

EXHIBIT 4: COMMUNITY SERVICES AND SUPPORTS WORK PLAN SUMMARY

County: San Joaquin	Fiscal Year: 2006/07	Program Work Plan Name: The Wellness Center
Program Work Plan # SD-1		Estimated Start Date: July 1, 2006
<p>Description of Program: Describe how this program will help advance the goals of the Mental Health Services Act</p>	<p>The Wellness Center is a new program designed, organized and run by people who have or have had mental health problems. The Center is based the concept of a consumer-run and self-help program. The Wellness Center will function as a General System Development program by outreaching to peers, mentoring peer; assisting peers develop independence, life skills and coping skills; and reducing isolation and stigma by reaching out to staff and the community to be a partner in transformation.</p> <p>Consumers who have designed this program state the mission statement of the Wellness Center is: "We are people who are not our illness. We are consumers with strengths within ourselves and want to be recognized for our strengths. It is important to recognize that each one of us has a core gift to offer and share with others. We are here to help other consumers find the gift within themselves. This in turn builds strength within us all."</p> <p>The Wellness Center will provide a safe, supportive community environment, an atmosphere of acceptance, self-worth, dignity and respect; and a place to increase knowledge by learning from one another. The focus of The Wellness Center will be recovery and empowerment. The Center will provide opportunities for consumers to tell their stories of recovery to peers and wider audiences as well as promote the belief within consumers, staff and the community that recovery is possible.</p> <p>The Wellness Center will work in partnership with staff and family members. The Center will welcome everyone with an open, friendly and engaging approach. An invitation will be open to everyone to participate in overcoming the stigma of mental illness, eliminating prejudice and transforming the system. Staff, family members, interested persons from the community and consumers are welcome.</p>	

	Goals of The Wellness Center will be to promote mutual peer group, education and growth and reduce stigma within the mental health system and in the community; promote belief in consumers, staff and community in the recovery model; and develop a partnership with staff, family members, interested persons and involved agencies in the community.
Priority Population: Describe the situational characteristics of the priority population	The priority population will be adults over the age of 18 with serious mental illness. Persons of all genders, sexual orientation, races and ethnicities will be served.

Describe strategies to be used, Funding Types requested (check all that apply), Age Groups to be served (check all that apply)	Fund Type			Age Group			
	FSP	Sys Dev	OE	CY	TAY	A	OA
Peer group with living and coping skills classes	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Peer advocacy with self-advocacy and conflict resolution training, board and care advocacy, orientation on how to access San Joaquin Behavioral Health Services, information about medication and information about advance directives and voter registration	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Child care assistance with vouchers	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Housing information and planning for independent living	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Serenity Center/Garden	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Transportation assistance with bus vouchers, information on how to use the bus and related services, and transportation provided to stakeholder meetings, medical appointments and job interviews.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Outreach services with volunteer networking, speakers bureau, cultural and social activities	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Computer skills coaching	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Substance abuse prevention and referral services	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

**2) Please describe in detail the proposed program for which you are requesting MHSA funding and how that program advances the goals of the MHSA.**

The Wellness Center is a new program designed and run by consumers to provide mutual support, information and growth in the self-help modality; and is based on the premise that people with a shared condition who come together help themselves and each other cope with mental illness and reduce stigma.

The Wellness Center will be located at the Mental Health Center. Existing conference rooms will be remodeled to provide nine services run by consumers for consumers.

The Wellness Center will be open Monday through Friday for 6 hours a day and approximately 300 consumers will be served in a year. There will be ongoing classes, advocacy, spiritual nourishment, outreach and help with transportation and childcare. There will be social activities and cultural competency training. Some activities will take place in the evening and will include events such as a “consumers’ choice award” given to a clinic staff member chosen as exemplifying integration of wellness and recovery principles by the consumers. There will also be karaoke, dancing and refreshments. Other events will have a cultural theme with cultural foods and entertainment. Most events will include guest speakers providing information about mental illness, wellness and recovery.

The Wellness Center will be an active center for system development, which makes it distinct from a drop-in center. As an active center for systems development, The Wellness Center will emphasize networking and partnering with other departments and community based services. Consumer participation will be facilitated by networking and partnering with consumer organizations within our region, such as the California Network of Mental health Clients and the Martin Gibson Socialization Center. In addition, a speaker’s bureau will enhance system development by reducing stigma of mental illness and the stigma of receiving mental health services. Also, The Wellness Center will include The Serenity Garden as an aspect of system development, which will address the spiritual needs of consumers, family members and staff.

The Wellness Center will provide advocacy and outreach to anyone needing a supportive hand to access help within the mental health system based on the concept of consumer choice. The Wellness Center will work in partnership with staff, family members and the consortium of community-based organizations, which represent the unserved, underserved and inappropriately served populations.

Representatives from The Wellness Center will meet every two weeks as a member of the Community MHSA Consortium of community-based organizations, which will include representatives of the multi-cultural, racial and ethnic populations in the County, as well as representation from the gay, lesbian, bisexual, transgender

communities and the homeless. Membership in this consortium will help assure services at the center are appropriate to the needs persons of all genders, sexual orientation, races and ethnicities.

The Center will welcome everyone with an open, friendly and engaging approach. An invitation will be open to everyone to participate in overcoming the stigma of mental illness, eliminating prejudice and transforming the system. Staff, family members, interested persons from the community; representatives of involved agencies and consumers are welcome.

Rooms utilized previously for an Adult Day Treatment Program will be remodeled for The Wellness Center. Consumers have requested that The Wellness Center be located within the mental health center to facilitate the building of a partnership with the mental health staff in the process of transformation. There are three rooms in the main Behavioral Health Services facility in Stockton that are underutilized and in a central location in the County that could be used for the Center. These rooms, however, were designed according to a concept that significantly differs from The Wellness Center. One-time funding will be needed to remodel these rooms.

Remodeling will include The Serenity Center, which will function as a greenhouse for the serenity garden. In the green house area there will be a fountain to create an atmosphere of peace. There will also be four meditation rooms. There will be large bench and picnic table for approximately 20 people to meet in this comforting environment.

Capacity in the activity area will accommodate 30 people, the group room will accommodate 20 people and the serenity center will accommodate 25 people. The activity area is expandable to two adjoining conference rooms by opening the movable partitions. Full capacity for activities is approximately 100 people.

There will be ten positions fill by consumers to perform these nine services. The services are:

1. Peer group classes
2. Serenity Center
3. Peer advocacy
4. Housing information
5. Employment information and assistance
6. Childcare assistance
7. Transportation services
8. Outreach services
9. Computer skills coaching

The 10 positions are:

1. Peer Group Advocate FTE (full time equivalent) 1.0
2. Serenity Coach FTE 1.0
3. Peer Advocate FTE 1.0
4. Housing Advocate FTE 0.50
5. Employment Assistance and Information Advocate 0.75
6. Childcare Advocate 0.25
7. Transportation Advocate FTE 1.0
8. Transportation Advocate Assistant FTE 0.50
9. Outreach Advocate FTE 0.75
10. Computer Coach FTE 0.25

Filling these positions will be based on consumer choice and job position needs. For example, in some situations, a full-time position may be filled by job sharing between two consumers who are qualified for the full-time position but want to work on a part-time basis. On the other hand, a consumer who is qualified for more than one of the part-time positions and wants to work full-time may work full-time by taking two part-time positions.

Two types of peer group classes will be provided at the Center: 1) independent living skills classes to teach cooking skills, budgeting, banking, nutrition, healthy living and exercise, grocery shopping and using community resources, such as the library, Food Bank and 2) coping skills classes will be provided to teach time management, personal safety, communication skills, medication information, socialization skills, sleep hygiene, the art of making decisions and following through. Clinical staff will be asked to act in a consulting role in developing information provided by the peer advocate regarding medications.

Classes will be designed to give individual attention to each participant. There will be five to seven consumers in each class. The classes will last on the average four weeks. Upon the completion of a class the participant will be given a certificate and incentives appropriate to the class topic.

Peer group classes, effective in providing the types of skills consumers may use in every-day life, will be conducted Monday through Friday and focus on a series of topics chosen by the consumers. Approximately 10 consumers will graduate each month from these classes, and over the period of a year, more than a hundred consumers will graduate from either a living skills class or a coping skills class. A peer group advocate will be hired to organize and conduct these classes.

Serenity Center: The center will include a large greenhouse-type room that will be a combination garden and meeting area. There will also be meditation rooms. There will be a fountain to enhance the serene environment. A serenity coach will participate in the agency's spirituality committee, teach meditation and look over the community garden. Staff from the clinics will be invited to participate.

Peer advocacy. Peer advocacy, self-help and empowerment go hand-in-hand for successful recovery. A peer advocate will be available to be a listening ear to a participant's concerns. This advocate will also train peers on self-advocacy and conflict resolution. Problems faced by consumers in every day life in board and care homes, negotiating the mental health system to get services, understanding medications and other daily-life issues will be addressed. Information regarding advance directives and voter registration will also be available.

When individuals are new to the system or begin their journey to recovery, the peer advocate will walk that person through the system for one or two months to ensure a successful start or new beginning toward recovery. The peer advocate will also provide support and follow up to ensure that initial contacts with the mental health system continue to be positive, productive and faithful to the recovery model.

The peer advocate will assist consumers in securing identification. Not having legal identification can be a barrier to accessing needed services.

Housing information: Housing is a top need for consumers, because of limited income, ever-increasing cost of housing and problems finding adequate housing that is well maintained. Peers will be taught skills to address these problems. A housing advocate will be available to teach these skills and provide information on resources. This advocate will also help peers with possible alternatives, such as finding a compatible roommate.

Employment: A peer advocate will provide information on employment, such as information on how benefits may be affected, available resources and programs, preparation of a resume and how to interview for a job. Participants may also be assisted in finding clothing suitable for an interview and with transportation to a job interview.

Childcare assistance: Parents of children under 13 years of age often have difficulty accessing services, because childcare is not available. A childcare advocate will be available to assist participants by providing information, assessing problems of access and providing vouchers to pay for childcare; when needed to access mental health services, medical services or attend a job interview. The CalWORKs practice of providing financial assistance to a person chosen by the participant to care for the participant's children is an effective way of addressing this need. The Wellness Center will follow that model.

Transportation services: A transportation advocate will train peers on using the bus and other available transportation services. A month bus pass will be given as an incentive to graduates. Peers will always be encouraged to be as independent as possible. When no other alternative is available the center will provide transportation to stakeholder activities, clinic appointments, medical appointments, employment interviews and in urgent situations.

Outreach services: The Wellness Center's goal is not only to affect change within the system but also in the community. An outreach advocate will organize, train and develop a volunteer network of consumers and as well as an auxiliary of interested persons to address stigma and prejudice. A volunteer group of consumers will be organized into a speaker's bureau to tell stories of those recovering from mental illness.

Outreach efforts will also include the unserved, underserved and inappropriately served populations. Cultural activities will be organized on a regular basis to introduce center participants and members of those communities to each other. Activities and events will include multi-ethnic communities in San Joaquin County as well as gay, lesbian, bisexual and transgender communities. The outreach advocate will also be available as a greeter to welcome guests with a warm reception and provide information on the services available at The Wellness Center.

Computer skills coaching: Computers and Internet access are valuable tools for self-help. Employment information, newsletters from consumer organizations, communication with peers by e-mail and other opportunities will be made possible. A computer skills coach will assist peers with questions regarding computer use and Internet access, and Internet access will be available at the center.

Consumer manager: A new, middle management job position will be created for a consumer to participate in the administration of The Wellness Center. This management position will involve direct involvement in the management and decisions of the daily affairs of the Center and will be a BHS employee. The consumer manager will provide leadership to BHS in recovery, wellness and the integration of consumers and family members into the core of agency services and planning, and participate in cultural competency matters, quality assurance and consumer affairs.

Consumer Resource and Development Specialist: This individual will be available in the first year to assist with a successful start up of The Wellness Center. Consumers creating The Wellness Center have requested a specialist to be available during the start-up phase and remodeling.

Future goal of a consumer-run community-based organization: The goal of The Wellness Center is develop a nonprofit consumer-run community-based organization. Over the next three or four years the consumer staff will develop experience. When the consumers want to move to the next step of creating a consumer community-based nonprofit organization, they will be able to more fully manage The Wellness Center. In the initial phase, the staff, except for the consumer manager, will work as part of an established community-based organization dedicated to the recovery model and the empowerment of consumers.

During the public hearing on the draft CSS plan conducted by the Mental Health Board, a number of consumers commented on the relationship between the current Martin Gipson Socialization Center and the proposed Wellness Center. It was

clarified that the two centers will compliment each other, with the Wellness Center focusing more on persons in crisis who need peer support with their crisis and in engaging mental health services. The Gipson Center provides ongoing support to current consumers with their recovery goals and plans. One of the specific requests made by a consumer at the public hearing was the need at the Gipson Center for facilities for consumers to clean-up in preparation for appointments, job interviews, and the like. In subsequent discussions with the management of the Gipson Center, adequate shower facilities already exist at the Center, which also maintains a clothes rack for persons needing clothes. The missing component is the lack of a washer and dryer at the Gipson Center. To meet this need, funds to purchase a washer and dryer for the Gipson Center are included in the one-time funding request for the Wellness Center.

**3) Describe any housing or employment services to be provided.**

A housing advocate will be available to teach skills to find and maintain suitable housing and provide information on resources. This advocate will also help peers with possible alternatives, such as finding a compatible roommate.

A peer advocate will provide information on employment, such as available resources and programs, preparation of a resume and how to interview for a job. Participants will be assisted with clothing needs and transportation, when needed for a job interview.

**4) Please provide the average cost for each Full Service Partnership participant including all fund types and fund sources for each Full Service Partnership proposed program.**

This question does not apply to The Wellness Center.

**5) Describe how the proposed program will advance the goals of recovery for adults and older adults or resiliency for children and youth. Explain how you will ensure the values of recovery and resiliency are promoted and continually reinforced.**

The Wellness Center will provide advocacy and outreach to anyone needing a supportive hand based on the concept of consumer choice. Needed interventions and services which are late or difficult to access cannot serve those individuals with mental illness who may experience problems in the community, interactions with their personal lives or with their families. Prevention, advocacy, education and outreach efforts at The Wellness Center will be part of the solution. The Wellness Center staff will walk side by side individuals who are new to the system and



consumers beginning their journey to recovery for one or two months and ensure successful start. The Wellness Center staff will also provide supportive follow up to continue to assure that recovery is sustained.

A special effort will be made to include young adults in program planning and provision of services. Often a system-created generational gap unintentionally prevents or hinders people between the age of 18 and 25 from utilizing services that are available but are underused. Life skills, coping skills, advocacy and peer group are relevant for consumers in the TAY age group only when the needs of that age group are taken into account. Based on history and experience of how mental health systems work, bridging the gap of this underserved population needs a new and concerted approach. The Wellness Center will promote an approach that assures consumer choice includes the TAY voice, involvement in the decisions made and the services provided.

**6) If expanding an existing program or strategy, please describe your existing program and how that will change under this proposal.**

This is a new program; it is not expanding an existing program.

**7) Describe which services and supports clients and/or family members will provide. Indicate whether clients and/or families will actually run the service or if they are participating as a part of a service program, team or other entity.**

Designed to be consumer run, staff will be consumers, except for the Consumer Resource and Development Specialist. Consumers creating The Wellness Center have requested a Specialist to be available during the first year and remodeling to assist with a successful start up phase of The Wellness Center.

**8) Describe in detail collaboration strategies with other stakeholders that have been developed or will be implemented for this program and priority population, including those with tribal organizations. Explain how they will help improve system services and outcomes for individuals.**

Power 'N' Support is an active, self-help, consumer team at San Joaquin County Behavioral Health Services and has been involved in the MHA planning process in every possible way, such as attending and participating in stakeholder meetings, web cast trainings, teleconferences and Steering Committee meetings. Members have participated in the outreach efforts to reach unserved ethnic and other underserved populations, such as the gay, lesbian, bisexual and transgender communities and the homeless. Members formed as a writing team to design the

concept of the center. Chairs from other MHSAs writing teams also met with members to review other proposals.

Outreach by members through The Wellness Center will include law enforcement, board and care operators, schools and colleges. Training based on understanding consumer culture and recovery will be presented to clinic staff, stakeholders in the priority population and other stakeholders. System services will be improved through promotion of recovery concepts through partnership with clinic staff, family members and outreach to the community.

**9) Discuss how the chosen program/strategies will be culturally competent and meet the needs of culturally and linguistically diverse communities. Describe how your program and strategies address the ethnic disparities identified in Part II Section II of this plan and what specific strategies will be used to meet their needs.**

Outreach efforts through The Wellness Center will include the underserved, underserved and inappropriately served populations. Cultural activities will be organized on a regular basis to introduce center participants and members of those communities to each other. Activities and events will include multi-ethnic communities in San Joaquin County as well as gay, lesbian, bisexual and transgender communities.

Bi-lingual staff will be available at The Wellness Center for monolingual consumers in a language other than English. The Wellness Center will also work closely with bi-lingual clinic staff. For example, The Wellness Center will work closely with the Transcultural Clinic staffs, who speak many of the Southeast Asian languages, and the Latino Focus Team who speak Spanish.

The Wellness Center will work closely with Black Awareness Community Outreach Program to assure services at the center are appropriate to the needs of the African-American community and with local Native American community organizations to assure services are appropriate to the needs of indigenous Americans.

**10) Describe how services will be provided in a manner that is sensitive to sexual orientation, gender-sensitive and reflect the differing psychologies and needs of women and men, boys and girls.**

Planning, training and activities will assure services include sexual orientation, gender-sensitivity and the differing psychologies and needs of women and men. Representatives of these communities, such as the San Joaquin AIDS Foundation, Parents, Families & Friends of Lesbians & Gays (PFLAG), Stockton Women's Network and the Women's Center of San Joaquin, will be invited to participate in the center. The Wellness Center is meant to be a place of activity where ideas and

diversity are encouraged and nurtured through the ongoing classes, advocacy and cultural activities, all of which will include sensitivity to sexual orientation, gender sensitivity and reflection of the differing psychologies of women and men.

**11) Describe how services will be used to meet the service needs for individuals residing out-of-county.**

This question does not apply to The Wellness Center.

**12) If your county has selected one or more strategies to implement with MHSA funds that are not listed in Section IV, please describe those strategies in detail including how they are transformational and how they will promote the goals of the MHSA.**

This question does not apply to The Wellness Center.

**13) Please provide a timeline for this work plan, including all critical implementation dates.**

This timeline begins with approval by DMH:

Month 1 - 3:

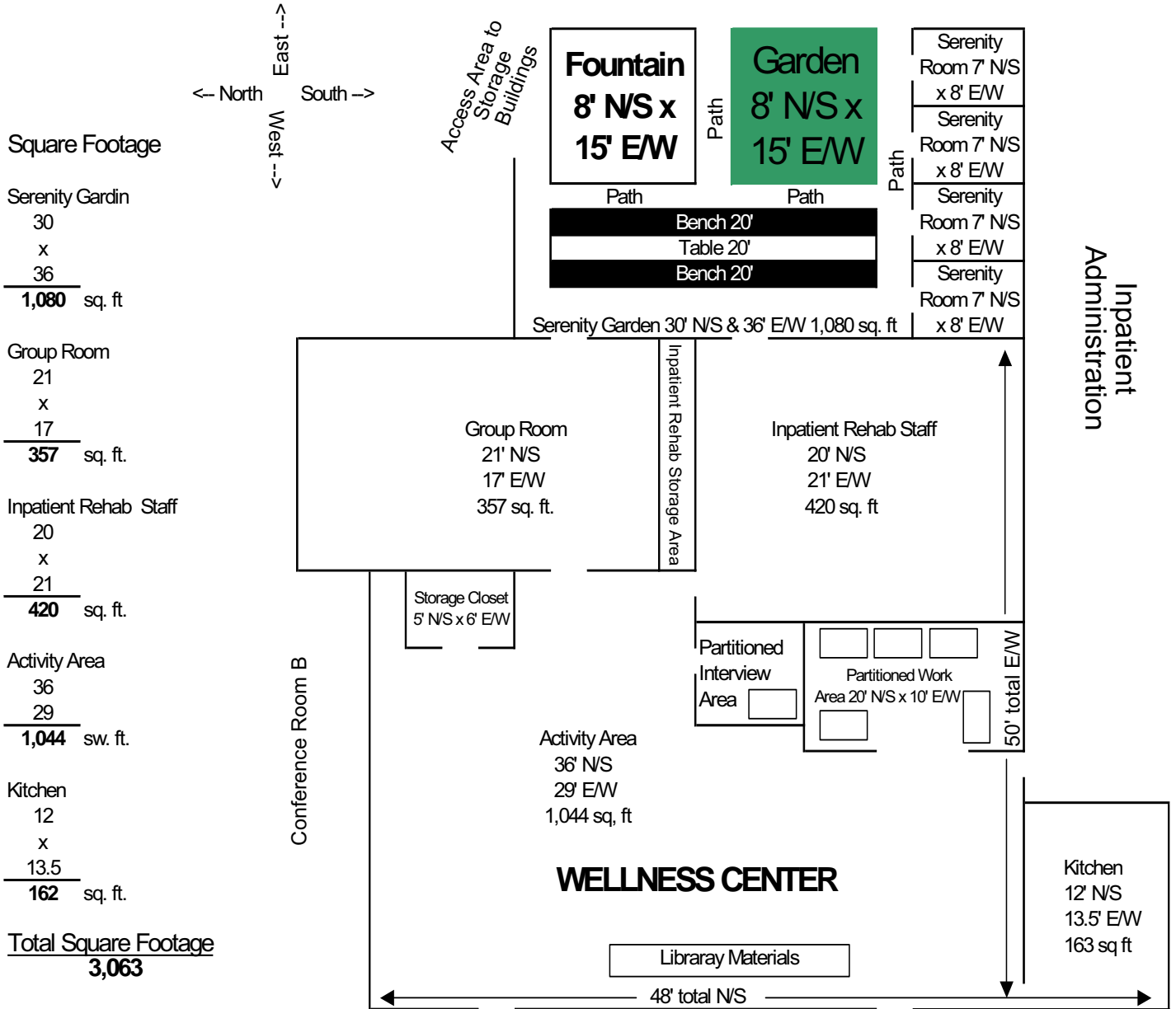
- Remodel former Day Treatment space into Wellness Center
- Program Development
- Staff hired and Trained
- Equipment Purchased

Month 4:

- Program Begins

**14) Exhibit 5: Budget and Staffing Detail Worksheets**

Exhibits 5a and 5b for each fiscal year are presented on the following pages.



**EXHIBIT 5a--Mental Health Services Act Community Services and Supports Budget Worksheet**

County(ies): San Joaquin Fiscal Year: 2005-06  
 Program Workplan # SD-1 Date: 3/6/06  
 Program Workplan Name Wellness Center Page 1 of 1  
 Type of Funding 2. System Development Months of Operation 1  
 Proposed Total Client Capacity of Program/Service: 0 New Program/Service or Expansion New  
 Existing Client Capacity of Program/Service: \_\_\_\_\_ Prepared by: Bruce Mahan  
 Client Capacity of Program/Service Expanded through MHSA: 0 Telephone Number: 209-468-2230

	County Mental Health Department	Other Governmental Agencies	Community Mental Health Contract Providers	Total
<b>A. Expenditures</b>				
<b>1. Client, Family Member and Caregiver Support Expenditures</b>				
a. Clothing, Food and Hygiene				\$0
b. Travel and Transportation				\$0
c. Housing				
i. Master Leases				\$0
ii. Subsidies				\$0
iii. Vouchers				\$0
iv. Other Housing				\$0
d. Employment and Education Supports				\$0
e. Other Support Expenditures (provide description in budget narrative)				\$0
f. Total Support Expenditures	\$0	\$0	\$0	\$0
<b>2. Personnel Expenditures</b>				
a. Current Existing Personnel Expenditures (from Staffing Detail)				\$0
b. New Additional Personnel Expenditures (from Staffing Detail)				\$0
c. Employee Benefits	\$0			\$0
d. Total Personnel Expenditures	\$0	\$0	\$0	\$0
<b>3. Operating Expenditures</b>				
a. Professional Services				\$0
b. Translation and Interpreter Services				\$0
c. Travel and Transportation				\$0
d. General Office Expenditures				\$0
e. Rent, Utilities and Equipment				
f. Medication and Medical Supports				\$0
g. Other Operating Expenses (provide description in budget narrative)				\$0
h. Total Operating Expenditures	\$0	\$0	\$0	\$0
<b>4. Program Management</b>				
a. Existing Program Management				\$0
b. New Program Management				\$0
c. Total Program Management		\$0	\$0	\$0
<b>5. Estimated Total Expenditures when service provider is not known</b>	\$0			\$0
<b>6. Total Proposed Program Budget</b>	\$0	\$0	\$0	\$0
<b>B. Revenues</b>				
<b>1. Existing Revenues</b>				
a. Medi-Cal (FFP only)				\$0
b. Medicare/Patient Fees/Patient Insurance				\$0
c. Realignment				\$0
d. State General Funds				\$0
e. County Funds				\$0
f. Grants				
g. Other Revenue				\$0
h. Total Existing Revenues	\$0	\$0	\$0	\$0
<b>2. New Revenues</b>				
a. Medi-Cal (FFP only)				\$0
b. Medicare/Patient Fees/Patient Insurance				\$0
c. State General Funds				\$0
d. Other Revenue				\$0
e. Total New Revenue	\$0	\$0	\$0	\$0
<b>3. Total Revenues</b>	\$0	\$0	\$0	\$0
<b>C. One-Time CSS Funding Expenditures</b>	\$512,900			\$0
<b>D. Total Funding Requirements</b>	\$512,900	\$0	\$0	\$512,900
<b>E. Percent of Total Funding Requirements for Full Service Partnerships</b>				0.0%

**EXHIBIT 5 b--Mental Health Services Act Community Services and Supports Staffing Detail Worksheet**

County(ies): <u>San Joaquin</u>	Fiscal Year: <u>2005-06</u>
Program Workplan # <u>SD-1</u>	Date: <u>3/6/06</u>
Program Workplan Name <u>Wellness Center</u>	Page <u>1</u> of <u>1</u>
Type of Funding <u>2. System Development</u>	Months of Operation <u>1</u>
Proposed Total Client Capacity of Program/Service: <u>0</u>	New Program/Service or Expansion <u>New</u>
Existing Client Capacity of Program/Service: <u>0</u>	Prepared by: <u>Bruce Mahan</u>
Client Capacity of Program/Service Expanded through MHSA: <u>0</u>	Telephone Number: <u>209-468-2230</u>

Classification	Function	Client, FM & CG FTEs <sup>a/</sup>	Total Number of FTEs	Salary, Wages and Overtime per FTE <sup>b/</sup>	Total Salaries, Wages and Overtime	
<b>A. Current Existing Positions</b>					\$0	
						\$0
						\$0
						\$0
						\$0
						\$0
						\$0
						\$0
						\$0
						\$0
						\$0
						\$0
		<b>Total Current Existing Positions</b>	0.00	0.00		\$0
<b>B. New Additional Positions</b>					\$0	
						\$0
						\$0
						\$0
						\$0
						\$0
						\$0
						\$0
						\$0
						\$0
						\$0
						\$0
		<b>Total New Additional Positions</b>	0.00	0.00		\$0
<b>C. Total Program Positions</b>		0.00	0.00		\$0	

a/ Enter the number of FTE positions that will be staffed with clients, family members or caregivers.  
 b/ Include any bi-lingual pay supplements (if applicable). Round each amount to the nearest whole dollar.

**EXHIBIT 5a--Mental Health Services Act Community Services and Supports Budget Worksheet**

County(ies): San Joaquin Fiscal Year: 2006-07  
 Program Workplan # SD-1 Date: 3/6/06  
 Program Workplan Name Wellness Center Page 1 of 1  
 Type of Funding 2. System Development Months of Operation 12  
 Proposed Total Client Capacity of Program/Service: 300 New Program/Service or Expansion New  
 Existing Client Capacity of Program/Service: \_\_\_\_\_ Prepared by: Bruce Mahan  
 Client Capacity of Program/Service Expanded through MHSA: 300 Telephone Number: 209-468-2230

	County Mental Health Department	Other Governmental Agencies	Community Mental Health Contract Providers	Total
<b>A. Expenditures</b>				
<b>1. Client, Family Member and Caregiver Support Expenditures</b>				
a. Clothing, Food and Hygiene				\$0
b. Travel and Transportation	\$10,000			\$10,000
c. Housing				
i. Master Leases				\$0
ii. Subsidies				\$0
iii. Vouchers				\$0
iv. Other Housing				\$0
d. Employment and Education Supports	\$4,500			\$4,500
e. Other Support Expenditures (provide description in budget narrative)	\$24,262			\$24,262
f. Total Support Expenditures	\$38,762	\$0	\$0	\$38,762
<b>2. Personnel Expenditures</b>				
a. Current Existing Personnel Expenditures (from Staffing Detail)				\$0
b. New Additional Personnel Expenditures (from Staffing Detail)	\$54,060			\$54,060
c. Employee Benefits	\$25,408			\$25,408
d. Total Personnel Expenditures	\$79,468	\$0	\$0	\$79,468
<b>3. Operating Expenditures</b>				
a. Professional Services				\$0
b. Translation and Interpreter Services				\$0
c. Travel and Transportation	\$20,200			\$20,200
d. General Office Expenditures	\$7,480			\$7,480
e. Rent, Utilities and Equipment	\$3,600			\$3,600
f. Medication and Medical Supports				\$0
g. Other Operating Expenses (provide description in budget narrative)	\$2,500			\$2,500
h. Total Operating Expenditures	\$33,780	\$0	\$0	\$33,780
<b>4. Program Management</b>				
a. Existing Program Management				\$0
b. New Program Management				\$0
c. Total Program Management		\$0	\$0	\$0
<b>5. Estimated Total Expenditures when service provider is not known</b>	\$303,284			\$303,284
<b>6. Total Proposed Program Budget</b>	\$455,294	\$0	\$0	\$455,294
<b>B. Revenues</b>				
<b>1. Existing Revenues</b>				
a. Medi-Cal (FFP only)				\$0
b. Medicare/Patient Fees/Patient Insurance				\$0
c. Realignment				\$0
d. State General Funds				\$0
e. County Funds				\$0
f. Grants				
g. Other Revenue				\$0
h. Total Existing Revenues	\$0	\$0	\$0	\$0
<b>2. New Revenues</b>				
a. Medi-Cal (FFP only)				\$0
b. Medicare/Patient Fees/Patient Insurance				\$0
c. State General Funds				\$0
d. Other Revenue				\$0
e. Total New Revenue	\$0	\$0	\$0	\$0
<b>3. Total Revenues</b>	\$0	\$0	\$0	\$0
<b>C. One-Time CSS Funding Expenditures</b>	\$0			\$0
<b>D. Total Funding Requirements</b>	\$455,294	\$0	\$0	\$455,294
<b>E. Percent of Total Funding Requirements for Full Service Partnerships</b>				0.0%

**EXHIBIT 5 b--Mental Health Services Act Community Services and Supports Staffing Detail Worksheet**

County(ies): San Joaquin Fiscal Year: 2006-07  
 Program Workplan # SD-1 Date: 3/6/06  
 Program Workplan Name Wellness Center Page 1 of 1  
 Type of Funding 2. System Development Months of Operation 1  
 Proposed Total Client Capacity of Program/Service: 300 New Program/Service or Expansion New  
 Existing Client Capacity of Program/Service: 0 Prepared by: Bruce Mahan  
 Client Capacity of Program/Service Expanded through MHSA: 300 Telephone Number: 209-468-2230

Classification	Function	Client, FM & CG FTEs <sup>a/</sup>	Total Number of FTEs	Salary, Wages and Overtime per FTE <sup>b/</sup>	Total Salaries, Wages and Overtime
<b>A. Current Existing Positions</b>					\$0
					\$0
					\$0
					\$0
					\$0
					\$0
					\$0
					\$0
					\$0
					\$0
					\$0
					\$0
					\$0
					\$0
		<b>Total Current Existing Positions</b>	0.00	0.00	
<b>B. New Additional Positions</b>	Wellness Manager		1.00	\$54,060	\$54,060
	CBO-Wellness Supervisor		1.00		\$0
	CBO-Outreach Workers	7.00	7.00		\$0
	CBO-Clerical		1.00		\$0
	CBO-Management		0.50		\$0
					\$0
					\$0
				\$0	
				\$0	
				\$0	
				\$0	
				\$0	
				\$0	
				\$0	
	<b>Total New Additional Positions</b>	7.00	10.50		\$54,060
<b>C. Total Program Positions</b>		7.00	10.50		\$54,060

a/ Enter the number of FTE positions that will be staffed with clients, family members or caregivers.  
 b/ Include any bi-lingual pay supplements (if applicable). Round each amount to the nearest whole dollar.



**EXHIBIT 5c—Mental Health Services Act Community Services and Support Budget Narrative  
Wellness Center System Development Work Plan**

**County:** San Joaquin  
**Workplan #** SD-1

**Fiscal Year:** 2006-07  
**Date:** 3/10/06

<b>1. Expenditures</b>		
<b>a. Client, Family Member and Caregiver Support Expenditures</b>		
<b>i. Travel and Transportation</b>		
1. Bus Passes for clients		\$ 10,000
<b>ii. Housing</b>		
<b>iii. Employment and Education Supports</b>		
1. On site trainings		\$ 4,500
<b>iv. Other Support Expenditures</b>		
1. Child Care	\$ 20,000	
2. Food and Decorating Supplies	\$ 3,262	
3. Client Incentive Awards	\$ 1,000	\$24,262
<b>v. Total Support Expenditures</b>		<b><u>\$ 38,762</u></b>
<b>b. Personnel Expenditures</b>		
<b>i. Current Existing Personnel Expenditures</b>		
<b>ii. New Additional Personnel Expenditures</b>		
1. Wellness Manager-(1 FTE @ \$54,060)		\$ 54,060
<b>iii. Employee Benefits</b>		
1. Benefits calculated at 47% for Regular employees		<u>\$ 25,408</u>
<b>iv. Total Personnel Expenditures</b>		<b><u>\$ 79,468</u></b>
<b>c. Operating Expenditures</b>		
<b>i. Travel and Transportation</b>		
1. Staff mileage reimbursements and county motor pool costs based on past history		\$ 20,200
<b>ii. General Office Expenditures</b>		
1. Office supplies, printing, small equipment		\$ 7,480
<b>iii. Rent, Utilities and Equipment</b>		
1. 1. Copier Rental		\$ 3,600
<b>iv. Medication and Medical Supports</b>		
<b>v. Other operating Expenses</b>		
1. Communication and data line charges		<u>\$ 2,500</u>
<b>vi. Total Operating Expenditures</b>		\$ 33,780
<b>d. Estimated Total Expenditures when service provider is not known</b>		
i. Community Based Organization Contracts based on staffing		<u>\$303,284</u>
<b>e. Total Proposed Program Budget</b>		<b><u>\$455,294</u></b>
<b>2. Revenues</b>		
<b>a. New Revenues</b>		
<b>b. Total Revenues</b>		<b><u>\$ 0</u></b>
<b>3. One-Time CSS Funding Expenditures</b>		
<b>4. Total Funding Requirements</b>		<b><u>\$455,294</u></b>

**EXHIBIT 5a--Mental Health Services Act Community Services and Supports Budget Worksheet**

County(ies): San Joaquin Fiscal Year: 2007-08  
 Program Workplan # SD-1 Date: 3/6/06  
 Program Workplan Name Wellness Center Page 1 of 1  
 Type of Funding 2. System Development Months of Operation 12  
 Proposed Total Client Capacity of Program/Service: 300 New Program/Service or Expansion New  
 Existing Client Capacity of Program/Service: \_\_\_\_\_ Prepared by: Bruce Mahan  
 Client Capacity of Program/Service Expanded through MHSA: 300 Telephone Number: 209-468-2230

	County Mental Health Department	Other Governmental Agencies	Community Mental Health Contract Providers	Total
<b>A. Expenditures</b>				
<b>1. Client, Family Member and Caregiver Support Expenditures</b>				
a. Clothing, Food and Hygiene				\$0
b. Travel and Transportation	\$10,000			\$10,000
c. Housing				
i. Master Leases				\$0
ii. Subsidies				\$0
iii. Vouchers				\$0
iv. Other Housing				\$0
d. Employment and Education Supports	\$4,725			\$4,725
e. Other Support Expenditures (provide description in budget narrative)	\$24,262			\$24,262
f. Total Support Expenditures	\$38,987	\$0	\$0	\$38,987
<b>2. Personnel Expenditures</b>				
a. Current Existing Personnel Expenditures (from Staffing Detail)				\$0
b. New Additional Personnel Expenditures (from Staffing Detail)	\$56,763			\$56,763
c. Employee Benefits	\$26,679			\$26,679
d. Total Personnel Expenditures	\$83,442	\$0	\$0	\$83,442
<b>3. Operating Expenditures</b>				
a. Professional Services				\$0
b. Translation and Interpreter Services				\$0
c. Travel and Transportation	\$20,400			\$20,400
d. General Office Expenditures	\$9,180			\$9,180
e. Rent, Utilities and Equipment	\$4,100			\$4,100
f. Medication and Medical Supports				\$0
g. Other Operating Expenses (provide description in budget narrative)	\$3,000			\$3,000
h. Total Operating Expenditures	\$36,680	\$0	\$0	\$36,680
<b>4. Program Management</b>				
a. Existing Program Management				\$0
b. New Program Management				\$0
c. Total Program Management		\$0	\$0	\$0
<b>5. Estimated Total Expenditures when service provider is not known</b>	\$318,448			\$318,448
<b>6. Total Proposed Program Budget</b>	\$477,557	\$0	\$0	\$477,557
<b>B. Revenues</b>				
<b>1. Existing Revenues</b>				
a. Medi-Cal (FFP only)				\$0
b. Medicare/Patient Fees/Patient Insurance				\$0
c. Realignment				\$0
d. State General Funds				\$0
e. County Funds				\$0
f. Grants				
g. Other Revenue				\$0
h. Total Existing Revenues	\$0	\$0	\$0	\$0
<b>2. New Revenues</b>				
a. Medi-Cal (FFP only)				\$0
b. Medicare/Patient Fees/Patient Insurance				\$0
c. State General Funds				\$0
d. Other Revenue				\$0
e. Total New Revenue	\$0	\$0	\$0	\$0
<b>3. Total Revenues</b>	\$0	\$0	\$0	\$0
<b>C. One-Time CSS Funding Expenditures</b>	\$0			\$0
<b>D. Total Funding Requirements</b>	\$477,557	\$0	\$0	\$477,557
<b>E. Percent of Total Funding Requirements for Full Service Partnerships</b>				0.0%



**EXHIBIT 5c—Mental Health Services Act Community Services and Support Budget Narrative  
Wellness Center System Development Work Plan**

**County: San Joaquin**  
**Workplan # SD-1**

**Fiscal Year: 2007-08**  
**Date: 3/10/06**

<b>1. Expenditures</b>		
<b>a. Client, Family Member and Caregiver Support Expenditures</b>		
<b>i. Travel and Transportation</b>		
1. Bus Passes for clients		\$ 10,000
<b>ii. Housing</b>		
<b>iii. Employment and Education Supports</b>		
1. On site trainings		\$ 4,725
<b>iv. Other Support Expenditures</b>		
1. Child Care	\$ 20,000	
2. Food and Decorating Supplies	\$ 3,262	
3. Client Incentive Awards	\$ 1,000	<u>\$24,262</u>
<b>v. Total Support Expenditures</b>		<u><b>\$ 38,987</b></u>
<b>b. Personnel Expenditures</b>		
<b>i. Current Existing Personnel Expenditures</b>		
<b>ii. New Additional Personnel Expenditures</b>		
1. Wellness Manager-(1 FTE @ \$56,763)		\$ 56,763
<b>iii. Employee Benefits</b>		
1. Benefits calculated at 47% for Regular employees		<u>\$ 26,679</u>
<b>iv. Total Personnel Expenditures</b>		<u><b>\$ 83,442</b></u>
<b>c. Operating Expenditures</b>		
<b>i. Travel and Transportation</b>		
1. Staff mileage reimbursements and county motor pool costs based on past history		\$ 20,400
<b>ii. General Office Expenditures</b>		
1. Office supplies, printing, small equipment		\$ 9,180
<b>iii. Rent, Utilities and Equipment</b>		
1. 1. Copier Rental		\$ 4,100
<b>iv. Medication and Medical Supports</b>		
<b>v. Other operating Expenses</b>		
1. Communication and data line charges		<u>\$ 3,000</u>
<b>vi. Total Operating Expenditures</b>		\$ 36,680
<b>d. Estimated Total Expenditures when service provider is not known</b>		
i. Community Based Organization Contracts based on staffing		<u><b>\$318,448</b></u>
<b>e. Total Proposed Program Budget</b>		<u><b>\$477,557</b></u>
<b>2. Revenues</b>		
<b>a. New Revenues</b>		
<b>b. Total Revenues</b>		<u><b>\$ 0</b></u>
<b>3. One-Time CSS Funding Expenditures</b>		
<b>4. Total Funding Requirements</b>		<u><b>\$477,557</b></u>