

Community Resource and Development Plan FY 19/20 Proposed Projects

1. Enhanced Behavioral Support Home (EBSH) for Children

1) Identification of Community Resources Needed: Development of an Enhanced Behavioral Support Home for children, licensed as a “Group Home” by Community Care Licensing (CCL) for 3 children. The total grant request is \$50,000. The home will serve children with intellectual/developmental disabilities, autism spectrum disorder and mental health support needs. These children have intensive behavioral support needs, who have been identified through RCRC’s unmet needs and CPP/CRDP process. The age range of children served will be 11 - 17 years old. The home will provide a person centered, positive behavior supportive and therapeutic community living environment for children and adolescents who have not had adequate support to remain in their family homes and/or in other licensed living arrangements in the community. The home will provide and maintain positive behavior support services and planning along with a life skills training program in a stable environment, so that they can continue to live within the community setting in which they are familiar, and learn skills that will prepare them for independent or supported adult living options.

2) Results of Outreach Activities: During a public input meeting held regarding RCRC’s 2019 Performance Plan on 9/29/18, it was noted that there is a need to further develop homes for children that offer positive behavioral supports utilizing a model of 4 beds or less. Additionally, RCRC held a public input meeting on Friday 5/24/19, regarding RCRC’s FY 19/20 CRDP proposed projects. The attendees included RCRC clients, service providers, and RCRC staff from Humboldt and Mendocino County. Attendees were supportive of this project and provided input regarding its development. For example, attendees noted that families should be involved in transitions to the home; direct support staff should be paid a professional wage between \$15 and \$18 per hour; and that people with disabilities should be included in home visits to provide input into how services are going.

3) Justification: RCRC currently has 4 small Group Homes, serving two to four children each in our catchment area. These Group Homes focus on serving kids with mental health needs. RCRC has needed to seek out of home placement that resulted in out of area placements for seven (7) children in past fiscal year. RCRC currently supports approximately 1000 children, Status 2. In order for RCRC clients to remain in our local catchment area and near their families, a need has been determined for another home that can support children with intensive behavioral support needs. Finally, input gathered from public meetings held on 9/29/18 and 5/24/19 indicate that the community sees the need for the proposed EBSH for children. Community support will be crucial in creating a successful resource for children referred.

4) Track Progress: During the development phase RCRC will meet with the contractor monthly and offer technical assistance, as needed, to assure that the contractor is meeting timelines and project milestones as required per CPP guidelines and contract agreements with RCRC.

2. Specialized Residential Facility for the Elderly

1) Identification of Community Resources Needed: Development of a residential care facility for the elderly (RCFE), licensed by Community Care Licensing, in Humboldt County. This home will offer a 4 bed specialized residential option for the elderly who have increasingly challenging support needs. The goal of this project will be to provide a licensed safe and supportive living environment for individuals over the age of 59. This service may support individuals who require increased medical, memory, and personal care supports. Some support needs may include diabetes management, special diets, regulating awake/sleep times, communication, skill enhancement/maintenance, and environmental adaptations.

2) Results of Outreach Activities: During a public input meeting held regarding RCRC's 2019 Performance Plan on 9/29/18, it was noted that community members wish for RCRC to continue to assist individuals who currently live in Skilled Nursing Facilities (SNF's) to move into community living arrangements of not more than six beds. Additionally, RCRC held a public input meeting on Friday 5/24/19, regarding RCRC's FY 19/20 CRDP proposed projects. The attendees included RCRC clients, service providers, and RCRC staff from Humboldt and Mendocino County. In addition to acknowledging a community need for this home, attendees also provided the following feedback: A home like this will allow Nursing Facilities to be used as a last resort; there is a need for homes in the community that serve people with age related changes such as memory loss, hearing loss, and vision loss; residents should be able to choose to work or retire while living in the home.

3) Justification: People with intellectual/developmental (ID/DD) disabilities are living longer lives, many of whom are now outliving their parents, who in many cases were their primary caregivers. Humboldt County currently only has three homes licensed as an RCFE, all of which are full with no vacancies. Due to the aging population in RCRC's catchment area there is a need to expand this service offering in our community to accommodate RCRC's aging population and the unique support needs that accompany the ID/DD aging community. As per the public input meeting on 5/24/19 community members were in a agreement that an RCFE would fulfill a need for which some individuals are forced to go to a skilled nursing facility, though their needs could be met in a lower level facility such as a specialized residential facility for the elderly.

4) Track Progress: During the development phase RCRC will meet with the contractor monthly and offer technical assistance, as needed, to assure that the contractor is meeting timelines and project milestones as required per CPP guidelines and contract agreements with RCRC.

3. Supported Living Services

1) Identification of Community Resources Needed: Development of a Supported Living Service (SLS) with a mental health and behavioral health focus. The total grant request is \$25,000. The SLS will serve adults with intellectual/developmental disabilities and mental health and/or behavioral health support needs in Lake County. This service will support individuals to achieve stable living environments by teaching skills necessary for maintaining stability both in their individual homes and in the community. Prospective service providers must have an interest in supporting individuals with mental health and behavioral health support needs to participate in paid work if desired, make friends, learn new skills, and be included in local community activities.

2) Results of Outreach Activities: During a public input meeting held regarding RCRC's 2019 Performance Plan on 9/29/18, it was highlighted that there is a need to work with SLS agencies to increase capacity to serve adults who require behavioral supports. Additionally, RCRC held a public input meeting on Friday 5/24/19, regarding RCRC's FY 19/20 CRDP proposed projects. The attendees included RCRC clients, service providers, and RCRC staff from Humboldt and Mendocino County. The input from attendees comprised of information regarding service components such as: Clients should be a part of interview panels for staff; the client's home should be and feel safe; staff should be aware of and know how to train clients regarding disaster planning; and clients should be offered choices as to who they want to hire to work with them.

3) Justification: There are currently only 7 supported living agencies in Lake County. The current agencies do not have the clinical capacity to support individuals with mental health and/or behavioral health support needs. Currently, the vendored agencies are at service capacity and find it difficult to provide services and supports to additional individuals, especially those with behavioral support needs and/or serious mental health needs. RCRC currently only has one vendor with clinical expertise who supports this population in the northern counties. Currently, any individual who requires the clinical expertise needs to relocate to the northern most county. In order to help adults remain in their home county, there is a need in the southern counties for a similar service. Finally, as per input from the RCRC meeting held on 9/29/18 and 5/24/19, there is a need for SLS services to increase their capacity to serve adults with behavioral support needs while utilizing person centered practices and planning.

4) Track Progress: During the development phase RCRC will meet with the contractor monthly and offer technical assistance, as needed, to assure that the contractor is meeting timelines and project milestones as required per CPP guidelines and contract agreements with RCRC.

4. Training

1) Identification of Community Resources Needed: Train the trainer for licensed counselors and behaviorists, using inclusive teen social skills groups to prevent and minimize the risk of sexual offending among teens with autism spectrum disorder. The total grant request is \$20,000. The train-the trainer sessions will consist of two training sessions, one in the North and one in the South. This training is designed to teach participants how to establish and maintain their own teen social skills group for teens on the autism spectrum at risk for, or who have already come in contact with the Juvenile Justice System as the result of sexual offending.

2) Results of outreach activities: RCRC held a public input meeting on Friday 5/24/19, regarding RCRC's FY 19/20 CRDP proposed projects. The attendees included RCRC clients, service providers, and RCRC staff from Humboldt and Mendocino counties. Attendees agreed that specialized training for this population is needed. Other comments included that collaboration with schools is important and that bringing someone to our area with this type of expertise will assist our educators and clinicians in offering this training to clients, with ASD and other unique needs, in RCRC's catchment area.

3) Justification: RCRC is experiencing a growing population of teens on the spectrum who have been perpetrated against, or are perpetrating against others. RCRC currently supports approximately 3800 individuals and in which 31% of the individuals are on the spectrum. Due to the lack of clinical experience in treating this population, there have been several instances of children/teens whom needed

out-of-state placements to address their social/sexual needs. This training will provide the infrastructure in our four counties of clinical expertise to support this population in their home communities.

4) Track Progress: During the development phase RCRC will meet with the contracted training agency and offer technical assistance as need to assure that the contractor is meeting development timelines and contract requirements.

5. Training

1) Identification of Community Resources Needed: Customized Employment Certification, focused on rural areas of Del Norte and Lake County. The total grant request is \$40,000. This project will be to contract with an agency that can provide two (Del Norte County and Lake County) 5 day onsite trainings for up to 35 employment service professionals and other stakeholders to earn a Basic Employment Services with an emphasis in Customized Employment Certificate of Achievement from the Association of Community Rehabilitation Educators (ACRE). The goal of this project is to train educators and community service providers to increase the capacity to secure competitive integrative employment for people with disabilities.

2) Results of outreach activities: During a public input meeting held regarding RCRC's 2019 Performance Plan on 9/29/18 Employment opportunities and trainings to meet this end continues to be a priority for RCRC clients. Additionally, RCRC held a public input meeting on Friday 5/24/19, regarding RCR's FY 19/20 CRDP proposed projects. The attendees included RCRC clients, service providers, and RCRC staff from Humboldt and Mendocino County. Attendees offered many suggestions as to what jobs may be possible for RCRC clients. Participants acknowledged that employment training is needed in our rural locations, and the importance of learning what skills clients need for employment.

3) Justification: In order to meet the *Employment First* state mandate RCRC will provide educators and adult service providers the training and skills necessary to support people with disabilities in obtaining competitive employment in Del Norte and Lake County. Start-up funds will be used to contract with a training agency.

4) Track Progress: During the development phase RCRC will meet with the contracted training agency and offer technical assistance as need to assure that the contractor is meeting development timelines and contract requirements.

6. Housing

1) Identification of Community Resources Need: Housing Development. The total grant request is \$500,000. The goal of the project will be to develop affordable housing options for individuals who receive RCRC services using the *Community Placement Plan Guidelines for Purchasing and Developing Permanent Housing*. Rural Communities Housing Development Corporation has proposed new construction of an affordable multi-family housing complex in Lake County. In 2019 the **Fair Market Rent** for a two-bedroom home in Lake County is \$960.00 per month. This complex would be developed in accordance with Federal and State Housing laws that target individuals with developmental disabilities, senior households, and families. Twenty-five percent (25%) of the units will be set aside for use by RCRC clients only.

2) Results of outreach activities: Public input for RCRC's 2019 Performance Plan Contract on 9/29/18 revealed that affordable housing is a major priority for families and clients of RCRC. In an already limited housing market the fires in Lake and Mendocino counties have created that much more of a need. Additionally the *Portrait of Services Assessment* (July 2018) completed by the State Council of Developmental Disabilities (SCDD) and the Regional Advisory Council found the following information as reported by RCRC Clients, Family Advocates and SCDD staff: Openings for HUD housing are rare and many landlords will not take section 8 vouchers; Rising costs are making it tough to find accessible, affordable housing; There is a severe housing shortage in our region and the fires occurring over the last three years have only exacerbated the problem; and there have been multiple reports of people served by the Regional Center being placed in temporary housing situations, such as a hotel, due a shortage of housing. Finally, RCRC held a public input meeting on Friday 5/24/19, regarding RCRC's FY 19/20 CRDP proposed projects. The attendees included RCRC clients, service providers, and RCRC staff from Humboldt and Mendocino counties. Participants agreed that affordable housing is a priority. Input gathered also revealed that there is a need for physically accessible units and that the units should be integrated with the rest of the development complex.

3) Justification: Public input for RCRC's 2019 Performance Plan Contract on 9/29/18 revealed that affordable housing is a major priority for families and clients of RCRC in all four counties. According to the Rent Survey and Preliminary Demand conducted by Laurin Associates in May 2019 there is currently a demand for 180 units targeting individuals with a developmental disability within incomes between 0 and 50 percent of AMI. The city of Nice and surrounding area has only 10 affordable multi-family housing complexes, which are currently 100% occupied and require a waitlist.

4) Track Progress: During the development phase RCRC will meet with the NPO monthly and offer technical assistance, as needed, to assure that the contractor is meeting development timelines and contract requirements. Once the project is completed RCRC will track the number of units occupied by RCRC clients on a quarterly basis in order to maintain full capacity of the allotted units.