

**PROJECTED FY21/22**  
**Community Services and Supports (CSS) Funding**

County: Amador

Date: 7/30/20

	<b>Fiscal Year 2021/22</b>					
	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>
	<b>Estimated Total Mental Health Expenditures</b>	<b>Estimated CSS Funding</b>	<b>Estimated Medi-Cal FFP</b>	<b>Estimated 1991 Realignment</b>	<b>Estimated Behavioral Health Subaccount</b>	<b>Estimated Other Funding</b>
<b>FSP Programs</b>						
1. Integrated FSP Flex Funds	60,000	60,000				
2. FSP Staffing Costs	716,889	716,889	71,689			
<b>Non-FSP Programs</b>						
1. Mobile Support Team (incl staff & phone)	94,492	94,492	9,449			
2. Wellness Center & PRA	385,000	385,000				
4. NAMI Ed & Support Groups	42,500	42,500				
5. Therapeutic Groups & Activities (Socialization, WRAP, BH Groups)	6,500	6,500	650			
6. Client Support Fund	5,000	5,000	500			
7. Community Program Planning Costs	10,000	10,000				
8. Amador Transit-Bus Passes	1,000	1,000				
9. Outreach and Engagement	16,000	16,000				
10. CSS Housing Funds (from PR Transfer)	150,000	150,000				
11. CSS Transfer to WET	100,000	100,000				
12. CSS Transfer to CFT	205,563	205,563				
<b>CSS Administration</b>	742,544	742,544				
<b>CSS MHSA Housing Program Assigned Funds</b>	0	0				
<b>Total CSS Program Estimated Expenditures</b>	2,535,488	2,535,488	82,288		0	0
<b>FSP Programs as Percent of Total</b>	45.0%					

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	<b>Fiscal Year 2022/23</b>					
	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>
	<b>Estimated Total Mental Health Expenditures</b>	<b>Estimated CSS Funding</b>	<b>Estimated Medi-Cal FFP</b>	<b>Estimated 1991 Realignment</b>	<b>Estimated Behavioral Health Subaccount</b>	<b>Estimated Other Funding</b>
<b>FSP Programs</b>						
1. Integrated FSP Flex Funds	60,000	60,000				
2. FSP Staffing Costs	788,578	788,578	78,858			
<b>Non-FSP Programs</b>						
1. Mobile Support Team (incl staff & phone)	103,491	103,491	10,349			
2. Wellness Center & PRA	385,000	385,000				
4. NAMI Ed & Support Groups	42,500	42,500				
5. Therapeutic Groups & Activities (Socialization, WRAP, BH Groups)	6,500	6,500	650			
6. Client Support Fund	5,000	5,000	500			
7. Community Program Planning Costs	10,000	10,000				
8. Amador Transit-Bus Passes	1,000	1,000				
9. Outreach and Engagement	16,000	16,000				
10. CSS Housing Funds (from PR Transfer)	50,000	50,000				
11. CSS Transfer to WET	100,000	100,000				
12. CSS Transfer to CFT	217,253	217,253				
<b>CSS Administration</b>	306,813	306,813				
<b>CSS MHSA Housing Program Assigned Funds</b>	0	0				
<b>Total CSS Program Estimated Expenditures</b>	2,092,135	2,092,135	90,357		0	0
<b>FSP Programs as Percent of Total</b>	45.0%					

**PROJECTED FY20/21**  
**Prevention and Early Intervention (PEI) Funding**

County: Amador

Date: 7/30/20

	<b>Fiscal Year 2020/21</b>					
	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>
	<b>Estimated Total Mental Health Expenditures</b>	<b>Estimated PEI Funding</b>	<b>Estimated Medi-Cal FFP</b>	<b>Estimated 1991 Realignment</b>	<b>Estimated Behavioral Health Subaccount</b>	<b>Estimated Other Funding</b>
<b>PEI Programs - Prevention</b>						
1. Nexus YEP / Project SUCCESS	11,500	11,500				
2. Nexus Promotores de Salud	8,500	8,500				
3. TRC Grandparents Program	16,000	16,000				
4. Nexus O&E	28,000	28,000				
5. Labyrinth & LGBTQ Support	14,500	14,500				
6. Senior Peer Program	6,000	6,000				
7. Senior Fitness Program	6,000	6,000				
8. Senior Nutrition Program	3,000	3,000				
9. First 5 Amador	8,250	8,250				
<b>PEI Programs - Early Intervention</b>						
10. Nexus YEP / Project SUCCESS	11,500	11,500				
11. Nexus O&E	28,000	28,000				
12. First 5 Amador	8,250	8,250				
13. Nexus Building Blocks	40,000	40,000				
14. Labyrinth & LGBTQ Support	14,500	14,500				
15. Student Assistance Program	TBD	TBD				
<b>Outreach</b>						
16. Nexus Promotores de Salud	8,500	8,500				
17. Nexus O&E	28,000	28,000				
18. Senior Peer Program	6,000	6,000				
19. Senior Fitness Program	6,000	6,000				
20. Senior Lunches Program	3,000	3,000				
<b>Stigma Reduction</b>						
21. Nexus YEP / Project SUCCESS	11,500	11,500				
22. Nexus Promotores de Salud	8,500	8,500				
23. Labyrinth & LGBTQ Support	14,500	14,500				
24. First 5 Amador	8,250	8,250				
25. Student Assistance Program	TBD	TBD				
<b>Suicide Prevention</b>						
26. QPR	6,000	6,000				
27. Suicide Prevention & Education (Amador SPEAKS)	12,686	12,686				
<b>Access &amp; Linkage</b>						
28. Nexus YEP / Project SUCCESS	11,500	11,500				
29. Nexus Promotores de Salud	8,500	8,500				
30. TRC Grandparents Program	16,000	16,000				
31. Nexus O&E	28,000	28,000				
32. First 5 Amador	8,250	8,250				
33. Labyrinth & LGBTQ Support	14,500	14,500				
34. Student Assistance Program	TBD	TBD				
<b>Improving Timely Access</b>						
35. Nexus O&E	28,000	28,000				
36. Labyrinth & LGBTQ Support	14,500	14,500				
37. Student Assistance Program	TBD	TBD				
<b>PEI Administration</b>	0	0				
<b>PEI Assigned Funds</b>	0					
<b>CalMHSA</b>	25,574	25,574				
<b>Total PEI Program Estimated Expenditures</b>	<b>471,760</b>	<b>471,760</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

**PROJECTED FY21/22**  
**Prevention and Early Intervention (PEI) Funding**

County: Amador

Date: 7/30/20

	Fiscal Year 2021/22					
	A	B	C	D	E	F
	Estimated Total Mental Health Expenditures	Estimated PEI Funding	Estimated Medi-Cal FFP	Estimated 1991 Realignment	Estimated Behavioral Health Subaccount	Estimated Other Funding
<b>PEI Programs - Prevention</b>						
1. Nexus YEP / Project SUCCESS	11,500	11,500				
2. Nexus Promotores de Salud	8,500	8,500				
3. TRC Grandparents Program	16,000	16,000				
4. Nexus O&E	28,000	28,000				
5. Labyrinth & LGBTQ Support	14,500	14,500				
6. Senior Peer Program	6,000	6,000				
7. Senior Fitness Program	6,000	6,000				
8. Senior Nutrition Program	3,000	3,000				
9. First 5 Amador	8,250	8,250				
<b>PEI Programs - Early Intervention</b>						
10. Nexus YEP / Project SUCCESS	11,500	11,500				
11. Nexus O&E	28,000	28,000				
12. First 5 Amador	8,250	8,250				
13. Nexus Building Blocks	40,000	40,000				
14. Labyrinth & LGBTQ Support	14,500	14,500				
15. Student Assistance Program	TBD	TBD				
<b>Outreach</b>						
16. Nexus Promotores de Salud	8,500	8,500				
17. Nexus O&E	28,000	28,000				
18. Senior Peer Program	6,000	6,000				
19. Senior Fitness Program	6,000	6,000				
20. Senior Lunches Program	3,000	3,000				
<b>Stigma Reduction</b>						
21. Nexus YEP / Project SUCCESS	11,500	11,500				
22. Nexus Promotores de Salud	8,500	8,500				
23. Labyrinth & LGBTQ Support	14,500	14,500				
24. First 5 Amador	8,250	8,250				
25. Student Assistance Program	TBD	TBD				
<b>Suicide Prevention</b>						
26. QPR	6,000	6,000				
27. Suicide Prevention & Education (Amador SPEAKS)	12,686	12,686				
<b>Access &amp; Linkage</b>						
28. Nexus YEP / Project SUCCESS	11,500	11,500				
29. Nexus Promotores de Salud	8,500	8,500				
30. TRC Grandparents Program	16,000	16,000				
31. Nexus O&E	28,000	28,000				
32. First 5 Amador	8,250	8,250				
33. Labyrinth & LGBTQ Support	14,500	14,500				
34. Student Assistance Program	TBD	TBD				
<b>Improving Timely Access</b>						
35. Nexus O&E	28,000	28,000				
36. Labyrinth & LGBTQ Support	14,500	14,500				
37. Student Assistance Program	TBD	TBD				
<b>PEI Administration</b>	47,176	47,176				
<b>PEI Assigned Funds</b>	77,436	77,436				
<b>CalMHSA</b>	25,574	25,574				
<b>Total PEI Program Estimated Expenditures</b>	596,372	596,372	0	0	0	0

**PROJECTED FY22/23**  
**Prevention and Early Intervention (PEI) Funding**

County: Amador

Date: 7/30/20

	<b>Fiscal Year 2022/23</b>					
	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>
	<b>Estimated Total Mental Health Expenditures</b>	<b>Estimated PEI Funding</b>	<b>Estimated Medi-Cal FFP</b>	<b>Estimated 1991 Realignment</b>	<b>Estimated Behavioral Health Subaccount</b>	<b>Estimated Other Funding</b>
<b>PEI Programs - Prevention</b>						
1. Nexus YEP / Project SUCCESS	11,500	11,500				
2. Nexus Promotores de Salud	8,500	8,500				
3. TRC Grandparents Program	16,000	16,000				
4. Nexus O&E	28,000	28,000				
5. Labyrinth & LGBTQ Support	14,500	14,500				
6. Senior Peer Program	6,000	6,000				
7. Senior Fitness Program	6,000	6,000				
8. Senior Nutrition Program	3,000	3,000				
9. First 5 Amador	8,250	8,250				
<b>PEI Programs - Early Intervention</b>						
10. Nexus YEP / Project SUCCESS	11,500	11,500				
11. Nexus O&E	28,000	28,000				
12. First 5 Amador	8,250	8,250				
13. Nexus Building Blocks	40,000	40,000				
14. Labyrinth & LGBTQ Support	14,500	14,500				
15. Student Assistance Program	TBD	TBD				
<b>Outreach</b>						
16. Nexus Promotores de Salud	8,500	8,500				
17. Nexus O&E	28,000	28,000				
18. Senior Peer Program	6,000	6,000				
19. Senior Fitness Program	6,000	6,000				
20. Senior Lunches Program	3,000	3,000				
<b>Stigma Reduction</b>						
21. Nexus YEP / Project SUCCESS	11,500	11,500				
22. Nexus Promotores de Salud	8,500	8,500				
23. Labyrinth & LGBTQ Support	14,500	14,500				
24. First 5 Amador	8,250	8,250				
25. Student Assistance Program	TBD	TBD				
<b>Suicide Prevention</b>						
26. QPR	6,000	6,000				
27. Suicide Prevention & Education (Amador SPEAKS)	12,686	12,686				
<b>Access &amp; Linkage</b>						
28. Nexus YEP / Project SUCCESS	11,500	11,500				
29. Nexus Promotores de Salud	8,500	8,500				
30. TRC Grandparents Program	16,000	16,000				
31. Nexus O&E	28,000	28,000				
32. First 5 Amador	8,250	8,250				
33. Labyrinth & LGBTQ Support	14,500	14,500				
34. Student Assistance Program	TBD	TBD				
<b>Improving Timely Access</b>						
35. Nexus O&E	28,000	28,000				
36. Labyrinth & LGBTQ Support	14,500	14,500				
37. Student Assistance Program	TBD	TBD				
<b>PEI Administration</b>	38,774	38,774				
<b>PEI Assigned Funds</b>	0					
<b>CalMHSA</b>	25,574	25,574				
<b>Total PEI Program Estimated Expenditure</b>	510,534	510,534	0	0	0	0

**Projected FY20/21  
Innovations (INN) Funding**

County: Amador

Date: 7/31/20

	Fiscal Year 2020/21					
	A	B	C	D	E	F
	Estimated Total Mental Health Expenditures	Estimated INN Funding	Estimated Medi-Cal FFP	Estimated 1991 Realignment	Estimated Behavioral Health Subaccount	Estimated Other Funding
<b>INN Programs</b>						
1. TxChat Operating Costs	25,000	25,000				
2. MomCHAT -- Clinician	60,375	60,375				
3. MomCHAT -- Peer/CalVOICES	70,000	70,000				
4. MomCHAT Operating Costs	7,125	7,125				
5. Strategies: Evaluation, Implementation & TA (TxChat & MOM Chat)	50,000	50,000				
6. Staffing Costs	91,197	91,197				
<b>INN Administration</b>	0	0				
<b>Total INN Program Estimated Expenditures</b>	303,697	303,697	0	0	0	0

**Projected FY21/22  
Innovations (INN) Funding**

County: Amador

Date: 7/31/20

	Fiscal Year 2021/22					
	A	B	C	D	E	F
	Estimated Total Mental Health Expenditures	Estimated INN Funding	Estimated Medi-Cal FFP	Estimated 1991 Realignment	Estimated Behavioral Health Subaccount	Estimated Other Funding
<b>INN Programs</b>						
1. TxChat Operating Costs	15,000	15,000				
2. MomCHAT -- Clinician	60,375	60,375				
3. MomCHAT -- Peer/CalVOICES	70,000	70,000				
4. MomCHAT Operating Costs	5,000	5,000				
5. Strategies: Evaluation, Implementation & TA (TxChat & MOM Chat)	50,000	50,000				

**Projected FY22/23  
Innovations (INN) Funding**

County: Amador

Date: 7/31/20

	Fiscal Year 2022/23					
	A	B	C	D	E	F
	Estimated Total Mental Health Expenditures	Estimated INN Funding	Estimated Medi-Cal FFP	Estimated 1991 Realignment	Estimated Behavioral Health Subaccount	Estimated Other Funding
<b>INN Programs</b>						
1. Stakeholder Engagement, Planning and Implementation for new INN project	134,351	134,351				
2.						
3.						
4.						
5.						
<b>INN Administration</b>						
<b>Total INN Program Estimated Expenditures</b>	134,351	134,351	0	0	0	0

**Projected FY20/21**

**Workforce, Education and Training (WET) Funding**

County: Amador

Date: 7/31/20

	<b>Fiscal Year 2020/21</b>					
	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>
	<b>Estimated Total Mental Health Expenditures</b>	<b>Estimated WET Funding</b>	<b>Estimated Medi-Cal FFP</b>	<b>Estimated 1991 Realignment</b>	<b>Estimated Behavioral Health Subaccount</b>	<b>Estimated Other Funding</b>
<b>WET Programs</b>						
1. Amador College Connect - MHSA Scholarship	22,000	22,000				
2. Relias	7,800	7,800				
3. Workforce, Education and Training	23,151	23,151				
4. OSHPD 5-Year WET Regional Plan	21,000	21,000				
<b>WET Administration</b>	0	0				
<b>Total WET Program Estimated Expenditures</b>	73,951	73,951	0	0	0	0

**Projected FY21/22**

**Workforce, Education and Training (WET) Funding**

County: Amador

Date: 7/31/20

	<b>Fiscal Year 2021/22</b>					
	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>
	<b>Estimated Total Mental Health Expenditures</b>	<b>Estimated WET Funding</b>	<b>Estimated Medi-Cal FFP</b>	<b>Estimated 1991 Realignment</b>	<b>Estimated Behavioral Health Subaccount</b>	<b>Estimated Other Funding</b>
<b>WET Programs</b>						
1. Amador College Connect - MHSA Scholarship	30,000	30,000				
2. Relias	8,000	8,000				
3. Workforce, Education and Training	25,000	25,000				
4. Stakeholder Identified WET Needs	15,000	15,000				
<b>WET Administration</b>	0	0				
<b>Total WET Program Estimated Expenditures</b>	78,000	78,000	0	0	0	0

**Projected FY22/23**

**Workforce, Education and Training (WET) Funding**

County: Amador

Date: 7/31/20

	<b>Fiscal Year 2022/23</b>					
	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>
	<b>Estimated Total Mental Health Expenditures</b>	<b>Estimated WET Funding</b>	<b>Estimated Medi-Cal FFP</b>	<b>Estimated 1991 Realignment</b>	<b>Estimated Behavioral Health Subaccount</b>	<b>Estimated Other Funding</b>
<b>WET Programs</b>						
1. Amador College Connect - MHSA Scholarship	30,000	30,000				
2. Relias	8,000	8,000				
3. Workforce, Education and Training	25,000	25,000				
4. Stakeholder Identified WET Needs	15,000	15,000				
<b>WET Administration</b>	0	0				
<b>Total WET Program Estimated Expenditures</b>	78,000	78,000	0	0	0	0

**Projected FY20/21**  
**Capital Facilities/Technological Needs (CFTN) Funding**

County: Amador

Date: 7/31/20

	<b>Fiscal Year 2020/21</b>					
	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>
	<b>Estimated Total Mental Health Expenditures</b>	<b>Estimated CFTN Funding</b>	<b>Estimated Medi-Cal FFP</b>	<b>Estimated 1991 Realignment</b>	<b>Estimated Behavioral Health Subaccount</b>	<b>Estimated Other Funding</b>
<b>CFTN Programs - Capital Facilities Projects</b>						
1. None at this time	0	0				
<b>CFTN Programs - Technological Needs Projects</b>						
1. Anazazi	196,319	196,319				
2. Network of Care	TBD	TBD				
<b>CFTN Administration</b>	0					
<b>Total CFTN Program Estimated Expenditures</b>	196,319	196,319	0	0	0	0

**Projected FY21/22**  
**Capital Facilities/Technological Needs (CFTN) Funding**

County: Amador

Date: 7/31/20

	<b>Fiscal Year 2021/22</b>					
	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>
	<b>Estimated Total Mental Health Expenditures</b>	<b>Estimated CFTN Funding</b>	<b>Estimated Medi-Cal FFP</b>	<b>Estimated 1991 Realignment</b>	<b>Estimated Behavioral Health Subaccount</b>	<b>Estimated Other Funding</b>
<b>CFTN Programs - Capital Facilities Projects</b>						
1. None at this time	0	0				
<b>CFTN Programs - Technological Needs Projects</b>						
1. Anazazi	200,563	200,563				
2. Network of Care	5,000	5,000				
<b>CFTN Administration</b>	0					
<b>Total CFTN Program Estimated Expenditures</b>	205,563	205,563	0	0	0	0

**Projected FY22/23**  
**Capital Facilities/Technological Needs (CFTN) Funding**

County: Amador

Date: 7/31/20

	<b>Fiscal Year 2022/23</b>					
	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>
	<b>Estimated Total Mental Health Expenditures</b>	<b>Estimated CFTN Funding</b>	<b>Estimated Medi-Cal FFP</b>	<b>Estimated 1991 Realignment</b>	<b>Estimated Behavioral Health Subaccount</b>	<b>Estimated Other Funding</b>
<b>CFTN Programs - Capital Facilities Projects</b>						
1. None at this time	0	0				
<b>CFTN Programs - Technological Needs Projects</b>						
1. Anazazi	212,253	212,253				
2. Network of Care	5,000	5,000				
<b>CFTN Administration</b>	0					
<b>Total CFTN Program Estimated Expenditures</b>	217,253	217,253	0	0	0	0

## MHSA Program Outcomes from FY 19-20

### Program Statistics and Participant Wellbeing Outcomes

Each quarter, MHSA program partners are asked to fill out surveys regarding those they serve to ensure their program is adequately serving the populations identified by the community as being in greatest need of mental health prevention and intervention services. In addition, participants are asked to fill out a voluntary survey to determine the basic participant demographics, participant satisfaction with the program, and specifically how the program influenced their emotional well-being. MHSA-funded program outcomes that are not included below are included in the narrative of their program, which will be listed, in the programs respective funding component in this Three-Year Plan. The following are responses for most Amador County MHSA-funded programs from FY 2019/20:

#### Amador County Full Service Partnerships (CSS)

Average Participants in FY 2013/14: 40

Average in FY 2014/15: 48

Average in FY 2015/16: 52

Average in FY 2016/17: 54

Average in FY 2017/18: 39

Average in FY 2018/19: 22

Average in FY 2019/20: 18

Male: 5

African American: 1

Female: 13

Asian American: 1

Children (Age 0-5): 0

Caucasian: 13

Youth (6-15): 3

Latino/ Hispanic: 3

TAY: 4

Native American: 0

Adults: 7

Multi Race/ Eth.: 0

Older Adults: 4

Other/ Unknown: 0

Participant Feedback: FSP's were discussed weekly during team meetings and quarterly evaluations for FSP's occurred regularly for each participant. Of the 18 consumers served, four successfully met their FSP goals and graduated. Seven have continued their program and seven exited the FSP program for various reasons. Although program engagement has improved, no participant feedback data was gathered/entered. Efforts to insure participant feedback is provided and monitored on an ongoing basis are occurring for FY20/21.

#### NorCal MHA Sierra Wind Wellness & Recovery Center (CSS)

Average in FY 2014/15: 390

Average in FY 2015/16: 589

Average in FY 2016/17: 389

Average in FY 2017/18: 1,039

Average in FY 2018/19: 1,041

Average in FY 2019/20: 823

Referrals to ACBHS: 17

Individuals who received one-on-one peer support: 181

Behavioral Health Clients served: 122

Children: 10

African American: 17

Teens: 9

Asian American: 4

TAY: 26

Caucasian: 700

Adults: 642

Latino/ Hispanic: 35

Older Adults: 136

Native American: 31

Multi Race/Ethnicity: 5

Other/ Unknown: 3

Homeless: 194

Male: 96

Veterans: 24

Female: 188

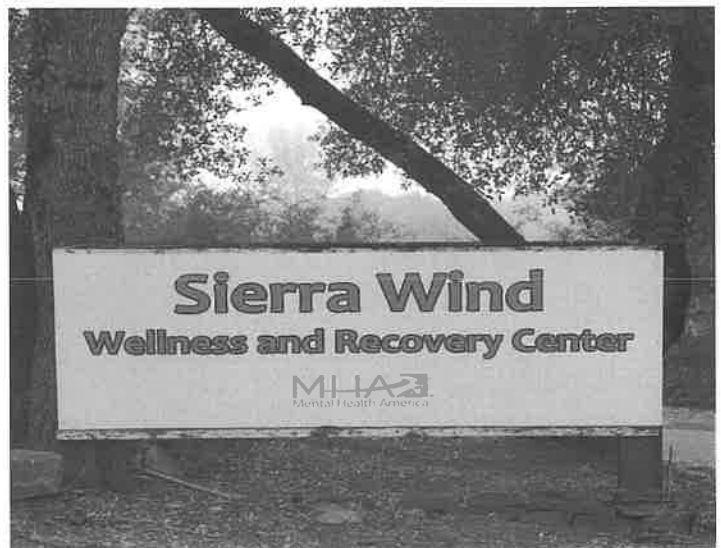
LGBTQ: 32

Self-Identify: 6

Probationers: 20

Parolees: 2

Participant Feedback





N=287

- 23% reported they engaged in Patient Rights Advocacy services
- 92% reported they engaged in Sierra Wind groups
- 34% reported they engaged in Peer Support services (one-on-one peer support)
- 26% reported they engaged in supportive services
- 99% are continuing their program at Sierra Wind
- 98% agreed the program improved their emotional wellbeing
- Prior to participation at Sierra Wind Wellness and Recovery Center, 63% of program participants reported that they had experienced homelessness or were at-risk for homelessness. After receiving services at Sierra Wind, 57% reported experiencing a homelessness or were at-risk of homelessness (5% decrease).
- Prior to participation at Sierra Wind Wellness and Recovery Center, 28% of program participants had experienced a psychiatric hospitalization. After receiving services at Sierra Wind, 23% reported experiencing a psychiatric hospitalization either themselves or as a family member. This is a difference of 5%.
- Program participants also reported decreases in experiencing jail or prison and were at less risk of losing housing or placement.

Added comments:

- Great transition to Zoom during COVID-19!
- Staff are very helpful and friendly
- Sierra wind wellness is a wonderful place! I feel safe and loved every time I come here.
- Thank you for the services. Honestly don't know whether I would be without it. Truly an awesome place. I don't feel judged or out of place or uncomfortable.
- Sierra wind is a great place with great people who truly do care
- Sierra wind is the best
- They have been so helpful not only with groups but to do laundry, get clothing or blankets and to get a good meal plus great people who truly care about you and your wellness and recovery'
- nice, helpful, upbeat
- I just started coming and so far it's been exactly what I've needed and will continue to come. Thank you
- I so appreciate the high standards for quality & sanitary provisions of lunches. Care is taken to protect people's mental safety. I feel welcome and known. I appreciate bus passes to get here.
- it's a great place
- As a result of services at Sierra Wind's services & employee's, I have received services that have allowed me to learn about myself and resolve some serious complications and in turn have made some victories allowing me to progress. Thanks!
- I've been homeless for 5 years. Today i'm proud to say I'm not & I'm employed!
- I think if I came more often to Sierra Wind I would be more confident and be able to deal with my problems. As soon as I get a car I will be coming more often.

## **NAMI Family/Client Education & Support (CSS)**

Average in FY 2014/15: 44  
Average in FY 2015/16: 138  
Average in FY 2016/17: 80  
Average in FY 2017/18: 357  
Average in FY 2018/19: 496  
Average in FY 2019/20: 301



Referrals: 4

Male: 107

Female: 165

Self-Identify: 1

Children: 0

Teens: 1

TAY: 2

Adults: 112

Older Adults: 159

African American: 13

Asian American: 15

Caucasian: 182

Latino/ Hispanic: 29

Native American: 2

Multi Race/ Eth.: 32

Other/ Unknown: 5

Homeless: 24

Veterans: 26

LGBTQ: 2

Probationers: 2

### **Participant Feedback**

N=276

- 68% reported participating in the weekly Connections group
- 45% reported participating in the Peer to Peer course
- 25% reported participating in the Family Support Group
- 20% reported participating in Other Program/NAMI service such as advocacy, outreach and events
- 98% are continuing their program
- 99% agreed the program improved their emotional wellbeing
- 98% would recommend this group to others
- After participating in NAMI Amador groups/activities, program participants reported decreases for time spent in jail/prison (5%) and increases for employment, volunteering and/or school (7%).

### **Added comments:**

- Enjoying coming to Thurs afternoon at the center. I'm grateful Nami is available at this group meeting.
- Peer to Peer and Connections teach me many things about my illnesses
- NAMI is my continuing weekly medicine where I learn many skills/tools to apply to my life daily.
- My life has changed for the better!
- NAMI Connections is my emotional, weekly support.
- NAMI Rocks!
- NAMI Connections is where I need to be weekly, I enjoy meeting with my NAMI family.
- NAMI Connections is my savior every week
- I like the peer run format. I like the location. I like the person who leads the group. I feel safe here. I am a newcomer here. I like the fact that it is not a 12 step public group. Thank you
- I love to come to NAMI Connections, not sure where I'd be without my many skills I've learned to apply.
- NAMI Connections is a great resource
- NAMI classes for caregivers are great education.
- NAMI meetings once a month including all the business we cover means a lot to me.
- NAMI meetings once a month including all the business we cover means a lot to me.
- I recommend the NAMI Programs to all who suffer from mental illness or people who care for them. They are a source of information.
- I have learned a lot about myself, not ALONE!
- NAMI Amador is the go to for knowledge & support

Average Participants in FY 2016/17: 144  
 Average Participants in FY 2017/18: 377  
 Average Participants in FY 2018/19: 594  
 Average Participants in FY 2019/20: 278 (Labyrinth Project)  
 Average Participants in FY 2019/20: 44 (LGBTQ)

*Labyrinth Stress Reduction Project:*  
*Outreach for Increasing Recognition of Early Signs of Mental*  
*Illness Program*

Referrals from Labyrinth Project: 1

Children: 31	African American: 4
Teens: 8	Asian American: 0
TAY: 4	Caucasian: 254
Adults: 157	Latino/ Hispanic: 13
Older Adults: 78	Native American: 7
Homeless: 3	Veterans: 1
LGBTQ: 11	Probationers: 0
Parolees: 1	Multi Race/ Eth.: 0



ACBHS clients served: 8

Participant Feedback:

*N=0 for Labyrinth Stress Reduction Project:* For the second year in a row, there is now participant outcome data for the Labyrinth Stress Reduction Project. Data for those who participated in the program that identified as male, female or self-identified in some other way, is not available due to the fact that no participant data was collected in FY19/20.

ACBHS has worked with the contractor, CalVOICES to ensure that participant data will be collected for FY20/21.

*LGBTQ Support:*

*Prevention Program*

*Strategy: Improve Timely Access to Services for Underserved Populations*

Referral Outcome Data (as required in Section 3560.010(b)(4):

- Referrals from LGBTQ Support: 2
- Referral outcome data is not available for FY19/20. ACBHS is working with the contractor, CalVOICES to develop a system of accurate referral tracking which will be implemented in FY20/21. However, the program does encourage follow through of referrals by engaging through peer support.

Male: 7

Female: 23	African American: 1
Self-Identify: Unknown	Asian American: 1
Children: 2	Caucasian: 32
Teens: 2	Latino/ Hispanic: 0
TAY: 4	Native American: 6
Adults: 19	Multi Race/ Eth.: 3
Older Adults: 17	Other/ Unknown: 1
Homeless: 1	Veterans: 0
LGBTQ: 36	Probationers: 0
Parolees: 0	

ACBHS clients served: 11

Participant Feedback:

*N=39 for LGBTQ Support*

- 45% participated in LGBTQ social groups (monthly groups & activity based groups)
- 45% participated in LGBTQ Support Services
- 86% of program participants reported that the program had improved their emotional wellbeing
- 100% of participants would recommend the program to others

Added Comments:

- Great environment
- Thank you for the support

**First 5 Behavioral Consultation & Support (PEI)**

*Access and Linkage to Treatment Program*

*Strategy: Outreach for Increasing Recognition of Early Signs of Mental Illness*

Average in FY 2014/15: 47

Average in FY 2015/16: 52

Average in FY 2016/17: 54

Average in FY 2017/18: 104

Average in FY 2018/19: 167

Average in FY 2019/20: 116

Referral Outcome Data (as required in Section 3560.010(b)(3):

- 32 referrals were made to treatment that is provided, funded, administered or overseen by ACBHS. This kind of treatment includes Parent Child Interaction Therapy (PCIT), Nexus Youth and Family Services programs funded via MHSA, Perinatal Wellness Therapeutic services and services provide directly by ACBHS. Of the 32 referrals made, only one was mentioned to be considering services, while the rest engaged at least once in the program to which they were referred.
- 22 referrals were made to treatment that is not provided, funded, administered or overseen by ACBHS. This kind of treatment includes services provided by Amador Tuolumne Community Action Agency (ATCAA), Amador County Unified School District (ACUSD), First 5 Amador Toddler Playgroups and more community based services and supports.
- Duration of Untreated Mental Illness was not measured in FY19/20



Children: 70	African American: 1
Teens: 0	Asian American: 1
TAY: 0	Caucasian: 26
Adults: 38	Latino/ Hispanic: 3
Older Adults: 6	Native American: 1
	Multi Race/ Eth.: 1
	Other/ Unknown: 82

Homeless: --	Male: 1
Veterans: --	Female: 3
LGBT: --	
Probationers: --	

Participant Feedback:

N=4

- 100% of program participants reported that the program had improved their emotional wellbeing.
- 100% of program participants would recommend the program to others.
- 100% reported feeling useful and that they were able to make up their own mind about things after participation in the program.
- 75% reported that they were thinking more clearly after participation in the program.

Added Comments:

- Lola was an amazing help dealing with my postpartum anxiety and depression as well as learning to better handle the stresses of new motherhood.
- Lola is very kind, thoughtful and experienced. her guidance really helped me recover after postpartum familial issues. Very grateful.
- I always left therapy with a feeling of clarity and understanding. I have learned so much during these sessions and highly recommend to all of my friends - Laura

### **Nexus Community Outreach Family Resource Centers (PEI)**

*Combined Program – Prevention and Early Intervention*

*Strategy: Outreach for Increasing Early Signs of Mental Illness;*

*Access and Linkage to Treatment*

Referral Outcome Data (as required in Section 3560.010(b)(3):

- 53 referrals were made to treatment that is provided, funded, administered or overseen by ACBHS. This kind of treatment includes Parent Child Interaction Therapy (PCIT), Nexus Youth and Family Services programs funded via MHSA, and services provide directly by ACBHS. Of the 53 referrals made, 27 reported engaging at least once in the program to which they were referred. 15 referrals were considering service options, 4 referrals moved or could not be reached, 2 decided to wait due to COVID-19 concerns and 5 didn't qualify for services (didn't meet medical necessity) for services at ACBHS.
- The referrals are made to a variety of agencies and providers—most of which are funded under the MHSA, however, the data is not broken out to determine whether or not the referrals are made to county or non-county funded treatment. Therefore, the data for referrals that were made to treatment that is *not* provided, funded, administered or overseen by ACBHS is not available for FY19/20.
- Duration of Untreated Mental Illness was not measured in FY19/20



Average in FY 2014/15: 126

Average in FY2015/16: 600

Average in FY2016/17: 514

Average in FY2017/18: 776

Average in FY2018/19: 784

Average in FY2019/20: 700

	African American: 8
	Asian American: 1
Children: 0	Caucasian: 420
Teens: 7	Latino/ Hispanic: 148
TAY: 33	Native American: 10
Adults: 516	Multi Race/ Eth.: 20
Older Adults: 144	Other/ Unknown: 93
Homeless: 49	Male: 6
Veterans: 20	Female: 55
LGBTQ: 14	Self-identify: 0
Probationers: 8	
Participant Feedback:	
N=61	

- 37% participated in a presentation and/or training
- 42% participated in a community center activity
- 19% reported participating in another activity through the family resource centers such as food distribution and other volunteer work



- 35% reported participating in supportive services/case management
- 100% would recommend the program to others
- 98% agreed the program improved their emotional wellbeing
- **Before participating in this program, 11% of program participants reported experiencing a psychiatric hospitalization within the past year. After participation, no participants reported experiencing a psychiatric hospitalization.**
- Before participating in this program, 33% of participants were homeless or were at-risk of homelessness. **After participation, 25% reported that they were homeless or at-risk of homelessness.**
- Before participating in the program, 7% of participants reported spending time in Juvenile Hall, Jail or Prison. **After participation, no participants reported that they had spent time incarcerated.**
- Before participating in the program, 30% of participants reported 'Loss or Risk of Losing Home Placement'. After participation, 20% reported 'Loss or Risk of Losing Home Placement'.
- **80% reported that they are able to make up their own mind about things and feeling loved 'Often' or 'All of the Time' after participation.**
- **75% reported dealing with problems well and that they had been thinking clearly 'Often' or 'All of the Time' after participation.**

Added comments:

- Very good turnout for class!
- So helpful. Thank you.
- FA has helped me a lot with reaching my goal obtaining things I need I like the opportunity to help others
- This has helped me a lot to stay focused
- UCC - would love more classes for support for caregivers: compassion fatigue, burnout, self care
- Very informative!
- I really liked the way the presenter had many ideas and she was well prepared she was knowledgeable.
- I like how Carla teaches, I feel confident that I have the right information to change and deal with emotions along with biblical council and progress.
- Love these classes

#### **Nexus Building Blocks PCIT & ART Programs (PEI)**

*Combined Program – Prevention and Early Intervention*

*Strategy: Access and Linkage to Treatment*

Referral Outcome Data (as required in Section 3560.010(b)(3):

- 5 referrals were made to treatment that is provided, funded, administered or overseen by ACBHS. This kind of treatment includes services provided directly by ACBHS. Of the 5 referrals made, none reported engaging at least once in the program to which they were referred. 3 referrals chose not to follow through on the referral, one is considering service options and one didn't respond to multiple attempts.
- 5 referrals were made to treatment that is *not* provided, funded, administered or overseen by ACBHS. Of these 5 referrals, all reported engaging at least once in the program to which they were referred. This kind of treatment includes CHAT, ACUSD/ACOE programs and developmental disabilities referrals.
- Duration of Untreated Mental Illness was not measured in FY19/20



Average in FY 2014/15: 53  
 Average in FY 2015/16: 154  
 Average in FY 2016/17: 122  
 Average in FY 2017/18: 154  
 Average in FY 2018/19: 264  
 Average in FY 2019/20: 176

Children (0-5): 10	African American: 0
Youth (6-12): 40	Asian American: 0
Teens: 112	Caucasian: 21
TAY: 0	Latino/Hispanic: 1
Adults: 0	Native American: 0
Older Adults: 0	Multi Race/Eth.: 4
	Other/Unknown: 151

*\*Demographic data is not provided for school based programs*

**Nexus Youth Empowerment Program/Project Success (PEI)**  
*Combined Program – Prevention & Stigma and Discrimination Reduction Program*  
*Strategy: Access & Linkage to Treatment; Non-Stigmatizing and Non-Discriminatory Strategies*  
 Referral Outcome Data (as required in Section 3560.010(b)(3):

- 4 referrals were made to treatment that is provided, funded, administered or overseen by ACBHS. This kind of treatment includes services provided directly by ACBHS. Of the 4 referrals made, all reported engaging at least once in the program to which they were referred.
- 4 referrals were made to treatment that is *not* provided, funded, administered or overseen by ACBHS. Of these 4 referrals, all reported engaging at least once in the program to which they were referred. This kind of treatment includes CHAT, and school based mental health service providers.
- 3 participants received multiple referrals to both county and non-county funded programs. These 3 participants did not follow up on any of the referrals received.
- Duration of Untreated Mental Illness was not measured in FY19/20

Non-Stigmatizing and Non-Discriminatory Strategies—pre and post surveys administered to program participants:  
**Amador High School – Fall Semester**

QUESTION	CLEAR OR CRYSTAL CLEAR <i>BEFORE</i> PROJECT SUCCESS	CLEAR OR CRYSTAL CLEAR <i>AFTER</i> PROJECT SUCCESS
My personal understanding of how past experiences affect my self-image.	23.86%	69.32%
My personal understanding of how using S.M.A.R.T. goals will help my decision-making.	16.67%	64.44%
My personal understanding of the effects that tobacco/vaping can have on my overall health.	56.67%	98.89%
My personal understanding that communication is not only verbal.	41.11%	80.00%
My personal understanding of how body language and words affect my communication with others.	38.20%	74.16%
My personal understanding of how to use coping techniques for stress and anxiety.	13.49%	64.44%
My personal understanding of the number of chemicals in tobacco and vape products.	23.59%	76.41%
My personal understanding of the effects alcohol and tobacco have on my body.	51.11%	95.56%
My personal understanding of how tobacco companies use marketing to reach their next generation of consumers.	33.70%	79.77%
My personal understanding that conflict does not have to end poorly if I am committed to a positive resolution.	30.34%	67.42%

My personal understanding of the importance of individuality and being unique.	38.63%	76.13%
My personal understanding of the importance of positive mental health.	28.76%	83.22%

#### Jackson Junior High School – Fall Semester

QUESTION	CLEAR OR CRYSTAL CLEAR <b>BEFORE</b> PROJECT SUCCESS	CLEAR OR CRYSTAL CLEAR <b>AFTER</b> PROJECT SUCCESS
My personal understanding of how past experiences affect my self-image.	13.34%	73.3%
My personal understanding of how using S.M.A.R.T. goals will help my decision-making.	21.05%	72.00%
My personal understanding of the affects that tobacco and vaping can have on my overall health.	51.32%	96.05%
My personal understanding that communication is not only verbal.	40.79%	82.89%
My personal understanding of how my body language and words can affect my communication with others.	38.16%	88.00%
My personal understanding of how to use coping techniques for stress and anxiety.	32.00%	83.78%
My personal understanding of the number of chemicals in tobacco and vape products.	30.27%	86.84%
My personal understanding of the effects that alcohol and tobacco have on my body.	44.73%	90.79%
My personal understanding of how tobacco companies use marketing to reach their next generation of consumers.	32.43%	90.54%
My personal understanding that conflict does not have to end poorly if I am committed to a positive resolution.	25.76%	67.13%
My personal understanding of the effects of marijuana on my body.	30.14%	74.33%
My personal understanding of the importance of positive mental health.	30.67%	80.73%

#### Ione Junior High School – Fall Semester

QUESTION	CLEAR OR CRYSTAL CLEAR <b>BEFORE</b> PROJECT SUCCESS	CLEAR OR CRYSTAL CLEAR <b>AFTER</b> PROJECT SUCCESS
My personal understanding of how past experiences affect my self-image.	20.51%	72.65%
My personal understanding of how using S.M.A.R.T. goals will help my decision-making.	20.18%	70.43%
My personal understanding of the affects that tobacco and vaping can have on my overall health.	63.79%	91.38%
My personal understanding that communication is not only verbal.	34.48%	75.00%



My personal understanding of how my body language and words can affect my communication with others.	43.59%	83.76%
My personal understanding of how to use coping techniques for stress and anxiety.	32.48%	80.34%
My personal understanding of the number of chemicals in tobacco and vape products.	28.69%	83.62%
My personal understanding of the effects that alcohol and tobacco have on my body.	48.72%	90.06%
My personal understanding of how tobacco companies use marketing to reach their next generation of consumers.	40.35%	84.22%
My personal understanding that conflict does not have to end poorly if I am committed to a positive resolution.	31.31%	71.03%
My personal understanding of the effects of marijuana on my body.	38.26%	84.35%
My personal understanding of the importance of positive mental health.	28.64%	79.43%

*Due to the COVID-19 pandemic and school closures, pre and post survey data was not collected for Spring 2020.*

Average in FY 2014/15: 282  
Average in FY 2015/16: 420  
Average in FY 2016/17: 371  
Average in FY 2017/18: 568  
Average in FY 2018/19: 1,052  
Average in FY 2019/20: 1,157

Children/Youth (0-12): 452  
Teens: 691  
TAY: 1  
Adults: 12  
Older Adults: 1

African American: --  
Asian American: --  
Caucasian: 3  
Latino/ Hispanic: 1  
Native American: --  
Multi Race/ Eth.: 1  
Other/ Unknown: --

Homeless: --  
Veterans: --  
LGBT: --  
Probationers: --

*\*Demographic data is not provided for school based programs; data provided as it is available.*

## Nexus Promotores de Salud Program (PEI)

### Prevention Program

Strategy: Improve timely access to underserved populations

Referral Outcome Data (as required in Section 3560.010(b)(4):

- 23 referrals were made in FY19/20
- 15 individual referrals followed through on the referral and participated at least once in the program to which they were referred
- Of the other 8 individual referrals, 3 were considering service options, 1 couldn't be reached, 1 moved out of the area, 1 chose not to follow through on the referral and 2 chose to wait due to COVID-19 concerns.
- The Promotores de Salud encourage follow through on referrals by providing case management support, advocacy and offering to attend appointments with participants to offer support and provide 'warm hand offs' with providers.



Average in FY 2014/15: 105

Average in FY 2015/16: 112

Average in FY 2016/17: 117

Average in FY 2017/18: 120

Average in FY 2018/19: 581

Average in FY 2019/20: 466

Referrals: 23	African American: 0
	Asian American: 0
Children (0-12): 3	Caucasian: 0
Teens: 15	Latino/ Hispanic: 466
TAY: 34	Native American: 0
Adults: 362	Multi Race/ Eth.: 0
Older Adults: 52	Other/ Unknown: 0

Homeless: 9	Male: 23
Veterans: 2	Female: 53
LGBTQ: 14	Self-Identify: 0
Probationers: 3	

### Participant Feedback

N=77

- 100% participated in Promotores presentations
- 4% received case management/support
- Program participants reported experiencing homelessness, or at-risk of homelessness, time in juvenile hall, jail or prison all reported significant decreases in those areas after participation in the program.
- 100% would recommend the program to others
- 100% agreed the program improved their emotional wellbeing
- **Over 90%** reported that they were feeling good about themselves, feeling cheerful, feeling confident, feeling loved, were able to make up their own mind about things and were showing interest in new things **'Often' or 'All of the Time' after participation**
- **Over 85%** reported that they felt close to other people, had been dealing with problems well and thinking more clearly **'Often' or 'All of the Time' after participation**

## Nexus Student Assistance Program—ASPIRE

Average in FY 2019/20: 239

Combined Program – Prevention and Early Intervention

Strategy: Access and Linkage to Treatment

Referral Outcome Data (as required in Section 3560.010(b)(3):

- 11 referrals were made to treatment that is provided, funded, administered or overseen by ACBHS. This kind of treatment includes services provided directly by ACBHS. Of the 11 referrals made, all reported engaging at least once in the program to which they were referred.
- 6 participants received multiple referrals to both county and non-county funded programs. Of the 6 participants, 4 did not follow up on any of the referrals received and 2 couldn't be reached after multiple attempts.
- Duration of Untreated Mental Illness was not measured in FY19/20

Children (0-12): 93	African American: 5	Homeless: 11
Teens: 21	Asian American: 0	Veterans: 6
TAY: 2	Caucasian: 168	LGBTQ: 0
Adults: 105	Latino/ Hispanic: 41	Probationers: 1
Older Adults: 18	Native American: 17	Adult Male: 45; Youth Male: 76
	Multi Race/ Eth.: 6	Adult Female: 70; Youth Female: 48
	Other/ Unknown: 2	

The Student Assistance Program utilized the BRIMM (Brief Risk Reduction Interview and Intervention Model). In order to assess the effectiveness of the ASPIRE Student Assistance program in building protective factors, the BRRIM Participant and Readiness to Change surveys were administered as a pre-post self-report evaluation tool to high school students participating in the services. Youth completed the surveys to rate their resolve to make positive and healthier choices as a result of personal growth and asset development. The following table summarizes responses collected during the reporting period, and includes the percentage of students who "agreed" or "strongly agreed" that they possessed important assets relative to protective factor domains at entry into the program and again at program completion. The outcome data indicates that participation in ASPIRE student assistance services helped youth develop social and emotional strengths, attitudes, values, support, and identity that they need for success in life.

Protective Factor Domain	% of students Pre-BRRIM	% of students Post-BRRIM
Self-Confidence	56%	83%
Self-Esteem	61%	71%
Resilience	54%	92%
Self-Efficacy	41%	83%
Problem-Solving Skills	83%	100%
Open Thinking	67%	100%
Overall Effectiveness	56%	86%
Healthy Decisions	22%	83%
Family Support	89%	100%
Internal Locus of Control	67%	78%
Knowledge of Resources	78%	100%

- 83% of ASPIRE program participants stated they were following the Prevention Agreement Plan to the best of their ability.
- 100% of ASPIRE program participants stated they have learned where to go for help when needed.
- 83% of ASPIRE program participants stated that they have improved their ability to solve problems and address challenges in a constructive way.
- 100% of ASPIRE program participants stated they would seek prevention services if needed in the future.

Added Comments:

"We have really appreciated the additional support that we have received! We are so happy that we can continue counseling with Wendy, even though we don't get to see her in person. The food deliveries have been wonderful and it makes us feel not so alone. Thank you so much!"

"It is really helpful for my child to be seen at school because transportation is hard sometimes. Naomi has been really key to my daughter doing better in school. She's been able to help her make goals and stick with them."

"I really appreciate all the support and help we got through the program."

"Thank you so much for the unexpected support during COVID-19."

"I learned about so many programs that are available for our family."

"The staff made us feel so comfortable."

"Emma worked hard to make sure we were comfortable with the plan and helped us to follow through. I finally feel like someone is listening to me."

"I am so glad we are doing this. Therapy is a step in the right direction for the whole family."

"I want to make sure my grandson has the supports that he needs so that he has a good chance at success as an adult."

"Thank you so much for your concern and support."

"I have tried to find help for so long. Thank you!"

### **The Resource Connection Grandparents Program (PEI)**

#### *Prevention Program*

*Strategy: Improve Timely Access to Underserved Populations*

Referral Outcome Data (as required in Section

3560.010(b)(4):

- 2 referrals were made to ACBHS in FY19/20
- Referral outcome data is not available for FY19/20. ACBHS is working with the contractor, The Resource Connection to develop a system of accurate referral tracking which will be implemented in FY20/21. However, the program does encourage follow through of referrals by offering advocacy and support through community partnerships.

**The** Engaging Families  
**Resource** Empowering Communities  
**Connection** Enriching Lives

Average in FY 2014/15: 16

Average in FY 2015/16: 48

Average in FY 2016/17: 65

Average in FY 2017/18: 75

Average in FY 2018/19: 170

Average in FY 2019/20: 35

Children (0-12): 34	African American: 0	Homeless: --
Teens: 0	Asian American: 0	Veterans: --
TAY: 0	Caucasian: 31	LGBTQ: --
Adults: 1	Latino/ Hispanic: 0	Probationers:--
Older Adults: 0	Native American: 0	Male: 0
	Multi Race/ Eth.: 0	Female: 3
	Other/ Unknown: 4	Self-Identify: 0

#### Participant Feedback:

N=3

- **100% were continuing the program/group**
- **100% felt the program improved their emotional wellbeing**
- **100% participated in the monthly Grandparent Café groups for education and support**
- **100% would recommend the group to others.**
- 100% reported that they were feeling confident and good about themselves 'Often' after participating in the program.



**Amador Senior Peer Program (PEI)****Contract via Amador Senior Center****Prevention Program**

*Strategy: Improving Timely Access to Services for Underserved Populations*

Referral Outcome Data (as required in Section 3560.010(b)(4):

- No referrals were made to ACBHS in FY19/20
- Referral outcome data is not available for FY19/20 as no referrals were made. ACBHS has worked with the Amador Senior Center to develop a system of accurate referral tracking which will be implemented in FY20/21, should referrals be made. The program encourages follow through of referrals through supporting participants in their decisions to access services and participate in community settings.



Average Participants in FY2017/18: 37

Average Participants in FY2018/19: 31

Average Participants in FY2019/20: 26

*All participants are older adults aged 60+*

African American: 1

Male: Did not state

Asian American: 0

Female: Did not state

Caucasian: 25

Latino/Hispanic: 0

Native American: 0

Multi Race/Eth.: 0

Other/Unknown: 0

Veterans: 2

Participant Feedback is not available, as the contractor did not provide any completed participant surveys for FY19/20. However, reports from the coordinator continue to be positive:

- We have dropped to only having 13 volunteers at this time, but we do have a small waiting list for interested people to take a training class as soon as it is possible to meet at the Senior Center. (July 2020)
- By the end of the third quarter, the pandemic restrictions made it impossible for volunteers to visit in person and for the volunteer group to participate in our monthly meetings. (April 2020)
- Everything has been running smoothly. (January 2020)
- No, the program is currently on a even keel. We are now targeting clients instead of volunteers for the new quarter. (November 2019)

**Foothill Fitness (PEI) Contract via Amador Senior Center****Prevention Program**

*Strategy: Non-Stigmatizing and Non-Discriminatory Strategies*

Average in FY 2019/20: 336

Referrals: 2

Children:	0
Teens:	0
TAY:	0
Adults:	2
Older Adults:	334
Male:	
Female:	
Self-Identify:	

African American:	2
Asian American:	1
Caucasian:	283
Latino/Hispanic:	9
Native American:	8
Multi Race/Eth:	7
Other/Unknown:	1



Homeless:	
Veterans:	52
LGBTQ:	
Probationers:	
Parolees:	

Non-Stigmatizing and Non-Discriminatory Strategies—surveys administered to program participants show the following change in attitudes towards mental health:  
N=24

- 96% of program participants would recommend the program to others
- When asked to identify the ways in which the program has positively impacted them, participants

responded as follows:

- 88% reported that the social connection has made a positive impact on their lives;
- 79% reported that the program has positively impacted their mental wellness;
- 8% reported that the transportation assistance was a helpful;
- 92% reported that their physical wellness was positively impacted as a result of program participation;
- 58% stated that their emotional wellness was positively impacted as a result of program participation;
- 63% reported that their overall health had improved;
- Other comments stated:
  - Ensures I get up and out!
  - Learn to count in lots of languages. Multiplications Tables.
  - So many people need this service we would be lost without it! Thanks!
  - Our teacher Luis is wonderful!
  - this has helped me greatly with balance and walking, even though I don't get to very soon

Reports from the program coordinator also continue to be positive:

- We moved the Jackson site from New York Fitness to Rollingwood Estates this past quarter. Attendance went from 4 to 15. Easier for folks from Rollingwood to get to the site. (January 2020)
- Foothill Fitness was suspended in early March due to COVID-19 pandemic and Stay at Home order. Trainers have kept in touch with participants through telephone, texts, emails, daily jokes and Volcano is doing Zoom classes. As soon as the order is lifted we will resume classes. Everyone misses the exercise but most importantly the connection to the group and community!

### **Nutrition Program (PEI) Contract via Amador Senior Center**

*Prevention Program*

*Strategy: Access & Linkage to Treatment; Non-Stigmatizing and Non-Discriminatory Strategies*

Referral Outcome Data (as required in Section 3560.010(b)(3):

- 8 referrals were made in FY19/20, however it is unknown whether or not the referrals were made to treatment that is provided, funded, administered or overseen by ACBHS. It is also unknown what the referral outcomes were. ACBHS is working with the Amador Senior Center to develop a system of accurate referral tracking which will be implemented in FY20/21.
- Duration of Untreated Mental Illness was not measured in FY19/20.

Average Served in FY 2019/20: 454

Children:	0
Teens:	0
TAY:	0
Adults:	12
Older Adults:	442
Male:	
Female:	
Self-Identify:	

African American:	1
Asian American:	2
Caucasian:	430
Latino/Hispanic:	9
Native American:	0
Multi Race/Eth:	0
Other/Unknown:	0



Homeless:	
Veterans:	81
Parolees:	
LGBTQ:	2
Probationers:	

Non-Stigmatizing and Non-Discriminatory Strategies—surveys administered to program participants show the following change in attitudes towards mental health:

N=40

- When asked how the Nutrition program has positively impacted participants, 98% stated Social Connection. 46% stated mental wellness and 51% had noticed improvements in overall health.
- 100% stated they would recommend the program to others
- When asked why participating in the Nutrition program is important to you, participants stated:  
*social connection*  
*It is a good contact with local friends and I enjoy serving too.*  
*it is healthy*  
*teaches eating well w/ people*  
*I meet people that our paths wouldn't have crossed. nice friendly people.*  
*Socializing*  
*Social*  
*To see friends*  
*Nutritious*  
*Good food*  
*To see people*  
*See friends*  
*A great social hour, our main meal*

#### ACCF Human Services Certificate Scholarship Program (WET)

Average in FY 2014/15: 18

Average in FY 2015/16: 29

Average in FY 2016/17: 11

Average in FY 2017/18: 46

Average in FY 2018/19: 16

Average in FY 2019/20: 35

Children: 0

Teens: 0

TAY: 10

Adults: 25

Older Adults: 0

Male: 3

Female: 32

Homeless:

LGBTQ: 5

Parolees:

African American: 0

Asian American: 0

Caucasian: 24

Latino/ Hispanic: 7

Native American: 2

Multi Race/ Eth.: 2

Other/ Unknown: 0

Veterans:

Probationers: 4



Learn. Achieve. Succeed.

#### Participant Feedback

N=67

- 100% of respondents participated in the MHSA Scholarship Program
- 96% are continuing their program
- 93% reported that participation in the program has improved their emotional wellbeing
- 100% would recommend the program to others
- 25% of participants reported experiencing a psychiatric hospitalization prior to participating in the program. After participation, 6% reported experiencing psychiatric hospitalization, representing a 19% decrease.
- 40% of program participants were homeless or at-risk of homelessness prior to participation in the program. After program participation, 15% reported experiencing homelessness or at-risk of homelessness, representing a 25% decrease.
- Prior to participation in the program, 24% reported spending time in prison, jail or juvenile hall. After participation in the program, 9% reported spending time in prison, jail or juvenile hall, representing a 15% decrease.
- Over 60% of participants reported feeling useful 'Often' or 'All of the Time' since participation in this program

- Over 50% were optimistic about the future, thinking clearly, able to make up their own mind about things and were interested in new things 'Often' or 'All of the Time' since participation in this program.

Added Comments:

- This program has really helped me to evaluate my emotional well-being. It's a great program to learn how to help myself and others.
- This program has changed my life thank you for giving me a future
- Great program! (:
- This program has been wonderful for development. its been a much needed program
- Being able to help new students starting the program is a positive feeling.
- This program has been a great opportunity and experience to grow as a person and to learn emotional counseling techniques.
- Love this program! :)
- This program really helps people who are willing to expand their education and skills. It's a great program.
- Because of could I have only attended one cohort meeting and it was through zoom but I enjoyed it and am looking forward to the next in person meeting.



**MHSA Three-Year Plan and Expenditure Report ATTACHMENTS**

MHSA Three-Year Plan and Expenditure Report Attachments	
	See attached documents.