

DARIN
7/5/17

June 28, 2017

The Samaritan Center (SC) is a non-profit organization that has saved lives by supporting the mental health needs of Austin and Travis County residents for over 43 years. The SC has also provided Integrative Medicine services since 2011. The SC has a special focus on meeting the needs of vulnerable populations such as the uninsured, under-insured, members of low income households, active service members, veterans and their families, regardless of their ability to pay.

The Need:

Latinos have significant mental health needs, yet few of them seek services. 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 further indicate that 36% of Latinos receive treatment for depression compared to 60% of Whites. (Latino/Hispanic Communities and Mental Health, 2016). Latino children, particularly those in immigrant families, are at an increased risk for mental health disorders stemming from issues such as, trauma exposure, poverty, assimilation stressors, and discrimination.

The Project

The Samaritan Center (SC) is seeking funding for its Family Support initiative for the Rundberg community. This project seeks to build the community's capacity for self-help through a strategic relationship between the SC, staff members of Walnut Creek School, parents of Walnut Creek students and the surrounding Rundberg community. This alliance will transform the Rundberg community's understanding of mental health issues and make them better able to address them. In partnership with Walnut Creek School, the SC currently offers a scaled down, no cost version of this initiative to a mostly Spanish-speaking group of women from the community. This funding will allow for the expansion of services that would include, 1) regularly scheduled bilingual (Spanish/English) meetings to identify mental health and resource-based priorities, 2) evidenced-based, bilingual peer to peer advocacy training geared towards eliminating the stigma associated with mental health issues, while training peer mentors to support new program participants, 3) group-based, bilingual intervention called "Positive Discipline," which focuses on improving parental skills through increased connection and communication between the parent, child and other family members, while also teaching children important social and life skills, 4) Provide referral services for families with complex issues who need access to a higher level of care, such as counseling services. The SC will ensure that these families receive referrals to the SC or another appropriate provider, and 5) participants will have access to care management to assist them in accessing other vital services the SC doesn't provide.

To meet the complex needs of these children and families, therapists will be trained in Theraplay. Theraplay is an evidence based, child and family therapy with a goal of enhancing attachment, self-esteem and trust, and playful engagement.

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This project will not only address the service-related needs of Rundberg families, but will also increase their understanding of mental health issues, enable them to build stronger bonds with their children and other members of their households, thus build capacity toward self-help.

Proposal:

- Add two bilingual (Spanish) clinicians at our current 8956 location and Walnut Creek Elementary. We would also identify partner(s) or sites in the Rundberg area to host a clinician for the delivery of services
- We would also partner with the Volunteer Clinic as 70% of their clients are Latino 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	
2 Clinical FTE	\$ 115,000
.5 Admin FTE	\$ 20,942.50
Training	\$ 4,100
Rent	\$ 12,000.00
.5 Care Manager	\$ 22,000.00
10% overhead	\$ 17,604.25
2 computers	\$ 2,000.00
Total Project	\$ 193,646.75

Training Budget

Theraplay x3	\$2850
Positive Discipline x2	\$600
Peer Model x2	\$2000
Positive Discipline Materials	\$450
TOTAL	\$4,100



Walnut Creek ECP



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June 27, 2017

To Whom It May Concern:

My name is Dinorah Bores and I am the principal of Walnut Creek Elementary located on Braker Lane and Lamar Blvd. We serve over 90% of students from low socio economic backgrounds. Our student demographics often come with many challenges and obstacles. These challenges can be very stressful and difficult for teachers and all faculty. We often refer our families to local agencies with little to zero results.

Due the challenging demands of the community we serve, I strongly feel that a partnership with both the Samaritan Counseling Group and the City of Austin Healthcare will be a tremendous resource to our area. We do not have any resources in this area available and our families are often timid to request the help and effectively explain their circumstances. I support any proposal presented as we have the needs and the space to accommodate such a program.

Feel free to contact me if you have any questions or concerns.

Respectfully,

Dinorah Bores
Principal

