

For: City Council agenda item #2 :

17-0300: Evaluations and Funding Recommendations for FY 2017-18 Human Services Grants and CDBG Capital Project Loans.

Dear Council Members of the City of Sunnyvale,

My name is Milton Cadena and as the Program Director of Adult Day Care Services of Catholic Charities in the City of Sunnyvale. I would like to thank you on behalf of my program and the over two dozen families that benefit from our services in this City; and at the same time I request once more for your support.

The grant provided by the City of Sunnyvale helps to subsidize for some Adult Day Care hours for families who cannot cover for services, allowing them to access a minimum of respite care and/or extend the number of days they can use such services. However, this is not enough in comparison with the demand on this community group.

The main goal of our service is to improve the quality of life of senior residents in the City of Sunnyvale, by helping seniors to age in place and keep them socially active during their later years, and also enabling families to keep their love ones at home for as long it is possible, delaying premature institutionalization, depression and dead; and also to alleviate the high cost of senior care for these families.

We think that adult care, home care and family caregiver services are to increasing needs that are not being met, especially for the medium low-income families in Sunnyvale. We invite you to explore the option to assist this segment of the population in your community.

We look forward to keep serving this wonderful City and its strong sense of community support for the elderly.

As always, thank you for your support and for believing in us Based Organizations!

Respectfully,

Milton Cadena

Milton R. Cadena, MPA
Program Director, Day Break Cares
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March 22, 2017

Dear Housing and Human Service Commissioners,

My name is Maritza Henry. I am the Director of School Based Services at Family & Children Services of Silicon Valley (FCS). Founded in 1948, we are a private, non-profit health and human services agency offering a range of quality mental health and prevention services.

First and foremost, I would like to thank you and the City of Sunnyvale for prioritizing the mental health needs of local residents. With funding from the City, we have been offering individual and family counseling services at Columbia Neighborhood Center since 2004. These services are offered at **no cost to at risk and extremely low, very low, or low income Sunnyvale youths and families.**

I am writing to request that the Housing and Human Service Commission consider funding FCS's Bilingual Youth Counseling Program at Columbia Neighborhood Center for the next two-year cycle.

Our program operates in close collaboration with the CNC, Columbia Middle School, and the other providers delivering on-site services at the CNC in order to advance city and school efforts to

- reduce truancy and suspension rates,
- stabilize families,
- promote positive youth outcomes, and
- alleviate or prevent the development of more severe conditions.

FCS's Youth Counseling Program proposes to provide youth and their family members with mental health needs with culturally and linguistically appropriate counseling, crisis intervention, and case management services, in both English and Spanish.

Our Program

FCS provides individual and family counseling, crisis intervention, and case management, including linkages to additional community resources, for at risk, very low income and underserved youth and families. By providing appropriate levels of intervention and support, our therapist works to **prevent the development of more severe mental health conditions** and related negative outcomes, such as school dropout, gang involvement, substance abuse, and child neglect.

The Need

The types of issues we address include (but are not limited to) depression, anxiety, self-esteem, self-harm (e.g., cutting, suicidal feelings), acculturation challenges, family functioning, school-based concerns (e.g., behavior, ability to get along with other students, communication skills, attendance), school failure, teen pregnancy scares, domestic violence, child abuse or neglect, adult or child substance abuse, gangs, divorce, separation, remarriage, and grief and loss. In addition, our therapist provides crisis intervention support and assists clients and their families in accessing available resources, such as food, clothing, legal services, parenting classes, and conflict resolution. **In most cases, youth and families are coping with multiple challenges.**

In order to address the severity and complexity of many of the issues, we partner and collaborate with City staff and nonprofit colleagues at the CNC to help parents and families access health coverage, a monthly food program, free immunization services, parent education, parks and recreation activities, support groups for Spanish-speaking women involved in domestic violence, childcare resources, faith communities, and mentoring programs. In addition, we collaborate with school faculty and staff, the Sunnyvale Police Department and Neighborhood Resource Officers, and county departments.

The extensive **Adverse Child Experiences Study (ACES)** conducted by the Centers for Disease Control and Prevention (CDC) and Kaiser Permanente, found that stressful or traumatic events, such as abuse, neglect, incarceration of a household member, or violence in the home, are linked to risky health behaviors, chronic health conditions (such as obesity and diabetes), low life potential, and early death. The number of Adverse Child Experiences that a child experiences increases the risk for these outcomes.

For youth and families we have been serving at the CNC, health coverage, transportation, language, culture, and cost all pose **barriers to the child and family accessing needed mental health care**. By having free, bilingual services available on-site at the CNC, a trusted community venue, these barriers are reduced.

Benefits for the City

What are some overall costs savings to the City of Sunnyvale to which our Youth Counseling Program contributes?

- The program supports city and school efforts to **reduce truancy and suspension rates, stabilize families, and promote positive youth outcomes**. Middle school attendance is an indicator of high school graduation; youth who do not graduate from high school tend to cost the government more. Improving student attendance directly benefits the District budget by increasing the Average Daily Attendance (ADA) rate. School enrollment is increasing during this time of tight funding.
- **Increasing student engagement and attendance**, thereby reducing the caseload of the Neighborhood Resource Officers.

- **Improving family functioning and stability**, thereby reducing their reliance on emergency and crisis services and involvement of the Sunnyvale Police Department.
- **Engaging at-risk youth in school and in positive out-of-school time community activities**, such as recreational programs and mentoring, thereby reducing the risk that young people will become involved in gangs, substance use, or crime.
- **Increasing neighborhood safety** by developing youth assets, building stronger families, teaching conflict resolution skills, and teaching stress management techniques.
- **Setting youth on a positive course for the short- and long-term.** As noted in PromotePrevent's "National Center Brief: Truancy Prevention Efforts in School-Community Partnerships" (2012):

"Adults who were chronically truant from school when young are at elevated risk for a host of problems, including poor physical and mental health, poverty and welfare, incarceration, and raising children who themselves exhibit problem behaviors (Baker, Sigmon, and Nugent, 2001)."

"And given that truancy is a risk factor for dropping out of school, it has a long-term effect on public finance. One study estimated that each individual who does not complete high school costs a lifetime average of \$200,000 in public monies over and above similar costs for high school graduates."

http://www.promoteprevent.org/sites/www.promoteprevent.org/files/resources/Truancy%20Prevention%20Efforts%20in%20School_0.pdf

Our Track Record

As shown in the table below, FCS has consistently **met or exceeded** our units of service and performance measures based upon the contract scope of services and quarterly reports.

Year	Goal: Unduplicated Youth Served	Actual: Unduplicated youth served	Status	Goal: No. of counseling sessions	Actual: No. of counseling sessions provided	Status
2009-2010	27	27	Met	189	191	Exceeded
2010-2011	27	33	Exceeded	189	211	Exceeded
2011-2012	26	26	Met	211	224	Exceeded
2012-2013	27	27	Met	220	227	Exceeded
2013-2014	19	19	Met	190	261	Exceeded
2014-2015	19	19	Met	187	290	Exceeded
2015-2016	19	19	Met	206	206	Met

Thank you for your consideration of our request to continue to offer youth and family counseling services to the residents of Sunnyvale at Colombia Neighborhood Center. Please contact me if I may answer any questions or provide further information.

Sincerely,

Maritza Henry

Maritza Henry, Licensed Marriage and Family Therapist
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A culture of health, the language of caring

Kelvin Quan, JD EdD MPH
Chief Executive Officer
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March 31, 2017

Suzanne Ise, Housing Officer
City of Sunnyvale CDD, Housing Division
P.O. Box 3707
Sunnyvale, CA 94088

Dear Suzanne,

Thank you for our conversation on March 22, 2017 to discuss the FY17-18 proposal MayView Community Health Center submitted. Per your suggestion, I am writing you to further explain and to impress upon the City of Sunnyvale the need for its support of MayView's providing on-site lab services for uninsured residents of Sunnyvale. While our original request amount for the General Funds grant was \$25,000 (which would still be fully utilized), based on our conversation, I am revising the request to \$10,000 for fiscal year 2017-2018.

The lack of requested funding coupled with the lost funding from preciously approved - but not paid - CDBG grants for the last two years contributed to the financial deficits in both years. Although MayView's mission is to accept all uninsured and low-income patients, not receiving funding would harm our ability to staff these positions adequately and provide timely services. Our staffing levels may decrease and force longer wait times to have lab tests performed. The number of lab tests may also be reduced. Patients may not be able to have lab tests done at the time of their appointments and would have to return another time.

The anticipated result would be that working patients would have to take time off of work to return for their lab tests and lose wages for that time away from work. Or they may choose not to lose wages and forego the needed lab tests to the detriment of their care. Many of our patients are also young parents who bring their children with them on medical appointments (for lack of money to pay for child care). Similarly, they may choose not to disrupt their children's schedule and forego their needed lab tests. These unfortunate outcomes would affect both our uninsured and low-income (Medi-Cal) patients.

Please contact me if you have any questions. We look forward to a positive outcome to our request for funding and our continued working relationship with the City of Sunnyvale.

Very truly yours,

A handwritten signature in black ink, appearing to read "Kelvin Quan", written in a cursive style.

Kelvin Quan, CEO
650-475-1500 | kelvin@mayview.org

Copy to: Katrina L. Ardina, Housing Programs Analyst
City of Sunnyvale, Community Development Department, Housing Division