

ATTACHMENT A

**EXCERPTS FROM THE ORIGINAL
YOLO COUNTY MENTAL HEALTH SERVICES ACT (MHSA)
COMMUNITY SERVICES AND SUPPORTS (CSS)
PROGRAM AND EXPENDITURE PLAN
FY 05-06, FY 06-07, FY 07-08**

ATTACHMENT A

EXHIBIT 4: COMMUNITY SERVICES AND SUPPORTS WORK PLAN SUMMARY

<p>County: YOLO</p>	<p>Fiscal Years: 05/06 06/07 and 07/08</p>	<p>Program Work Plan Name: Greater Capay Valley Children's Pilot Program</p>
<p>Program Work Plan #: 1</p>		<p>Estimated Start Date: April 2006</p>
<p>Description of Program: <i>Describe how this program will help advance the goals of the Mental Health Services Act</i></p>	<p>This MHSA program will provide culturally and linguistically competent mental health and related services to children, youth and their families in the greater Capay Valley region, focusing specifically in the Esparto Unified School District, with primary services offered in the towns of Esparto, Madison and other outlying areas in the Capay Valley. The Greater Capay Valley Children's Pilot Program will be integrated within the new and flourishing human services that are being developed in this region. The collaborative partners include RISE (Rural Innovations in Social Economics) Inc., Capay Valley Vision, Esparto Family Practice, the Esparto Unified School District and the Yolo County Department of Employment and Social Services. The goal of this program will be to:</p> <ul style="list-style-type: none"> • Increase the level of participation and involvement of ethnically diverse and Caucasian families in all aspects of the public mental health system; • Support the development of a Family Resource Center that will provide mental health services to rural residents; • Provide outreach and expansion of services to client populations in order to eliminate ethnic disparities in accessibility, availability and appropriateness of mental health services and to more adequately reflect mental health prevalence estimates; • Increase the array of community supports for children and youth diagnosed with serious emotional disorders and their families, and • Allow these children and youth to enjoy greater success in school and at home, and help them avoid institutionalization and out of home placements. 	
<p>Priority Population: <i>Describe the situational characteristics of the priority</i></p>	<p>The priority population for this program will be Yolo County children/youth aged 0-18 and their families who reside or attend school in the Esparto Unified School District and who have a psychiatric disability and unmet or under-met mental health treatment needs, and/or who are members</p>	

ATTACHMENT A

<i>population</i>	of an ethnic group identified as underserved. These ethnically diverse and Caucasian children are living in rural environments with limited access to mental health treatment services. In addition, some may be members of an ethnic or cultural group that does not readily understand or accept mental health services.
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- 9) *Discuss how the chosen program/strategies will be culturally competent and meet the needs of culturally and linguistically diverse communities. Describe how your program and strategies address the ethnic disparities identified in Part II Section II of this plan and what specific strategies will be used to meet their needs.*

This program will be two fold: designed to address the ethnic disparities of access to mental health care by the communities of color who are present in this region as well as reach out to the Caucasian community, which historically has been underserved.

As stated in the *Action Plan for the Capay Valley Region (2003)* this area has a 42% Latino population, a small Native American community, and a small population of African Americans. These cultural communities have historically been un-served and underserved for sometime.

To address the potential needs of monolingual Spanish-Speaking consumers, the GVCPP team will be comprised of staff that speaks Spanish, thereby increasing access to care. Equally important is for the team to understand the socio-economic issues facing the community. Issues of acculturation and assimilation as it pertains to Latinos will be a critical training issue. For example, not all Latinos will be agricultural workers and not all will speak Spanish. Many times assumptions cause barriers to access.

In addition, the collaborative will extend efforts to connect and coordinate mental health services and education with the Tribal representatives of the small Native American population living on the reservation located in Capay Valley as appropriate. Given the success of tribal gaming in the region, these individuals are very self-sufficient. Tribal members address their own needs using their own resources. Nevertheless, we anticipate and welcome contact with Native American children and youth who participate in community activities outside of the reservation.

Interestingly, another cultural dynamic raised by the community leadership that will be addressed is how to welcome, invite, and serve the Caucasian members of the community, who (despite need) perceive such support services as being strictly for people of color.

- 10) *Describe how services will be provided in a manner that is sensitive to sexual orientation, gender-sensitive and reflect the differing psychologies and needs of women and men, boys and girls.*

Gay, lesbian, bisexual, transgender and questioning youth can experience greater stigma and personal difficulty in small, rural communities, and the Esparto-Capay region is no exception. A recent survey of the six major high schools in Yolo County revealed that those schools with student populations over 1500 had an active Gay-Straight Alliance club; only Esparto High School and Winters High School (both in rural areas) did not have any organized

ATTACHMENT A

activity to promote acceptance of GLBTQ students. Community stakeholders shared that they knew of youth in the community who are gay or questioning, but those youth are few in number and are afraid to identify themselves as such.

These youth need support. The GCVCPP mental health team will be working closely with partners to develop programming and supports that will be sensitive to issues relating to sexual orientation and gender identity. The point person at Esparto High School will be critical to assist with linkage to the available services elsewhere in the county. If needed, sub-contracts will be established to seek out consultation and education from agencies that specialized in the needs of GLBTQ youth. In addition, these contracts may include direct service provision to ensure that culturally competent services are provided.

ATTACHMENT A

EXHIBIT 4: COMMUNITY SERVICES AND SUPPORTS WORK PLAN SUMMARY

County: Yolo	Fiscal Years: 05/06, 06/07 and 07/08	Program Work Plan Name: Transition Age Youth— Pathways to Independence
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Program Work Plan # 2	Estimated Start Date: April 1, 2005
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<p>Description of Program: <i>Describe how this program will help advance the goals of the Mental Health Services Act</i></p>	<p>This program will provide comprehensive and culturally competent community services to un-served and underserved Yolo County youth aged 16 to 25 coping with serious mental illnesses. Pathways to Independence will advance the goals of the MHSA by providing to young adults comprehensive community mental health services that are voluntary, client-directed, strength-based, built on principles of recovery and resilience, delivered responsively and respectfully in the community in a manner sensitive to the cultural needs of the individual served.</p> <p>The objectives of Pathways to Independence are: to assist each participating youth in establishing a Full Service Partnership agreement that identifies goals appropriate to the individual's needs and abilities; to assist the client in finding and maintaining secure and affordable housing; to assist clients to access community resources; to promote wellness, recovery and independent living; to capitalize on resilience in the individual; to assist client in readiness for and securing of employment, when appropriate; to promote and provide self-help services for youth; to offer integrated educational services and supports to assist emotionally disturbed youth to complete their high school diplomas and encourage the pursuit of higher education; to provide supportive services to youth with mental health treatment needs who are emancipating from Foster Care or from the Juvenile Hall; to assist youth with serious psychiatric disabilities to secure appropriate benefits; to assist clients in developing a network of family and friends in the community on whose support and encouragement the youth can rely. Program supports will include "24/7" access to services from our staff of personal service coordinators.</p>
<p>Priority Population: <i>Describe the situational characteristics of the priority population</i></p>	<p>Yolo County youth, aged 16-25, who have a psychiatric disability and who are coping with one or more of the following circumstances: homelessness or serious risk of homelessness; emancipation from Foster Care or Juvenile Hall without benefit of family supports; unmet or under-met mental health treatment needs and/or member of an ethnic</p>

ATTACHMENT A

	<p>group identified as underserved; so underserved as to be at risk of involvement in the criminal justice system; in need of assistance to complete high school or other educational or vocational program; or, transition-age youth who has experienced a first episode of major mental illness.</p>
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ATTACHMENT.A

- 9) *Discuss how the chosen program/strategies will be culturally competent and meet the needs of culturally and linguistically diverse communities. Describe how your program and strategies address the ethnic disparities identified in Part II Section II of this plan and what specific strategies will be used to meet their needs.*

Yolo Services for Transition-Age Youth will adhere to the Yolo County Cultural Competency Plan. The program staff will be familiar, recognize and consider the specific needs, developmental issues, issues related to family of origin, practices related to individuation, and the concept of independence as it relates to the particular young person's culture. Every effort will be made to hire staff that can speak the language of each program participant or have available interpreters to assist with engagement and treatment. Special emphasis will be placed on developing awareness of and sensitivity to the unique needs of youth consumers who are homeless; those who are gay, lesbian, bisexual, transgender, or questioning; those who are involved with the criminal justice system; and those who are dealing with co-occurring disorders. Strategies for meeting the needs of this population will include providing services within the person's own community.

ATTACHMENT A

10) Describe how services will be provided in a manner that is sensitive to sexual orientation, gender-sensitive and reflect the differing psychologies and needs of women and men, boys and girls.

Staff will be trained and oriented to be aware of and sensitive to all facets of cultural competence, including sexual orientation and gender-sensitive issues to sufficiently bridge and address these issues with the youth. Contracts and outreach to agencies and community professionals that are proficient in serving young people who are gay, lesbian, transgender, and questioning will be conducted. We recognize that issues relating to sexual orientation and gender sensitivity are particularly important for individuals aged 16 to 25—a period of intense self-discovery and realization relative to sexual identity. When working with consumers in this program, our staff will be especially aware of and sensitive to issues of sexual orientation.

Similarly, staff will need to recognize the special needs of this age group. By virtue of their youth, these consumers may manifest a greater incidence of high-risk behavior, they may need more intensive assistance and therefore, we expect that Full Service Partnership clients will require a lower client-to-staff ratio than other age groups.

EXHIBIT 4: COMMUNITY SERVICES AND SUPPORTS WORK PLAN SUMMARY

<p>County: Yolo</p>	<p>Fiscal Years: 05/06 06/07 and 07/08</p>	<p>Program Work Plan Name: Consumer Wellness Alternatives (for Adults)</p>
<p>Program Work Plan # 3</p>		<p>Estimated Start Date: April 1, 2006</p>
<p>Description of Program: <i>Describe how this program will help advance the goals of the Mental Health Services Act</i></p>	<p>The Consumer Wellness Alternatives program will help advance the goals of the MHSA by providing to adults with serious mental illnesses comprehensive community mental health services that are voluntary, client-directed, strength-based, built on principles of recovery and wellness, and delivered responsively and respectfully in the community in a manner sensitive to the cultural needs of each individual served. Whenever appropriate, these services will include the family, as defined by the client. Those "Wellness Alternatives" available to consumers will include opportunities to access housing, self-help programs, employment supports, family involvement, substance abuse treatment, assistance with criminal court proceedings, and crisis stabilization assistance, thereby offering several alternatives to support the individual client's prospects for wellness and recovery. A center will be developed to interface the various supports and services as well as have available transitional housing for a limited number of consumers. This center will be strategically located for easy access to other mental health and county resources and will be available for all consumers.</p> <p>Unique to this program will be services and supports teams that will provide comprehensive and coordinated services to consumers facing difficulties in specialized areas. Primary target populations for this program will be (1) adults with serious mental illnesses who are homeless or at risk of homelessness in Woodland and Davis (Yolo County has established AB 2034 services in West Sacramento); (2) adults with serious mental illnesses who are involved in the criminal justice system countywide. Priority consideration for services will also be given to adults with mental illnesses who have co-occurring substance abuse disorders or other serious health problems, and to adults who are frequent users of psychiatric hospital and emergency room services but are not otherwise served by the mental health system. Efforts to engage non-English speaking consumers among these priority populations will be enhanced, and emphasis</p>	

ATTACHMENT A

	<p>will be placed on hiring bi-lingual Personal Service Coordinators.</p> <p>Community services and supports teams will provide intensive services to clients (and when appropriate, to their families) on a 24/7 basis. Personal Service Coordinators from all MHSA services and supports teams will collaborate to provide after-hours services to MHSA Full Service Partnership clients. As part of his or her Full Service Partnership Plan, each client will participate in drafting a detailed stabilization plan, to which all staff performing after-hours services will have access when needed. All MHSA Full Service Partnership clients will be offered regular opportunities to become acquainted with any staff member who may provide them with after-hours services.</p>
<p>Priority Population: <i>Describe the situational characteristics of the priority population</i></p>	<p>The Consumer Wellness Alternatives program priority population will be adults age 18 and older who have a serious and persistent mental illness, with special emphasis on un-served or underserved cultural groups. Priority will be given to those individuals who are currently un-served, such as those who are homeless or at risk of homelessness; those who are underserved, such as those adults with serious mental illnesses involved in the criminal justice system, or those who have a co-existing diagnosis of substance abuse; those who are inappropriately served, such as those adults who are frequent users of hospital and emergency room services but are otherwise not served by the mental health system.</p>

ATTACHMENT A

- 9) *Discuss how the chosen program/strategies will be culturally competent and meet the needs of culturally and linguistically diverse communities. Describe how your program and strategies address the ethnic disparities identified in Part II Section II of this plan and what specific strategies will be used to meet their needs.*

The program offering services to adults with serious mental illnesses will adhere to the Yolo County Cultural Competency Plan. Additionally, moving from “teacher to student”, the department and program staff will seek out knowledge and information regarding the specialized culture-specific needs, cultural complexities and language of each program participant. Emphasis will be placed on developing awareness of and sensitivity to the unique needs of consumers who are homeless, involved with the criminal justice system, and/or who are dealing with co-occurring disorders. Perhaps the most critical way in which the program addresses ethnic and cultural disparities is by engaging clients and reaching out to them where they live—seeking out consumers who need services but who have not (for whatever reason) sought services directly from us. Strategies for meeting the needs of diverse populations include providing services within the person’s own community, offering services in the client’s native language, building trust within the context of the consumer’s culture and beliefs, and placing a high value on the relationships CSS team members have with each consumer. Staff will take the time to learn about the individual consumer’s culture and try to understand that culture relative to the culture of the larger community.

ATTACHMENT A

10) Describe how services will be provided in a manner that is sensitive to sexual orientation, gender-sensitive and reflect the differing psychologies and needs of women and men, boys and girls.

Staff will be trained and oriented to be aware of all facets of cultural competence, including those relating to sexual orientation and gender. Contracts and linkages with agencies and professionals in the area and region successfully serving and creating programming for gay lesbian, bisexual, transgender, or questioning clients will be developed. Consistent with the principles of cultural competency, the department and staff will assess current practices, lack thereof and behaviors that may have contributed or that are contributing to limiting access to care for this cultural group. The focus will be to improve the quality and effectiveness of care for individuals from varying sexual orientations. In addition, programming and services will incorporate gender-sensitive practices. The overarching principles of service delivering will be embedded in cultural competency strategies that will focus on the consumers' needs to encourage independence, sustain wellness, promote recovery and effectively treat all consumers with sensitivity and respect.

EXHIBIT 4: COMMUNITY SERVICES AND SUPPORTS WORK PLAN SUMMARY

<p>County: YOLO</p>	<p>Fiscal Years: 05/06 06/07 and 07/08</p>	<p>Program Work Plan Name: Older Adult Outreach and Assessment Program</p>
<p>Program Work Plan #: 4</p>		<p>Estimated Start Date: April 2006</p>
<p>Description of Program: <i>Describe how this program will help advance the goals of the Mental Health Services Act</i></p>	<p>The Older Adult Outreach and Assessment Program (OAOAP) will expand the existing services Yolo County ADMHS is presently providing for older adults. Currently, the department offers assessment services and linkage to resources for older adults experiencing mental health problems that interfere with their ability to live independently in the community. The expansion of this program will help advance the goals of the Mental Health Services Act by allowing ADMHS to expand services to older consumers and extend them to un-served and underserved older adults belonging to certain ethnic groups and to those living in the rural areas of Yolo County.</p> <p>The OAOAP will continue to provide mental health assessments to older adults who are at risk of institutionalization or hospitalization due to mental health problems and who need case coordination with services. In addition, the OAOAP will include in its program an out of home crisis stabilization component for older adults. This component will be voluntary and offered as one option in the continuum of choices for the client which will include remaining at home with supports, skilled nursing facility, or crisis residential. This new service component will involve close collaboration with hospital emergency rooms and other community agencies to provide comprehensive assessments, integrated case coordination, individualized care planning, and housing options.</p> <p>Our Older Adult Senior Peer Mentors Program participants and additional outreach workers will provide opportunities for earlier interventions to avoid crisis situations for the older adults and create more opportunities for support through companionship and counseling. Services will continue to be voluntary, client-directed and strength-based. Staff will employ wellness and recovery principles, addressing both immediate and long-term needs of program members, and they will deliver services in a timely manner</p>	

ATTACHMENT A

	that is sensitive to the cultural needs of those served.
<p>Priority Population: <i>Describe the situational characteristics of the priority population</i></p>	<p>The Older Adult Outreach and Assessment Program will serve adults 60 years of age and older who are at risk of losing their independence and being institutionalized due to mental health problems. These individuals may have underlying medical problems and co-occurring substance abuse issues. Priority will be given to underserved rural populations of older adults, and to those of ethnic and cultural backgrounds who are identified as underserved.</p>

ATTACHMENT A

- 9) *Discuss how the chosen program/strategies will be culturally competent and meet the needs of culturally and linguistically diverse communities. Describe how your program and strategies address the ethnic disparities identified in Part II Section II of this plan and what specific strategies will be used to meet their needs.*

The Program will adhere to the Yolo County Cultural Competency Plan. Perhaps the most critical way in which the OAOAP addresses ethnic and cultural disparities is by conducting outreach and engagement in the community where the target populations live. Outreach will take place in western Yolo County, which includes several small towns in rural areas. Similarly, ethnically sensitive outreach will be performed for the Latino and Russian communities in other parts of the county. We will attempt to hire individuals that are bi-lingual (Spanish/English and Russian/English), and all staff will be trained in principles of cultural competence and in understanding the specific needs of older adults. All staff will have linguistic resources available to aid them in communicating with non-English speaking consumers.

ATTACHMENT A

10) Describe how services will be provided in a manner that is sensitive to sexual orientation, gender-sensitive and reflect the differing psychologies and needs of women and men, boys and girls.

Staff will be trained and oriented to all facets of cultural competence, including those relating to sexual orientation and gender. In areas such as treatment, employment, housing and residential treatment, appropriate advocacy and accommodations will be made based on these matters.

Older adult consumers who are gay, lesbian, bi-sexual or transgender will be offered opportunities to access the support of other consumers. Whenever possible, the consumer's needs will be met in such a manner as to encourage independence, sustain wellness, and promote recovery. Staff will treat all consumers with sensitivity and, above all, respect.