

From: [Marsha Deslauriers](#)
To: [City Council](#)
Cc: [Nicole Jeans](#)
Subject: CHAC ARP Fund Request
Date: Tuesday, June 14, 2022 1:48:29 PM
Attachments: [image003.png](#)
[image002.png](#)
[CHAC ARP FY23 Fund Request v1.pdf](#)

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Mayor Ramirez and City Council members,

City staff suggested I forward the attached funding request for your consideration. While I know that you have many very worthy choices to consider in applying the ARP Federal funds I am requesting your consideration of the three items attached on behalf of CHAC. We anticipated the post-pandemic effects would increase the need for mental health services and they are upon us. Items for consideration:

- 1) Reducing our current waitlist of 60 clients (and growing) some of whom have been waiting since March/April.
- 2) Expanding LGBTQ+ Groups and Teen groups
- 3) Spanish and English pre-natal groups

I appreciate your time to review the short request on behalf of our fellow citizens in need.

Sincerely,



Marsha Deslauriers (she/her)
Executive Director

CHAC

Community Health Awareness Council

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June 14, 2022

Funding Request from Additional ARP available Funding

As the need for mental health services increases in this post-pandemic environment CHAC would be grateful for Mountain View City Staff and Council consideration of any or all of the needed programs below from additional ARP funds.

1. Counseling services to reduce the number of clients on our waitlist and manage the waitlist going forward.

Currently, we have an extensive and **growing waitlist of 60 community clients**, which encompass children, adolescence, adults/geriatric, couples/parents and families, who are in need of our mental health services. The demand is so high that many of the families are needing multiple services for individual family member in addition to either couples counseling or therapy for the whole family. However, to offer programs and services on a sliding fee scale for all children and families who cannot otherwise afford private therapy services, is a challenging endeavor when continuing to provide services below market-rate in the community. Our clients are unable to afford private practice fees and/or they do not qualify for MediCal. Our clients are typically overlooked and considered "forgotten/invisible" while they continue to play an integral role in the future well-being of our community. To remove this barrier to access to mental health services, we are asking for your funding to help us better serve and empower our community by healing one mind at a time. We are hoping to meet their needs. *Cost is \$81,150.*

2. Expand Family Services to include Mothers and Babies Prevention Program.

The Mothers and Babies Program (MB) in its current form is a postpartum depression prevention group intervention which research studies have demonstrated to reduce depressive symptoms, prevent new cases of major depression, and improve mood management. It is based on attachment theory that **the quality of the relationship a child forms with his/her primary caregiver (usually the mother) during infancy has a sustained effect on that child's social and behavioral development for a lifetime.**

Benefit - These skills are intended to provide participants with a “toolkit” of approaches they can use to improve their mood. The women in the program will learn healthy, positive ways to think about and interact with their babies so that they may help their babies develop in an emotionally and physically healthy manner. Women may be entering the program not to help themselves but to be good mothers for their children and help them develop normally.

Number to be served – 60-90 participants in FY23. 10 to 15 participants per group with English and Spanish groups offered. Each session lasts two hours given once a week for six-sessions. *Cost is \$35,600.*

3. LGBTQ+ Groups and other support groups for teens.

Research shows that **the biggest protective factor for LGBTQ+ people is SOCIAL SUPPORT**. Support from family, friends, coworkers, classmates, supervisors, teachers, and neighbors are all crucial to LGBTQ+ wellbeing. Relationships with other LGBTQ+ teens has also shown to increase resilience and reduce feelings of social isolation and invisibility.

Benefits: Groups led by skilled facilitators foster teens to meet and be with others like themselves; have peer/mentor relationships with LGBTQ+ youth; and learn about issues related to their sexuality, all of which can have a positive impact on forming their identity.

Community Support is demonstrated as we listen to the voices of our LGBTQ+ youth as they need to know they are heard. (CHAC’s Teen Advisory Group TAC is an example). Other community support includes modeling inclusion and kindness, advocating for LGBTQ+ youth and becoming allies.

With funding we can offer this affirmative therapy that validates the identities and experiences of LGBTQ+ individuals, and can help reduce peer and family rejection, ease stigma and combat feelings of isolation, providing them with a reliable source of support. *Cost is \$75,712.*

Respectfully submitted,



Marsha Deslauriers

Executive Director

From: [Alex Nunez](#)
To: [City Council](#)
Subject: MV Solidary Fund support
Date: Tuesday, June 14, 2022 3:08:07 PM

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Dear Mountain View City Council -

I am very grateful for all of the support you have extended to Mountain View's low income families through the MV Solidarity Fund. This is one of the such programs and efforts I have only seen Mountain View attempt within our region, and it feels great to see even more evidence of your leadership.

I understand that as part of the upcoming item on the solidarity fund that staff has recommended an additional allocation of \$500,000 to MV Solidarity Fund, with room to grow towards \$800,000. This added support would be extremely valuable to the working families pushing hard in our city and I definitely hope you are able to decide to extend these resources to the fund when appropriate.

Thank you again for all of your leadership on this issue already, I am hopeful to see this program grow both in our city and as a model for our neighbors to adopt.

Best,
Alex