37 forms if later revisions used).
2. **Primary Coverage.** For any claims related to this contract, the Contractor’s insurance coverage shall be primary with coverage at least as broad as ISO CG 20 01 04 13 as respects the City, its officers, officials, employees, or volunteers, and shall be excess of the Contractor’s insurance and shall not contribute to it.

3. **Notice of Cancellation.** Each insurance policy required above shall not be canceled, except with notice to the City.

4. **Waiver of Subrogation.** Contractor hereby grants to City a waiver of any right to subrogation which any insurer of said Contractor may acquire against the City by virtue of the payment of any loss under such insurance. Contractor agrees to obtain any endorsement that may be necessary to affect this waiver of subrogation, but this provision applies regardless of whether or not the City has received a waiver of subrogation endorsement from the insurer.

5. **Self-Insured Retentions.** Self-insured retentions must be declared to and approved by the City. The City may require the Contractor to provide proof of ability to pay losses and related investigations, claim administration, and defense expenses within the retention. The policy language shall provide, or be endorsed to provide, that the self-insured retention may be satisfied by either the named insured or City.

6. **Acceptability of Insurers.** Insurance is to be placed with insurers authorized to conduct business in the state with a current A.M. Best's rating of no less than A:VII, unless otherwise acceptable to the City.

7. **Claims Made Policies.** If any of the required policies provide coverage on a claims made basis:

- i. The Retroactive Date must be shown and must be before the date of the contract or the beginning of contract work.
- ii. Insurance must be maintained and evidence of insurance must be provided for at least five (5) years after completion of the contract of work.
- iii. If coverage is canceled or non-renewed, and not replaced with another claims-made policy form with a Retroactive Date prior to the contract effective date, the Contractor must purchase "extended reporting" coverage for a minimum of five (5) years after completion of contract work.

8. **Verification of Coverage.** Contractor shall furnish the City with original Certificate of Insurance including all required amendatory endorsements (or copies of the applicable policy language effecting coverage required by this clause) and a copy of the Declarations and Endorsement Page of the CGL policy listing all policy endorsements to the City before work begins. However, failure to obtain the required documents prior to the work beginning shall not waive the Contractor's obligation to provide them. The City reserves the right to require complete, certified copies of all required insurance policies, including endorsements required by these specifications, at any time.

9. **Subcontractors.** Contractor shall require and verify that all subcontractors maintain insurance meeting all the requirements stated herein, and Contractor shall ensure that City is an additional insured on insurance required from subcontractors.



## **THE UNITY CARE GROUP**

### **Proposal to the City of Rocklin: Mental Health Services for Rocklin Residents**

**Submitted: July 1, 2022**

To: Elizabeth Sorg, Associate Management Analyst  
Office of the City Manager, City of Rocklin  
elizabeth.sorg@rocklin.ca.us

**The Unity Care Group  
American Rescue Plan Act (ARPA) Grant  
Mental Health Services for Rocklin Residents**

**PROPOSAL NARRATIVE**

**1. Organization description**

Founded in 1993, The Unity Care Group is a Black-led, nationally accredited 501(c)(3) organization operating programs for foster youth and former foster youth in multiple Northern California counties. For 29 years, we have served this vulnerable population that faces challenges in several life domains at a higher rate than their non-foster peers at the same time as they are struggling with the emotional (and, often physical) scars inflicted during their upbringing. Our mission is to “Transform the lives of young people in and emerging from foster care by providing stable housing, caring connections, and life skills that build a foundation to achieve their potential.”

With headquarters in San Jose, Unity Care has locations and services for youth in the San Francisco and Monterey Bay Areas as well as the greater Sacramento region, including Placer and El Dorado counties. Unity Care’s core values of service, diversity, and equity have made the agency a home to youth with complex and varied needs who have not been a good fit for traditional transitional housing programs. As a strengths-based, family-focused, culturally proficient agency founded on a commitment to social justice, Unity Care’s goals include empowering youth to achieve self-sufficiency and overall wellness through educational, employment, social, mental health, housing, and other crucial supports. Our core values reflect the democratic principles of justice and equality and are based upon a core belief that to be an effective and efficient agent of change, Unity Care must mirror the communities served ethnically, racially, linguistically, and with respect to life experiences.

Current services include a continuum of transitional housing programs for youth and young adults with wraparound case management and supportive services; mental health services for youth; housing navigation and support; a financial literacy program for youth; and a parenting program for female and male youth and young adults.

**2. Proposed program Unity Care would provide with Rocklin ARPA funds**

Unity Care Group proposes outpatient mental health services for foster youth living in its transitional housing in the City of Rocklin. Services will be provided with the whole person in mind. The goal of the program is to prepare youth for independent living by providing intensive mental health and life skills support. Program participants have experienced significant trauma and are therefore behind in their life skills and maturity to cope with life’s challenges. This program will support youth to develop the necessary coping mechanisms to allow them to function and succeed in everyday life.



The proposed program is an expansion of our current mental health programs in Northern California to clients in Rocklin. Unity Care has over 20 years of experience operating outpatient mental health programs for youth and families. Mental health support is part of all of our transitional housing programs as well. Please see #3 for detailed information about our experience.

## **2.a. Program objectives, services, and timeline**

### Program objectives

Objectives include the following:

1. Provide 20 foster youth ages 18-21 living in Rocklin with screening, assessment, and treatment of mental health disorders and behavioral conditions preventing them from developing healthy lifestyles.
2. Within 30 days of their entry into the program, develop individualized treatment plans for 20 foster youth living in Unity Care housing in Rocklin that need mental health services.
3. Youth will demonstrate increased independent living skills through the mental health services received as evidenced by the Casey Life Skills scores.
4. Through program participation, youth will develop coping mechanisms to address negative feelings that prevent them from setting life goals

### Services

The proposed intensive weekly mental health services will include:

- Assessment and reassessment to be conducted at intake and at 6-month intervals
- Individual therapy conducted weekly
- Weekly case management sessions
- Crisis intervention as needed
- Stabilization services as needed, and included in the weekly services
- Coping skills training twice a month
- Life skills training twice per month
- Service linkages

Services will continue at a reduced intensity once funding is removed, but every effort will be made to secure additional funding to ensure our youth continue to receive the care they need to be successful.

*Evidence-based practices to be incorporated include:*

### Dialectical Behavior Therapy (DBT)

This is a type of cognitive behavioral therapy that teaches individuals to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relationships with others. DBT can help people who have difficulty with emotional regulation or are exhibiting self-destructive behaviors. Cognitive Behavioral Therapy tries to identify and change negative thinking patterns and pushes for positive behavioral changes. DBT provides people with new skills to manage painful emotions

and decrease conflict in relationships. Psychology Today describes the four key areas DBT focuses on as: 1) *Mindfulness*: focuses on improving an individual's ability to accept and be present in the current moment. 2) *Distress tolerance* is geared toward increasing a person's tolerance of negative emotion, rather than trying to escape from it. 3) *Emotion regulation* covers strategies to manage and change intense emotions that are causing problems in a person's life. 4) *Interpersonal effectiveness*: consists of techniques that allow a person to communicate with others in a way that is assertive, maintains self-respect, and strengthens relationships. While DBT is a tool to be used in therapeutic environments, DBT techniques are becoming widely used with direct service staff to prepare them in their ability to support wellness and treatment goals led by clinicians.

### Motivational Interviewing (MI)

This goal-oriented, client-centered counseling style elicits behavioral change by helping youth and families explore and resolve their ambivalence towards changing their problematic behavior. The approach upholds four principles— expressing empathy and avoiding arguing, developing discrepancy, rolling with resistance, and supporting self-efficacy (youth's beliefs can successfully make a change). MI can be used by clinicians and direct service staff to gain essential information about the youth and their family and to begin to involve the youth and their Child Family Team (CFT) in determining the course of treatment and the measures of treatment success. MI techniques keep the youth actively engaged in their own recovery and build and maintain a sense of empowerment on the part of the youth since the youth's belief in his or her ability to recover is an important element in effecting recovery.

### Social-Emotional Learning

The Collaborative for Academic, Social, and Emotional Learning (CASEL) defines social-emotional learning (SEL) as “the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.” CASEL outlines five core competencies central to SEL:

1. Self-awareness: “Do I have insight into my strengths, limitations, and needs?”
2. Self-management: “Can I manage my emotions and physical behaviors in ways that align with expectations in a range of circumstances?”
3. Social awareness: “Can I empathize with those who are different from me?”  
“Can I accurately detect the rules of social engagement relevant to my current context?”
4. Relationship skills: “Can I cultivate and deal with the challenges inherent in maintaining relationships with diverse individuals and groups?”
5. Responsible decision-making: “Can I deliberate and settle upon a course of action with adequate attention to various considerations and possible outcomes?”

### Timeline of service delivery and program completion date

Because little start up time is needed, we will be able to commence services in August

2022. Program infrastructure such as key staff are in place; only interns need to be hired. This will be a one-year project with a completion date of August 2023.

## **2.b. Description of the targeted population**

Numerous studies have shown that foster and former foster youth face an unprecedented set of challenges, including high rates of pregnancy, high rates of homelessness upon transition from foster care, high unemployment rates, and low educational attainment. Foster youth are disproportionately comprised of children of color, are historically underserved and marginalized, and most have been affected by persistent poverty. The target population will reflect these characteristics and include low-income foster youth ages 16-21 who reside in Unity Care's transitional housing in Rocklin.

## **2.c. Program outcomes and metrics**

Outcomes and metrics will include:

- 75% of young adults receiving services will demonstrate improved CANS/ANSA scores after one year of mental health services.
- 75% of youth will show an increase in Casey Life Skills Scores after 6 months of mental health services
- 75% of youth will be able to name at least two coping skills they learned as a result of participating in the program.

## **2.d. Marketing/promotion plans**

Outreach will be accomplished through Unity Care staff who will inform program participants about the proposed services. We have ready access to a pool of clients as they are living in our program and there will be an expectation of participation if the services are needed by the youth. Information about the program will also be provided via Unity Care's social media platforms, including Twitter, Facebook, and Instagram.

## **3. Experience administering programs similar to your proposal**

In addition to mental health support and treatment offered in our housing programs, Unity Care has administered mental health programs for youth for over two decades.

Some examples of our programming include:

- *Coronavirus Response and Relief Supplemental Appropriations Act Telehealth Expansion Project*: in partnership with the State Department of Health Care Services, Unity Care implemented this project designed to increase our capacity to serve youth connected with our San Leandro transitional housing program with mental health services virtually. The project took place from October of 2021-September 2022.
- *Imani Village Project*: From 2014 – 2017, Unity Care offered integrated, preventative, school-based, full spectrum services to underserved African American and Hispanic middle and high school students in six Santa Clara County schools via Imani Village. Services included academic support, mental health support, therapy, crisis intervention, counseling, case management, and

family wellness. The program integrated academic and behavioral supports ranging from preventative services to intensive therapeutic interventions in order to mitigate risk factors that lead to poor academic outcomes for these youth. Unity Care engaged Stanford University to evaluate the Imani Village model with positive findings.

- *Mental health prevention and intervention programs:* From 2009-2019, Unity Care offered one-on-one mental health services for children with severe behavioral and emotional problems so they could successfully transition from a high level of care to a less restrictive setting or remain in their current setting. Behavioral coaches offered individual skill-building to children at home, in school and in comfortable, familiar, community settings. Individualized services helped youth reduce disruptive behaviors, learn coping skills, and succeed in relationships. The program utilized research-based behavioral interventions and engaged a professional team as well as parent partners to support the child/youth being served.
- *Project Odyssey:* From 2009 -2019, UCG was the Wraparound provider for targeted populations of African American and Latino families residing in Santa Clara County. Project Odyssey provided intensive mental health services for those youth who were at risk for or experiencing mental health issues. The program focused on keeping youth in their homes or communities and out of residential placement and further involvement in the court system. Project Odyssey was a family-centered program emphasizing family togetherness through strength-based planning.
- *Outpatient Mental Health Clinic:* Operated since 2001, the clinic works in partnership with Unity Care’s educational and residential programs. Culturally sensitive staff deliver services to youth and their families and caregivers to help the youth progress towards greater independence. The clinic’s team consists of a Clinical Director, therapists (LPHA), and mental health rehabilitation specialists (MHRS).

**4. Amount of funding request, how funds would be used and who would be conducting the activities**

Unity Care is requesting \$150,000 to be allocated as follows:

<b>Staff Expenses</b>			
Position	% Funded by this budget	Salary	Budgeted Salary
Regional Director: Nicamer Tolentino	10%	\$100,000.00	\$10,000.00
Clinical Supervisor: Chan Saelee	50%	\$90,000.00	\$45,000.00
3 Clinical Interns (Stipend)	100%	\$15,000.00	\$15,000.00
Program Assistant: Atila Farr	15%	\$60,000.00	\$9,000.00

Impact and Outcome Analyst: Priya Upadrastra	5%	\$80,000.00	\$4,000.00
<b>Sub Total</b>			\$83,000.00
<b>Benefits at 25%</b>			\$20,750.00
<b>Total Salaries</b>			\$103,750.00
<b>Operating Expenses</b>			
Occupancy/Rent			\$12,000.00
Staff Travel/Mileage			\$3,485.00
Client Incentives			\$5,000.00
AWARDS			\$3,600.00
Intern Laptops (3)			\$2,100.00
Supplies			\$500.00
Subtotal Operating			\$26,685.00
Subtotal Program Costs			\$130,435.00
<b>Indirect Cost at 15%</b>			\$19,565.00
<b>Total Program Costs</b>			<b>\$150,000.00</b>

All key staff members are currently in place. Nicamer Tolentino, Unity Care’s Regional Program Director - NorCal will supervise the program. Nicamer is a public health professional with over 25 years of experience in the health care field. He is highly skilled in administering services for vulnerable populations, including in the greater Sacramento area. Prior to joining Unity Care in 2022, Nicamer worked for the California Rural Indian Health Board in Sacramento and Roseville for five years, first as the Deputy Director of Health Systems Development, followed by his role as Health Systems Development Director. Nicamer holds a Master of Public Health and a Bachelor’s degree in Health Services. He is fluent in English and Tagalog. Should the proposed program be funded, Nicamer would oversee a team consisting of a Clinical Supervisor, Chan Saelee, clinical interns, and a Program Assistant.

The Clinical Supervisor will ensure that program interventions are provided as indicated, that evidence-based practices are delivered to fidelity, and that the clinical interns are appropriately trained and supervised. His qualifications include 16 years of working with vulnerable populations in the greater Sacramento area, including providing outpatient services incorporating CBT, DBT and Strategic Family Therapy. Chan holds a Master and Bachelor’s degree in Social Work and is fluent in Mien and English.

Unity Care’s Impact and Outcome Analyst will provide data query, analysis, and reporting expertise to drive improvement activities, ensuring that data are accurate, meaningful, easily interpreted, and accessible to stakeholders. This staff member will also provide training to staff to support them in making sure database utilization is correct, accurate and timely.

**5. Primary contact for the grant**

The primary contact for the grant is:

Tatiana Colon, Director of Strategic Partnerships

Unity Care Group, 1400 Parkmoor Ave, #115 San Jose, CA 95126

Phone: 408-.971-9822 ext 4140

Email: tcolon@unitycare.org

**6. Letter confirming Unity Care can meet the standard requirements for contracts with the City**

Please see the following letter.



**Unity Care**

Agency Headquarters

**Santa Clara County Office**

1400 Parkmoor Avenue

Suite 115

San Jose, CA 95126

Phone: (408) 971-9822

Fax: (408) 510-3484

**San Francisco County Office**

2198 Cayuga Avenue

San Francisco, CA 94112

Phone: (415) 859-5299

Fax: (415) 859-9840

**Placer County Office**

11716 Enterprise Drive

Auburn, CA 95603

Phone: (408) 971-9822 x3011

**El Dorado County Office**

247B Placerville Drive

Placerville, CA 95667

Phone: (530) 903-3335

Fax: (530) 903-3355

Our mission is to provide quality youth and family programs for the purpose of creating healthier communities through lifelong partnerships.



[unitycare.org](http://unitycare.org)

June 27, 2022

The following signature certifies that I have read Appendix A and that Unity Care Group can meet the standard requirements for contracts with the City of Rocklin.

André Chapman appears on the Secretary of State Business Search Forms for the Unity Care Group and has the authority to sign contracts.

André Chapman, Founder and Chief Executive Officer  
Unity Care Group  
Ph: 408.510.3480  
Email: [andre@unitycare.org](mailto:andre@unitycare.org)

Unity Care is a tax-exempt organization under IRS Section 501(c)(3): Fed ID# 770323115

# Proposal for City of Rocklin ARPA Funding

**From:** Wellness Together, Inc.

**To:**

Elizabeth Sorg

Associate Management Analyst Office

of the City Manager City of Rocklin

3970 Rocklin Road Rocklin, CA 95677

- 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.).**

Wellness Together, Inc., is a 501(c)(3) national nonprofit corporation that began in Rocklin, providing effective mental health services throughout California and New York City. Services include community-based mental health supports via live secure video appointments and in-person at offices in Rocklin.

The Founder and Executive Director, Marlon Morgan, a Rocklin High School graduate, began serving the city of Rocklin leading Teen Centers and coaching youth sports. He became a credentialed school counselor serving RUSD in the early 2000s. After learning how to provide mental health interventions throughout college and graduate school, academic and career guidance left little time to support the mental health needs of students. Wellness Together was born in response to this need and continues to proudly serve the mental health needs of the Rocklin community since the start.

- 2. Describe the program you would be providing with Rocklin ARPA 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 new program. Proposals must include the information below:**

Wellness Together has offices in Rocklin where experienced mental health clinicians provide affordable and timely counseling services for the Rocklin community. Counseling sessions typically last 50 minutes. Clinicians and clients agree on the frequency of their sessions. Rocklin residents receive individual counseling, family counseling, couples counseling, and support for a variety of mental health needs.

Wellness Together is currently providing a similar program in Sacramento County. Since October of 2020, Wellness Together has provided free counseling services to all Sacramento County residents in partnership with SacCollab19, funded by The Coronavirus Aid, Relief, and Economic Security Act (CARES) Act.



- a. Detailed description of the program objectives and services. Include a timeline of service delivery and program completion date. Include if the firm has plans to continue services after one-time funding has been expended.**

**Service Description:**

- Wellness Together will facilitate up to 3,684 counseling sessions (in-person or online) for Rocklin residents with this program.
- Residents sign up for services online using a customized web address.
- A Care Coordinator will follow up with individuals within two business days to schedule their first counseling appointment.
- Sessions can be available starting August 1, 2022 and continue as funding allows.
- Wellness Together provides evening or weekend appointments and can accommodate telehealth appointments to mitigate transportation barriers.
- Wellness Together will continue to offer affordable counseling services to Rocklin residents after program completion.

**Program Objectives:**

- Strengthen the mental health and wellness of the Rocklin community.
- Increase access to timely and effective mental health services by offering no-cost sessions to Rocklin residents, without Medi-Cal or insurance requirements.
- Collaborate with other Rocklin community organizations to meet the needs of underserved populations.

- b. Description of the targeted populations, if any (youth, seniors, homeless, specific income levels, etc.).**

Targeted populations include Rocklin residents with low to moderate-income levels, transition-age youth, youth and adults in single-parent households, homeless populations, and residents on fixed incomes, such as those receiving social security or disability. This program will allow these individuals, who may not otherwise be able to obtain or afford community-based mental health services, timely access to effective support.

Targeted populations also include Latino families in the city of Rocklin. Many Latino families meet or exceed federal poverty level thresholds. Wellness Together has partnered with the Sierra College UndocuCenter and the Latino Leadership Council (LLC) for over three years. LLC's team of promotores

connect families and Sierra College students with Undocumented Status to a multitude of Spanish-language health, education, and youth development services. LLC and the Sierra College UndocuCenter program participants are referred to Wellness Together for mental health services where bi-cultural/bilingual clinicians provide counseling services in their primary language. Wellness Together's collaboration with Latino Leadership Council and Sierra College Undocumented Student Center will ensure that the underserved Latino communities in Rocklin, whether they are students at Sierra College or Rocklin community members, have timely access to culturally responsive mental health services.

**c. Description of the desired outcomes of the program, including any metrics used to track success.**

**Desired Outcomes:**

- Strengthen the mental health and wellness of the Rocklin community.
- Increase access to timely and effective mental health services by offering no-cost sessions to Rocklin residents, without Medi-Cal or insurance requirements.
- Collaborate with other Rocklin community organizations to meet the needs of underserved populations.

**Metrics Used to Track Success:**

Wellness Together collects and compiles data in aggregate to measure program utilization and success outcomes using the following metrics:

- Referral Path Data: Wellness Together will track referral sources such as community partners, events, email campaigns, etc.
- Utilization Data: Wellness Together will track the number and frequency of sessions throughout the duration of the program.
- Demographic Data: Wellness Together will collect demographic data to measure utilization by population.
- Survey Data: Wellness Together will survey partners and participants on ease of initiating services, qualitative data on the program experience, and general program feedback.

**Marketing/promotion plans to inform Rocklin residents of the program or new services.**

- Wellness Together will provide a digital landing page for Rocklin community residents to access mental health services.

- Regularly scheduled email campaigns will be delivered throughout the program.
- Wellness Together will create and distribute digital and hard copy marketing materials for community partners as requested.
- Wellness Together staff will work with community leaders to present program information at City of Rocklin community gatherings.
- Wellness Together will utilize longstanding community relationships, including Latino Leadership Council, Sierra College UndocuCenter, Rocklin Unified School District, and others to raise awareness of the program.
- A Press Release will be created at the program launch.

**3. Describe your experience administering programs similar to your proposal.**

Since October of 2020, Wellness Together has partnered with the County of Sacramento to offer free mental health services to all Sacramento County residents. This program is funded by Sac Collab 19 through The Coronavirus Aid, Relief, and Economic Security (CARES) Act. Wellness Together has provided thousands of no-cost counseling sessions to the diverse population of Sacramento County with the program thus far.

**4. Identify the amount of your funding request. 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. Provide a detail description of all expenditures related to this program.**

**Funding Request - \$400,000.00**

- \$350,000.00 will be allocated to fund up to 3,684 counseling sessions at no cost to Rocklin residents, including Sierra College students through the UndocuCenter.
- \$50,000.00 will be allocated to the Latino Leadership Council for mental health outreach and engagement with Latino families in Rocklin.
- \$95 per-session cost includes wages for counselors, clinical supervisors, and program support staff.
- Mental health services are provided by Licensed or Associate Clinicians, registered with the California Board of Behavioral Sciences (BBS), in the following areas: Marriage and Family Therapy, Professional Clinical Counseling, and Clinical Social Work.
- Clinical supervision for counselors is provided by Wellness Together Clinical Supervisors.
- Program support staff includes Counseling Agency Manager and Mental Health Programs Director.

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

Melissa Cairo  
Partnerships Coordinator  
[melissa.cairo@wellnesstogether.org](mailto:melissa.cairo@wellnesstogether.org)  
916-209-0495

6. Review Addendum A and provide a letter confirming you can meet the standard requirements for contracts with the City. Identify who in your organization appears on the Secretary of State Business Search Forms and has the authority to sign contracts and provide the full names of those parties (preferably 2 individuals with signing authority).

Contact on Secretary of State Business Search Forms  
Jacob Vallejo  
Business Director  
[jacob.vallejo@wellnesstogether.org](mailto:jacob.vallejo@wellnesstogether.org)

Signers:  
Jacob Vallejo

A handwritten signature in black ink, appearing to read "Jacob Vallejo". The signature is written in a cursive style with a large initial "J" and "V".

To Whom It May Concern,

Wellness Together holds the following insurance coverage and is capable of meeting the standard requirements for contracts with the City of Rocklin. Proof of coverage and additional insured documentation will be provided as requested.

Type of Coverage	Minimum Coverage
<b>Commercial General Liability Insurance</b> , including Bodily Injury, Personal Injury, Property Damage, Advertising Injury, and Medical Payments Each Occurrence General Aggregate	 <b>\$3,000,000</b> <b>\$5,000,000</b>
<b>Automobile Liability Insurance - Any Auto</b> Each Occurrence General Aggregate	<b>\$1,000,000</b> <b>\$1,000,000</b>
<b>Professional Liability</b>	<b>\$1,000,000</b>
<b>Workers Compensation</b>	<b>Statutory Limits</b>
<b>Employer's Liability</b>	<b>\$1,000,000</b>

Sincerely,



Jacob Vallejo  
Business Director  
Wellness Together, Inc.