



FAMILY SERVICE AGENCY

Since 1899

BOARD OF DIRECTORS

Stephanie Wilson

Co-President

Kathy O'Leary

Co-President

Jane Santos Sweeney

VP Program

Katya Armistead, Ed.D.

Co-VP Development

Christina Pizarro

Co-VP Development

Robert Manning

Treasurer

Alice Down

Secretary

Mario Barfield

Molly Carrillo-Walker

Marni Cooney

Robin Doell Sawaske

Rod Durham

Mary Harvey

Roberta Heter

Jeffrey Slay

Sean Whaley

Andrew R. Wilson

HONORARY DIRECTORS

Patricia Dillon Bliss

Ghita Ginberg

Shirley Ann Hurley

EXECUTIVE DIRECTOR

Lisa Brabo, Ph.D.

PROGRAMS

Big Brothers Big Sisters

Family Support Services

School Counseling Services

Senior Services

Youth & Family Behavioral Health

LOCATIONS

SANTA BARBARA

123 West Gutierrez Street

Santa Barbara, CA 93101

(805) 965-1001

LOMPOC

110 South C St., Suite A

Lompoc, CA 93436

(805) 735-4376

DOROTHY JACKSON

FAMILY RESOURCE CENTER

320 North J Street

Lompoc, CA 93436

(805) 742-2943

SANTA MARIA

120 East Jones St., Suite 130

Santa Maria, CA 93454

(805) 925-1100

CARPINTERIA

5201 Eighth Street, Suite 202A

Carpinteria, CA 93013

(805) 566-1620

FSACARES.ORG

April 27, 2016

Adriana de Bruin

Business Manager, County Executive Office

105 E. Anapamu Street, Room 406

Santa Barbara, CA 93101

Dear Ms. de Bruin,

We remain grateful for the County of Santa Barbara's generous support and for the opportunity to submit a \$30,000 funding request for Family Service Agency's Child & Family Counseling Clinics.

Our Child & Family Counseling Clinics promote mental wellness by providing affordable family-centered mental health services to all generations within a family. Clients are underserved people throughout Santa Barbara County who struggle with poverty, unemployment, divorce, drug and alcohol addiction, depression, cultural/language barriers, violence and parenting issues. The need for affordable mental health services, particularly for our Spanish-speaking clients, is significant. Our counseling clinics in Santa Barbara and Lompoc are always at capacity with a wait list averaging about 80 children and adults.

Again, thank you for your past support and for your consideration of our request today. Please do not hesitate to call our Director of Development, Denise Hinkle, at 965-1001, ext. 267 should you require further information. We look forward to hearing from you.

Sincerely,

Lisa Brabo, Ph.D.

Executive Director



County of Santa Barbara

FY 2016-17 Outside Agency Funding Request Form

Deadline for Submission: Monday, May 2, 2016, 5:00 p.m.

The Board of Supervisors *may* consider funding requests from outside agencies during the FY 2016-17 budget hearings in June 2016, if funding is available. An allocation of funding to outside agencies is not guaranteed.

Please submit the following by **5:00 p.m., Monday, May 2, 2016, NO EXCEPTIONS, via Email or Hardy Copy (postmarks will not be accepted):**

1. Provide a cover letter explaining your request; and
2. Fill out this application (no more than 2 pages); and
3. Attach the Line Item Budget spreadsheet (no more than 2 pages) for the agency's program request

Hearings are scheduled for June 13, 15, and 17, with Outside Agency Requests considered on one of these days (yet to be determined). The **requesting agency must be represented and present**; please plan accordingly.

Total Request: \$ 30,000

Name of Organization: Family Service Agency of Santa Barbara

Title of Program: Child & Family Counseling Clinics New or ongoing program? Ongoing

Location(s) of services delivered: Santa Barbara, Lompoc and Carpinteria

Name of Agency Executive Director: Lisa Brabo, Ph.D.

Phone #: 805-965-1001, x240 Email: lbrabo@fsacares.org Website: www.fsacares.org

1. Briefly summarize the purpose of the program, why the funds are needed, and the benefit to the community:

FSA's Child & Family Counseling Clinics promote mental wellness by providing affordable family-centered mental health services to all generations within a family. Clients are underserved people throughout Santa Barbara County who struggle with poverty, unemployment, divorce, drug and alcohol addiction, depression, cultural/language barriers, violence and parenting issues. These issues can have a huge impact on the stability of family life and on the health, well-being and development of children. We provide families facing these difficulties the help they need to become stronger, happier and healthier and to give their children hope for a brighter future. The need for affordable behavioral/mental health counseling, particularly for our Spanish-speaking clients, and for all generations within a family is significant. Our behavioral health clinics in Santa Barbara and Lompoc are always at capacity with a wait list averaging about 80 children and adults. Countywide, more than 20% of children and adults live in poverty - a risk factor consistently associated with negative impacts like physical and mental health challenges; and for children, challenges with school performance. Compounding the problem is an inadequate number of professionals available to address residents' behavioral health needs. FSA's programs are provided free or on a sliding-fee/donation scale.



2. Briefly summarize the service to be provided and how many people will be served:

Family Service Agency's Child & Family Counseling Clinics will serve at least 50 children and families and 75 individual adults during the coming year. Our mental health professionals, of whom 67% are bilingual, deliver the expertise necessary to effect positive, long-term improvement in a safe, comfortable and confidential environment. FSA counselors specialize in early childhood issues that impede social, emotional and academic success including anxiety, depression, ADHD, Post-Traumatic Stress Disorder and other behavior problems. Treatment modalities include, but are not limited to, cognitive-behavioral therapy, play therapy, and trauma therapy to help children, individuals and their families develop new skills to cope with life challenges and fears, increase communication, and work to create healthy and strong families. We have found play therapy to be one of the most effective therapeutic modalities for working with young children and recently brought in a Registered Play Therapist to provide an all-day training for 25 of our staff. Play therapy allows children to express emotions to their therapists and parents they don't put into words. Therapists work with parents and children to use play to practice ways of coping with difficult feelings as well as social skills.



3. Detail the timeline for providing the service:

FSA's Child & Family Counseling Clinics provide services through scheduled appointments Monday through Friday between the hours of 8:30 am to 8 pm.

4. Describe key outcomes to be achieved with the funding and how they will be measured:

Of the 50 or more children and families and 75 individual adults served in the coming year: 75% or more of youth clients will have positive movement on the Youth Outcome Questionnaire (YOQ) signifying success in reducing problematic affect and/or behavior; 75% or more of adult clients will have positive movement on the Outcome Questionnaire (OQ) signifying success in reducing problematic affect and/or behavior; 75% or more of clients will achieve at least one treatment goal; families of clients will be provided with mental health or case management support and referrals as requested. +

5. Describe if this is a one-time or ongoing request, and if funded in prior years and amounts:

This is a one-time request, which has not been funded in prior years.

6. Describe the agency's expertise and capacity to deliver services including fiscal stability:

Established in 1899, FSA programs ensure access to food, shelter, and other basic needs, as well as youth mentoring, case management, advocacy, and a wide-array of mental health programs. With a highly qualified staff of 80, forty-eight percent of whom are bilingual, FSA is committed to providing services that are responsive, effective and reflective of the communities we serve. FSA's careful financial management of its steady \$4 to \$5 million budget is shown through many years of clean fiscal audits and contract with Balance Financial Management. +

7. Agency staff responsible for application: Denise Hinkle, Director of Development

County Staff Comments Only:

Address submittals to:

Adriana de Bruin
Business Manager, County Executive Office
105 E. Anapamu Street, Room 406
Santa Barbara, CA 93101

Requests can be emailed to: outsideagency@countyofsb.org

Questions: Please contact Adriana de Bruin, Business Manager, County Executive Office, at 568-3400.

**FY 2016-17 Line Item Budget
For Program**

Agency: Family Service Agency
 Program Name: Clinic Counseling
 Amount \$\$ Requested: \$30,000

Funding Sources/Revenues	FY 2016-17	
	Committed	Uncommitted
County of Santa Barbara		\$30,000
Private Foundations		\$75,000
Donations	\$40,000	\$46,062
Total	40000	151062

Funding Uses/Expenses	Budget
Salaries and Benefits	147,893
Consultants/IT	\$4,888
Mileage	\$1,000
Program Supplies	\$7,200
Telephone	\$1,041
Program Outreach	\$250
Occupancy	\$5,842
Training	\$1,000
Indirect (accounting; insurance; audit; and HR)	\$21,948
Total	191,062