



SYLVAN UNION SCHOOL DISTRICT  
QUALIFICATION PROPOSAL FOR  
INDIVIDUALIZED STUDENT SERVICES



Sierra Vista Child & Family Services

100 Poplar Ave.

Modesto, CA 95354

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## EXECUTIVE SUMMARY

Proposal is to place one clinician at Somerset Middle School in the Sylvan Union School District. The clinician would be present on campus for individualized student services, available for teacher consultation, provide in-home support as requested, engage families in case management services, including linking families with community services as indicated, and provide parenting classes. The clinician would be available to attend IEP meetings, student study teams, and other collaborative meetings as needed. Additional services that advance the goals of the program may also be implemented. Reporting requirements and specific outcomes to be negotiated with the district.

Contract is envisioned as cost reimbursement. Economy of Scale dictates cost per clinician is reduced with each additional position as indirect and other operating costs can be spread across positions. Dollar amounts below are estimated and include all associated costs. Actual costs would be prepared in a detailed budget per request.

### ESTIMATED COST PER CLINICIAN

2.0 FTE @ \$85,000 each = \$170,000

1.5 FTE @ \$87,500 each = \$131,250

1.0 FTE @ \$90,000 each = \$90,000

0.60 FTE @ \$92,500 each = \$55,500

The following pages contain information about Sierra Vista Child and Family Services, its history, capacity, and experience in providing services in collaboration with schools.



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## PROPOSAL

### SCOPE OF WORK

#### **Services**

This proposal is to place one clinician at Somerset Middle School in the Sylvan Union School District. The clinician would be present on campus for individualized student services, available for teacher consultation, provide in-home support as requested, engage families in case management services, including linking families with community services/resources as indicated, and provide parenting classes. The clinician would be available to attend IEP meetings, student study teams, and other collaborative meetings. Additional services that advance the goals of the program may also be implemented. The reporting requirements and specific outcomes will be negotiated with the district, though a sample of outcomes is presented on page 5.

#### Sample Scope of Work (Services)

- **Screening/Assessment.** Screening and Assessment is provided to identify social/emotional/behavioral symptoms and develop appropriate strategies for support services.
- **Individual Counseling.** Counseling to assist students with specific issues that significantly interfere with functioning in school. Individual counseling addresses the needs such as stress, depression, anxiety, identity issues, self-esteem, relationship and adjustment issues.
- **Family Counseling.** Family Counseling focused on strengthening family relationships and overcoming negative behavioral patterns, which impact school and social/emotional functioning.
- **Parent Counseling.** Parent counseling to gain specific support for extra challenging parenting issues. Parents receive individual time with a counselor to help develop strategies and encouragement to address more severe behavior concerns.
- **Case Management Services.** Case Management is a strengths-based service that is meant to enhance the student and families functioning within the home, work/school, and community. The student/family's needs/strengths are identified, and Clinicians advocate for and connect the family to appropriate services, and monitor those services to determine any further needs.
- **Parent Education.** Parent Education groups in one shot and/or multi-week format presented at school sites as needed.
- **Crisis Management.** Contractor clinician/s work collaboratively with District staff to assess and address student crisis.

- **Teacher Consultation.** Clinicians will provide Teacher Consultation. Clinicians come alongside teachers and help enhance skills by augmenting teacher understanding of behavioral health issues. In this regard, consultants may help teachers develop coping skills for dealing with disruptive behavior in the classroom. Clinicians may also help with the implementation of behavior plans; assist teachers in developing new strategies for handling problem behavior and work with teachers to develop new ways of communicating with parents, children, and administration. Group consultation and collaboration with teachers can also be offered.
- **Attend Meetings.** Clinicians are available to attend meetings supporting student success including, IEP meetings, Student Study Teams, and other collaborative meetings.
- **In-home Support.** Clinicians provide in-home support to students and families on an as needed basis.
- **Other.** Additional services that advance the goals of the program may also be implemented. These services are agreed upon in advance through collaborative efforts of Contractor and District.

### **Target Population**

The target population is Somerset Middle School students identified and referred by district personnel that are experiencing social/emotional/behavioral issues that negatively impact successful school functioning.

### **Engaging the School Staff**

Experience in like programs suggests that the best way to engage school staff is for Sierra Vista staff to become part of the “school team”. The greatest success with teachers has been obtained by being available to staff on a regular basis both in formal settings such as Student Study Teams as well as more informally as in the Teacher Lounge or break areas. It is important that the clinical staff become part of the school “system” in order to help support efforts to increase capacity to serve. The project will seek to provide consultation and support in a manner that will enhance the school’s ability and capacity to serve children from stressed families who are risk for school failure. This model has been very successful in Modesto City Schools and Merced Union High School District.



## Sample Outcomes

EXPECTED RESULTS (Primary)	STRATEGIES AND ACTIVITIES
Identification Of Students With Behavioral Health Problems	Consultation Strategies Screening & Specific Interventions Strategies
Improved Access To Behavioral Health Services For Students And Their Families	Consultation Strategies Screening & Specific Interventions Strategies
Reduction Of Mental Health Symptoms In Participating students	Consultation Strategies Emotional Resiliency Strategies Screening & Specific Interventions Strategies
Improvement In Participating student's Social Skills	Consultation Strategies Emotional Resiliency Strategies
Caregivers Have Improved Knowledge, Skills To Parent Their Children	Consultation Strategies Emotional Resiliency Strategies
EXPECTED RESULTS (Secondary)	STRATEGIES AND ACTIVITIES
Increased Educator Knowledge Of Early Warning Signs Of Early-Onset Mental Illnesses In Children/Youth	Consultation Strategies Screening & Specific Interventions Strategies
Increased Educator Ability To Identify And Refer Children/Youth Who Show Early Warning Signs Of Early-Onset Mental Illness	Consultation Strategies Screening & Specific Interventions Strategies
Increased Competency Of School Personnel To Manage Behavioral Health Problems In Students	Consultation Strategies Emotional Resiliency Strategies Screening & Specific Interventions Strategies
ADDITIONAL RESULTS	STRATEGIES AND ACTIVITIES
Teacher Satisfaction	Consultation Strategies Emotional Resiliency Strategies Screening & Specific Interventions Strategies
Parent Satisfaction	Consultation Strategies Emotional Resiliency Strategies Screening & Specific Interventions Strategies
OTHER POSSIBLE RESULTS	STRATEGIES AND ACTIVITIES
Reduced Detentions, Suspensions And Expulsions Of Targeted Participants	Consultation Strategies Emotional Resiliency Strategies Screening & Specific Interventions Strategies
Reduced Absences And Truancies Of Targeted Participants	Consultation Strategies Emotional Resiliency Strategies Screening & Specific Interventions Strategies



### **ADVANTAGES OF CONTRACTING WITH SIERRA VISTA CHILD & FAMILY SERVICES**

**No long term cost obligations**—when contracting with Sierra Vista, the district does not incur long term cost obligations such as pensions and other benefit costs.

**Human Resources**—Sierra Vista is responsible for staff background checks, hiring, in-boarding, training and otherwise preparing staff for the new position.

**Program and Clinical Supervision**—Program supervision is regular and quickly available to staff in the field. Additionally, Sierra Vista provides Licensed Clinical Supervision to staff ensuring fidelity to clinical practice, as well as ethical and legal considerations.

**Experienced/Trained Clinicians**—Sierra Vista has leaders and line staff experienced in navigating the complexities and subtleties of service provision in the schools, communities and family homes. Moreover, Sierra has a long history of providing multiple services in collaboration with school districts.

**Consultation**—Sierra Vista Clinicians are skilled at forging positive relationships and coming alongside teachers to support them in the classroom.

**Evidence Based Practice**—Sierra Vista's clinical team is trained in PracticeWise, Managing and Adapting Practice (MAP), evidence based practice for the provision of mental health services.

**Community Linkages**—Sierra Vista has strong collaborative relationships with other Stanislaus County Providers enabling quick and efficient linkages of families to additional support services as needed.

**Data Collection**—Sierra Vista maintains a Quality Assurance Department and private Client Information System to collect and evaluate outcome and service data.

**Charting**—Sierra Vista would be responsible for maintain and housing Client Information Charts

**Liability**—Sierra Vista maintains its own liability insurance.

**Curriculum**—Sierra Vista maintains and is skilled in providing a variety of curriculums for Parent Education, Social/Emotional Development, Anger Management and the like.

**Leveraged Services**—Sierra Vista has First 5 and Head Start services that can be leveraged for students in families with 0-5 aged children. The agency has Kaiser Permanente and United Way grants to serve families with 6-17. Sierra Vista also contracts with Behavioral Health and Recovery Services to provide Specialty Mental Health Services for school aged children with full scope Medi-Cal. Lastly, the agency is a provider for Health Plan of San Joaquin and can provide mental health services for families experiencing mild to moderate symptoms.



**Start Up**—No additional start up costs incurred by the district.

### **ORGANIZATION OVERVIEW AND HISTORY**

**Sierra Vista Child & Family Services (SVCFS)** is a non-profit Community Based Organization serving children, youth, adults, and families since 1972. The Agency provides an extensive continuum of services including community based Family Resource Centers, mental health counseling and consultation, case management, parent education, child abuse prevention and intervention, domestic violence counseling, non public and public school services, perinatal substance abuse services, and foster care services. The Agency is a successful contractor with local county agencies including Community Services Agency (Social Services), Behavioral Health and Recovery Services (Mental Health), The Stanislaus County Children and Families Commission, Stanislaus County Office of Education, Modesto City Schools, Health Services Agency, the United Way, and more recently Kaiser Permanente. Sierra Vista is incorporated as a 501 c(3) (Tax ID: 94-2158023) and is licensed to conduct business by the city of Modesto (City of Modesto Business License: 622826).

Sierra Vista's services have evolved over the years to reflect the needs of the communities we serve, to continue the development of programs that intervene early in the lives of children and families, to reflect the values of our profession and continually strive for best practices, to be a benchmark agency for family-based services and to meet the needs of our culturally diverse communities. Sierra Vista is committed to providing services at the preventative level whenever possible. It is this philosophy that has guided the development over the years of innovative and expansive prevention programs such as the Family Resource Centers. We are committed to strong community partnerships and have collaborative projects with other Community Based Organizations such as Center for Human Services, and The Parent Resource Center. Additional collaborations exist with BHRS Leaps & Bounds Program and multiple pre-school and head start sites.

Sierra Vista's mission is , "We Strengthen Families and Communities by Transforming Lives." The goal of the agency is to provide consumer-focused, high quality, culturally sensitive and linguistically appropriate services to the diverse communities in our area. More recently we have turned our efforts to supporting families at the community level and helping communities develop the capacity to foster resilience in its members. . Our *Vision* is "A Commitment to Caring." We strive to promote a culture of care in each of our programs. SVCFS was founded on the Core Belief that no one is beyond the reach of care, and that even the most deeply wounded can be healed.

Sierra Vista's *Values* are fundamental to our mission. They are the foundation of our agency, and shape the culture and define the character of our organization.



**Excellence:** *We hold ourselves to the highest standards of performance and continually push ourselves to do more.*

**Professionalism:** *We meet the ethical and technical standards in our field and show compassion and respect for others at all times.*

**Integrity:** *We are honest and straightforward: our actions and operations are transparent.*

**Collaboration:** *We produce results not through our actions alone, but in partnership with clients, community organizations, and one another.*

**Dedication:** *We meet our commitments to clients, partners, and the community with reliability and dedication.*

**Primary Project Contacts:**

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**Project Staffing**

The program would be led by Keryn Horwood, Licensed Marriage & Family Therapist. Keryn has experience coordinating school based services as well as providing direct services on school campuses and with families. Persons with a completed Master's degree in a license track program would be preferred. Person's in a Licensed Track Masters degree program would be considered and work under the direct supervision of the program coordinator. All staff would receive Clinical Supervision from an experienced licensed practitioner.

**CAPACITY AND EXPERIENCE**

**Experience with Like Services**

Sierra Vista has extensive experience working with schools, students and families. Sierra Vista, in partnership with Merced Union High School District, provides school based mental health services for the districts seven (7) High Schools. These services consist of student and family counseling, case management and community linkages, teacher consultation, participation in

IEPs and attendance to Student Study Teams. Clinicians are the key link between the school and the home. The clinicians go above and beyond their role to ensure that the families received the support they need. By report of school staff, primarily school psychologist and school counselors, the students served in this program are better off after receiving services. The school staff also report that having someone working with the family is a support in getting the student to improve their academics.

Sierra Vista provides school based services for this age group in our Public School Based Mental Health Program. Our mental health staff members provide direct counseling, behavioral supports, teacher consultation, and collateral family work in special education classrooms across Stanislaus and Merced Counties. Additionally staff has provided case management and linkage to resources in the community as needed. We are highly experienced in working in educational settings and with educational staff. Our clinicians and case managers firmly believe that we can only be effective if we are part of the child's system both at school and at home. Building effective relationships with the teachers and caregivers of our client children are a main focus of clinical training and supervision. We routinely provide school consultation and support as part of our Children's mental health programs such as Home Based Services and the Attention Deficit Hyperactivity Clinic.

Sierra Vista operates the School Based Integration Program in Modesto City Schools; John Muir, El Vista, Wilson and Shackelford. This successful program is funded by Behavioral Health and Recovery Services via the Mental Health Services Act. The School Based Integration Program offers services for students, parents and teachers. Students are provided one on one and classroom support for a variety of issues interfering with school success. Parents are provided parenting consultation in the home and parent education classes in groups. Teachers are provided in class consultation via modeling and coaching. In all, School Based Consultants can offer a wide range of services that can function independently or be combined with other mental health services that a family will need. The outcomes of the program have been extremely positive.

#### **Experience in Working with Youth to Identify and Address their Individual or Family Needs.**

Sierra Vista has extensive experience in working with youth to identify and address their individual or family needs. A Family Systems Model focused on Strength Based Theory is utilized across programs. The Family System Model maintains family members play in integral part in each other's behaviors, yet also recognizes the significance of the individual. In this way, staff working with youth is able to assess and address the particular needs of the youth as well as how it relates to family needs at large. This is generally accomplished by facilitating sessions with the family together, as well as setting time aside to work with the youth independently. This allows the youth to develop a comfort with the staff outside of family influence which can





encourage and support honest disclosure. Goals then are developed specifically for the youth while broader goals for the family can also be incorporated. The “working” stage of session similarly allots time for both individual youth work and family work.

Many families are often hesitant to engage in services. Sierra Vista staff is well trained to manage the delicate first interactions with families. Staff works to provide a non-threatening, friendly low key atmosphere. They take care to gently address stigma and proceed at a pace comfortable for the family. They attend to immediate needs and validate broader concerns. Most importantly, they engage the family as an equal partner in the process of change, empowering the family to “take the lead.” These well founded strategies are generally successful in engaging families.

Over the past four decades, Sierra Vista has grown into one of the largest nonprofit agencies in the region, serving more than 22,000 children and families each year with nearly 300 dedicated employees, 20 programs, and providing services in every school district throughout Merced and Stanislaus Counties. The integration of these programs into the community has created a sustainable continuum of child and family services that is accessible and tailored to addressing a broad range of needs. This commitment to the community has established SVCFS as a leader in best practices in the fields of mental health and family support services. We are an active participant in the California Alliance of Child and Family Services and accredited by The Joint Commission.