

Human Services Commission ARPA Recommendations 2/3/22

Moved by Commissioner Hurst, seconded by Commissioner Collier to Recommend the City Council invest \$2,224,937 of the ARPA funds for the following Human Services priorities which support the Human Service Commission's work performed since 2019.

- 1. School Based Mental Health Counseling:** This program will increase the mental and behavioral health needs due to Covid-19 for youth by adding capacity-building support in Lynnwood schools. Mental and behavioral health services will be targeted by the addition of 2 FTE Clinicians, 1.0 FTE Case Manager and additional supervisory support. This program is an expansion of the Center for Human Services (CHS) established partnership with the Edmonds School District. As current service delivery is at capacity, increasing clinician and case management staff is necessary to meet the mental and behavioral health needs for children due to Covid-19.

Start Date: Summer, 2022

Cost: \$557,720

- 2. Strengthening Child Care in the City of Lynnwood:** This multi-faceted program is designed to increase access to high quality child-care by supporting both child-care businesses in our city and families in the workforce. Oversight of this proposal is supplied by the Opportunity Council, a Community Action Agency with 56 years of experience including an office in Lynnwood. This organization is well-positioned to launch specialized business training and services to benefit small child-care businesses, strengthen fragile families and support the workforce.

In partnership with the City of Lynnwood, from July 1, 2022-December 2024, Opportunity Council anticipates:

1. Providing 30 stabilization grants to support 20 family child-care and 10 child-care programs.
2. Providing 10 start-up/expansion grants for the development of 8 new family child-care sites and 2 new child-care center programs
3. Administering 45 child-care vouchers annually to stabilize families at risk of losing access to child-care
4. Providing one-on-one and small cohort professional business coaching to a minimum of 30 child-care businesses annually in Lynnwood to help them increase profit margins and stabilize their programs
5. Leading 2 professional business development training series, 60 hours over 30 months, focused on the importance of leadership and management of child-care enrollment, financial planning, maximizing income revenue and marketing strategies

Activities and Outcomes

1. Administer 90 child-care vouchers to families throughout the program
2. Increase access to enrollment through LEG UP App and Data
3. Stabilize and strengthen existing child-care businesses
4. Increase child-care capacity with new grants and new child-care slots throughout Lynnwood

Implementation Plan

The Opportunity Council is well-positioned to quickly mobilize in our city with their staffing and expertise. The agency can draw upon

established relationships with the licensed child-care programs in our city.

Cost: \$ 1,147,217 from 2022-2024

3. Guaranteed Income Program-Lynnwood Improving for

Tomorrow (LIFT): This program is modeled from the City of Tacoma and the United Way of Pierce County's effort to provide a monthly cash payment of \$ 500.00 to 55 Lynnwood families each month for 18 months. The Guaranteed Income idea is gaining momentum across the nation as 44 cities have established this program.

This income is meant to supplement, rather than replace the existing social safety net. The program will be administered by the YWCA, a trusted and well-known organization in our city. It is known many of Lynnwood's families are struggling due to Covid-19 and the pandemic has widened the gap for families who are facing housing instability and food insecurity. These families meet the ALICE (Asset limited, income constrained, employed) definition) and many are facing unemployment, possible eviction and even hunger. ALICE includes individuals above the federal poverty level and below 200% of poverty. Participants in LIFT must meet the ALICE criteria.

This program is designed to assist single income households with children living at home up to age 17 and children with disabilities up to age 21. Participants will be randomly selected from a pool of qualified individuals. Qualified individuals must be Lynnwood residents. LIFT is designed to complement other local, regional and national efforts aimed at increasing equity for BIPOC communities, improving child welfare and other efforts to reduce poverty.

In addition to the \$ 500.00 monthly stipend, the YWCA's proposal includes the employment of a LIFT Coordinator who will be assigned to coordinate implementation, needed services and evaluation of the program. In partnership with the city, the YWCA will conduct public relations initiatives to bring awareness of the project, provide ongoing updates and a final report at the conclusion of the first year. Data collection will include a household spend out report to demonstrate the different basic needs and expense categories improved by the LIFT assistance.

COST: \$500,000

SUMMARY: The total cost of the three programs recommended by the Lynnwood Human Services Commission is \$ 2,204,937. The commissioners expressed an interest in attending a City Council Work Session to further explain these proposals.

The Mental Health Realities in COVID Times

Received 1/4/22 CL

City of Lynnwood
Vanessa Villavicencio, CHS
Human Services Commission

December 2021

The COVID-19 pandemic brought a complex array of challenges which had mental health repercussions for everyone. Locally, we are seeing an increase in suicide attempts/completions (particular in youth), a spike in Opioid overdoses, and a significant increase in the frequency and intensity of anxiety and depression.

Families are experiencing reduced access to both healthcare and childcare, parenting struggles, increases in the risk of violence and abuse at home due to COVID-19 related stress and social isolation, and economic problems such as food insecurity and housing burdens.

Grief, fear, uncertainty, social isolation, and parental fatigue negatively affects the mental health of children/youth and increases the education gap that already exists. Friendships and family support are strong stabilizing forces for children and adults, but the COVID-19 pandemic has also disrupted these relationships.

Low-income families, BIPOC (black, indigenous, and people of color), women, and children/youth have been hit the hardest by the pandemic.

As the Mental Health Director in the mental health department at the Center for Human Services (CHS) we have been aware that added stress and trauma of the pandemic has exacerbated the need for accessible, culturally appropriate behavioral health services and other family support services.

All these elements mentioned above need to be addressed in a holistic and comprehensive manner since they are all intertwined together. To do this, an agency like CHS needs funding to continue the good work and being able to bring additional behavioral health and family support services to the city of Lynnwood. CHS currently serves Edmonds School District and is offering office-based services through our small clinic that is now located near Edmonds Woodway High School, which we have outgrown given the increase needs of our population in Edmonds School District, Edmonds, and Lynnwood.

There are several ways that we can expand to continue to serve the Lynnwood community that touch on some of the ARPA Categories of Mental Health Services and targeting the Social Determinants of Health (SDOH):

1. Placing additional mental health professionals in our Lynnwood schools to work with children/youth. School personnel are struggling and are needing more support to provide care to all students, regardless of insurance. A grant/funding allows us to serve within schools in a way that decreases barriers related to family funding, insurance, transportation, etc.
2. Additional mental health professionals to work in a Lynnwood office. To improve accessibility, we should lease office space in Lynnwood. The additional school-based therapists will work out of this office when not in schools and the office-based therapists will also be based in this office. We can offer services to private insurance, and Medicaid funded clients, and a third option that grant funding allows, is serving clients regardless of funding increasing accessibility, at least for the duration of receiving the grant until families are able to plug in with insurance providers or Medicaid.
3. If a youth or adult needs substance use disorder assessment and/or treatment, we can refer them to our Shoreline or Everett offices or bring the services to Lynnwood if we are able to find a location to expand our workforce and create more accessibility for the city of Lynnwood.
4. Given that the workforce shortage is a reality, we need to consider increasing salaries, offering student loan reimbursement, and other benefits to keep mental health professionals living and working in Lynnwood. As an added benefit to younger clinicians and attempt to increase retention, we also need to use funds to expand DEI

program/trainings and target our outreach to BIPOC community members with more awareness, humility, and more preparation.

5. Office Based services that can address SDOH and provide relief to our families in Lynnwood through a flex funds process that is documented and accountable to requirements from the city.

The following budget items are estimates of the needed funding to fulfill some of these ideas:

Personnel (added to existing program and/or added to a Lynnwood dedicated office):

School-based therapists (3)	
Office-based therapists (3)	
Approved Clinical Supervisor/Manager	
Administrative support specialist	
Total Personnel (salary & taxes/benefits)	\$ 700,000

Helping open a needed Lynnwood dedicated office:

Operational costs

Lease (1 yr.) & NNN	
Utilities & Phone	
Office Supplies	
Travel (mileage costs)	
Phone monthly costs (land line & 6 cell phones)	
Electronic Health Record (allocation)	
Miscellaneous	
Total Operational Costs	\$ 150,000

One-time Expenses

Deposit & Last month's rent	
6 laptops	
Phone purchases & installation	
Office furniture & set-up	
Therapeutic tools	
Total One-time Expenses	\$ 50,000

Relief Flex funds for families

Total per year	\$ 50,000
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Services:

CHS shall use ARPA funds to provide behavioral health and family support services to residents in the City of Lynnwood. Behavioral Health services will take place in schools, CHS offices, or community sites and include such activities as clinical assessments, Social Determinants of Health screening/assessments, individual/group/family counseling, case management, and outreach. If there are enough funding, we could include Family Support services that are based on community need and may include one-on-one client support, activities needed to link clients to the resources they need, parenting classes, SDOH screening/assessments, and Play and Learn groups.

Performance Measurements:

CHS agrees to serve through 3 SB & 3 OB therapists, at minimum, the following per year with funds provided:

- Potential number of unduplicated Lynnwood residents assisted: 900
- Potential cumulative units of service per year: 3780

CHS agrees to distribute, at a minimum, the following amount of ARPA funds per year to residents in need of emergency assistance:

- Total \$50,000

Notes/email exchange:

I have been actually researching for spaces and have not been successful to find what we need. For the scope of what I am thinking and housing office-based therapists, an Admin, a manager/supervisor and create a big enough space for School Based therapists to drop in, work and have MH Department staff meetings/consults, my sense is that we need a space that has about 5 to 7 confidential offices for therapy; a workspace/conference room; a waiting area, etc. Possibly a space that is about 1500 to 2000 square feet. Though it is a good idea, I don't think that the VOA community center is coming soon enough for a plan like this given the need the community is experiencing now; that would be my main concern.

LSordel@lynnwoodwa.gov

Mon 12/13/2021 7:07 PM

Thank you. I believe we should recommend ARPA funds be used through 2025 for this project.

Corbitt Loch

From: Lynn Sordel
Sent: Monday, November 8, 2021 11:57 AM
To: Corbitt Loch
Cc: Nicola Smith; Christine Frizzell; Art Ceniza
Subject: ARPA Funding for Guaranteed Income Initiative - Growing Resilience In Tacoma (GRIT) | United Way of Pierce County

Corbitt;

I am pleased to submit this idea for consideration for ARPA funding. I just completed my due diligence of this idea and submitted the program to the Human Services Commission. In my discussions with the United Way of Pierce County, the program is now underway. I am encouraged this program could help many Lynnwood families who are struggling. The monthly cash payment (\$500.00 a month for 12 months) is guaranteed. It is unconditional and is designed to supplement, rather than replace the existing social safety net.

There are specific requirements for approval (see the ALICE) definition. The United Way and others are assisting with this program. We believe we have committed partners who could help us administer this program. I would include the Communities of Color Coalition, the United Way of Snohomish County and our interfaith coalitions. These organizations could help us with determining eligibility. We would ask for \$ 600,000 which would provide assistance to 100 individuals and families for 12 months. Our name for this program would be LIFT-Lynnwood Investing for Tomorrow.

Overall this idea could provide immediate help to our community. It allows each participant to make their own decisions and reduces the complexities of dealing with bureaucratic processes. We can also track the benefits derived from each participant to ensure accountability.

Thank you.

Lynn

Guaranteed Income Initiative - Growing Resilience In Tacoma (GRIT) | United Way of Pierce County
<https://www.uwpc.org/guaranteed-income-initiative-growing-resilience-tacoma-grit>