



MILWAUKEE COUNTY AMERICAN RESCUE PLAN ACT ALLOCATION Community Support Program Proposal

Walker's Point Youth and Family Center Youth Mental Health Clinic

COMMUNITY SUPPORT CATEGORY

Please select the community support category that applies to this proposal:

- Household Assistance.** Proposals may include expenditures related to food programs; rent, mortgage, and utility aid; cash transfers; internet access programs; eviction prevention; unemployment benefits or cash assistance to unemployed workers; housing support: affordable housing; and housing support: services for unhoused people.
- Mental & Behavioral Health.** Proposals may include expenditures related to mental health services; substance abuse services; and other public health services.
- Other Social Determinants of Health.** Proposals may include expenditures related to job training assistance; small business economic assistance; aid to nonprofit organizations; aid to other impacted industries; healthy childhood environments: home visiting and services to foster youth or families involved in child welfare system; social determinants of health: community health workers or benefit navigators and community violence interventions; clean water; drinking water; and broadband.

PROJECT DESIGN

Provide an overview of how the community support project being proposed addresses an urgent community need brought on by the COVID-19 pandemic. Demonstrate how the project provides a feasible solution to the demonstrated need and is being coordinated with partners. Include any collaboration that will occur during the project. Explain how the proposal falls within Milwaukee County's scope of services. (500-word max response)

In December of 2021, US Surgeon General Vivek Murthy issued the Advisory on Protecting Youth Mental Health outlining the pandemic's unprecedented impacts on the mental health of America's youth and families, as well as the mental health challenges that existed long before the pandemic. Murthy called for a coordinated national response to this crisis. A topline recommendation of the report is to ensure that every child has access to high-quality, affordable, and culturally competent mental health care.

We have a long and successful track record of meeting the mental health needs of Milwaukee's County's youth. We operate a mental health clinic in our youth homeless shelter with licensed professional counselors working seven days a week to provide free individual, group, and family therapy to all residents in our shelter as well as any non-residents who are in need of this service.

We are seeking funding to partner with Milwaukee Christian Center to place a licensed professional counselor (LPC) in the afterschool program they operate at Kosciuszko Community Center. They serve young people ages 7-19 from 3-7pm, Monday through Friday. They also operate throughout the summer.

This would be year-round cultivation of relationships and care.

We are in a strong position to hire for this role. We have relationships with graduate level interns from universities throughout the region. We also work to provide compensation that reflects the advanced education that is required for the role as well as the high standard of care we expect our counselors to provide to young people.

This proposal aligns with the work done by the Milwaukee County Health & Human Services, Behavioral Health Division.

TRACKABLE PERFORMANCE INDICATORS

Provide an overview of the project's goals, objectives, outcomes, and/or outputs that will be achieved by December 31, 2024. Please ensure that proposed project outcomes align with the Milwaukee County vision to achieve racial equity and eliminate health disparities. (250-word max response)

Goals of Walker's Point Youth and Family Center Counseling:

- Enhance the young person's understanding of self and their present situation
- Encourage good communication and decision-making skills
- Provide appropriate information and counseling in specific areas of concern (such as family communication problems, physical/sexual abuse, school related issues, alcohol and other drug abuse, sexuality and pregnancy issues, and dealing with trauma)

We look at several metrics to determine the success of our mental health treatment. Beyond looking at number of youth/young adults served annually, we also take into consideration both client and therapist assessment on progress made post-therapy. We track and report out on the following metrics:

- % of youth who felt better able to cope with the problems that caused them to seek services;
- % of youth who felt their relationship with their parent(s)/guardian(s) remained the same or improved;
- % of youth who felt better able to handle difficult feelings/negative emotions;
- % of youth who reported that they would return if problems were to persist in the future;
- % of youth who developed a new, or strengthened an existing supportive relationship with at least one caring adult.

Our past responses from clients have ranged 83%-93% in the metrics above.

This project aligns specifically within Milwaukee County's Invest in Equity objective. This project is an investment upstream to address health disparities particularly for BIPOC youth, and those with no insurance/resources to pay for therapy services, as well as dismantle barriers such as transportation to be as inclusive of a project as we possibly can be.

INVEST IN EQUITY & INTENTIONAL INCLUSION

Provide an overview of how the proposed project supports historically underserved, marginalized and/or adversely affected groups. Projects will be scored by their alignment with Milwaukee County's

strategic objectives to (1) achieve racial and health equity, (2) dismantle barriers and (3) invest “upstream” to address root causes of health. Demonstrate how this proposal supports any or all of these objectives. If applicable, include how this proposal was informed by community input and builds capacity of community organizations. (500-word max response).

Our current practice provides services in shelter to young people who are staying with us as well as non-residents. Our clients are almost exclusively historically underserved, marginalized, and adversely affected groups.

We seek to achieve racial and health equity. According to the William T. Grant Foundation report, primary factors which contribute to and perpetuate mental health disparities among minority youth include: socioeconomic status, exposure to ACEs, neighborhood stress, family structure, practitioners’ bias. 100% of the youth we serve live below the poverty line and almost all come from lower income neighborhoods experiencing stress. 80% of youth identified as ethnic and racial minorities. One-third of youth are LGBTQIA+. 50% of the youth we served come from non-traditional homes. Factors seeking services- 91% cited family conflict, 76% abuse, 53% mental health issues and 20% identified drug or alcohol abuse.

Breaking down barriers to treatment is a cornerstone of our service model. We do not bill insurance or seek payment for services. Any young person 14 and older can seek treatment, regardless of parent permission. This helps young people seek treatment in situations where there is family stigma regarding mental health issues. If transportation is an issue, we will provide bus passes or transportation stipends, as well as meet the youth and their families in the community. One of our therapists is bilingual and is able to provide services in Spanish.

This proposal would take our service outside of the shelter setting in order to provide counseling upstream in the community. The goal is to invest resources in the community to provide young people with a mental health toolkit that may negate a future need for shelter stay or more acute mental health care needs. This collaboration will provide increased visibility and strengthen community relationships for Walker’s Point. This collaboration will build capacity for an already successful youth development program operated by Milwaukee Christian Center. The program does not offer mental health counseling at this site.

Kosciuszko Park is located in the Lincoln Village neighborhood. According to resident demographics from City-data.com, 67.9% are Hispanic or Latino, 9.7% are Asian, 9.3% are White, 7.3% are Black, 2.9% are two or more races, and 2.2% are American Indian. We believe providing this service in this neighborhood contributes to the County’s pursuit of racial and health equity.

EVIDENCE-BASED STRATEGY

Please select the statement that aligns with the community support project. This project was developed with:

- Strong Evidence:** can support casual conclusions for the specific program with the highest level of confidence. This consists of one or more well-designed and well-implemented experimental studies conducted on the proposed program with positive findings on one or more intended outcomes.
- Moderate Evidence:** reasonably developed evidence base that can support casual conclusions. The evidence-base consists of one or more quasi-experimental studies with positive findings on one or more

intended outcomes OR two or more nonexperimental studies with positive findings on one or more intended outcomes. Examples of research that meet the standards include well-designed and well-implemented quasiexperimental studies that compare outcomes between the group receiving the intervention and a matched comparison group (i.e., a similar population that does not receive the intervention).

Preliminary Evidence: can support conclusions about the program's contribution to observed outcomes. The evidence-base consists of at least one nonexperimental study. A study that demonstrates improvement in program beneficiaries over time on one or more intended outcomes OR an implementation (process evaluation) study used to learn and improve program operations would constitute preliminary evidence. Examples of research that meet the standards include: (1) outcome studies that track program beneficiaries through a service pipeline and measure beneficiaries' responses at the end of the program; and (2) pre- and post-test research that determines whether beneficiaries have improved on an intended outcome.

Provide an explanation to support the statement that most aligns with the project. Include the experimental studies conducted on the proposed project. *Evidence-based strategies can be found through the following: [Results First Clearinghouse Database | The Pew Charitable Trusts \(pewtrusts.org\)](#) and [Homepage | CLEAR \(dol.gov\)](#). (250-word max)

Motivational Interviewing refers to a counseling approach that recognizes and accepts that clients needing to make changes in their have varying levels of readiness to change their behavior.

<https://www.cebc4cw.org/program/motivational-interviewing/detailed>

Solution Focused Brief Therapy The Therapist assesses the elements of the youth client's life that they want to change. The client and Therapist devise a vision of what the possible future could look like. The Therapist then helps the client to find specific moments in his or her life where they dealt with similar experiences in which there was a response that led to a successful outcome. The Therapist builds off this past success to assist with current goal attainment. <https://www.cebc4cw.org/program/solution-focused-brief-therapy-sfbt/detailed>

Crisis Intervention Based on crisis theory, crisis intervention is time limited and goal directed. The Therapist identifies major problem(s), including what in their life has led to the crisis, and explores what strategies the youth has used to cope with the crisis. The Therapist helps the client understand what coping mechanisms have been problematic, what have been positive, and look to develop new coping strategies.

Cognitive Behavioral Therapy (CBT) (including Trauma Focused CBT): CBT concentrates on identifying erroneous thoughts and their associated feelings and behaviors. The Therapist helps youth to restructure these thoughts in order to positively change behaviors, and cope better with the negative feelings. In individual sessions, the Therapist may use CBT to address negative cognitions related to crisis, trauma and problems. Youth begin to understand feelings and how they are related to behaviors in coping. <https://www.cebc4cw.org/program/trauma-focused-cognitive-behavioral-therapy/detailed>

ARPA REPORTING REQUIREMENTS

Provide a detailed overview of the applicant’s experience managing federal funds. Detail any experience ensuring accurate data collection and adherence to federal reporting requirements. If this is an internal application, detail any experience managing contracts and ensuring reporting deadlines are met. If this is an external applicant, detail any experience receiving funding from Milwaukee County and ensuring reporting deadlines are met.

Walker’s Point Youth and Family Center has a 45-year history of administering Federal Runaway and Homeless Youth funds and meeting match requirements for these grants. Walker’s Point pays an outside independent accountant to conduct the monthly bank reconciliations and to oversee our finances that we process in-house using QuickBooks. The Executive Assistant handles the internal bookkeeping, billing and management of the bank accounts. All Runaway and Teen Crisis Program disbursements are made in accordance to the project budget. Vouchers for project expenditures are first approved by the Executive Director or Director of Housing & Crisis Services, and then forwarded for check issuance. The Executive Assistant prepares the Agency checks, and each check must be signed by two other individuals, who have been formally approved in writing by the board of directors. The most recent audit letter reflects the unmodified opinion we have always received, and can be provided upon request.

Walker’s Point Board of Directors has established committees and/or passed policies related to: Financial and program management; property oversight procurement; performance and financial monitoring and reporting; subrecipient monitoring and management; record retention and access; remedies for non-compliance.

ARPA FUNDS REQUESTED

Provide the total request amount to be spent between 2022 – 2026. Explain how funds will be incurred and encumbered by December 31, 2024. Include if the project has matching funds or resources. (250-work max)

A budget breakdown in the amount of \$190,975 is provided below. We have secured a \$50,000 grant from the Greater Milwaukee Foundation. Walker’s Point is requesting \$140,975 that would cover the two year period starting 1/1/2023. We would expect to purchase supplies and equipment in the initial months of funding and incur ongoing personnel expenses on a monthly basis as the grant period expires.

BUDGET

Complete the short-form budget and provide a formula for your calculation by defining the expense item, number of units, and cost per unit for the requested project period. Please add rows as necessary. In the table below, outline any matching funds or resources. Please note: all costs needed for a project should be included in the budget below (example: staffing capacity, rent/space, utilizes, etc.).

Expense Item	Description	Total Cost
Personnel Expenses (including fringe benefits)		
1. Director of Housing & Crisis Services	Oversight of therapists, grant reporting items	\$6000
2. Executive Assistant	Oversight of all financial reporting	\$5718

3. Community Based Therapist	1 FTE to provide therapeutic services for youth	\$138,000
4. Fringe Benefits	FICA, Unemployment, Health/Dental	\$24,729
Professional Services		
1. Consultant	A third-party MSW who provides monthly consultation to the therapist regarding best practices and case analysis	\$1200
2.		
3.		
Supplies & Equipment		
1. Computer & Phone	1 phone with plan @\$1500 annually, 1 computer @ \$1000	\$4000
2. Printing	Printing documents for clients and client files	\$1000
3. Books & Publications	Items needed for therapy sessions	\$1000
4. Transportation – Therapist	Cost of mileage @0.62 per mile, 100 miles per month	\$1488
5. Transportation – Client	Based on Uber Ride \$8/each way x 10 clients	\$3840
6. Art Therapy Supplies	Supplies needed to create art therapy projects	\$4000
Capacity Building Resources for Implementation		
1.		
2.		
3.		
Total Calculations		
Total Expenses		\$190,975

Other Revenue Source (s)	Committed or Available Revenue Amount	Potential Revenue Amount
Greater Milwaukee Foundation, Mental Health Grant	\$50,000	
Total Other Revenue Amount	\$50,000	\$0