



Agenda Item #: \_\_\_\_\_

# Staff Report

## City of Manhattan Beach

**TO:** Honorable Mayor Tell and Members of the City Council

**THROUGH:** David N. Carmany, City Manager

**FROM:** Richard Thompson, Director of Community Development  
Angelica Ochoa, Assistant Planner

**DATE:** February 7, 2012

**SUBJECT:** Public Hearing Regarding Utilization of Community Development Block Grant (CDBG) Funds

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### **RECOMMENDATION:**

Staff recommends that the City Council conduct the public hearing; adopt the attached Resolution No. 6339 (Exhibit A); authorize the City Manager to execute the draft agreement (Exhibit B) with the City of Hawaiian Gardens, and approve an allocation of general funds received to the identified public service agencies for the 2012-2013 fiscal year (Exhibit C).

### **FISCAL IMPLICATION:**

The City will receive \$75,091.45 in General Funds in exchange for \$102,865 in Community Development Block Grant (CDBG) funds to allocate to existing public service agencies to continue their programs that benefit low and moderate income residents of Manhattan Beach.

### **BACKGROUND:**

The City receives CDBG funding as a participating City through the Los Angeles County Community Development Commission (LACDC). The City's CDBG allocation for Fiscal Year 2012-2013 is \$102,865. According to the LACDC, the CDBG 2012-2013 allocations has substantially decreased from prior years due to less funding, more participating grantees and other factors. Overall, CDBG funds have been declining every year and the estimated allocation for 2012-2013 is approximately a 21% reduction from last Fiscal Year 2011-2012.

The City has historically chosen to sell its CDBG allocations and use the proceeds to fund local public service agencies which meet the intent of the CDBG guidelines due to the limited amount of funding the City receives. Capital Improvement Projects (CIP), Low Income, and other types of qualifying CDBG projects can be very difficult to program because of CDBG regulations. These regulations include meeting the Federal prevailing wage laws and income guidelines, extensive documentation and other requirements that increase the construction and administrative costs of the program by 40 to 50%. Due to these limitations, using CDBG funds for an eligible project would result in minimal savings and an increase in costs.

Projects funded through the CDBG program must meet certain mandated objectives, such as: (1) activities benefiting low and moderate income persons; (2) activities which aid in the prevention or elimination of blight; (3) activities that meet urgent community development needs; and (4) additional criteria as outlined in the Federal Register. Given the City's demographics it has been extremely difficult to develop non-public service projects which satisfy the program objectives. Consequently, the City has exchanged CDBG funds with another participating City since the beginning of this program. The City Council has determined in the past that using the limited amount of CDBG funds for these types of projects was not cost effective, and would take valuable money away from the City's local public service agencies.

**DISCUSSION:**

Last year the City Council approved Resolution No. 6293, authorizing the exchange of the City's entire CDBG allocation with the City of Hawaiian Gardens at a rate of 70 cents. The exchange rate for the upcoming 2012-2013 Fiscal Year will be at a rate of 73 cents with the City of Hawaiian Gardens, which is consistent with today's market. According to the LACDC, the current rate of exchange varies among cities due to the amount of funding needed for a project and the number of projects the exchanging city has programmed in their budget.

Every year staff reviews the possibility of using CDBG funds for City projects rather than exchanging the funds. The Department of Public Works/Engineering, and Parks and Recreation concluded that no project would be eligible due to the limited amount of CDBG funds received by the LACDC and strict CDBG criteria that a project must meet.

If this recommendation is approved, the attached CDBG Exchange of Funds Worksheet (Exhibit E) signed by the City of Hawaiian Gardens starts the exchange and approval of CDBG funds between the City of Manhattan Beach and the City of Hawaiian Gardens. Since the payment received is general fund money, and not subject to CDBG guidelines, the City may allocate these funds as directed by the City Council. Since no viable projects were identified by internal departments, staff recommends exchanging the CDBG funds with the City of Hawaiian Gardens for general funds.

**CONCLUSION:**

Given the continuing LA County policy with regards to limited public service funding, the exchange of funds has allowed the City to maximize the amount of money available to its local public service agencies. The proposed agency allocations, attached as Exhibit C, are distributed in a manner that covers the costs of the Beach Cities Health District contract, and distributes the remaining funds to the other agencies based on the same percentages City Council has deemed appropriate in the past. Description of agencies and their programs are identified in Exhibit D.

Staff is recommending that the City Council authorize the City Manager to enter into an Agreement implementing the proposed exchange of funds. Exhibit A is a Resolution of the City Council approving the proposed draft agreement, and authorizing the City Manager to amend the attached agreement (Exhibit B) in order to complete the exchange of CDBG funds based on the final adopted agreement between the City of Hawaiian Gardens and the City of Manhattan Beach.

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Attachments: Exhibit A - Resolution No. 6339  
Exhibit B - Proposed Draft Agreement with City of Hawaiian Gardens  
Exhibit C - Final Agency Allocations FY 2012-2013  
Exhibit D - Public Service Agencies Descriptions  
Exhibit E - CDBG Exchange Funds Worksheet with Hawaiian Gardens  
Exhibit F - Public Agency Proposals

c: Raymond White, LA County Community Development Commission  
Public Service Agencies (9)

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RESOLUTION NO. 6339

A RESOLUTION OF THE COUNCIL OF THE CITY OF MANHATTAN BEACH APPROVING AN AGREEMENT BETWEEN THE CITY OF MANHATTAN BEACH AND THE CITY OF HAWAIIAN GARDENS REGARDING THE EXCHANGE OF COMMUNITY DEVELOPMENT BLOCK GRANT (CDBG) FUNDS FOR THE FISCAL YEAR 2012-2013

NOW, THEREFORE, the Council of the City of Manhattan Beach does hereby resolve as follows:

**Section 1.** The City Council hereby finds that:

- A. The City of Manhattan Beach has been allocated \$102,865 in Community Development Block Grant (CDBG) funds for the 2012-2013 fiscal year;
- B. The City Council has renewed a three year Cooperation Agreement with the County of Los Angeles concerning the allocation of CDBG funds for the fiscal years 2012-2013, 2013-2014, and 2014-2015; and
- C. The City Council conducted a public hearing pursuant to applicable law on February 7, 2012 to consider the allocation of CDBG funds for the fiscal year 2012-2013.

**Section 2.** The City Council hereby approves the CDBG Exchange of Funds Worksheet, attached hereto as Exhibit A and incorporated herein by reference, and authorizes the City Manager to cooperate with the City of Hawaiian Gardens to sell the City's entire CDBG allocation of \$102,865 to the City of Hawaiian Gardens at a rate of \$.73 on the dollar.

**Section 3.** The City Council hereby approves the agreement for the exchange of CDBG funds between the City of Manhattan Beach and the City of Hawaiian Gardens in a form substantially similar to the agreement attached hereto as Exhibit B and incorporated herein by reference ("Agreement").

**Section 4.** The City Council hereby authorizes the City Manager to amend the Agreement as necessary to complete the exchange of funds on behalf of the City of Manhattan Beach.

**Section 5.** The City Council hereby authorizes and directs the City Manager to execute the final agreement with the City of Hawaiian Gardens on behalf of the City of Manhattan Beach.

**EXHIBIT A  
CC MTG 2-7-12**

**Section 6.** This resolution shall take effect immediately upon adoption.

**Section 7.** The City Clerk shall certify to the passage and adoption of this Resolution.

PASSED, APPROVED and ADOPTED this 7<sup>th</sup> day of February, 2012.

AYES:

NOES:

ABSENT:

ABSTAIN:

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Nicholas W. Tell, Jr., Mayor  
City of Manhattan Beach

ATTEST:

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Liza Tamura, City Clerk

APPROVED AS TO FORM:

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Roxanne M. Diaz, City Attorney

**EXHIBIT A**

AGREEMENT BETWEEN THE CITY OF MANHATTAN BEACH  
AND THE CITY OF HAWAIIAN GARDENS TO EXCHANGE  
COMMUNITY DEVELOPMENT BLOCK GRANT (CDBG) FUNDS

This Agreement is made on this 7<sup>th</sup> day of February 2012, by and between the City of Hawaiian Gardens, a municipal corporation ("Hawaiian Gardens"), and the City of Manhattan Beach, a municipal corporation ("Manhattan Beach"), collectively referred to herein as the "Cities."

**RECITALS**

- A. Manhattan Beach has executed a three-year cooperation agreement with the County of Los Angeles concerning Community Development Block Grant (CDBG) Funds for fiscal years 2012-2013, 2013-2014 and 2014-2015;
- B. Manhattan Beach has executed a three-year reimbursable agreement with the County of Los Angeles concerning CDBG for fiscal years 2012-2013, 2013-2014, and 2014-2015;
- C. Manhattan Beach has unexpended CDBG Funds that can be made available to Hawaiian Gardens for fiscal year 2012-2013. In exchange for the assignment by the City of Hawaiian Gardens of the amount of its general funds indicated in Section 1 below, Manhattan Beach is willing to assign unexpended CDBG funds to the City of Hawaiian Gardens.
- D. The Cities desire to enter into an agreement under which Hawaiian Gardens would exchange seventy five thousand ninety one dollars and forty five cents (\$75,091.45) of its general funds for one hundred two thousand eight hundred sixty five dollars (\$102,865.00) of Manhattan Beach's unexpended entitlement of CDBG Funds for fiscal year 2012-2013.

NOW, THEREFORE, the Cities agree as follows:

- 1. **EXCHANGE.** Manhattan Beach agrees to assign one hundred two thousand eight hundred sixty five dollars (\$102,865) of its unexpended CDBG allocation to the City of Hawaiian Gardens. In return, Hawaiian Gardens agrees to assign seventy five thousand ninety one dollars and forty five cents (\$75,091.45) of its general funds to the City of Manhattan Beach. The exchange rate will be \$0.73 / \$1.00.
- 2. **CONSIDERATION.** Manhattan Beach shall assign the agreed upon CDBG Funds in one lump sum payment. Hawaiian Gardens shall assign the agreed upon general funds to Manhattan Beach in one lump sum payment. Hawaiian Gardens' lump sum payment shall be due and payable 30 days after the Community Development Commission of the County of Los Angeles notifies Hawaiian Gardens in writing and on its letterhead that the funds have been transferred to Hawaiian Gardens' unallocated funds account.





3. **BEST EFFORTS.** Manhattan Beach shall use its best efforts to obtain any consent required of any other governmental or administrative agency to effectuate the assignment of \$102,865 of its CDBG funds to Hawaiian Gardens no later than 30 days after both Cities have executed this Agreement and any other required documents. The Cities agree to execute any and all additional documents which such agencies may request in connection with the assignment and receipt of grant.
4. **TERM.** The Agreement is effective on the date above written and for such time as is necessary for both parties to complete their mutual obligations under this Agreement.
5. **TERMINATION.** Termination of this Agreement may be made by either party so long as written notice of intent to terminate is given to the other party at least five (5) days prior to the termination.
6. **NOTICE.** Notices shall be given pursuant to this Agreement by personal service on the party to be notified, or by written notice upon such party deposited in the custody of the United States Postal Service addressed as follows:

CITY OF HAWAIIAN GARDENS  
Ernesto Marquez, City Administrator  
21815 Pioneer Boulevard  
Hawaiian Gardens, CA 90716

CITY OF MANHATTAN BEACH  
David N. Carmany, City Manager  
1400 Highland Avenue  
Manhattan Beach, CA 90266

7. **GOVERNING LAW.** This Agreement shall be governed by the laws of the State of California.

IN WITNESS WHEREOF, the parties have executed this Agreement the 7<sup>th</sup> day of February 2012.

CITY OF HAWAIIAN GARDENS:

CITY OF MANHATTAN BEACH:

\_\_\_\_\_  
Ernesto Marquez, City Administrator

\_\_\_\_\_  
David N. Carmany, City Manager

ATTEST:

ATTEST:


\_\_\_\_\_  
Sue Underwood, City Clerk

\_\_\_\_\_  
Liza Tamura, City Clerk

APPROVED AS FORM:

APPROVED AS FORM:

\_\_\_\_\_  
City Attorney

  
\_\_\_\_\_  
City Attorney

Public Service Agency	Percentage of Total Allocation	Final Allocation FY 2012-2013
Care Management for Manhattan Beach Seniors (BCHD)	NA	37,315.00
1736 Family Crisis Center	34%	12,733.63
South Bay Family Healthcare Center	25%	9,603.28
South Bay Center for Counseling	21%	7,958.52
South Bay Children's * Health Center (formerly South Bay Youth Project)	7%	2,812.01
The Salvation Army- Operation Sunshine	5%	1,856.99
Project Touch	4%	1,326.42
Cancer Support Community	2%	742.80
South Bay Adult Care Center	2%	742.80
<b>Totals</b>	100%	75,091.45

\*Additional \$18,800 allocated from General Fund (approved by City Council on 5/22/07). Received every fiscal year through the budget process.

**EXHIBIT C**  
CC Mtg. 2/7/2012

## **PROJECT DESCRIPTIONS**

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### **CARE MANAGEMENT FOR MANHATTAN BEACH SENIORS (BCHD)**

The Care Management for Manhattan Beach Seniors Program provides care management assistance in obtaining services to seniors of the City of Manhattan Beach which help to promote and maintain their optimum level of functioning. The goal of this program is to keep seniors in the least restrictive environment possible, so as to reduce inappropriate institutionalization. The target age group for this program is those persons 85 years plus, who are at high risk for physical, mental and/ or functional impairment.

### **1736 FAMILY CRISIS CENTER**

The 1736 Family Crisis Center is a non-profit agency providing residents of Manhattan Beach with a variety of counseling services and shelter services to resolve problems associated with child abuse, spousal abuse, and homelessness. Specifically, the Center offers five shelters for battered women and their children; one 24-hour Emergency Adolescent Shelter; 24-hour hotline services; walk-in services; out-patient services; support group counseling and intervention for families and individuals; crisis referral and advocacy; the Mentor Program; assertiveness training; and, community outreach services.

### **SOUTH BAY FAMILY HEALTHCARE CENTER**

The South Bay Free Clinic provides preventive and emergency dental care to low and moderate residents of Manhattan Beach. Specific services include cleanings, X-rays, fluoride treatments, full examinations, fillings, extractions, limited orthodontics and periodontal services, as well as referrals in cases where the needs of the patient are beyond the scope of the clinic.

### **SOUTH BAY CENTER FOR COUNSELING**

South Bay Center for Counseling provides mental health care for low and moderate income household residents of Manhattan Beach through three counseling programs. The Parents and Children Together Program nurtures children traumatized by abuse, loss, neglect, or behavioral/emotional difficulties. The Counseling Services program provides low cost therapy to families, groups, and individuals. The Beach Cities Health District's Children's Program provides comprehensive screening and referrals to pregnant women and families with hospitalized children.

### **SOUTH BAY CHILDREN'S HEALTH CENTER (formerly South Bay Youth Project)**

The South Bay Children's Health Center identifies and provides counseling to "at risk" youths who are from low and moderate income households and who are residents of Manhattan Beach. Through its In Class Students Assistance Program, this project targets



local high school youths who encounter problems associated with parental neglect, truancy, substance abuse, or involvement with criminal activity.

### **THE SALVATION ARMY-SENIOR MEALS**

The Salvation Army Senior Meals project provides groceries on a bimonthly basis to senior citizen residents of Manhattan Beach. The groceries are provided in order to nutritionally enhance and supplement their diets and are distributed through the Salvation Army's "Operation Sunshine" brown bag program.

### **PROJECT TOUCH**

Project Touch provides tutoring, counseling, social, and therapeutic services to at-risk youth in the South Bay. The goal of Project Touch is to provide a supportive environment in which teens and pre-teens can strengthen their self-understanding, build self esteem, and develop positive attitudes and lifestyles before behavior becomes a problem. Project Touch also provides counseling, social, and therapeutic services at Mira Costa High School for "at risk" youths who are making the transition to a regular school environment. This part of the program provides once-weekly Alternative Classroom Education (A.C.E.) groups for 9<sup>th</sup> and 10<sup>th</sup> grade students, and individual counseling as needed.

### **CANCER SUPPORT COMMUNITY (formerly THE WELLNESS COMMUNITY)**

The Cancer Support Community provides free psychological, emotional and social support for cancer patients and their loved ones. The core of the program consists of 15 ongoing weekly support groups and specialized monthly networking groups for specific types of cancer offered in a homelike setting, 6 days a week with all groups led by professionally licensed psychotherapists. This program provides an alternative to these types of services provided in the marketplace, which are expensive, a great benefit to those already dealing with the costs of cancer treatment.

### **SOUTH BAY ADULT CARE CENTER INC.**

The South Bay Adult Care Center currently operates an Adult Day Care Center in Redondo Beach. The purpose of the center is to enrich the lives of adults suffering from Alzheimer's, Parkinson's, stroke, frailty, loneliness, etc. The center is designed to maintain psychological functioning levels as much as possible, as well as provide respite to family members. The center currently functions with limited hours and wishes to expand these hours as much as possible.

## CDBG EXCHANGE OF FUNDS WORKSHEET


This worksheet is to be used for planning the exchange of Community Development Block Grant (CDBG) funds between jurisdictions participating in the Los Angeles County's CDBG Program.

Completion of the worksheet will be the responsibility of the jurisdiction offering CDBG funds for exchange and will include only funding information specific to the two (2) jurisdictions exchanging funds (the exchanging and recipient jurisdictions). If additional exchanges are planned, involving jurisdictions other than those indicated below they must be identified on a separate form.

This exchange will involve actions between City of Manhattan Beach (Exchanging Jurisdiction) and City of Hawaiian Gardens (Recipient Jurisdiction) and must be approved by both participants' governing bodies, as well as the Los Angeles County Board of Supervisors before becoming effective. Completion of this worksheet and approval by the Community Development Commission will formally start the authorization and approval process.

CDBG FUNDS TO BE EXCHANGED					
Type of Funding		Program Authority			
	Total Amount		Yes	No	Amount
• New Allocation FY <u>2012-2013</u>	102913	Public Service (15% Max)	X		15436
• Prior Year Unallocated Funds		Public Service	(No Authority Provided with Prior Year Funds)		
• District Funds		Public Service	(No Authority Provided with District Funds)		
<b>Total Funding</b>	102913	Exchange rate will be 73¢ on the dollar			

Approval of the intent to exchange CDBG funding:

	01/10/12		
<b>Exchanging Jurisdiction</b>	<b>Date</b>	<b>Recipient Jurisdiction</b>	<b>Date</b>

Approval of the availability of CDBG funds to be exchanged:

<b>Community Development Commission</b>	<b>Date</b>

**EXHIBIT E**

CC Mtg. 2/7/2012



## CARE MANAGEMENT FOR MANHATTAN BEACH SENIORS

### Program Description and References

The Care Management for Manhattan Beach Seniors program provides assistance in obtaining services that help promote and maintain the optimum level of functioning for participants. The goal of the Care Management program is to assist seniors to access services that enable them to live in the safest and least restrictive environment possible, reducing the possibility of inappropriate institutionalization. The Manhattan Beach Care Management program works with disabled adults and seniors age 60 or older who are at the most risk for physical, mental and/or functional impairment.

Clients for Care Management enter the program through a number of referral sources. The major referral source is the City of Manhattan Beach itself. Referrals are made by the Manhattan Beach Police Department, Manhattan Beach Fire Department, the Older Adults Program and code enforcement. The care management program staff is able to provide linkages to services that help in reducing repeat calls to the paramedics because of living situations rather than emergency medical needs. The care management staff assists the Police Department in maintaining a Memory Impaired File. Other City employees utilize the program when they encounter seniors and/or disabled who could benefit from increased support. Care management staff does outreach at the Manhattan Beach senior centers and the Fire Department on a weekly basis and provides information and referral to senior center participants. Referrals also come from family members, neighbors, hospital discharge planners, home health agencies and other social service providers. All services are voluntary—a person has to be willing to accept services.

Care Management staff is comprised of two individual BCHD care managers working a total of 1 Full-Time Equivalent with Manhattan Beach clients. Both have Masters of Social Work degrees and have several years of experience working as care managers with the frail elderly. Staff are mandated reporters of elder abuse to Los Angeles County Adult Protective Services.

Care Management begins with an in-home assessment after a referral is made. To develop a care management plan, the care manager evaluates an individual's physical environment, emotional and social needs. A comprehensive assessment of a person's capacities, resources, support system and attributes is needed in understanding the problems, needs, resources and strengths of an older person to develop a plan of care. With the input of the individual and based upon the individualized needs, the Manhattan Beach care management staff develop a care plan that may include: referrals to community resources such as Meals on Wheels, the Brown Bag program, transportation, or public benefits; co-ordination and arrangement of in-home help; home safety assessments with recommendations for improvements; collaboration with community agencies to provide support groups and activities; and increased socialization through Beach Cities Health District programs such as Conversation



## **CARE MANAGEMENT FOR MANHATTAN BEACH SENIORS**

Companions, Peer Counseling, Errand Volunteers, MoveWell In-Home Exercise and Support Line. The care management staff assists the individual in accessing the appropriate services and provides regular follow-up by phone and/or in person with a home visit.

Moreover, the Manhattan Beach care management program has access to the Beach Cities Health District Senior and Disabled Health fund to purchase supportive services for low-income Manhattan Beach clients. In Fiscal Year 2010-2011 the Manhattan Beach care management program worked with 131 senior and adult disabled residents of Manhattan Beach. Approximately seventy-nine percent (79%) of these clients met the verified low- and moderate-income criteria. Thus far, this program year, the care management program has worked with 103 Manhattan Beach residents.

Beach Cities Health District Community Care Services Department staff work very closely together as a team and the Manhattan Beach Care Management program is able to benefit from the community networking the entire team participates in: KEEP-SAFE Coalition (a coalition of social service providers, law enforcement, and financial institutions that provides training and education for seniors to prevent financial abuse and exploitation), South Bay MAPS (Marketing and Admissions Professionals for Seniors), Alzheimer's Association and the Department of Mental Health Service Area Advisory Committee.

### **References:**

Jan Buike, Older Adults Program Supervisor, City of Manhattan Beach, (310) 802-5447

Karen Liebig, Julius Sumner Miller Foundation and KEEP-SAFE, (310) 320-8291

Karen Hill, Manhattan Beach Volunteers in Patrol, (310) 379-5023



Agency and Address (Please Type Your Answers)		Input	
Beach Cities Health District Community Care Services Department 514 North Prospect Avenue, 3rd Floor Redondo Beach, CA 90277		Please make entries in grey boxes	
Program Name CARE MANAGEMENT FOR MANHATTAN BEACH SENIORS			
		2012-2013 Projected	2011-2012
Total Annual Budget		67,845	\$67,845
Program Budget (enter only if different from above, i.e. if CDBG monies fund only a specific program provided by the agency)			
Percentage of Budget Increase Decrease 2011-2012 / 2012-2013		0%	
Requested Funding		37,315	\$37,315
Approved Funding			
Number of Manhattan Beach Residents Served		(Projected) 125	(Year to Date) 103
			(Projected) 125
Average Number of Hours Spent Annually per Manhattan Beach Client		2-40 hours	2-40 hours
Cost per Hour of Clients Served		33.26	33.26
<b>Proposed 2012-2013</b>			
Breakdown of How Manhattan Beach Funding Will be Spent		Total	Percentage
Note: Enter "NA" for entries which are not applicable	Equipment/Supplies	100	0.27%
	Salary Used for Direct Contact with Clients	34818	93.31%
	Administrative	NA	NA
	Travel	500	1.34%
	Space (Lease/Rent)	930	2.49%
	Other (Specify)	967	2.59%



January 19, 2012

Mayor Nicholas W. Tell and Members of the City Council  
Attn: Angelica Ochoa, Assistant Planner  
City of Manhattan Beach  
Community Development Department  
1400 Highland Avenue  
Manhattan Beach, CA 90266

Dear Mayor Tell and Members of the City Council:

On behalf of our board of directors, staff and clients, please accept my sincerest thanks for the City's many years of continued support to help 1736 Family Crisis Center keep its doors open 24 hours a day in service to local residents.

Since its beginnings in 1972 as "1736 House," 1736 Family Crisis Center has grown to operate four shelters for domestic violence victims and their children, a shelter for runaway and homeless youth, three Community Service Centers offering outpatient services, a job development and placement program, an in-house Legal Services Department, five 24-hour crisis hotlines, and ancillary programs designed to help our most vulnerable community members.

Manhattan Beach's support of 1736 Family Crisis Center is extremely important to our ability to keep our doors open 24 hours a day, 365 days a year, providing services that South Bay residents, including those of Manhattan Beach, so urgently need. We are hopeful that the City will continue to provide generous support as it has in the past. To that end, please find enclosed our proposal requesting an allocation of \$55,000 for fiscal year 2012-2013.

To each of you personally, and to the City of Manhattan Beach as a whole, thank you for your ongoing commitment to our programs. I would like to extend an open invitation to the council members to tour our facilities. I think you would be as proud as we are of the good work your dollars do for so many people. Should you have any questions, please contact me directly at (323) 630-9777 or Betty Liu, Development Associate at (323) 737-3900, ext. 210 or [bliu@1736fcc.org](mailto:bliu@1736fcc.org).

Sincerely,

Carol A. Adelskoff  
CEO and Executive Director

24 Hour Hotlines: (310) 379-3620 (310) 370-5902 (213) 745-6434 (213) 222-1237 (562) 388-7652 [www.1736familycrisiscenter.org](http://www.1736familycrisiscenter.org)

- 2116 Arlington Avenue, Suite 200, Los Angeles, California 90018 (323) 737-3900 fax: (323) 737-3993  
 Service sites in Los Angeles, Redondo Beach, Long Beach, Hermosa Beach, and Torrance

**1736 FAMILY CRISIS CENTER  
2012-13 PROPOSAL TO THE CITY OF MANHATTAN BEACH**

**Overview.** Since 1972, 1736 Family Crisis Center (1736 FCC) has provided critical services to domestic violence victims and their children, runaway and homeless teens, adults, children and families in crisis in the South Bay. 1736 FCC offers comprehensive shelter and non-residential supportive services with effective and often life-saving intervention. Some clients might need a bed, food, clothing, counseling, and coordinated case management in one of our shelters. Others might need case management, counseling, job development, and/or legal assistance in our outpatient clinic, emergency 24-hour telephone hotline response to prevent a suicide or other crises, or other immediate emergency assistance. 1736 FCC's commitment is to never turn away an individual in need and to provide the maximum level of care for long-term safety and stability. Through this proposal, 1736 FCC respectfully requests a grant of \$55,000 from the City of Manhattan Beach's CDBG allocation.

**CDBG Objectives.** Services offered under this proposal will meet CDBG objectives: 1) Services will be provided to Manhattan Beach residents meeting verified low and moderate income criteria as established by the U.S. Department of Housing and Urban Development – more than 51% of clients served will meet these criteria (by federal definition, domestic violence victims and child abuse victims are considered low-income); 2) Services will aid in elimination of blight by reducing truancy, homelessness, and community violence; and 3) Services will meet urgent community development needs by providing life-saving emergency and transitional shelter to homeless domestic violence victims and their children, runaway and homeless youth, as well as non-residential counseling and 24-hour hotline response to Manhattan Beach residents.

**Program Descriptions.** Manhattan Beach residents can access any of 1736 FCC's programs to obtain shelter, counseling, case management, and referrals associated with spousal abuse, child abuse, and other crises. These programs include:

***Emergency Youth Shelter:*** 1736 FCC's Emergency Youth Shelter Program is a six-bed shelter that offers two weeks of comprehensive services to runaway, homeless, and throwaway boys and girls ages 10 through 17, with 24-hour intake. Supportive services include counseling, case management, life skills training, consequences of high-risk behaviors, etc. The program addresses the immediate critical needs of homeless boys and girls with the goal of helping vulnerable youth return home when appropriate, or find stable alternative living arrangements when their home is not safe. 1736 FCC works with youth and their families to help each youngster develop the skills and networks of support that will lead them on paths toward safety and stability. Approximately 40%-50% of youth served in this shelter run from homes in which there is domestic violence, and the majority have experienced abuse. Our Youth Shelter has been successfully operating and serving the community for 40 years, promoting the growth and development of homeless, runaway, and abandoned boys and girls by providing them with a safe and structured haven in which they can learn about healthy alternative behaviors and build their self-esteem. The shelter is licensed by the California Community Care Licensing Division.

***Four Domestic Violence Shelters:*** 1736 FCC's four domestic violence shelters (confidentially located in three local cities) provide safety and refuge for battered victims and their children (boys and girls ages birth through 17) while staff helps them develop plans for safe and stable futures. The shelters offer a highly innovative, blended program of emergency and transitional stage care (up to two years). The blended program model was developed in response to clients' needs for more time and continuity to rebuild their lives and develop the skills necessary to achieve economic independence and self-sufficiency. Comprehensive services for adult shelter clients include case management, counseling, legal assistance, life skills training, parenting education, job development and placement services, financial literacy education, advocacy and referrals to other needed services such as medical care and housing. Children receive school enrollment/re-enrollment services, age-appropriate counseling, therapeutic free play, recreational activities, and art therapy to enhance their healthy social and emotional development.

***Three Community Service Centers:*** For persons not requiring acute or long-term shelter care, these conveniently-located outpatient clinics offer comprehensive case management, counseling, job development and placement, and legal assistance to individuals and families in need, free of charge. Two of the Community Service Centers (one of them located in the South Bay) are certified by the L.A. County Department of Mental

Health to provide Early Prevention, Screening, Detection and Treatment services to low-income children and their families.

24-Hour Hotline and Drop-In Program: Five 24-hour crisis hotlines provide round-the-clock professional help to several thousand callers each year, assisting with issues such as suicidality, child abuse, domestic violence, need for referrals, shelter intake, and other assistance. The Drop-In Program is overseen by trained staff and offers outpatient counseling, referrals, bus tokens, and other necessary assistance to community members need.

Welfare-to-Work Services: This extremely successful program component provides a comprehensive continuum of services to help victims of domestic violence and others transition from long-term welfare to career-level employment. The program helps clients overcome barriers to employment and links them with jobs suited to their experience and employment goals. Over the past decade, 1736 FCC has refined its job development and placement program from “soft-skills training,” which included dressing for the workplace, résumé preparation, interview skills, etc., to helping clients develop specific skill sets and placing them in jobs with growth potential. The Center’s experienced Job Developers have in-depth knowledge of partnering employers, employment settings, and client goals and interests to effectively identify appropriate employment opportunities for clients. Clients are placed in diverse work sectors that correspond to individual skills and interests, including the nonprofit sector, municipal government, travel industry, retail, local businesses, and others. Positions targeted are unsubsidized, competitive, exceed minimum wage and are typically career-level in that employees have a reasonable expectation of growth opportunities and developing longevity with an employer. Today, 1736 FCC is one of the County’s largest providers of welfare-to-work services to domestic violence survivors and others in need.

Legal Services: In addition to coping with intimate partner abuse and the possibility of homelessness, a domestic violence victim often deals with legal abuse as she tries to protect her safety and that of her children. 1736 FCC addresses this barrier to safety and sufficiency by providing comprehensive in-house legal response and pro bono court representation so that domestic violence survivors can easily access legal services and be adequately represented in court. 1736 FCC employs two in-house licensed staff attorneys and a trained paralegal to assist domestic violence victims with court representation, restraining orders, child custody/visitation, divorce settlements, child support, mediation with respondent, benefits access, and other necessary legal assistance. The agency also collaborates with law-school interns from Loyola and Pepperdine Law Schools and volunteer attorneys who provide pro-bono services.

Community Education and Outreach: 1736 FCC offers community outreach and education programs (including educational lectures and presentations conducted at schools, charitable groups, churches, business groups, law enforcement and health care personnel, and other community groups) to raise public awareness about the availability of community resources and of domestic violence and homeless youth as pressing community concerns.

**References.** References include, but are not limited to, the City of Manhattan Beach, the City of Redondo Beach, as well as other municipal, county, state, and federal funding offices.

**Ability to Execute Certified City Contract.** 1736 FCC has 40 years of experience in managing private and public funds (federal, state, county, and city), including many years of successful provision of services in agreement with the City of Manhattan Beach. Our programs are strategically developed and overseen by a volunteer Board of Directors with expertise in a variety of areas (e.g., human resources, legal, etc.). Services are provided by approximately 125 full-time, part-time, and on-call professionals, highly trained paraprofessionals, and master’s-level interns, all working under the supervision of licensed mental health professionals, in addition to our legal program under supervision of a licensed attorney. Close to 200 volunteers enhance services in a variety of capacities. 1736 FCC maintains a strong staff training program, including 40 hours of domestic violence training mandated by the State of California, extensive training as required by the Community Care Licensing Division, and First Aid/CPR training for all direct service staff. 1736 FCC’s programs have success rates ranging from 85% to 95%, as measured by clients establishing the goals they have set for themselves at intake and by moving toward permanent safe self-sufficiency. 1736 FCC is fully able to execute a certified City of Manhattan Beach contract.

Agency and Address (Please Type Your Answers)	Input	
1736 Family Crisis Center 2116 Arlington Avenue, Suite 200 Los Angeles, CA 90018	Please make entries in grey boxes	
Program Name: 1736 Family Crisis Center		
	2012-2013 Projected	2011-2012
Total Annual Budget	\$6,863,789	\$6,663,873
Program Budget (enter only if different from above, i.e. if CDBG monies fund only a specific program provided by the agency)		
Percentage of Budget Increase Decrease 2011-2012 / 2012-2013	3%	
Requested Funding	\$55,000	\$55,000
Approved Funding		\$18,258
Number of Manhattan Beach Residents Served	(Projected): Approx 500	(Year to Date): Approx 250
		(Projected): Approx 500 for 12-mo period
		Please see note 3
Average Number of Hours Spent Annually per Manhattan Beach Client	Please see note 2	Please see note 2
Cost per Hour of Clients Served	Please see notes 1&2	Please see notes 1&2
<b>Proposed 2012-2013</b>		
Breakdown of How Manhattan Beach Funding Will be Spent	Total	Percentage
Note: Enter "NA" for entries which are not applicable		
Equipment/Supplies	N/A	0%
Salary Used for Direct Contact with Clients	49,500	90%
Administrative	5,500	10%
Travel	N/A	0%
Space (Lease/Rent)	N/A	0%
Other (Specify)	N/A	0%

**Note 1:** Includes comprehensive services provided in five shelters, three community service centers, five 24-hour hotlines, three drop-in centers, and community prevention education/outreach with facilities in five cities in LA County (Hermosa Beach, Redondo Beach, Torrance, Long Beach, and Los Angeles).

**Note 2:** 1736 FCC services to Manhattan Beach residents vary widely, ranging from a one-time hotline call (which may last 45-90 minutes) to weekly individual/group counseling sessions (one to two hours a week for periods ranging from a few weeks to a few years) to 24-hour shelter with comprehensive services ranging from two weeks to two years, as well as extensive community outreach/education to Manhattan Beach residents including information about domestic violence, child abuse, runaway/homeless youth issues, assessing community resources, etc. At any given time, the services rendered will be driven by client and community needs. Therefore, any calculation regarding cost per client and number of hours spent on each client would not reflect the cost or comprehensive nature of our services.

**Note 3:** 1736 FCC service levels at time of this submission exceed the prorated annual service level of 175 people, calculated as a percentage of the amount requested vs. the amount awarded, indicating a high need for our services among low-income residents of Manhattan Beach.



**DENTAL SERVICES FOR LOW-INCOME MANHATTAN BEACH RESIDENTS:  
A PROPOSAL TO THE CITY OF MANHATTAN BEACH IN SUPPORT OF SOUTH BAY FAMILY HEALTH CARE**

SBFHC is deeply grateful to the City of Manhattan Beach for its generous past support, which has helped ensure that low-income residents of Manhattan Beach have access to critical dental services, regardless of their ability to pay. At this time, SBFHC respectfully requests renewed support through a \$10,000 grant toward our continued provision of dental services to low- and moderate-income Manhattan Beach residents.

**RESPONDING TO URGENT NEED:** Low- and moderate-income residents of Manhattan Beach face many of the challenges inherent in urban settings, including overcrowded living conditions, substandard housing, high rates of under- and unemployment, and low levels of adult literacy and formal education. While real estate prices are typically high — leading to perceptions of Manhattan Beach as a wealthy community — the 2010 U.S. Census reveals more than 1,000 individuals in Manhattan Beach (zip code 90266) living in poverty. SBFHC’s patients are those Manhattan Beach residents who are most in need of subsidized/free dental care. Those we serve are underinsured or completely uninsured. (While some of our patients have some form of medical coverage, including Medi-Cal, Medicare or managed care, many are completely uninsured.)

To help address the critical need for dental care among low- and moderate-income residents of Manhattan Beach and the greater South Bay, SBFHC began providing essential dental services to patients in the 1970s. With the opening of our 8,300-square-foot Redondo Beach clinic in 1999, we doubled the number of dental operatories available. This clinic is the primary location for services to patients drawn from Manhattan Beach. Apart from the dental services we provide, only two other organizations — Assistance League of San Pedro and South Bay Children’s Health Center — offer free and low-cost dental care to Manhattan Beach residents. The former is much further away from Manhattan Beach, reducing access, and the latter serves only children. SBFHC is conveniently located to Manhattan Beach and provides low-cost and/or no-cost dental services to both pediatric and adult patients.

The majority of our first-time low-income patients present with numerous existing problems, with cavities and tooth loss of particular concern, as a result of barriers to care. They are at particular risk for oral health complications resulting from poor general health status, and vice versa. For example, more than 40% of SBFHC patients suffer from diabetes, which is a recognized risk factor for cavities and tooth loss. Conversely, poor oral health care can make diabetes more difficult to control (ADA 2008). Our target population also suffers from high rates of coronary heart disease, which several studies have also been linked with dental disease. Without SBFHC’s care, inadequate oral hygiene and limited access to care among our target population results in or exacerbates such conditions. Our target population is also made up of a higher-than-average proportion of children under the age of 17. Among children, lack of regular access to essential dental care can lead to significant problems — including severe tooth decay and other ailments that in turn result in missed school days, sleep deprivation and other poor health and life outcomes. Providing adequate oral health care for local children is thus a significant priority of our agency.

Other barriers that make it difficult for our underserved population to access oral health services include low-income status; lack of an adequate number of dentists to serve the population; lack of translation services and/or culturally sensitive care; and a lack of transportation access. SBFHC addresses these challenges by providing services to individuals regardless of ability to pay; recruiting and retaining a bilingual staff, who attend quarterly cultural sensitivity trainings; and locating our clinics on major thoroughfares that offer convenient access via car and bus lines. Further, we participate in the Los Angeles County transportation program, providing transportation vouchers for patients unable to access mass transportation services.

**MEETING CDBG OBJECTIVES:** For more than 40 years, SBFHC has provided healthcare services to low- and moderate-income residents of the South Bay and Harbor Gateway communities, including Manhattan Beach, regardless of patients’ ability to pay. Last year, SBFHC provided care to more than 20,000 patients through more than 70,000 visits at all of our clinic locations combined. To ensure that we reach those most

in need, SBFHC verifies patient eligibility by requiring address information (to confirm residency) and copies of paycheck stubs, W-4s or social security/unemployment checks (to confirm income level).

**PROGRAM DESCRIPTION AND REFERENCES:** The overarching goal of SBFHC’s dental services is to ensure the continued health and well-being of our pediatric and adult dental patients by providing appropriate screening, diagnosis, treatment, and oral health education. By providing dental health interventions, we also ultimately seek to reduce the risk for concomitant problems such as coronary heart disease and complications of diabetes. SBFHC’s oral health staff provide the following comprehensive primary oral health services: examinations, complete oral health diagnosis, oral cancer screening, and cleaning, no less than annually; further follow-up treatment, as needed; and additional oral health services (e.g. x-rays, fillings, extractions, sealants, and/or fluoride treatments, on-site laboratory services and dispensation of medications), as needed. In addition, all patients in need of specialty care (i.e. for periodontal needs, cleft lip/palate, oral cancer, etc.) receive a referral from SBFHC to an appropriate provider.

SBFHC’s oral health services respond to our patients’ unique needs, and deliver personalized care to our target population in a culturally sensitive and bilingual environment. To facilitate clear communication with the more than 36% of our patients who are limited-English speakers (99% of whom are primary Spanish-language speakers), we retain highly qualified, culturally sensitive oral health staff, all of whom are bilingual (English/Spanish). We provide patients and their families with culturally appropriate and bilingual (English/Spanish) printed materials during visits to ensure they have the information needed to improve their oral health and overall well-being. Additionally, as mentioned above, SBFHC staff attend quarterly cultural sensitivity trainings to ensure their optimal ability to address the needs of our diverse service population.

Services are available by appointment on Mondays and Wednesdays from 7:30 a.m. through 4:30 p.m., and Tuesdays and Thursdays from 10:00 a.m. through 7:30 p.m. at our Redondo Beach clinic, located at 2114 Artesia Boulevard, Redondo Beach, California 92078. This clinic is located on a major thoroughfare, which offers convenient access via automobile and multiple bus lines — and we participate in the Los Angeles County transportation program, providing transportation vouchers for patients unable to access mass transportation services. The clinic is equipped with a laboratory, x-ray room and dispensary.

SBFHC expects to achieve the following objectives of the grant: (1) 100% of patients will receive an examination, complete oral health diagnosis, oral cancer screening, and cleaning; (2) 100% of patients and their families will receive bilingual oral health education on cavity prevention and dental care habits; (3) 100% of patients will receive all needed x-rays, fillings, extractions, sealants, and/or fluoride treatments, on-site laboratory services and medications; (4) 100% of patients requiring further treatment will be scheduled for a follow-up visit; and (5) 100% of patients in need of specialty care (i.e. for periodontal/orthodontic needs, cleft lip/palate, oral cancer, etc.) will receive a referral from SBFHC to an appropriate provider.

Agencies and organizations with which SBFHC regularly collaborates — and which could provide a reference attesting to our high-quality work — include, among many others, Beach Cities Health District, the City of Carson, the City of Redondo Beach, Little Company of Mary Hospital and Good Samaritan Hospital.

**ABILITY TO EXECUTE CERTIFIED CITY CONTRACT:** SBFHC is fully able to execute a certified contract from the City of Manhattan Beach. We are currently providing services under contract with the city.

**CONCLUSION:** SBFHC requests the City of Manhattan Beach’s renewed support through a Community Development Block Grant in the amount of \$10,000 toward dental care services for low- and moderate-income Manhattan Beach residents who are under- or completely uninsured. Your support will help ensure that we can continue to address the significant oral healthcare needs of medically indigent adults and children living in Manhattan Beach. Thank you for your consideration of our request.

<b>South Bay Family Health Cai (Please Type Your Answers)</b>		<b>Input</b>	
23430 Hawthorne Blvd, Suite 210 Torrance, CA 90505		Please make entries in grey boxes	
Dental Services for Low-income Residents of Manhattan Beach			
		2012-2013 Projected	2011-2012
Total Annual Budget		\$10,859,223	\$10,859,223
Program Budget ( <i>enter only if different from above, i.e. if CDBG monies fund only a specific program provided by the agency</i> )		\$230,868	\$230,868
Percentage of Budget Increase Decrease 2011-2012 / 2012-2013			
Requested Funding		\$10,000	\$25,000
Approved Funding			\$13,770
Number of Manhattan Beach Residents Served		75-100	124
			75-100
Average Number of Hours Spent Annually per Manhattan Beach Client		2.5	2.5
Cost per Hour of Clients Served		\$190	\$190
<b>Proposed 2012-2013</b>			
Breakdown of How Manhattan Beach Funding Will be Spent		Total	Percentage
Note: Enter "NA" for entries which are not applicable	Equipment/Supplies	NA	
	Salary Used for Direct Contact with Clients	\$10,000	100%
	Administrative	NA	
	Travel	NA	
	Space (Lease/Rent)	NA	
	Other (Specify)	NA	



January 27, 2012

South Bay Center for Counseling is pleased to be submitting this brief proposal in hopes of securing a Community Development Block Grant with the City of Manhattan Beach for fiscal year 2012/2013.

South Bay Center for Counseling is a non-profit community-based agency founded in 1973 on the core value that community residents have the capacity, resilience and motivation to thrive. SBCC is a leader in the delivery of services for at-risk children; and is a countywide model for the integration of a neighborhood-based service delivery system.

South Bay Center for Counseling will provide mental health services for low and moderate income residents of Manhattan Beach through our counseling services program that provides low cost therapy to families, groups and individuals. Via out-patient counseling and home visitation programs we will nurture children traumatized by abuse, loss, neglect, or behavioral/emotional difficulties. The Diagnostic and Treatment program for abused children identifies, evaluates, and treats victims of child abuse. Our comprehensive Perinatal Mental Health and Wellness program will allow for new and expecting families to get the support needed through this sometimes complicated transition, including comprehensive screening and referrals as needed. We will visit schools, community parks, OB/GYN offices, elderly homes, libraries, and urgent care centers to outreach to those in need of our services. We plan on collaborating with the residents to empower them to pursue their goals based on their current assets and the development of their current situation.

Services will be provided to Manhattan Beach residents from households meeting verified low and moderate income criteria as established by the U.S. Department of Housing and Urban Development (HUD) and the Los Angeles County Community Development Commission (COUNTY). At least 51% of the clients served will meet said low and moderate income household criteria. Verified income information will be kept on all clients served under these programs.

For purposes of determining income eligibility, the following groups can generally be presumed to be of low or moderate income and, therefore, qualify for services without proof of household income status: abused children, elderly persons (age 62 and older), battered spouses, homeless persons, illiterate persons, and migrant farm workers. For services utilizing the presumed group eligibility, 100% of the clients served must be classified as one of the above identified groups. Verified presumed group information will be kept on all clients served under these programs. This presumption, however, may be challenged by CITY should it be apparent that a substantial number of persons qualifying under these guidelines clearly do not meet low and moderate household income requirements.

The clients served will be verified residents of the City of Manhattan Beach.

Agency and Address (Please Type Your Answers)		Input	
		Please make entries in grey boxes	
Program Name <b>South Bay Center for Counseling</b>			
		2012-2013 Projected	2011-2012
Total Annual Budget		\$ 4,800,000	\$ 4,400,000
Program Budget (enter only if different from above, i.e. if CDBG monies fund only a specific program provided by the agency)		\$ 420,000	\$ 380,000
Percentage of Budget Increase Decrease 2010-2011 / 2011-2012		11%	8%
Requested Funding		\$ 15,500	\$ 20,810
Approved Funding		\$ 7,959	\$ 11,412
Number of Manhattan Beach Residents Served		72	YTD 57
			77
Average Number of Hours Spent Annually per Manhattan Beach Client		42	49
Cost per Hour of Clients Served		\$ 110	\$ 110
<b>Proposed 2011-2012</b>			
Breakdown of How Manhattan Beach Funding Will be Spent		Total	Percentage
Note: Enter "NA" for entries which are not applicable	Equipment/Supplies	n/a	
	Salary Used for Direct Contact with Clients	\$ 7,004	88%
	Administrative	\$ -	0%
	Travel	\$ 100	1%
	Space (Lease/Rent)	\$ 700	9%
	Other (Specify) Telephone telephone, insurance, etc.	\$ 155	2%
	Total	\$ 7,959	100%



## **City of Manhattan Beach Community Development Block Grant Fiscal Year 2012-2013 Proposal**

The South Bay Children's Health Center (SBCHC) is a non profit 501 (c) (3) corporation established in 1947 to provide low cost dental and mental health services to the low and moderate income families residing in the South Bay. The South Bay Youth Project, a program of SBCHC, continues its mission to serve the under-served and under-insured in our service area.

There is a crucial need for mental health services to youth in the City of Manhattan Beach, especially in the local schools. We currently have 5 therapists providing weekly on-site counseling at Grandview Elementary, Pennekamp Elementary, Meadows Elementary, Pacific Elementary and Robinson Elementary and an additional 2 therapists at Manhattan Beach Middle School. I am pleased to report that with the funding provided through the City of Manhattan Beach's Community Development Block Grant over the past two years, we are now on the campus of Mira Costa High School. A fully licensed Marriage and Family Therapist is actively providing mental health services (individual and group counseling and crisis intervention) 6 hours per week/24 hours per month. Ellyn Schneider, Executive Director of Educational Services, Janet Allen, School Psychologist and Mira Costa's Principal Ben Dale are very pleased with our presence on the campus.

With the success of the FY2010-2011 and FY 2011-12 Mental Health Counseling Program at Mira Costa, the South Bay Children's Health Center proposes to continue the Mira Costa High School on-site Mental Health Program for the Fiscal year 2012-2013. The school based counseling at Mira Costa High School by a Manhattan Beach Unified School counselor is limited to a few part-time counselors due to school budget cuts.

South Bay Children's Health Center • 410 Camino Real, Redondo Beach, CA 90277 • (310) 316-1212 • [www.sbchc.com](http://www.sbchc.com)

Child Guidance Clinic • 1617 Cravens Avenue, Torrance, CA 90501 • tel (310) 328-0855 • fax (310) 328-9636

Lawndale Dental Clinic • 14722 Hawthorne Blvd. Suite A, Lawndale, CA 90260 • tel (310) 973-5437 • fax (310) 978-8574

501(c)(3) Tax ID 95-6003956

The demand of therapeutic services far outweighs the ability of what the school can provide. The South Bay Children's Health Center has a long history of providing school based counseling services. Through our ongoing therapeutic contracts with Manhattan Beach Unified School District, Palos Verdes Unified School District, Torrance Unified School, El Segundo Unified School District, we have collected tremendous amounts of data substantiating that school based counseling as a positive method of reaching children at their level and those who otherwise would not seek counseling. The fact that proposed individual and group counseling will be offered free of charge to the students (and the school district), the students can have the benefit of the independence, comfort, ease and privacy of the sessions occurring at their school. As a provider, the bonus of providing school based counseling is less missed appointments; and ultimately an increase in successful outcomes.

The loss of jobs and financial instability of the parents/guardians has affected many families in our community negatively. As a result there is an increase in drug activity in the high schools as well as the over-all feeling of hopelessness which manifest into aggressive behavior, depression and thoughts of suicide. South Bay Children's Health Center proposes to provide on campus school based counseling services at Mira Costa High School for minimum 3 hours per week to attack the fear of hopelessness, depression, anxiety and stress that the students are faced with at Mira Costa High School.

Providing therapeutic services to Manhattan Beach students will guarantee that the Community Development Block Grant funding will be used exclusively for Manhattan Beach residents as mandated by the scope of the grant's guidelines. Taking into consideration the current unemployment epidemic and County-wide financial woes it will be easy to meet the Community Development Block Grant funding criteria of at least 51% of the clients served must be from low and moderate income households.

**Services:** The South Bay Children's Health Center will provide counseling and other mental health related services to youths who are experiencing difficulties at home, school, and/or with police. Specific problems that will be addressed: 1) victims of parental abuse neglect and/or inadequately supervised; 2) truancy; 3) involved in substance abuse; 4) physically or sexually abused; and 5) involved in criminal activity.

**Proposed cost:** Per hour/unit of service would be \$37. A grant in the sum of \$2,585 will allow us to be on campus 2 hours per week, providing a total of 140 units of service (each unit = 1- 60 minute counseling session). Weekly Breakdown/cost: 2.25 hours per week @ \$37 per unit of service = \$83.25 x 31 weeks = \$2,585 annually.

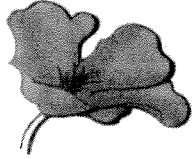
Agency and Address (Please Type Your Answers)		Input	
South Bay Children's Health Center 410 Camino Real Redondo Beach, CA 90277 Phone: 310-316-1212		Please make entries in grey boxes	
Program Name South Bay Youth Project			
		2012-2013 Projected	2011-2012 YTD
Total Annual Budget		2,000,000	\$1,948,175
Program Budget (enter only if different from above, i.e. if CDBG monies fund only a specific program provided by the agency)		2,585	\$4,032
Percentage of Budget Increase/Decrease 2011-2012 / 2012-2013		-36%	
Requested Funding		2,585	\$4,928
Approved Funding			\$4,032
Number of Manhattan Beach Residents Served		250	24 students for 35 hours of counseling*
Average Number of Hours Spent Annually per Manhattan Beach Client		60 - 90 minutes each	60 - 90 minutes each
Cost per Hour of Clients Served			\$37
<b>Proposed 2012-2013</b>			
Breakdown of How Manhattan Beach Funding Will be Spent		Total	Percentage
Note: Enter "NA" for entries which are not applicable	Equipment/Supplies	0	0%
	Salary Used for Direct Contact with Clients	2,585	100%
	Administrative	0	0%
	Travel		
	Space (Lease/Rent)		
	Other (Specify)		
<b>NOTE:</b> *Actual number of students served September through December 2011; group sessions have not yet begun			

**YOUTH IN TRANSITION**

**PROJECTtouch - Healthy Cooking Workshops for Teens**  
for Presumed Risk Youth and their families  
in the City of Manhattan Beach Community  
to be provided in 2012-2013  
by  
**PROJECTtouch**

Submitted by: Dorothy M. Forba-Hartley, Executive Director

***PROJECTtouch***



710 Pier Avenue  
Hermosa Beach, CA 90254  
(310) 379-5206  
[www.projecttouch.org](http://www.projecttouch.org)

## **PROGRAM DESCRIPTION**

**PROJECTtouch** is a community-based non-profit corporation that was founded in 1974. We provide counseling, education and flexible intervention services to at-risk youth and their families. We are based in the South Bay of Los Angeles County and serve clients from all the surrounding communities.

The mission of **PROJECTtouch** is to provide a supportive environment in which teens and pre-teens can strengthen their self-understanding, build self-esteem, and develop positive attitudes and lifestyles before behavior becomes destructive. In addition to crisis intervention and individual, group and family counseling, **PROJECTtouch** offers educational and social enrichment programs, support groups, adventure-based counseling and other services essential to successful individual and family development.

During its thirty-eight year history, **PROJECTtouch** has offered services to youth and their families that have proven to be low-cost alternatives to hospitalization, foster care and other placements outside the home. **PROJECTtouch** proposes to continue its emphasis on at-risk/challenged **YOUTH IN TRANSITION** with services for **PROJECTtouch - Healthy Cooking Workshops for Teens**. This program is very successful and has been expanded due to identified student needs. A complete description of this new segment is as follows:

### **PROJECTtouch - Healthy Cooking Workshops for Teens**

To ensure the success of each **PROJECTtouch - Healthy Cooking Workshops for Teens** course series, we rely upon strong community collaborations, such as the partnership we hope to expand with the City of Manhattan Beach. We offer our workshop at the Hermosa Beach Community Center which allows teens from Redondo Beach, Hermosa Beach, Manhattan Beach, Torrance, and El Segundo, and other surrounding communities to participate.

#### **DETERMINING OUR NEW PROGRAM'S SUCCESS**

- The agency must serve clients that are low-income and are currently cooking for themselves and their family.
- The agency must have a space large enough for the class to learn comfortably.
- The class site must provide access and use of a refrigerator (for the dairy and meat items to be used in class, if needed), sink, stove and bathroom, as well as counter or table space.

#### **A successful course is one that meets the following criteria:**

- Has between 10-15 regularly attending participants who have not previously taken the same workshop
- Achieves an 85% graduation rate -- participants must attend at least four out of six classes to be considered graduates

#### **ROLES AND RESPONSIBILITIES**

- Recruit and train culinary professionals and nutrition professionals to teach the classes
- Provide cooking equipment for all the classes
- Provide class materials such as notebooks, hand outs, incentives, and graduation certificates
- Administer paperwork, including attendance sheets, class evaluations, media releases, and facility agreements
- Leave kitchen and class areas as clean as they were found
- All classes are progressive and part of a complete course, and participants are asked to attend all of the classes within the series
- Provide groceries for classes. In addition to the food prepared in class, take-home groceries are distributed weekly to participants

- Recruit the appropriate number of participants by explaining the program, importance of attendance, and class participation
- Be responsible for shared course costs that are agreed upon -- **no participants can be charged for courses**
- Have liability insurance on file at host site

taking into account factors such as food, equipment, curriculum, insurance, class supplies, volunteer training materials, evaluation and other administrative and coordination costs, a 6-week Healthy Cooking Workshops for Teens costs **PROJECTtouch** approximately \$350 per participant. Therefore, a class with fifteen teens costs \$5,250, not including the chefs' and nutritionists' volunteer time.

Request Amount	\$3,000.00
Total Project Budget	\$15,750.00

Our goal is to improve the healthy development, health, safety, and well-being of adolescents and young adults. The leading causes of illness and death among adolescents and young adults are largely preventable. Health outcomes for adolescents and young adults are grounded in their social environments and are frequently mediated by their behaviors. Behaviors of young people are influenced at the individual, peer, family, school, community, and societal levels.

Timeline for Project

**PROJECTtouch** hopes to bring a 6 week workshop to area teens 3-4 times each year, starting January 2012.

Collaboration

**PROJECTtouch** is open to any collaboration with the City of Manhattan Beach and its employees, including volunteer opportunities.

Additional Info

Please note **PROJECTtouch** is a non-profit counseling agency dedicated to teens and families in the local area since 1974. Recently, the Executive Director, Dorothy M. Forba-Hartley, coordinated a completely volunteer initiative to renovate a large kitchen space (cost would have been approx. \$40,000!) within the Hermosa Beach Community Center to allow a new segment of healthy cooking workshops to be combined with the pre-existing mental health services at **PROJECTtouch**. A HUGE factor in this project's success is due to the **Manhattan Beach Rotary**.

**ADDITIONAL SERVICE**

**MANHATTAN BEACH RESIDENTS**

1)	Once-weekly 3-hour Counseling/Socialization	6 to 10
2)	School Attendance Review Board (S.A.R.B.) – <b>PROJECTtouch</b> staff	15 to 25
	<b>TOTAL</b>	43 to 75

The effectiveness of **PROJECTtouch** is directly related to its “open end” service philosophy which puts no arbitrary boundary on the time it takes to create behavior change, trust and coping skills within an individual participant. The average length of stay in the program by at-risk youth is one year. But, an average always indicates some shorter or longer attendance. Participants are welcome to stay as long as it takes to achieve the desired outcome.

This program meets CDBG objectives by enhancing the suitable living environment for low and moderate income youth. We teach them the skills necessary to become responsible members of the community and encourage their commitment to respect and maintain the quality of life.



Agency and Address	(Please Type Your Answers)	Input	
PROJECTtouch 710 Pier Avenue Hermosa Beach, CA 90254		Please make entries in grey boxes	
310.379.5206 dorothy@projecttouch.org			
Program Name Group and Individual Counseling for Manhattan Beach Teens			
		2012-2013 Projected	2011-2012
Total Annual Budget		140,000	\$140,000
Program Budget <i>(enter only if different from above, i.e. if CDBG monies fund only a specific program provided by the agency)</i>			
Percentage of Budget Increase Decrease 2011-2012 / 2012-2013		N/A	
Requested Funding		\$3,000	
Approved Funding			\$1,219
Number of Manhattan Beach Residents Served		(Projected)	(Year to Date)
			(Projected)
Average Number of Hours Spent Annually per Manhattan Beach Client		750	750
Cost per Hour of Clients Served		\$50	\$50
<b>Proposed 2012-2013</b>			
Breakdown of How Manhattan Beach Funding Will be Spent		Total	Percentage
Note: Enter "NA" for entries which are not applicable	Equipment/Supplies		5%
	Salary Used for Direct Contact with Clients		90%
	Administrative		5%
	Travel		0%
	Space (Lease/Rent)		0%
	Other (Specify)		

**City of Manhattan Beach Grant Application  
Cancer Support Community Redondo Beach  
2012 - 2013**

Cancer Support Community Redondo Beach respectfully requests a grant in the amount of \$682.78 from the City of Manhattan Beach to continue and expand our program of **free** psychological, emotional and social support for cancer patients and their loved ones.

The words “*you have cancer*” deliver a devastating blow to anyone unfortunate enough to receive this news. A rush of fear, anxiety, anger and information overload takes over the mind in an instant. You are now a cancer patient. The rush of tests, biopsies and treatment plans wreak havoc on even the strongest most organized person. These people need far more help than what an Oncologist or Surgeon can offer. That is where The Wellness Community – South Bay Cities comes in. Upon entering our program, cancer patients and their families find an environment that is available nowhere else in The South Bay. Our program enhances the lives of people fighting cancer by reducing stress, boosting immune function, and alleviating the anxiety that accompanies a cancer diagnosis.

Evidence based research undertaken by our International organization shows our program of psychosocial support does improve the quality of a cancer patient’s life during and after treatment. The Institute of Medicine report released in 2007, “Cancer Care for the Whole Patient: Meeting Psychosocial Health Needs” affirms the work we do every day at The Wellness Community. The report states that “*Americans place a high premium on new technologies to solve our health care needs. However, technology alone is not enough. Health is determined not just by biological processes but by people’s emotions, behaviors, and social relationships.*” The report goes on to say that “*...good quality health care must attend to patients’ psychosocial problems and provide services to enable them to better manage their illnesses and underlying health.*” These factors lead to a new era in health care in general and in cancer care specifically; an era where all patients must be educated and empowered and armed with the tools and resources to navigate an ever-complex health care system, an era where we pay attention not only to the needs of the patient but also the caregiver.

**Mission and History**

***The mission of Cancer Support Community is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community- all completely free of charge.***

As Cancer Support Community Redondo Beach enters its 25th year of providing a free program of professionally led support groups for people diagnosed with cancer and their loved ones, we are seeing more and more diagnoses. According to the Cancer Surveillance Program, more than 40,000 cases of cancer are diagnosed in Los Angeles County every year. Since opening our doors on the Redondo Beach Pier, Cancer Support Community has embarked on a program of outreach to serve as many cancer patients as possible. Today we are part of a global network of affiliate organizations dedicated to providing emotional support to cancer patients and their loved ones. We provide more than 140 programs per month, including satellite locations in Harbor City, Torrance, Long Beach and San Pedro. Our programs are provided **at no cost to participants**. We receive funding through generous grants from corporations, foundations and municipalities, donations from individuals, and from fundraising events. Cancer Support Community has more than 100 locations worldwide including, 25 US- based and two international centers with 73 satellite and off-site programs and online support at [www.cancersupportredondobeach.org](http://www.cancersupportredondobeach.org).

### **Population Served**

Cancer Support Community serves a diverse group of people with cancer who reside in the southwest portion of Los Angeles County. The geographic area is from Westchester to the north, Watts/Compton to the east and Long Beach to the south. In 2011 we reached 1360 cancer patients and their loved ones who visited The Wellness Community 10,788 times. During this period, we served 64 Manhattan Beach residents who visited Cancer Support Community 682 times to utilize our no-cost programs. That is an increase in visits of nearly 27% over 2010. In addition, our outreach efforts resulted in another 31,300 people reached through health fairs, seminars and community events. Income information gathered on Manhattan Beach residents shows that 4 had an income level below \$25,000, 6 of the participants had an income level of between \$25,000-\$49,000, 22 had a moderate income of \$49,000-\$75,000, and another 38 declined to state their income.

### **Program Description**

The foundation of our program is comprised of the 11 weekly 2-hour support groups for various types of cancer and the caregivers of individuals living with cancer. We also offer monthly networking groups for after treatment breast cancer, brain tumor, carcinoid and neuro-endocrine tumors, colo-rectal cancer, gynecological networking, lung cancer, leukemia, lymphoma and multiple myeloma, lymphedema, prostate cancer, the sarcoma alliance and family transition for those who have lost a loved one to cancer. Accompanying our core program is a series of educational lectures, workshops, stress reduction, mind-body activities, and nutrition lunches with speakers, social events and on-line support. At Cancer Support Community, licensed therapists encourage participants to adopt a set of actions, behaviors, and attitudes that will improve the quality of their life, and could enhance the possibility of their recovery.

Cancer Support Community – Redondo Beach has been able to provide a variety of lectures, workshops, stress reduction, networking groups and social events for cancer patients and their families. We are fortunate to have so many local physicians and other experts donate their time for these programs which supplement our regular professionally facilitated support groups. Those who attend our groups and other programs know they never need to face cancer alone.

Our extensive **free** professionally facilitated **support programs** help people affected by cancer enhance their health and well-being through participation in a program of emotional support, education, and hope. This includes continuation and growth of our professionally facilitated Spanish and English support groups at Harbor UCLA Medical Center in Harbor City, CA where 80% of those attending the group are minority women and outreach programs to those who reside in the southwest portion of Los Angeles County.

We constantly see **emotional improvements** in the cancer patients we serve. We administer surveys at six month intervals or when people leave a group. A sample of the improvements we see is as follows: 97% felt less alone; 95% connected with others who share similar concerns; 95% appreciated access to information about cancer and its treatment; and 78% experienced decreased psychological distress including depression and anxiety; 78% had increased feelings of hope and 70% experienced increased quality of life physically, emotionally and socially.

As a matter of fact, we are now offering more than 140 programs per month **free of charge** for cancer patients and their families, and continue to expand our robust exercise program. We have just signed a lease for new adjacent space in our building, allowing us to build out space to house this expansion. Over the past few years, we have seen more and more people wanting to exercise throughout their treatment, and we want to help

them do just that. In addition, we are planning to expand our kid's programs and doctors lectures, which will all be held in this new space.

## Support Groups

**Prostate Cancer Networking Group** – Offered the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month at our Redondo Beach facility, and the 2<sup>nd</sup> Wednesday of the month at the Kaiser Permanente building in Harbor City. Networking groups offer men an opportunity to share information and feelings about their diagnosis with others who are battling the same issues surrounding treatment of this very common yet not often talked about type of cancer.

**Participant Support Groups** for all types of cancer, including breast are offered four times per week. These groups teach participants to be Patient Active© and take control of their lives so they are able to live well with cancer and improve their quality of life.

**Family, Friends and Partner Support Groups** for loved ones who are support to people with all cancers, including breast are offered twice a week to address specific needs for caregivers and teach family members how they can become “family active” to help their loved one achieve success with cancer their treatment.

**Newly Diagnosed Breast Cancer Support Group** is offered twice a week (Tuesday & Wednesday evenings from 6-8 pm) for women who are early stage and recently diagnosed with breast cancer. Sharing their diagnosis and medical treatment with others relieves the feeling of isolation and empowers them to fight the disease with tremendous support and education.

**After Treatment Breast Cancer Networking** is an ongoing group for women who are no longer facing the initial issues of diagnosis, treatment decisions and choices, and who have completed treatment. Some will be taking post-treatment inhibitors or making decisions about breast reconstructive choices. Their focus is on returning to the work force and everyday life routines, yet to still be able to address the fears that are still present about long-term health issues. This group meets on the 2<sup>nd</sup> & 4<sup>th</sup> Mondays of the month from 6-8 pm.

**Embrace Weekly Breast Cancer Group** – offered once per week (Tuesdays from 10 a.m. to 12 p.m.) at Providence Little Company of Mary Medical Center Torrance Breast Center. Sharing their diagnosis and medical treatment with others relieves the feeling of isolation and empowers them to fight the disease with tremendous support and education.

## Lectures and Workshops

Lectures and workshops are provided based on subjects of interest to educate participants on various cancer related topics. Most lectures and workshops are held at Cancer Support Community; however some lectures draw over 100 people in which case they are held at an off-site location.

- Writing for Wellness with Barbara Force, a monthly program
- "Working Through Grief During Holidays", Claire Chew, M.A., Grief Recovery Specialist
- Healing Through Writing, Linda England
- Look Good – Feel Better (In Partnership with American Cancer Society)
- "Frankly Speaking About Lung Cancer", Rondald Natale, MD
- "Finding Strength Together", Linda Neal & Scott Bonnel
- "Getting Organized as a Caregiver", Sarah Banks
- Laughing Yoga, Genie Nakano
- "Through a Different Lens: A New Way of Seeing and Being", Pam Hale, MA
- "Holistic Techniques", Chris Elisabeth Gilbert, MD
- "Your Body's Speaking – Are You Listening? When Being Good is Not Enough", Dr. Lyly Rojas, PjD
- "Frankly Speaking About Liver Cancer", Richard R. Lopez Jr. M.D., F.A.C.S.
- "Nutrition and Cancer: Myths, Controversies and Realities", Carolyn Katzin, MS, SNS, MNT
- "An Art Therapy Experience", Jeannie Beaumont, LMFT, ATR
- "Laughter Yoga", Janis Lukstein
- "Opening the Door to Intimacy: Understanding Sexuality & Self Esteem for Cancer Survivors", Carolyn Peterson, RN, MSN, AOCN
- "Lymphedema A to Z", Steffy Tousdale, LVN, COF
- "Wrong Way to Hope: Young Adults & Cancer"
- "Easily Caring for a Loved One During Illness, Treatment, Surgery or Aging: Belinda Sanders
- "Frankly Speaking About Cancer: Breast Reconstruction", Dr. Jay Granzow, M.D. MPH, FACS
- "The Power of a Prayerful Mind", Jennifer Winter, MFT
- "Introduction to Medical Qi Gong", Benj Sinskul
- "Immunity to Stress", Bob Maurer, Ph.D.
- "Frankly Speaking About Advanced Breast Cancer", Thomas Lowe, M.D.
- "Treatment Options for the Management of Liver Cancer", Jenny Ru, M.D., George So, M.D.
- "Energetics of Food", Benj Sinskul
- "Frankly Speaking About Colorectal Cancer", Hugo Hool, M.D.

## Stress Reduction, Mind-Body Activities

The following drop-in stress reduction and mind-body activities are provided weekly:

- Morning Yoga, improves balance inner calm, flexibility and strength
- Pilates: An Adaptive Formula, Cheryl Mansfield
- Relaxation & Visualization. Using well researched techniques; learn to relax the body and mind while increasing awareness and recognizing and developing visual healing images.
- Early Yoga. Relaxes and rejuvenates the body, mind and spirit.
- Gentle Hatha Yoga. Unites the body mind and spirit, Joyce Gauss

- Reiki Energy Circle, Jovita Trani and other South Bay Reiki Masters
- Fit and Well Worth It at End Results (twice a week)

## **Nutrition Lunch Speakers**

Nutrition lunches are provided twice a month to give participants a chance to learn about ways they can support their regular medical treatment through healthy eating. A local restaurant (The SPOT, Hermosa Beach) donates a wholesome lunch. Many speakers repeat throughout the year.

- “Worrier to Warrior”, Paulette Rochelle-Levy, MFT
- “Social Security Disability and Cancer”, Sara Lyndsay Myles, M.Ed.
- Ask the Doctor: Cancer Pain Management, Noel Lee Chun, MD, QME
- “Through a Different Lens: A New Way of Seeing and Being”, Pam Hale, MA
- The Art of Happiness Series, Wendy Treynor, Ph.D.
- The Healing Art of Reflexology, Marina Dabcevic
- Don’t Believe Everything You Think, Wendy Treynor, Ph.D.
- Nutrition and Cancer: Myths, Controversies and Realities, Carolyn Katzin, MS, SNS, MNT
- Getting to Wellbeing with Acupuncture, Herbs Y Nutrition, Sharon Prus
- “Getting Organized Once and For All”, Ann Gambrell
- “Five Wishes”, Brenda Cook, Vitas Hospice
- “Life Threatening Illness and the Search for Meaning”, Lynne Nettiffee
- Cannabis and Cancer, Mark L. Rabe, MD
- “One Body”, Robin Dieda, LCSW
- Meditation w/ Diego Gesualdi
- Hope in the Face of Loss, Sydell Weiner, Ph.D., MFT
- Chair Yoga – Diego Gesualdi RYT

## **Social Events**

Social events are an integral part of healing from cancer. At Cancer Support Community, we provide opportunities for our participants and their families to enjoy each other in a social setting.

- The Comedy & Magic Club in Hermosa Beach donates tickets on an ongoing basis to attend week night comedy performances.
- The Redondo Beach Civic Light Opera donates tickets to performance dress rehearsals on a regular basis.
- Clam Chowder Cook-Off and fundraiser at Quality Seafood
- Cancer Survivor Day dinner
- Revlon/Run Walk at the USC Coliseum is an opportunity to join Wellness Community Team 110 in a fun run/walk and fundraiser.
- Celebrate Wellness...A Food and Wine Tasting Event in the Garden
- Annual Holiday Party is an opportunity to share cheer, food and drink; meet old and new friends in our homelike setting.

## **Online Support**

<http://www.cancersupportredondobeach.org> Cancer Support Community – Redondo Beach

<http://www.twc-social.org> Cancer Support Community – Southern California

<http://www.thewellnesscommunity.org> Cancer Support Community – National Web Site  
[http://www.thewellnesscommunity.org/virtual\\_WC/support.htm](http://www.thewellnesscommunity.org/virtual_WC/support.htm) provides professionally facilitated support for all types of cancer.  
[www.TalkingWellness.org](http://www.TalkingWellness.org) is a site with Cards for Cancer to provide words of comfort.  
<http://espanol.thewellnesscommunity.org> provides support in Spanish.  
<http://www.GroupLoop.org> provides a forum for teens to talk online.  
<http://www.twc-chat.org> is a breast cancer internet project for women diagnosed in the past 18 months.  
<http://www.thewellnesscommunity.org.trials/vwc.asp> to find a clinical trial.

As much of our programming at Cancer Support Community Redondo Beach is funded by grants, we are so grateful to have had a CDBG from the City of Manhattan Beach for many years, and hope this grant request will be favorably approved for 2012-2013.

Agency and Address <small>(Please Type Your Answers)</small>	Input	
Cancer Support Community Redondo Beach 109 West Torrance Blvd Redondo Beach, CA 90277	Please make entries in grey boxes	
Program Name Therapeutic Services for Cancer Patients & Families		
Total Annual Budget	2012-2013 Projected	2011-2012
Program Budget <i>(enter only if different from above, i.e. if CDBG monies fund only a specific program provided by the agency)</i>	798,500	\$759,580
	516,250	\$473,624
Percentage of Budget Increase Decrease 2011-2012 / 2012-2013	9%	9%
Requested Funding	\$2,500	\$2,500
Approved Funding		\$1,065
Number of Manhattan Beach Residents Served	74	70
		72
Average Number of Hours Spent Annually per Manhattan Beach Client	27	25
Cost per Hour of Clients Served	\$81.75	\$75
<b>Proposed 2012-2013</b>		
Breakdown of How Manhattan Beach Funding Will be Spent	Total	Percentage
Note: Enter "NA" for entries which are not applicable	Equipment/Supplies	
	Salary Used for Direct Contact with Clients	100%
	Administrative	100%
	Travel	
	Space (Lease/Rent)	
	Other (Specify)	



# SOUTH BAY ADULT CARE CENTER, INC

3007 Vail Avenue, Redondo Beach, CA 90278 310.214.6963

## CDBG Grant Proposal FY 2012 – 2013

The South Bay Adult Care Center, Inc. is a 501(c)(3) non-profit corporation chartered by the State of California. In 1993 South Bay Adult Care Center was licensed by the State of California and currently operates as an adult day program at the Anderson Senior Center (3007 Vail Avenue, Redondo Beach.) Initially operating two afternoons a week for a total of ten hours. The center has increased its hours of operation several times over the years. Currently the center operates five days a week, Tuesday through Friday from 7:30 am to 5:30 pm and Saturday from 10:30 am to 5:30 pm, for a total of 48 hours per week, and is providing approximately 15,000 hours of care a year. The center currently has a goal of opening on Mondays as well, which would increase the utility of the center for families in which the primary caregiver also works outside the home.

It is our mission to assist seniors with Alzheimer's disease, dementia, stroke, Parkinson's disease, or other conditions that cause them to have special needs in order to extend the time they are able to stay with their families or in other community settings by providing a stimulating social environment outside the home for them to enjoy, while at the same time providing accessible respite for their caregivers. The program is community based and meets the special needs of these individuals and their families without regard to race, religion, creed, or ability. Special consideration is given to low-income participants.

South Bay Adult Care Center programs are designed to maintain psychosocial functioning as much as possible by providing a safe and meaningful environment.

The specific objectives for achieving these goals are as follows:

- Help our members keep the skills and level of mobility they have by exercising them regularly.
- Encourage members in a nurturing atmosphere to be as self-sufficient as possible, reducing their dependency on caregivers.
- Offer activities that will enrich the quality of daily life within a warm, caring, and safe environment.
- Increase feelings of self-esteem and dignity, enhance verbal skills, promote friendships and decrease isolation and loneliness through positive social interactions.
- Benefit caregivers with emotional support, counseling and much-needed respite, knowing their family members are cared for and safe.

The funds requested will be used to pay for staff to conduct the program at levels consistent with our objectives and in compliance with licensing regulations. South Bay Adult Care Center's current director has 18 years of experience in social services, managing programs for special needs adults. The four paid associates

have cumulatively over thirty-five years of experience as caregivers and in other social service settings. In addition to paid staff, the center has three regular volunteers, two of whom have provided over five years of service each to the organization. The center also has many volunteers each year from school based programs. Some of these programs are Harbor College's Service Learning Program, which is designed to provide a hands-on introduction to social services for students studying in the social service and nursing fields; Cal State Dominguez Hills Social Services Program internships; and community service programs at local High Schools. We also currently have a certified animal therapy volunteer.

Since 1993 South Bay Adult Care Center has been serving special needs seniors, the majority of whom have been low or very low income. The organization has consistently sought means to keep its services available to its target population regardless of income. This has been accomplished by partnering with agencies such as Beach Cities Health District; through a private foundation grant that allows us to offset a portion of costs for very low income clients; through grants and our partnership with the City of Redondo Beach; and grants from Manhattan Beach which have allowed us to keep our base fees the lowest available in the area for private pay clients.

Thus far in FY 2011-2012 South Bay Adult Care Center has served a total of 7 Manhattan Beach clients of whom 4 or 57% are low income. Of the total of 34 clients from all areas served 67% are low or very low income.

According to the 2000 U.S. Census 18.1% of Manhattan Beach households have at least one individual over the age of 65 and 30.5% of those in this age group have a disability.

The National Institute on Aging in its 1998 "Progress Report on Alzheimer's Disease" stated, "AD is a major health problem.... Until researchers find a way to cure or prevent AD, a large and growing number of people...will be at risk for AD. Providing and financing the care of this growing older population will increase the strain on our already burdened health care system.'

According to an estimate commissioned by the Alzheimer's Association, currently more than five million older Americans are living with Alzheimer's disease or other dementias, a 10% increase in prevalence from just five years ago, and the conclusion of a 2003 study published in Archives of Neurology was that this trend will continue "unless new discoveries facilitate prevention of the disease.

Given these facts, the need for care services for seniors, in Manhattan Beach as across the U.S., will only continue to grow. South Bay Adult Care Center offers a much less expensive, and for many a superior, alternative to in-home care or institutionalization.

Agency and Address <small>(Please Type Your Answers)</small>		Input	
SOUTH BAY ADULT CARE CENTER, INC 3007 Vail Avenue Redondo Beach, CA 90278		Please make entries in grey boxes	
Program Name Social Model Adult Day Program for Frail Elderly			
		2012-2013 Projected	2011-2012
Total Annual Budget		111,700	111,700
Program Budget <i>(enter only if different from above, i.e. if CDBG monies fund only a specific program provided by the agency)</i>			
Percentage of Budget Increase Decrease 2011-2012 / 2012-2013		0	
Requested Funding		\$1,000	
Approved Funding			
Number of Manhattan Beach Residents Served		(Projected) 10	(Year to Date) 7
			(Projected) 10
Average Number of Hours Spent Annually per Manhattan Beach Client		500	500
Cost per Hour of Clients Served		\$8.00	\$8.00
<b>Proposed 2012-2013</b>			
Breakdown of How Manhattan Beach Funding Will be Spent		Total	Percentage
Note: Enter "NA" for entries which are not applicable	Equipment/Supplies	NA	
	Salary Used for Direct Contact with Clients	\$1,000	100%
	Administrative	NA	
	Travel	NA	
	Space (Lease/Rent)	NA	
	Other (Specify)	NA	