



Sacramento County Division of Behavioral Health Services Time- Limited Community-Driven PEI Grants – Round One Update

CaMHSA – Sacramento County MHSA Steering Committee
September 15, 2022

Sacramento County Behavioral Health Services Time-Limited Community-Driven PEI Grants – Round One

Program implementation began May 2020 – Original contract term end, May 2022
(Program term has been extended through May 2023)

In the Spring of 2020, the Sacramento County Division of Behavioral Health Services, through the Mental Health Services Act (MHSA) Prevention and Early Intervention (PEI) funding, and in collaboration with CalMHSA awarded 34 grantees with the Sacramento County Time-Limited Community-Driven PEI grants.

This opportunity created to support community-based, grassroots organizations and individuals in providing support, services, and resources to marginalized and underserved communities in Sacramento County.

The grants focused on four PEI components: 1) Outreach for increasing recognition of early signs of mental illness 2) Prevention 3) Stigma and Discrimination Reduction 4) Suicide Prevention



Who is CalMHSA?

The California Mental Health Services Authority (CalMHSA) is a Joint Powers Authority (JPA) of the 58 County Behavioral/Mental Health Directors and 2 City (Berkeley and Tri-City) Health Directors.

CalMHSA implements local, multi-County/City, regional, and statewide mental health projects.



What is CalMHSA's Role

CalMHSA is the administrative manager for the grants: grant application development and rollout, contracting, program implementation, deliverable/contract monitoring, data and reporting, and the No Cost Extension (NCE) rollout.

In addition, CalMHSA provided grantees technical assistance, COVID-19 impact support, and facilitated learning collaboratives.

Learning collaboratives have included:

- Grantee Mixer
- Pivoting to virtual platforms
- Community Education
 - Cultural sensitivity training provided by grantees serving refugee populations, Domestic Violence education and resources (DV awareness month), open space to discuss program challenges and solutions.
- Lunch Hour MHSR Requirements Refresher



Community Driven Impact Grant Awardees

- Agile Group
- CalVoices
- CA Black Women's Health Project
- Depression and Bipolar Support Alliance
- East Bay Asian Youth Center
- Friends for Survival
- Health Education Council
- Her Health First
- Hmong Youth and Parents United
- Improve Your Tomorrow
- International Rescue Committee
- Justice Teams Network
- La Familia Counseling Center, Inc
- Lao Community Development
- Mallory Ewing and Galle Anderson (SacTeen MH)
- Mental Health California
- Muslim American Society – Social Services Foundation
- NAMI, Sacramento
- Native Dads Network
- Neighborhood Wellness Foundation
- Nor-Cal Services for the Deaf and Hard of Hearing
- ONTRACK Program Resources
- Opening Doors, Inc
- Public Health Advocates
- Sac Connect Therapeutic and Wellness Services
- Sacramento Covered
- Sacramento LGBT Community Center
- Safe Black Space
- Tarbiya Institute
- Teah M. Hairston (Be Love)
- Trans and Queer Youth Collective
- University Enterprises, Inc – Sacramento State
- Nation's Finest – Previously Vietnam Veterans of California, Inc
- WEAVE



Sacramento County Community Members Served July 2021 - June 2022

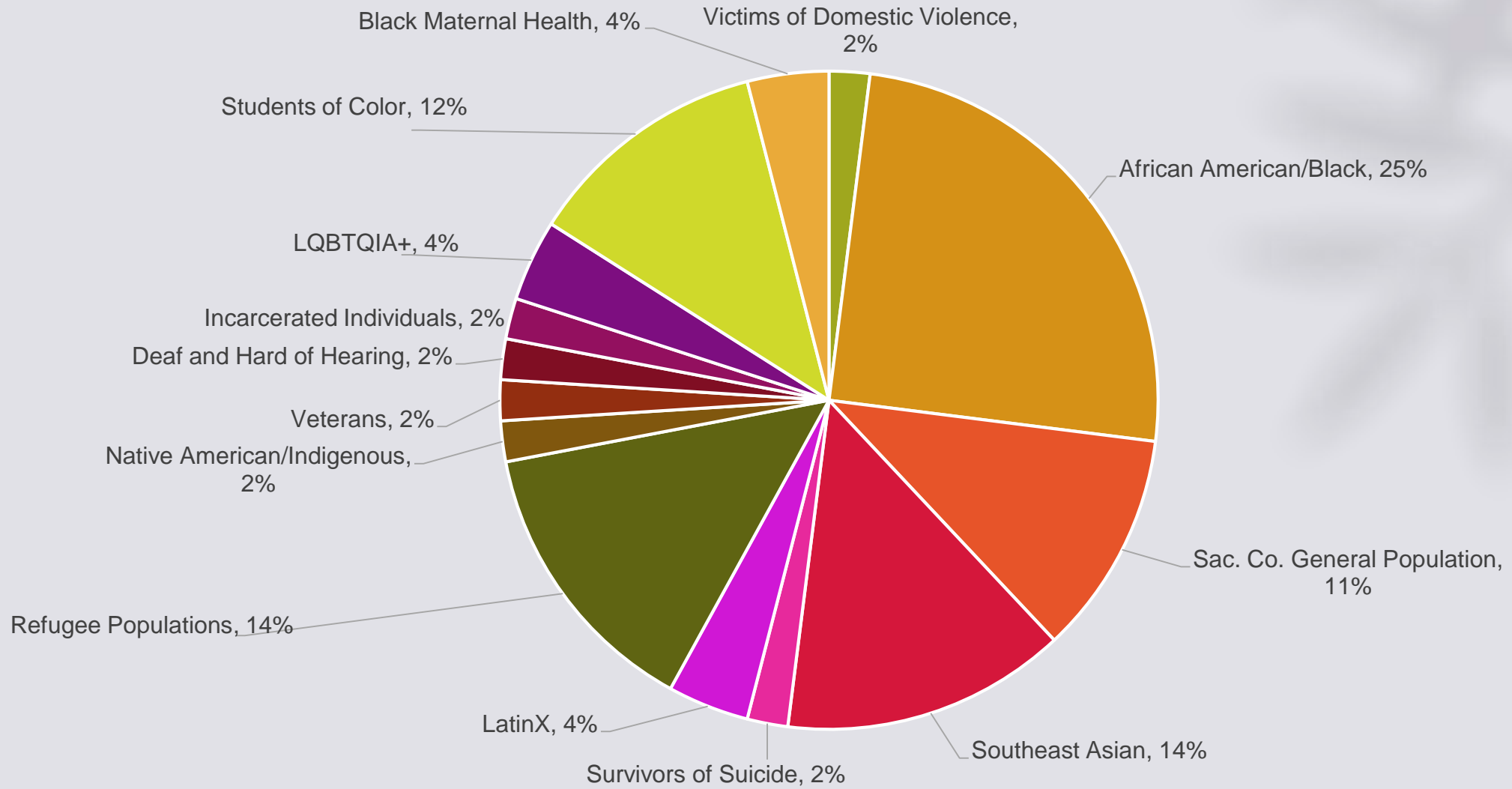
Total served includes; outreach, support groups, peer support, resource fairs, social media, campaigns, tabling events, etc.

67,701 Individuals

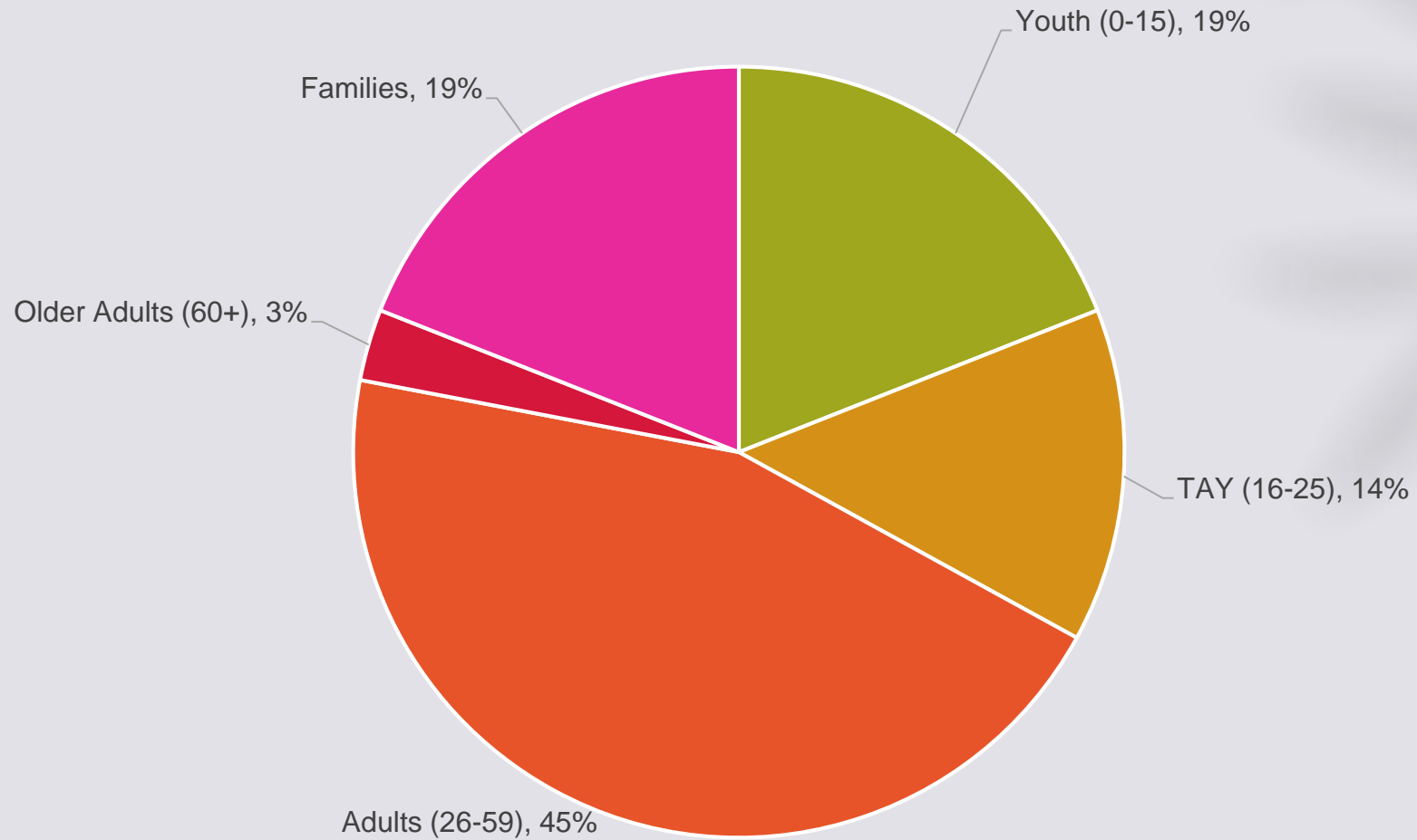
As of July 2021, CalMHSA began to require grantees to report on the total number of individuals served under this funding opportunity. The continued challenges grantees faces around data collection sparked the need to collect total served vs. solely reporting on surveys completed. Collecting the total served has assisted with showing the true community impact.



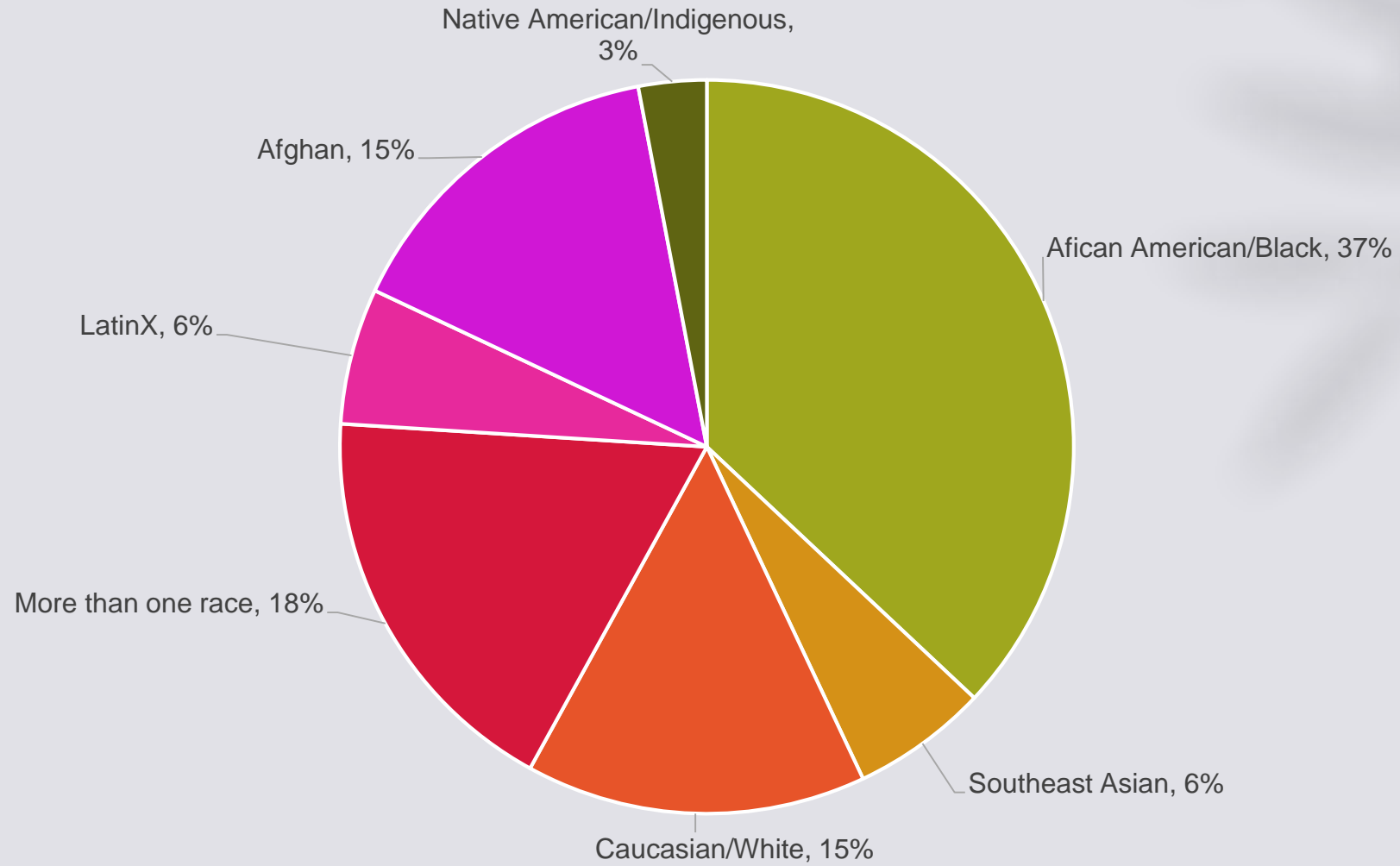
Communities Served



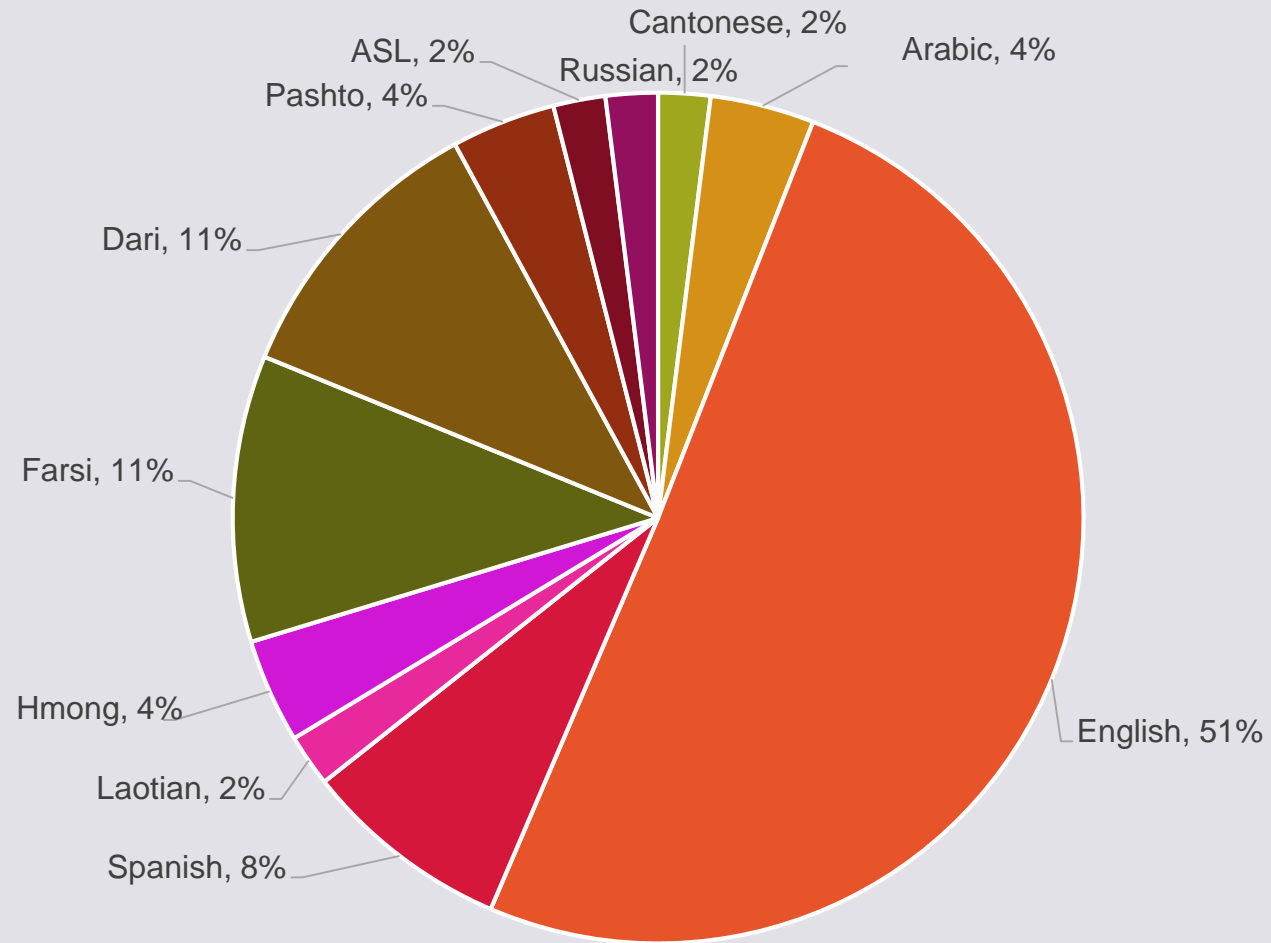
Communities Served – Age



Communities Served – Race and Ethnicity



Communities Served – Services provided in the following languages





Agile Group –

Youth Mental Health First Aid Training and Wellness Support Program

- Program Progress – The Youth Mental Health First Aid (YMHFA) program trained trusted community members to assist young people in crisis. Wellness Wednesday Group provides peer support and resources for seniors.
- Total served – 108 trained in YMHFA, 70 attendees for Wellness Wednesday, 32 service referrals, 27 attended youth groups, outreached out to 1307 members of the African American Community
- Program Sustainability – We have partnered with other CBOs and are exploring other grant opportunities



Cal Voices – SacMap project

- The SacMap Project accomplished the following during the contract period:
 - 24 Community and Provider Workshops
 - Behavioral Health Resource Website (www.calvoices.org/sacmap)
 - Printable Behavioral Health Resource Guide (Translated) (on website)
 - Video overview of Behavioral Health Resources and Website Navigation (on website)
 - Mental Health Matters TV Interview
- Total served: 4,062 community members and provider staff
- Program Sustainability:
 - Identify existing Cal Voices' programs that provide linkage and referrals in Sacramento County, and request a notification when they identify information that needs to be updated (while using the website).
 - Former SacMap staff (current Cal Voices' employees) to make updates on the website.
 - Continue to look for additional funding opportunities to operate the program at same or similar capacity to when it was funded.



California Black Women's Health Project – Sister Mentally Mobilized (SMM) - Sacramento

- **Program Progress:** We have hosted 31 culturally infused community events focused on mental health and wellness online and in-person.
- **Total served:** CABWHP has directly served 471 via Sister Circle support, education, and training spaces and more than 1,000 via supportive outreach messaging and tabling to share resources and materials.
- **Program Sustainability:** Thanks to CalMHSA funding, we are in the process of expanding our team in Sacramento County to hire a director that can increase our capacity for acquiring funding and leveraging opportunities in the region.



Depression and Bipolar Support Alliance (DBSA) of California – Selix Soft Suite for Transitional Age Youth and Young Adults

The development and delivery of 6 workshops in Sacramento County were facilitated. The workshops focused on prevention and early intervention and were targeted at transitional age youth. This program was active May 2020 – August 2020. The appearance of COVID-19 pandemic made it apparent that in-person workshops were not in the cards for this program. DBSA pivoted to zoom hosted workshops. The workshops included;

Mental health resources available in Sacramento County – Presentations from county Behavioral health department.	Talk Saves Lives – presentation from American Foundation for Suicide Prevention
Best Practices for those with mood disorders in the age of COVID	Mental health advocacy and parity
Young Voices – speakers from DBSA and Active Minds	Sleep Hygiene
Meditation and motion – Mary DeRiemer	Working with a Mood Disorder
Writing wellness recovery action plan	Navigating disability systems for those with mental health issues – Disability Rights of CA

- Total served – Over 400 individuals attended zoom workshops
- Program Sustainability – DBSA has continued the Selix Suite model and have expanded the offering on the basis of the Peer Workforce Development grant awarded by the Department of Health Care Services



East Bay Asian Youth Center (EBAYC) – Groundwork II

- Established a youth peer-to-peer program model targeting low-income Southeast Asian high school and transitional-age youth. Participated in adolescent behavioral health education and healing circles, and organized four mental wellness social media campaigns, cultural/social activities, and a youth conference.
- 31 youth as Peer Advocates and 132 youth through peer-led activities and events (FY 2021-2022).
- To sustain and grow this model, we are exploring funding opportunities with the City of Sacramento, California Department of Health Care Services (Proposition 64), and Sacramento County MHSA.



Friends for Survival –

A personal bereavement support outreach after a suicide death

- Program Progress –We have trained 18 volunteer callers with life experiences who have reached out weekly to grievors who may be at risk and need an extra level of long-term support because of the lack of personal resources.
- Total served – We have served a total of 38 families with positive feedback. Our 18 volunteers have also been positively impacted by their outreach to these needy individuals
- Program Sustainability –Our board of directors has determined that this is a valuable outreach for our families. Friends for Survival has approved funds for this program through Dec. 2022. They are also soliciting designated funds/ donations for this particular program.
- Submitted by Marilyn Koenig, executive director on September 6, 2022



Health Education Council (HEC) – Peers Helping Peer (PHP)

- Program Progress – Trained and graduated 90 youth & 83 Spanish-speaking adults from the 7-week HEC Peers Helping Peers (PHP) mental health training program
- Total served – Directly impacted over 130 Spanish-speaking community members, and over 200 youth with PHP led initiatives.
- Program Sustainability – Actively searching for funding opportunities and integrating this successful model in other HEC programs.



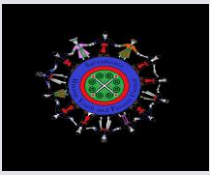
Her Health First –

Black Mother’s United: Pregnancy & Mental Health Support Services

- Program Progress – The Sacramento County PEI Grant provided the opportunity for Her Health First to expand the services of Black Mothers United (BMU). The vision for BMU was to enhance birth outcomes for African American birthing families. Using a 5 Stage approach.



- Total served – During the period from May 2020 – June 2022, 268 clients were served
- Program Sustainability – Her Health First continued efforts to identify ways to sustain services beyond the completion of the CaIMHSA contract. When designing PMAD support and educational tools, we were intentional about developing durable, digital media tools that will be utilized on a continuous basis with future clients, community members, and throughout Sacramento County overall. We completed our **digital library** of educational assets while also contributing to build the “learn.hhf.org” **website** that will act as a “self-serve” site for individuals seeking information, supports, and referrals. In addition, HHF has built partnerships with First 5 Sacramento and Blue Shield of CA. HHF will also leverage SB 65, supporting Black Maternal Health.



Hmong Youth And Parents United –

Mental Health & Wellbeing – Building Hmong Community Capacity

From 2019 to 2022, HYPU hosted (1) 28 time-limited group therapy sessions for youth, women, men, LGTBQIA+, and seniors, (2) two youth leadership building summits, and (3) 23 community engagements. These activities provided a safe and confidential space where members of a community with similar struggles could come together and discuss relevant issues and relate to one another. They also served as a non-stigmatizing access point to engaging families in formal mental health support services

HYPU served over 1,000 community members of all ages, race, and ethnicity living in zip code areas 95618, 95673, 95757, 95758, 95815, 95817, 95818, 95820, 95822, 95823, 95824, 95825, 95826, 95828, 95830, 95832, 95833, 95834, 95838, 95843 and 95901.

HYPU has leveraged on various partnerships and community members to contribute their knowledge, skills and services to support our mental health work in the community. We intend to continue connecting with our program participants and be an available resource for individuals seeking mental health services.



Improve Your Tomorrow – Community College Mental Health Initiative

- Program Progress – Barbershop talks, monthly workshops related to mental health, wellness and substance abuse, retreats
 - Workshop topics include: Navigating Healthy Relationships, Redefining Manhood and Roses in Concrete
- Total served – Recurring 50 to 75 College Level Brothers per month
- 50 to 75 College level participants pass their knowledge on to 3,000 high school age students
- Program Sustainability – We continue to use our data to show the need for wellness and mental health related programs
- Over 40 participants have received care related to mental health, food and nutrition and other country related opportunities.



International Rescue Committee – IRC in Sacramento

The Community Wellness Program

- Program Progress –
 - Established ongoing psychosocial support for refugees through evidence-based curriculum
 - Enhancing capacity of community members by providing Mental Health First Aid
 - Providing school navigation support for families with special needs
 - Raising awareness of emotional well-being and immigration stressors
 - Enhancing knowledge and awareness of the refugee community for schools
 - Aim to reduce stigma around mental health and psychosocial issues in refugees and immigrants
- Total served –
 - 1,355+ direct individuals served
 - 2,500+ services provided to the refugee and immigrant community of Sacramento
- Program Sustainability –
 - Capacity instilled in the community to provide mental health first aid – using a train-the-trainers model
 - Establishing standing collaboration with local school districts and community partners
 - Enhancing knowledge and capacity of the school system on the refugee and immigrant community



Justice Teams Network – MHFirst

MOMENTS
FROM
#NOSTIGMANOSHAME

Duces Eclipse



Andy Emparado



SOL
Development



Our Progress

We have been able to refine the ways that we train community members in crisis response. We have been able to create relationships with community resources and strengthen the relationships we already have. We now have an intimate understand of how art and mental wellness exist in symbiosis.

Our Service

15,000 Community members SERVED. We have both initiated and shifted the way communities of color in sacramento talk about mental health and wellness. We have done this by bringing together community members, artist and healers to create safe spaces to exchange; knowledge, resources and understanding.

Our sustainability

Our organization has been aggressively pursuing multiple diverse funding opportunities such as grants and donations in aspirations of continuing funding past this term. We have also fortified and are expanding connections and collaborations with community partners and organizations to support programs sustainability within the community.



La Familia Counseling Center – Juntos Podemos – Together We Can

- Program Progress – Staff provide educational information to the Latinx community on the availability of mental health resources. In addition, staff host several support groups to recognize the signs of suicide and provide emotional support, while facilitating warm hand offs to local service providers.
- Total served – 48,046
- Program Sustainability – LFCC staff continue to seek funding sources to enhance the services provided to the community. LFCC is committed to advocating for the needs of the Latinx community. Staff work with the local, County, State and Federal levels to promote this need. LFCC continues to devise creative strategies in serving the hard-to-reach communities that do not qualify for services due to their immigration status.



Lao Family Community Development – Health and Well-Being (HWB) Program

- Program Progress –

- From May 2020 to September 2022- The PEI: Health and Well-being program has held **54 workshops, 108 Peer Support Groups, 10 Social Gathering, and attended more than 30 Community Events.**

- Total served –

Total # of individuals served from June 2020 to September 2022						
Case Management			Events			
Youth	Adult	Senior	Workshops	Peer Support Groups	Social Gatherings	Community Outreach
263	372	111	1205	1573	392	3213

- Program Sustainability

- We will be referring our PEI clients to our other programs that we offer. We don't want to turn away any of our clients, therefore we will be referring our clients to our other programs that we offer for workshops and Peer support groups. However, the one challenge we face is with case management. We will not be able to case manage our clients due to lack of funding for case managements.



Mallory Ewing & Galle Anderson — Sacramento Youth Mental Health (SacYMH)

- Progress:
 - Hosted a series of webinars directed at teens, including QuarantEEN Science Café with Sergio Aguilar-Gaxiola
 - Presented on mental health to teens from the Sacramento Theater Company and hosted discussions about mental health to classes of underclassmen at C.K. McClatchy High School
 - Organized Mindset 2022: Start the Conversation, a mental health conference for teens. Discussions were based on between mental health and media, the effect of relationships on mental health, and how to approach mental health crises.
- Total Served: Approximately 350 students through in-person events, with more reached virtually.
- Program Sustainability: SacYMH plans to recruit underclassmen to continue the program, and is also in the planning stages with SCOE to spread the classroom discussion model throughout the county. SacYMH plans to seek out funding opportunities wherever possible.



Mental Health California – Brother Be Well

- Program Progress – Brother Be Well has created over 600 multimedia to advance mental health awareness and is distributed across all major podcast platforms including Apple and Spotify.
- Total served – 424 community members, and 130,000 weekly listeners via Brother Be Well Radio on KDEE 97.5 FM.
- Program Sustainability – Brother Be Well received funding from Blue Shield of California and Sierra Health Foundation to continue the work for a limited time.



Muslim American Society- Social Services Foundation

- Program Progress – MAS-SSF has conducted fifteen events during their grant funding. The events include seniors, adults, youth and children. The pandemic and violence with the community caused some delay in the program roll-out the first event was facilitated during year 1 quarter 3. Events include;
 1. 6 Mental Health First Aid Trainings
 2. 9 Special events and/or tabling event outreach
- Total served – 7,219 individuals including men, women and children have been impacted and reached.
- Program Sustainability – To assist MAS-SSF with sustaining their program by hiring a grant writer that is working with the Executive Director to apply for new funding opportunities, including Sacramento County First Five, CAIR subcontract and funding opportunities providing by the City of Sacramento.



NAMI Sacramento – Mental Health for All

- Program Progress – In fiscal year 2021-22, we held 5 classes, 155 support groups and gave 25 presentations.
- Total served – NAMI Sacramento served a total of 2,899 people during this time.
- Program Sustainability – We are actively researching and applying for grants to continue our progress.



Native Dads Network – Community Mental Health Capacity Building

- Program Progress – Native Dads Network has made many accomplishments. We have been successful in reaching Native Communities by offering healing practices through a cultural approach, because of Native Dads Networks cultural experience of using traditional approaches to address mental health, we are able to offer direct services to tribal communities.
- In 2020 NDN seen the increase of negative mental health impacts due to the covid-19 pandemic and with the funding provided by CaIMHSA we were able to offer help families in need by implementation of The Wellness Speaker Series.
- Native Dads was able to build a platform for community leaders, tribal subject experts, counselors, and youth leaders where community had direct access to. This platform provided a series of wellness topics and discussions via zoom, available for all to watch, interact via chat, and gain hope in a time of need.
- By providing direct access to a place of healing and support NDN gained a trust from community, and we seen a spike in our social media followings dramatically.
- NDN was able to reach community by using the power of social media and currently use social media for community engagement and as a platform for healing and change
- NDN now reaches 6,000+ in post and continues to have an increase of followers throughout California and even nationally



Nation's Finest Veteran Mental Health

- Our program has successfully hosted 9 mental health outreach events with a goal of unifying the homeless veteran population with much needed community resources.
- Nation's Finest has impacted over 1,200 community members through the duration of this grant
- Our agency is actively working to develop lasting partnerships with various organizations to ensure we can continue connecting mental health resources to veterans in need for years to come.



Neighborhood Wellness Foundation – Sister to Sister

Since the completion of the funding term in January 2021 Neighborhood Wellness Foundation has continued their effort to support and heal the Del Paso Height neighborhood. They created four community impact programs to aid those efforts.

1. Healing Circles – connecting with community through shared live experiences using evidence-based Healing Circles to help each other recognize the destructive impact of inter generational trauma, poverty and racism have on the capacity to live, learn and thrive
2. Higher Heights – a self-paced high school diploma program for adults. This program creates an encouraging and inspiring space for adults age 22+ to earn their high school diploma at an individual pace in a familiar, welcoming environment.
3. Restore Legacies – a restorative justice education through acts of services is breaking the legacy of incarceration by working with individuals and families towards educational attainment, trauma healing, vocational and workforce skill development, restorative justice and civic engagement.
4. Pacers Take Space – a safe environment for building healthy and resilient students by providing behavioral health support through on-campus healing circles and one-on-one counseling and therapy with the goal of lowering the barriers of adversity and providing support and essentials for well-being.

The support of the Sacramento County Community-Driven Time-Limited PEI Grant was one of the springboards to the growth and development of Neighborhood Wellness Foundation’s impact programs to serve their Del Paso Heights Neighbors.

Gina Warren, PHARM.D., Executive Director - GWARREN@NEIGHBORHOODWELLNESS.ORG

Marilyn Woods, CFO - MWOODS@NEIGHBORHOODWELLNESS.ORG

<http://neighborhoodwellness.org/>

Our Mission:
Navigating and Disrupting Intergenerational Trauma





ONTRACK Program Resources – Soul Space

Program Progress:

ONTRACK Program Resources (ONTRACK) launched *Soul Space*, a Black/African American-specific community-based resource to maintain mental health, substance use prevention, financial stability, life skills and emotional wellness.

Total Served:

Activity	# Reached (duplicated, unless noted)
Community Trainings (12)	691
Mental Health First Aid Trainings (5)	122
Life Skills Workshops (12)	27
Culturally Affirming Support Groups	93
Community Outreach	52,211
Alliance Members (unduplicated)	61
Soul Space Case Management (unduplicated)	63
Approximate Total	54,201

Who the program has influenced:

At intake, 31 of 63 Soul Space members in case management reported being in one or more of the following groups:

- 21% have a family member with a mental illness
- 16% live with a disability
- 11% are experiencing homelessness
- 6% are current or former foster youth
- 2% are veterans

Sustainability Efforts:

A braided funding framework will sustain Soul Space activities, including:

- Sacramento County Behavioral Health/MHSA - African American Trauma Informed Wellness Program (Awarded 1/1/21-6/30/23)
- California Community Reinvestment Grants Program/GO-BIZ - (Awarded 6/1/22-5/31/25)
- Applications pending: Max and Victoria Dreyfus Foundation, AstraZeneca US-ACT on Health Equity, The California Wellness Foundation



Opening Doors, Inc. – Afghan Women’s Wellness Program

- **Program Overview**

- **Afghan Women’s Wellness Program**

- Support community connectedness (social integration)
- Equip Afghan women with the skills needed to become emotionally & economically self-sufficient
- Therapeutically erase stigma associated with mental health and domestic violence

- **Program Progress**

- Coordinated with partners (MAS-SSF, Sacramento Food Bank, Child Action, IRC, Sacramento County) to provide additional services
- Distributed basic needs care packages and Sacramento resource binder with translated materials to participants
- Created new workshop materials
- Made referrals to the Refugee Career Pathways and Intensive Case Management programs of ODI

- **Program Accomplishments**

- 157 Afghan women completed the 12-week program
- 1,429 Afghan women attended 12-week cohorts
- 137 Total Workshops held
- 5 outreach events attended
- 79 Laptops donated
- Facilitated additional donations for clients (household items, baby products, Eid-Toys, books, bikes, etc.)
- Provided food vouchers to participants
- Cohorts Please see the flyer

- **Program Sustainability**

- Additional funding from California Office of Emergency Services and Preferred Communities (PC) funding from the U.S. Office of Refugee Resettlement
- Private donations



Public Health Advocates – My Brothers Keeper

- Over the grant period PHA's My Brother's Keeper successfully held youth listening sessions focused on how health professionals can better serve boys and young men of color. We also held a virtual Trauma Healing and Learning series which educated targeted health and education professionals about the tools needed to support this underserved population of youth. Through these events, we gathered data and co-created with youth a toolkit to better support and tell the story of our youth's needs. We also provided virtual certified web-development training for youth ages 10 – 20 years old.
- Held **3** local youth listening sessions with **50** youth. Held **5** Trauma Healing and Learning Series with over **800** registrants and over **400** attendees. Our virtual web-development class saw **25** registrants and **12** participants.
- Program Sustainability is a key focus for our organization. We have currently applied for 2 grants (CDC & OJJDP) and are awaiting decisions on each. We are also in conversation with local healthcare providers Kaiser Permanente and Blue Shield of California and other California foundations to fund our Trauma Healing and Learning Series.

SAC CONNECT – IAMHOPE

- Program Progress – What has your program accomplished to date: IAMHOPE program has accomplished promoting continued awareness to disparities in mental health education, tools, and resources for communities of color.
- Total served – number of community members, who has your program impacted: African American and Communities of Color. At the conclusion of the program over 300 individuals were impacted.
- Program Sustainability – What efforts is your agency taking to continue funding past your funding term: SAC Connect continues to apply for grant funding geared towards mental health awareness and disparities to access of mental health and wellness resources. SAC Connect has a YOU TUBE channel that allows individuals to view the virtual IAMHOPE Seminar, continues to distribute mental health quick guides, and outreach to communities of Color to provide them with resources available to them.



Sacramento Covered

- Program Progress – Our program has worked closely with Sacramento County Department of Corrections-Adult Correctional Health, to identify individuals with complex health, behavioral health and social needs after being released from jail. Our Community Health Workers (CHWs), have connected housing insecure individuals to local shelters and motels during extreme weather events as well as referred to programs that will help with permanent housing. Our CHW's ensure that the participants have active Medi-Cal and a Health Plan so they can be referred for CalAIM services and be eligible to receive ongoing case management services. We have also connected individuals to higher level of care with Sacramento County Mental Health and have assisted many when they need transportation to Probation upon release.
- Total Served – Completed 262 participants, Currently working with 89 participants
- Program Sustainability — Sacramento Covered is a CalAIM provider contracted with all five health plans for Enhanced Care Management and Community Supports. DHCS has identified the reentry population as a population of focus which is anticipated to go-live on July 2023. Sacramento Covered was granted a NCE for CalMHSA through Dec 2022 and also has been awarded an Incentive Payment Program to sustain and enhance our reentry work until the go-live date in the summer of 2023. Sacramento Covered anticipates sustaining our CalMHSA program via the CalAIM funding as well as other supplemental funding identified in the future.



PROGRAM PROGRESS

Continuing to offer monthly SBS circles virtually, an annual Kwanzaa Kutoa event, 4-year anniversary celebration
Respond to community requests for services and support (e.g., a special in-person circle with California --Museum during Black History Month; a special in-person circle being planned for African American Healing Network; community support after the downtown shooting);

Expansion of our Mind Body Spirit Community Resource List

Presentations and training provided locally, statewide, nationally, and internationally regarding Safe Black Space and Black Mental Health (presentations to California Behavioral Health Directors; to the Reparations and Racial Healing Summit in Accra, Ghana; to Disability Rights California - Black Affinity Group)

Growing Partnerships and Community Engagement (The Living Room, Unity of Sacramento, Roberts Family Development Center, African American Healing Network; Sacramento County BH Services; EGUSD)

Media participation: Featured stories/articles - in the Sacramento Observer; Fox40 News; CapRadio; White House and National Endowment for the Humanities Zoom Interview for 9/15/22 "United We Stand Summit"

Funding received - MacArthur Foundation

Building Organizational Capacity - Expanding and growing our staffing and volunteer village

TOTAL SERVED

Over 454 African American attendees served throughout the duration of the grant

✓77% were female, 18% male, 5% non-binary

✓16% under 32, 53% over 33; 30% over 61

✓Attendees come from all over Sacramento County

Impact includes increased feelings of community, joy, pride, hope, safety, and self-love, which is needed given extreme feelings of anger, rage, and pain regarding the Black experience in Sacramento and racial trauma

SUSTAINABILITY EFFORTS

MacArthur Foundation Funding

Implementing a Sustainability Plan we developed as part of the cohort working with Impact Foundry

Seeking other grants and funding sources, including:

National Endowment for the Humanities

Wellspring Philanthropic Fund's - Racial Justice Program

Hiring new staff, training new volunteers, and growing our board of directors



Sacramento LGBT Community Center – Interrupting LGBTQ+ Mental Health Disparities

- Program Progress –
 - We've established a Prevention & Early Intervention program for adults and at-risk transitional-aged youth providing:
 - Crisis Intervention, Short-term Counseling
 - Support Groups
- Total Served –
 - 91 Unique Clients Accessing Individual Counseling Services
 - 948 Total Individual Counseling Visits
- Program Sustainability –
 - Resource expansion to answer the need for low-cost counseling availability with the development of a fee for service, sliding-scale fee schedule
 - Ongoing robust fundraising efforts



Tarbiya Institute – The Sakeenah Initiative

- Program Progress – Trained 27 chaplains, and partnered with local colleges, hospitals, and prisons to begin offering chaplaincy services. Hosted a week-long “unplugged” youth retreat focusing on building spirituality, brotherhood/sisterhood and a healthy mind. Jump started a few small groups, such as Mommy & Me, Tarbiya Giving Back, and age-based circles (i.e. Adult women’s group, adult men’s group, youth women’s group, etc)
- Total served – Our chaplaincy department has served over 100 families, with over 25-30 warm hand-offs to professionals. Our organization as a whole has served over 2,000 community members over the span of the last few months, mainly families with younger children.
- Program Sustainability – The support for our chaplaincy program has manifested in continuous donations from community members. The CALMHSA grant aided in our growth, which in turn has allowed us to apply for other grants that we now are eligible for. We also hope to apply for this grant the next time it is offered.





Teah M. Hairston – Be Love Holistic Wellness



- Successfully completed a 9-session sister circle consisting of:
 - Education- academic, professional, social, and community research on Black uterine, maternal, mental and physical health
 - Group discussions- sharing experiences, challenges, triumphs, resources
 - Group fitness activities- exploring the benefits of physical fitness on mental and emotional health
 - Guest speakers, performers, and presenters, including a best-selling author on the history of American gynecology
 - Holistic Healing Retreat- celebrating completion of the program and the sisterhood formed as a result
- Served a total of 14 Black women impacted by pregnancy loss, early infant death, or infertility
- Be Love Holistic is currently forging new and strengthening existing partnerships with local CBOs, and seeking additional grant funding to serve Black women impacted by uterine/maternal health issues





Trans and Queer Youth Collective (T.Q.Y.C)

TQYC provides a safe space for trans and queer youth to receive mental health services and build community. Services include basic needs assessments, linkage to gender affirming healthcare resources, LGBTQIA+ education and advocacy services. TQYC's mission is to provide affirming spaces for trans and queer youth and their families to explore their identities and gain confidence in being their best authentic selves. In addition, TQYC facilitates 5 weekly support groups for queer and trans youth. Groups included;

Monday – Dungeons and Dragons Group

Tuesday – Minecraft Group

Wednesday – TQPOC (formally BIPOC) Group

Thursday Group - open for general support

Friday – Creative Queers Group

- Total served – Over 1,500 youth have received support through this funding opportunity
- Program Sustainability – TQYC are currently continuing program services by a grant received by Elevate Youth CA. This funding will help them to sustain the program for another 3 years.



University Enterprises, Inc – Sacramento State BIPOC Mental Health

- Program Progress –
 - Interviewed 33 BIPOC Sac State students about their experience with mental health services, support, and cultural barriers.
 - **Research Question:** How are existing services addressing or not addressing student mental health among Black/African-American, Latinx, Asian-American/Pacific Islander (AAPI), and Native/Indigenous students with approaches that are culturally relevant and student centered?
 - From the interviews, recommendations were provided to support the additional activities with the grant including: Social Media Outreach, BIPOC Mental Health events, BIPOC collaboration with campus and community partners for education and outreach of services and support, expanding Peer Counseling program in Affinity Centers to support 1:1 peer mental health with BIPOC peers, and addressing internal and external barriers to seeking counseling services as part of Sac State University strategic plan.
- Total served – 33 BIPOC Interviews
 - Expanded social media outreach to over and additional 2,000 followers this past year and increased BIPOC mental health promotion of education and services from other Sac State BIPOC students.
- Program Sustainability – What efforts is your agency taking to continue funding past your funding term
 - Increasing staffing to support mental health promotion including Mental Health Promotion Specialist, Communications Specialist, Communication Student Assistants (Mental Health Communication), and Director of Campus Wellness.
 - Including BIPOC mental health feedback from interviews into health equity and equality measures for university Wellness Strategic Plan.
 - Increasing communication from University (including Administration) on talking about mental health and wellness support at Sac State.
 - Examining the STEVE Fund Mental Health Equity Framework as a guide to continue strategic and collaborative planning beyond funding.



WEAVE, Inc – Healthy Black Families Collaborative

Goal: Mitigate the impact of trauma and prevent the negative effects of untreated mental illness such as removal of children, prolonged suffering, and breaking the inter-generation cycle of abuse and violence.

- Embedded WEAVE Advocate within trusted community-based organizations in Meadowview and Valley Hi to provide culturally responsive services to survivors of domestic and sexual violence. Advocate provided emotional support, strengths-based case management, and follow-up calls/check-ins with clients, as well as participated in MDTs for case coordination and service delivery and assisted with referrals to WEAVE's internal mental health services and other community resources.

Total # of African American/ Black community members receiving support for WEAVE services: 790

- Of the total, referrals from trusted partners in the community: 51
- Of the total, services for safe shelter: 78
- Of the total, services to create a safety plan: 278
- Of the total, services for legal assistance: 81
- Of the total, services for counseling: 76

Impact

- Increased trust, security, and comfort by having someone in the community that looks like them.
- Assisted survivors in escaping violent situations, provided basic needs (safe shelter, foods, rental assistance, housing establishment, children's games / toys, and mental health kits to the family).
- Increased access to mental health services and decreased stigma – made it ok and safe to ask for and receive help and support.

Sustainability

- Applied and awarded grant to expand model to North Sacramento which includes a dedicated WEAVE therapist to receive direct referrals from the embedded advocate. WEAVE continues to seek grant opportunities to expand the role of the advocate and increase participation in services to support families and promote safe and healthy relationships.



COVID-19 Program Impact Challenges

The RFP for this grant opportunity was offered pre-pandemic guidelines, in January 2020. COVID-19 began its impact on the world as these grants were being administered and programs were in the beginning stages of program implementation. Every grantee awarded made the changes needed to support their communities.

Challenges included:

- Increase in community need
- Community engagement and outreach challenges
- Digital Divide barriers
- Knowledge and access to virtual platforms
- Underspent funds
- Student access for programs while distance learning
- Data collection barriers



COVID-19 Program Impact Solutions

- Social Media campaigns
- Linkage to Behavioral Health Services
- Linkage to free and low-cost internet and tablets/laptops
- Developed trainings on how to use Zoom, FaceTime, etc.
- Created discords, podcasts, listening sessions, virtual support groups, and virtual healing and self-care tips
- COVID-19 triage and resources centers, providing free testing, vaccination clinics, PPE, and education on COVID-19
- Assisted community members in applying for benefits such as CalFresh, unemployment, housing assistance, utility assistance, Medi-Cal, and stimulus checks
- Sacramento County's COVID-19 Impact No Cost Extension opportunity



No Cost Extensions

In the beginning of 2022, Sacramento County offered grantees a No Cost Extension (NCE) for up to one year. The goal of the NCE is to provide grantees the opportunity to meet their proposed program goals that were affected by the COVID-19 pandemic. 22 of the original 34 grantees applied and were granted NCEs ranging from 30-days up to one year. Four (4) NCE recipients have completed their programs as of August 2022.

NCE activity highlights include:

1. Community mental health resource fairs
2. Back-to-School supply distributions
3. Support groups
4. Healing circles
5. Meditation and mindfulness trainings
6. Community outreach



No Cost Extension Awardees – Active Grants

<p>Agencies extended through September 2022</p> <ul style="list-style-type: none"> ➤ Lao Family Community Development ➤ Tarbiya Institute 	<p>Agencies extended through December 2022</p> <ul style="list-style-type: none"> ➤ Agile Group ➤ International Rescue Committee ➤ Improve Your Tomorrow
<p>Agencies extended through January 2023</p> <ul style="list-style-type: none"> ➤ CA Black Women’s Health Project 	<p>Agencies extended through February 2022</p> <ul style="list-style-type: none"> ➤ Sacramento Covered
<p>Agencies extended through May 2023</p> <ul style="list-style-type: none"> ➤ East Bay Asian Youth Center ➤ Her Health First ➤ La Familia Counseling Center ➤ SacTeen Youth Mental Health ➤ NAMI, Sacramento ➤ Safe Black Space ➤ University Enterprises, Inc – Sacramento State (UEI) ➤ Health Education Council ➤ Justice Teams Network ➤ MAS-SSF ➤ Nation’s Finest ➤ Sacramento LGBT Center 	



Completed Grants

Agencies completed August 2020	Agencies completed January 2021
<ul style="list-style-type: none"> ➤ Depression and Bipolar Support Alliance (DBSA) 	<ul style="list-style-type: none"> ➤ Neighborhood Wellness Foundation
Agencies completed April 2021	Agencies completed May 2021
<ul style="list-style-type: none"> ➤ Teah M. Hairston (Be Love) 	<ul style="list-style-type: none"> ➤ Friends for Survival ➤ Native Dads Network
Agencies completed June 2021	Agencies completed May 2022
<ul style="list-style-type: none"> ➤ SacConnect Therapeutic and Wellness Services 	<ul style="list-style-type: none"> ➤ CalVoices ➤ Hmong Youth and Parents United ➤ Mental Health CA ➤ Trans and Queer Youth Collective ➤ WEAVE, Inc
Agencies completed June 2022	Agencies completed August 2022
<ul style="list-style-type: none"> ➤ ONTRACK Program Resources 	<ul style="list-style-type: none"> ➤ Opening Doors, Inc ➤ Public Health Advocates



Grant Sustainability Efforts

This grant opportunity has proven to be successful. Many awardees are able to continue to provide community support through other grants and initiatives past their CalMHSA contract term. Some of the sustainability highlights include:

1. Safe Black Space and Trans and Queer Youth Collective became stand alone 501c3 (community nonprofit), becoming independent from their fiscal sponsors. The Sacramento PEI Impact Grant was Trans and Queer Youth Collective's first ever grant award.
2. Many have received grant and/or other funding opportunities to expand and sustain their programs.
 - Partnerships with Sierra Health Foundation and Blue Shield of CA
 - Utilizing CRDP funds
 - CalAIM leverage
 - Leverage of SB 65 "Momnibus" Act signed into law. The law supports the effort to improve infant and maternal health, especially for Families of Color. In addition, allowing Doula services to be a Medi-Cal billable services
 - Safe Black Space was awarded the MacArthur Foundation Grant and attended the Impact Foundry's Certified Sustainability training program
3. In addition to researching and applying for future funding opportunities, grantees used other methods to continue their services and programs past their funded term.
 - Training community peers and volunteers
 - Recording program services and posting to their agency websites
 - Creating free online resources and toolkits



For additional program information:

Agency	Website
Agile Group	No website- email mcrafft@agilegroup.us
CalVoices	www.calvoices.org/sacmap
California Black Women's Health Project:	www.cabwhp.org
Depression and Bipolar Support Alliance (DBSA) of California	www.dbsa.org
East Bay Asian Youth Center	www.ebayc.org
Friends for Survival	www.friendsforsurvival.org
Her Health First	www.herhealthfirst.org
Improve Your Tomorrow	www.improveyourtomorrow.org
International Rescue Committee, Inc	www.rescue.org/sacramento
Justice Team Network	www.justiceteams.org
La Famillia Counseling Center, Inc	www.lafcc.org
Lao Family Community Development (LFCD)	www.lfcd.org
Mallory Ewing & Gale Anderson – Sacramento Youth Mental Health	www.sacymh.org
Mental Health California	www.mentalhealthca.org
Muslim American Society – Social Services Foundation (MAS-SSF)	www.mas-ssf.org
NAMI Sacramento	namisacramento.org
Native Dads Network	www.nativedadsnetwork.org



For additional information: continued

Agency	Website
Neighborhood Wellness Foundation	www.neighborhoodwellness.org
Nor-Cal Services for the Deaf and Hard of Hearing	www.norcalcenter.org
ONTRACK Program Resources	www.ontrackconsulting.org
Opening Doors, Inc	www.openingdoorsinc.org
Public Health Advocates	www.phadvocates.org
Sac Connect Therapeutic and Wellness Services	www.thesacconnect.org
Sacramento Covered	www.sacramentocovered.org
Sacramento LGBT Community Center	www.saccenter.org
Safe Black Space	www.safeblackspace.org
Tarbiya Institute	www.tarbiya.org
Teah M. Hairston – Be Love Holistic Wellness	www.beloveholistic.com
Trans and Queer Youth Collective (TQYC)	www.tqyc.wordpress.com
University Enterprises, Inc. (UEI) – Sacramento State	www.enterprises.csus.edu
Nation’s Finest – previously Vietnam Veterans of California, Inc	www.nationsfinest.org
WEAVE, Inc	www.weaveinc.org

Awardee contact list: <https://dhs.saccounty.gov/BHS/Documents/Advisory-Boards-Committees/Mental-Health-Services-Act-Committee/GI-BHS-MHSA-Sacramento-County-Community-Driven-PEI-Grant.pdf>



Thank you!

Email questions to:
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