

April 127/2016

The Samaritan Center (SC) is a 501c3 which has supported the mental health needs of Austin and Travis County for over 40 years and has provided Integrative Medicine services since 2011. We are a safety net provider for vulnerable populations such as the uninsured, under-insured, members of low income households, active service members, veterans and their families. Our mission is to improve the mental, physical and spiritual health of our clients. Services are tailored to meet the needs of all age groups — from early childhood to seniors. The SC strives to make its services accessible and affordable. Our goal is to meet client needs regardless of their ability to pay.

The SC's team of licensed clinicians is effective in addressing issues related to violence, child abuse, sexual assault, suicide, substance abuse, divorce, depression, anxiety, grief, life transitions, etc. Our integrative medicine program offers acupuncture, Chinese herbs, yoga, Tai Chi, nutrition and Asian bodywork. Our treatment approaches include: individual, family and group counseling, neuro and biofeedback and tele-psychiatry. While we are certain that our clients benefit from the services which we provide, we appreciate that many will need resources beyond what we provide. That is why, through the provision of care management services, the SC is committed to assisting our clients with accessing community-based resources that are vital to improving their quality of life and meeting their holistic needs.

Latinos have significant needs for mental health services yet few seek them out. A 2014 Mental Health America screening project found that significant percentages of Latinos indicated that they would either self-monitor their mental health or seek guidance from their peers rather than see a professional provider. The reasons for this phenomenon are not fully understood but, language, values and socioeconomics often play a role. Studies also indicate that 36% of Latinos receive treatment for depression compared to 60% of Whites. (Latino/Hispanic Communities and Mental Health, 2016)

The SC appreciates the growing needs of the Latino population and, during the fall of 2015, updated its strategic plan to reflect its intention of expanding services to provide culturally competent/relevant, bilingual services within the Latino community. For members of our community who view mental health services as intimidating or unfamiliar, the SC offers education courses, as well as, yoga, tai chi, nutrition, Chinese herbs, acupuncture, and neuro and biofeedback. These services can be used as adjuncts to therapy, stand-alone treatments or as an introduction to the Center to help familiarize an individual who may be skeptical or anxious about treatment.

Our current efforts related to the Latino community are focused in the Rundberg community. In addition to providing services, we want to truly understand the level of need and build partnerships. We have begun this process by committing to participate in tomorrow's Restore Rundberg community meeting where we will present our program. We have also begun a partnership with Dobie Middle School and will host two of their students during their annual "CEO for a Day" program. We are also in the process of scheduling a meeting Dobie Middle's Project Launch and hope to meet with their Director soon.

To date, the following action items have been identified in our expansion process:

- Add a bilingual (Spanish) clinician at our current 8956 location
- Identify partner(s) or sites in the Rundberg area to house a clinician for the delivery of our services – there exists a large immigrant population - many of which are Latinos who lack viable mental health and wellness options.

OR

- Partner with the Volunteer Clinic as 70% of their clients are Latinos and 50% are Spanish speaking only. The clinic is on a bus line and operates a health clinic during the evening with space available during the day. They currently provide some mental health services.

| Budget | |
|------------------|---------------|
| 1.5 Clinical FTE | \$ 77,557.50 |
| .5 Admin FTE | \$ 20,942.50 |
| Rent | \$ 12,000.00 |
| 2 computers | \$ 2,000.00 |
| 10% overhead | \$ 12,500.00 |
| Total Project | \$ 125,000.00 |