

Sacramento County Time-Limited Community Driven Prevention and Early Intervention (PEI) Grant Program, Round I

Grantee Contact Sheet May 2020 – May 2023



Sacramento County Time-Limited Community-Driven Prevention and Early Intervention (PEI) Round I Awardee Contact Sheet

Program Details:

The Sacramento County Division of Behavioral Health Services (BHS), through Mental Health Services Act (MHSA) Prevention and Early Intervention (PEI) component funding and in collaboration with California Mental Health Services Authority (CalMHSA) implemented a first round of the Time-Limited Community-Driven Grant Program. Round I awarded \$9.8 million in grants to 34 local community-based organizations with awards up to \$500,000. Funding cycle was active from May 2020 – May 2023.

Program Objective:

The Sacramento County Time-Limited Community-Driven PEI Grant Program is intended to build community capacity by addressing the mental health needs of communities by promoting mental health and wellness, increasing mental health services, and reducing stigma associated with mental health and wellness through cultural and linguistic congruent programs and activities that serve diverse communities.

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	Organization and Grant Amount:	Contact Information:	Grant Term:	Population Served:	Program Description:
1	Agile Group (AG) \$177,680	Michael Craft, Principal Consultant mcraft@agilegroup.us (916) 670-2932	May 2020 – December 2023	Youth, age 13-21 and their families, specifically from low-income African American communities.	Youth Mental Health First Aid Training and Wellness Support Program: provides community members education on mental health and wellness through a series of Wellness Wednesday support groups that focus on youth and families, many who live in multi-generational houses. The goal is to open conversations on mental wellness and normalize seeking mental health services among the black community. AG attends community events to distribute materials on mental wellness, resources, and information on their upcoming program events.
2	Cal Voices \$413,908	Stephanie Ramos, Program Manager sacmap@calvoices.org (916) 366-4600 www.calvoices.org/sacmap	April 2020 – May 2022	Unserved, underserved, and unengaged diverse communities including: LGBTQ, TAY, Older Adults, Racial/Ethnic Groups.	Support, Advocacy, Care and Mental wellbeing for All People (SacMap) online resource guide provides Sacramento County residents with information on local mental health providers, services, and available resources. CalVoices facilitates quarterly community and provider workshops on mental health recovery, different forms of mental health services, how to access care, and how to utilize SacMap as a navigation tool for mental health services.
3	California Black Women's Health Project \$459,210	Sonya Young Aadam, CEO sonta@cabwhp.org (310) 412-1828 www.cabwhp.org	April 2020 – January 2023	African American, African/Afro Latino and Afro-Caribbean Women & Girls age 14-99	Sisters Mentally Mobilized (SMM) – Sacramento utilizes a nationally recognized, evidenced-based engagement model, Sister Circle . Sister Circle is a community outreach and community capacity-building tool that uses digital communication, social media, hosted events, trainings, radio, town halls, and community forums to engage women in conversation on mental health. SMM provides Black women mental, physical and community health education, empowerment, and support resources through a series of workshops, sister circles, and presentations.

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4	Depression and Bipolar Support Alliance (DBSA) of California \$96,000	Paul Simmons, Program Manager psimmons@dsacalifornia.org (916) 215-4948 www.dbsalliance.org	April 2020 – August 2020	TAY and Young Adults, age 14-18	Selix Soft Skills Suite for Transition Age Youth and Young Adults Is a suite of training seminars/workshops for consumers with the goal of empowering them and providing them information about peer support and MH services. Selix Soft Skills Suite was originally developed for and implemented with adults and older adult audiences. DBSA will modify and use Skills Suite for TAY and young adults.
5	East Bay Asian Youth Center (EBAYC) \$403,648	David Kakishiba, Executive Director junji@ebayc.org (510) 435-8582 www.ebayc.org	June 2020 – September 2022	Southeast Asian Youth, age 14-18, focusing on Burmese, Cambodian, Chinese, Hmong, Laotian, Lao, lu-Mien, Vietnamese	Groundwork II is a community-defined evidence program that will pair a youth with a youth advocate who is a life coach and mentor who provides support and assistance with developing and completing short-term goals and navigation through various systems. Provide cultural affinity groups for both youth and advocates.
6	Friends for Survival \$29,000	Marilyn Koenig, Executive Director info@friendsforsurvival.org (916) 392-0664 www.FriendsForSurvival.org	April 2020 – May 2021	Communities/individuals who have been severely affected by suicide death.	Caring Friends an intermediate level of support delivered by individuals with similar experiences targeting those who suffer from mental health issues such as anxiety, deep depression, anger, hopelessness, shame, guilt, fear, and suicidal ideation. Friends for Survival established a team of 10 trained volunteers to provide the following participants with regularly scheduled calls, build a connectedness that offers empathy and comfort, and encouragement and support that focuses on self-care and help seeking behaviors.

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7	Health Education Council \$500,000	Amanda Bloom, MPH Director of Programs and Impact abloom@healthedcouncil.org (916) 556-3344 www.healthedcouncil.org	April 2020 – May 2023	Youth, age 17-24 and Spanish speaking adults	<p>Peers Helping Peers (PHP) is a stigma reduction project designed and implemented through a collaboration between Health Education Council, Sacramento Employment and Training Agency (SETA), and citiesRISE. PHP uses a three-pronged approach that provides education and job experience for community residents.</p> <ul style="list-style-type: none"> • Activity 1: Participant recruitment- PHP will recruit six (6) cohorts that include 10-15 Spanish-speaking adults and 10-15 system-involved young adults aged 17-24 • Activity 2: Training Program will be offered three times a year. Training topics include Mental Health & Well-Being 101; Substance Abuse and Prevention; Conflict Mediation; Mental Health First Aid; and Work Readiness Skills • Activity 3: Peer Education on the Job Experience that includes job training and work experience <p>* SETA will participate in this program through in-kind funding</p>
8	Her Health First \$500,000	Shannon Shaw, Executive Director shannon@herhealthfirst.org (209) 617-0781 www.herhealthfirst.org	April 2020 – May 2023	Low-income pregnant African-American Women	<p>Black Mothers United: Pregnancy & Mental Health Support Services utilizes a five-stage approach that builds community capacity by increasing the recognition of the early signs of postpartum depression and reducing stigma surrounding mental health within the African American community by education and trainings that include, trauma-informed doula services, lactation support services, mommy mingles and continuing education, 1:1 mentorship that supports the improvement of mental health among pregnant African American women.</p>

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9	Hmong Youth & Parents United \$219,500	Mai Yang Thor, Executive Director Maiyang.thor@hypu.org (916) 692-4551 www.hypu.org	May 2020 – May 2022	Hmong and other Southeast Asian community members, age 12 and up	Mental Health & Wellbeing – Building Hmong Community Capacity program is designed to build community capacity regarding mental health and wellbeing through outreach activities, youth leadership activities, time-limited support groups for youth, parents, women, and elderly that is culturally and linguistically congruent.
10	Improve Your Tomorrow (IYT) \$168,811	Michael Lynch, Co-Founder, CEO michael@improveyourtomorrow.org (916) 299-3432 https://www.improveyourtomorrow.org	June 2020 – December 2022	Los Rios Community College District students of color, with a focus on African American Males	Improve Your Tomorrow (IYT)- Community Colleges Mental Health Initiative is a program developed by IYT and citiesRISE that expands existing services and implements new activities and services. The program offers monthly mental health workshops, a series of barbershop sessions, and bi-monthly sessions that offer prevention support for participants.
11	International Rescue Committee, Inc. (IRC) \$368,094	Kendra Kirane, MS, LCAT, BC-DMT Program Manager – Community Wellness kendra.kirane@rescue.org (510) 221-4200 www.rescue.org/sacramento	April 2020 – December 2022	Newly resettled refugee populations focusing on Dari & Arabic speaking communities	The Community Wellness Program will provide cultural and linguistic specific services that include psychoeducation support groups, youth, and family cultural adjustment support, 1:1 support services, and community outreach and engagement events that support mental wellness and reduce stigma associated with mental illness. Support services are provided in Dari, Farsi, and Arabic. IRC’s Community Wellness Specialist will become certified in Mental Health First Aid and will provide MHFA trainings in Dari and Arabic

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12	Justice Team Network \$286,738	Annie Banks, Network Manager annie@justiceteams.org www.justiceteams.org	April 2020 – May 2023	Households of color who chronically experience unemployment, homelessness, incarceration, high use of emergency medical services	Mental Health First (MH First) , an existing program, is a mobile mental health first responder team, consisting of doctors, nurses, organizers, mental health professionals, peers, and community members, who respond to mental health crises and offer domestic violence safety planning, substance use recovery support, mental health services. They will expand program services by developing and facilitating comprehensive trainings for community members on how to manage mental crisis utilizing alternatives to 911 and host a mental wellness festival that engages English and Spanish speaking community members. The Together: No Stigma, No Shame festival will address the stigma associated with mental health and highlight stories about alternative ways to maintain mental wellness.
13	La Familia Counseling Center, Inc \$250,000	Jessie Armenta, LMFT – Clinical Director jessiea@lafcc.org (916) 210-8773 www.lafcc.org	April 2020 – May 2023	South Sacramento Latino Communities	Juntos Podemos – Together We Can is a comprehensive approach to reach marginalized communities, provide information and activities that build awareness about mental health issues, build understanding of signs of Mental Health issues within their families/communities, and provide a safe and nurturing environment. Activities include, workshops, community support groups, community events, mental health and wellness education, and social skills building.

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14	Lao Family Community Development (LFCD) \$500,000	Mai Quach, Director of Programs Global Career Development Facilitator mquach@lfcd.org (510) 533-8850 www.lfcd.org	April 2020 – Sept. 2022	Sacramento County Refugee and Immigrant Communities.	Health and Well-Being (HWB) Program will provide the following culturally and linguistically appropriate services and activities such as, individual client, centered family-focused case management, peer support groups, educational workshops, weekly youth and senior events, quarterly social events, and annual youth conference
15	Mallory Ewing & Gale Anderson – Sacramento Youth Mental Health \$148,350	Galle Anderson and Mallory Ewing, Co-Founders Sacteenmh@gmail.com Galle: (916) 217-8415 Mallory: (916) 407-8118 www.sacymh.org	May 2020 – May 2023	Sacramento County teens, age 14-18, from diverse underrepresented communities	Mindset Sacramento will hold an annual Teen Mental Health Wellness conference in the spring 2021 and spring 2022, by youth for youth, that spreads awareness, reduces stigma associated with mental illness, and connects teens to local resources and mental health services.
16	Mental Health California \$500,000	Kristene (K.N) Smith, CEO kn@mentalhealthca.org (916) 288-2466 www.mentalhealthca.org	April 2022 – May 2022	Young Males of Color, age 16-26	Brother-Be-Well is a virtual platform blending technology, education, awareness, and healing pathways to engage members through peer driven learnings and activities such as, storytelling, creative arts, regional workshops, and social clubs. These activities will be launched at 10 schools and youth serving programs in Sacramento County.
17	Muslim American Society – Social Services Foundation (MAS-SSF) \$429,591	Gulshan Yusufzai, Executive Director gulshan.yusufzai@mas-ssf.org (916) 202-0707 www.mas-ssf.org	April 2020 – May 2023	Sacramento County South Asian and Middle Eastern immigrants and refugees	MAS-SSF will expand community mental health education by offering cultural and linguistic services that focus on the target populations. Services include, community education, trainings, workshops, special events, spiritual and religious events and engagement, and youth mental health awareness and stigma reduction programs.

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18	NAMI Sacramento \$309,000	David Bain, Executive Director david@namisacramento.org (916) 890-5467 www.namisacramento.org	April 2020 – May 2023	Sacramento County underserved minority communities, communities of faith, schools	Mental Health for All will expand education and support activities to reduce hospitalization, school drop-out, and unemployment due to relapse by conducting community outreach that assesses the community program needs. Following the community outreach, NAMI will facilitate community tailored support groups and community education on the importance mental health. Support groups focus on families and peer-to-peer services.
19	Native Dads Network (NDN) \$9,999	Mike Duncan, CEO mikedndninc@gmail.com (916) 554-1085 www.nativedadsnetwork.org	April 2020 – May 2021	Sacramento County Native American Communities	Community Mental Health Capacity Building was proposed as a one to two (1-2) day community event providing culturally driven teachings on the history of mental illness and historical trauma to community members. The COVID-19 prevented NDN in facilitating an in-person event. Indigenous populations severely impacted by the pandemic. The program shifted to two virtual support groups one focused on women and one on men. The goal remained the same, to improve participants quality of life through supportive mental health through emotional and cognitive supportive intervention, referrals to community service providers, educational didactics in historical trauma and its effects, effective communication, conflict resolution skills, decision making, self-care and emotional wellbeing support.

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20	Neighborhood Wellness Foundation (NWF) \$49,999	Gina Warren, Pharm.D., Executive Director gwarren@neighborhoodwellness.org (916) 335-8818 Marilyn Woods, CFO mwoods@neighborhoodwellness.org (916) 229-8938 www.neighborhoodwellness.org	April 2020 – January 2021	All ethnicities with significant social emotional/economic challenges focusing on: African American Youth, age 12-17 African American Women, age 18- 70	Sister to Sister: Unmasking Mental Illness and Humanizing Community Awareness Program provided group sessions where participants can share individual trauma and begin to understand the neurological and resultant impact of generational adverse childhood experiences, adult trauma, and neighborhood toxic stress. NWF facilitated a 10-week empowerment program focusing on financial and digital literacy, housing stability, physical and mental women’s health, parenting, socialization, and workforce readiness. Weekly Sister healing sessions were held for both adults and youth.
21	Nor-Cal Services for the Deaf and Hard of Hearing \$332,569	Sheri Farinha, M.A., CEO sfarinha@norcalcenter.org peaceofmind@norcalcenter.org	May 2020 – August 2022	Sacramento County Deaf ASL Community	Deaf Mental Health Access promotes mental wellness in the Deaf community by making information and services accessible in the language and culture of the Deaf community. Linkage to resources and counseling services to mental health professionals who serve Deaf individuals. The program utilized workshops, community education, suicide prevention trainings, and special events to reach the goal of reducing stigma associated with mental illness and providing access to providers who serve the community.
22	ONTRACK Program Resources \$462,670	Madalyn Rucker, Executive Director mcrucker@getontrack.org (916) 285-1805 www.ontrackconsulting.org	April 2020 – June 2022	Unserved and underserved Black/African American Communities	Soul Space is an African American PEI support services and training community-based program. The program model is a community-defined evidence-based African American specific PEI program that incorporates health education, life skills, wellness learning, social support, 1:1 case management and racially congruent support groups.

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23	Opening Doors, Inc. \$215,000	Analee Villalpando, Director of Programs analee@openingdoorsinc.org (916) 492-2591 ext. 203 www.openingdoorsinc.org	April 2020 – August 2022	Afghan Women residing in Arden- Arcade, Carmichael, Rancho Cordova, and North Highlands	Afghan Women’s Wellness Program is a non-stigmatizing women's peer support group that promotes community connectedness, coping skills, and access to mental health services with the goal of therapeutically reducing mental health stigma. Engagement with clients is trauma-informed, culturally responsive, and faith-sensitive to promote relevant and specialized services. Support services are facilitated in English/Dari/Farsi.
24	Public Health Advocates \$250,000	DeAngelo Mack, Director of State Policy dm@phadvocates.org (916) 841-331 www.phadvocates.org	April 2020 – August 2022	Boys and young men of color, age 13-24, residing in: Oak Park, South Sacramento, Meadowview, North Highlands, and Arden Arcade	My Brother’s Keeper, Sacramento will connect youth to supportive providers and engage youth as leaders in designing their own solutions, diminishing isolation, and increasing power. My Brother’s Keeper provides the following activities, trauma and healing learning workshops, youth led listening campaigns and youth led advocacy and policy recommendations.
25	SAC Connect Therapeutic and Wellness Services \$47,453	Sac Connect – Therapeutic and Wellness Services, Licensed Clinical Social Worker Thesacconnect@gmail.com (916) 400-0908 www.thesacconnect.org	July 2020 – June 2021	Sacramento County Youth, Young Adults, and Families from low- income minority communities	Increase Access to Mental Health Opportunities, Programs, and Education (IAMHOPE) a seminar series that provides the opportunity for social services/mental health professionals, community organizations, and/or individuals with a stake in addressing disparities in mental health services. The focus of the seminar to bring stakeholders together to share knowledge on available resources within different Sacramento County communities, the referral process for mental health services, and effective engagement strategies for communities. The goal is to reduce racial health disparities for the communities served. SAC Connect hosted the IAMHOPE Event in the summer of 2021.

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26	Sacramento Covered \$499,275	Kyle Stefano, LCSW, VP of Clinical Programs kstefano@sacramentocovered.org (916) 956.2626 www.sacramentocovered.org	April 2020 – February 2023	Individuals returning to the community following incarceration, particularly those with mental health needs and complex social needs.	Sacramento Covered Reentry Program provides social services support to individuals incarcerated at the Sacramento County Main Jail and the Rios Community Correctional Center. Community Health Workers support clients in developing a post release plan that includes linkage and referral to social services including, mental health and/or AOD support, shelter vouchers, transportation support, Medi-Cal, Cal Fresh, and other support services.
27	Sacramento LGBT Community Center \$499,962	Christi Gray, Director of Health Services christi.gray@saccenter.org (916) 442-0185 x122 www.saccenter.org	April 2020 – May 2023	TAY & Adult LGBT Community and their families, focusing on: BIPOC and Homeless population and youth at risk of incarceration.	Interrupting LGBTQ+ Mental Health Disparities program provides short-term stabilization counseling services to TAY and adults at the intersection of race and sexual identity with goal of assisting them in navigating their recovery paths. In addition to gender affirming, youth and family, and adult support groups and community events.
28	Safe Black Space \$57,550	Dr. Kristee Haggins, Safe Black Space President safeblackspace@gmail.com (530) 683-5101 www.safeblackspace.org	April 2020 – May 2023	Sacramento County youth and adults, age 14 and up, who identify as Black	Safe Black Space facilitates monthly healing circles in a safe and supportive space for the local Black community to address racial stress and trauma by introducing participants to root causes of black racialized stress. The focus of the healing circles is to teach participants the signs and symptoms of stress and trauma, engage participants in culturally relevant practices of coping, and provide participants with information on local resources.

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29	Tarbiya Institute \$319,000	Orooj Shahid, Nizami Director o.shahid@tarbiya.org (916) 800-4111 www.tarbiya.org	April 2020 – September 2022	Sacramento County refugee populations.	The Sakeenah Initiative is a two-part community driven program with the goal of reducing the negative effects of untreated mental illness and ending prolonged generational suffering. Part I: Consists of a series of Mental Health First Aid workshops that train Imams, peer mentors, program managers, community leaders, parents, teachers, and various program volunteers serving youth. Part II: Family friendly events that provide social-emotional support, assist in mental health stigma reduction, and increase awareness of mental health services/resources serving the target population.
30	Teah M. Hairston \$49,945	Teah M. Hairston, Board Vice President, Sac ACT Board Vice President, SBS teahmhairston@gmail.com (916) 201-4255	May 2020 – April 2021	Black women aged 18-45, who have experienced fetal/perinatal death and are at-risk of prolonged psychological and emotional suffering.	Be Love Holistic Wellness program provides trauma-informed workshops and groups over that address the mental, emotional, physical, and spiritual health issues related to fetal/perinatal death, and other pregnancy related problems that disproportionately affect black women.
31	Trans & Queer Youth Collective (TQYC) \$467,500	Judah Joslyn, Transgender Advocacy Director tgyouthcollective@gmail.com (916) 524-1663 www.tqyc.org	April 2020 – May 2022	Sacramento County Transgender and Queer youth, age 10-17, of all races/ethnicities.	Trans & Queer Youth Collective (TQYC) Project integrates gender affirming mental health services, LGBTQ+ education and individual and family assistance to better serve queer and transgender teens. The Project combines daily support groups, countywide convenings/events focusing on Transgender youth, 1:1 case management, outreach activities, and stigma/discrimination reduction efforts using social media, resource distribution, and community presentations that promote help-seeking.

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32	University Enterprises, Inc. (UEI) – Sacramento State \$98,261	Lara Falkenstein, Health Educator Lara.falkenstein@csus.edu (916) 278-2036 www.enterprises.csus.edu	April 2020 – May 2023	BIPOC CSUS students who experience an equity gap in graduation rates.	Supporting the Mental Health of Students of Color is a two-phased program that conducts research into the mental health needs of BIPOC students and implements culturally relevant student engagement strategies. Phase One: Consist of conducting mental health needs assessments among students through focus groups and interviews on perceptions of mental health, risk and protective factors, and effective engagement strategies. The intent is to create tailored, culturally responsive mental health programming. Phase Two: UEI will implement programs based on the findings from phase one.
33	Nation’s Finest – previously Vietnam Veterans of California, Inc. \$325,552	Chris Cabral, CAO ccabral@nationsfinest.org (740) 501-1063 www.nationsfinest.org	May 2020 – May 2023	Sacramento County Veterans and family members.	Through the Veteran Mental Health Outreach, Education, and Prevention Initiative program , Nation’s Finest (NF) will host outreach activities that includes on-the-ground screening, and resource information and referral services. The program facilitates quarterly in-person wellness events at Mather Veterans Village. In-person events include, art therapy, sporting events, community education, and resource fairs. All events support mental wellness and provides information on local resources.
34	WEAVE, Inc. \$125,657	Gina Roberson, Chief Program Officer, Advocacy & Intervention Services groberson@weaveinc.org (916) 319-4951 www.weaveinc.org	April 2020 – May 2022	Black/African American residents of South Sacramento's Valley Hi and Meadowview neighborhoods	Healthy Black Families Collaborative Domestic Violence and Sexual Assault Peer Counselor Advocate provides victims of domestic violence with emotional and mental health support, resource, and assistance navigation, 1:1 case management, hotel voucher and shelter referrals, and other social services. The goal is to reduce stigma and the negative mental impacts of domestic violence in a way that is reflective of the community.