



SAN MATEO COUNTY HEALTH

BEHAVIORAL HEALTH & RECOVERY SERVICES

Mental Health Services Act (MHSA) Innovation Project Plan

County Name: San Mateo

Date submitted: 2/24/20

Project Title: Cultural Arts and Wellness Social Enterprise Cafe for Filipino/a/x Youth

Total amount requested: \$2,625,000 (\$2.1M services; \$315K admin; \$210K eval)

Duration of project: 5 years

Section 1: Innovations Regulations Requirement Categories

GENERAL REQUIREMENT:

An Innovative Project must be defined by one of the following general criteria:

- Introduces a new practice or approach to the overall mental health system, including, but not limited to, prevention and early intervention**
- Makes a change to an existing practice in the field of mental health, including but not limited to, application to a different population
- Applies a promising community driven practice or approach that has been successful in a non-mental health context or setting to the mental health system
- Supports participation in a housing program designed to stabilize a person's living situation while also providing supportive services onsite

PRIMARY PURPOSE:

An Innovative Project must have a primary purpose that is developed and evaluated in relation to the chosen general requirement.

- Increases access to mental health services to underserved groups**
- Increases the quality of mental health services, including measured outcomes
- Promotes interagency and community collaboration related to Mental Health Services or supports or outcomes
- Increases access to mental health services, including but not limited to, services provided through permanent supportive housing



Section 2: Project Overview

PRIMARY PROBLEM:

What primary problem or challenge are you trying to address? Please provide a brief narrative summary of the challenge or problem that you have identified and why it is important to solve for your community.

Filipino/a/x Youth & Mental Health

Asian Americans are the fastest growing racial/ethnic group in the U.S. and Filipinos are the third largest subgroup.¹ In San Mateo County, according to the 2010 Census, Filipinos made up 11% of the San Mateo County population (80,349) and the City of Daly City, had the highest concentration of Filipino/a/x Americans of any municipality in the U.S; making up 32% of the city's population. Yet, there is limited published research on mental health challenges impacting Filipino/a/xs and even less literature on promising practices,² especially focused on adolescent youth. Filipino/a/xs are often grouped with Asian Americans which masks cultural-specific considerations for unmet mental health needs. This was highlighted repeatedly by the California Reducing Disparities Project (CRDP) Asian Pacific Islander (API) Population Report, an MHS-funded project and the largest investment from a State, in the nation, to look into diverse community perspectives on mental health disparities. Throughout the entire report it was stressed that API is a heterogeneous grouping and that data and strategies should address the diverse needs of ethnic subgroups. Out of the 56 promising practices reviewed by CRDP, only six targeted Filipino/a/x and only one targeted Filipino/a/x exclusively, the Filipino Mental Health Initiative (<https://www.smchealth.org/filipino-mental-health-initiative>), which is a collaborative of community-based partners, county staff, clients, family members and community stakeholders that developed this innovation project proposal.

Primary Problem: High rates of depression and suicidal ideation attributed to cultural identity formation amongst Filipino/a/x youth

The limited studies available on Filipino/a/x youth suggest disparities with regards to behavioral health outcomes for Filipino/a/x communities.

- Research from the Centers for Disease Control and Prevention found 45.6% of Filipina American adolescents have experienced suicidal ideation, the highest rate of suicidal ideation at among all racial and ethnic groups,³ as well as higher rates of depression at 13.6% compared to other Asian American females.⁴
- Research has shown an association between low self-esteem and Filipino/a/x youth.⁵

¹ <https://www.pewresearch.org/fact-tank/2017/09/08/key-facts-about-asian-americans/>

² Jackson, Y. K. (2006). Encyclopedia of multicultural psychology. Thousand Oaks, CA: Sage.

³ Wolf, DL. Family Secrets: Transnational Struggles among Children of Filipino Immigrants. Sep 1997 40(3): pp. 457-482

⁴ Kim, L. S., & Chun, C.-a. (1993). Ethnic differences in psychiatric diagnosis among Asian American adolescents. Journal of Nervous and Mental Disease, 181(10), 612-617.

⁵ Rumbaut RG. The crucible within: ethnic identity, self-esteem, and segmented assimilation among children of immigrants. The new second generation. New York (NY): Russel Sage Foundation; 1996 pp. 119-170.



Empirical evidence also suggests that depression affects Filipino/a/x youth and adolescent health risk behaviors increase with each generation of Filipino/a/x youth.⁶

- In San Mateo County, 53% of youth clients in Probation and 43% in Behavioral Health and Recovery Services come from the same 4 zip codes, two of these are where we have high concentration of Filipinos, the City of Daly City (33% Filipino) and South San Francisco (20% Filipino).
- In San Mateo County, specialty mental health service penetration rates are lowest for both youth (1.8%) and adult (2.6%) Asian/Pacific Islander racial group⁷. In fiscal year 18/19, our Behavioral Health and Recovery Services (BHRS) 3% (558) of clients served reported as Filipino.

Social Determinants of Health

Unfortunately, San Mateo County disaggregated data for Filipino youth outcomes is largely unavailable. The California Health Kids Survey reports on Asian as an ethnicity with no further racial breakdown. Yet, we know that mental health challenges can impact youth's quality of life indicators and poor health outcomes disproportionately impact communities with poor social determinants of health (SDOH) such as unstable housing, low income, unsafe neighborhoods, or substandard education.⁸ Young people need jobs, skills, support and emotional and physical safety in order to succeed academically and ultimately have positive behavioral health outcomes.

- According to a nationwide study, Filipino/a/x youth have one of the highest high school dropout rates and one of the highest rates of teen suicide ideation and attempts⁹.
- Locally, at Jefferson Union High School District, Filipino/a/x students make up 30% of the student population, 20% of dropouts and only 42% of graduates met University of California (UC) and California State University (CSU) requirements.
- At South San Francisco Unified, Filipino/a/x students make up 24% of the student population, 8% of dropouts, and just 19% of graduates met the UC and CSU requirements.¹⁰

Cultural Identity

There is a significant amount of research that suggests that the stronger a youth's cultural/ethnic identity, the higher their resilience and the more likely it is that they experience positive life outcomes¹¹. In a study looking at Asian American youth from emerging communities found that both ethnic exploration and ethnic belonging was significantly correlated with higher self-esteem and lower depressive symptoms.¹²

Based on the research of E.J. Ramos David PhD, and Kevin Nadal PhD, two highly

⁶ Javier JR, Huffman LC, Mendoza FS, Filipino Child Health in the US: Do Health and Health Care Disparities Exist? *Prev Chronic Dis.* 2007 Apr; 4(2): A36.

⁷ Performance Outcomes Adult Specialty Mental Health Services Report, March 22, 2018, <https://www.dhcs.ca.gov/provgovpart/pos/>. Penetration rates are calculated by taking the number receiving services and dividing by total Medi-Cal eligible.

⁸ Centers for Disease Control and Prevention, Social Determinants of Health

⁹ President's Advisory Commission on Asian Americans & Pacific Islanders, 2001

¹⁰ DataQuest, California Department of Education, 2019.

¹¹ Yasui, M, & Dishion, TJ. The ethnic context of child and adolescent problem behavior: Implications for child and family interventions. *Clinical Child and Family Psychology*, 2007 10(2), 137-179

¹² Stein, GL, Supple, AJ, Kiang, L, & Gonzalez, LM. Ethnic Identity as a protective factor in the lives of Asian American adolescents. *Asian American Journal of Psychology*. 2014



regarded Filipino Psychologists, there is a strong correlation between cultural identity formation and mental health and wellness of Filipino/a/x adolescent youth:

- A bicultural clash exists between collectivist (Filipino/a/x) and individualist (American) value system, which leads to a lack of a stable sense of cultural identity; this in turn leads to mental health issues related to decreased self-efficacy and self-worth.¹³
- “Ethnic identity development is particularly critical for minority adolescents since they have, in addition to their ordinary development issues, the added burden of exploring the values of both their host society and their original cultures...”¹⁴

Furthermore, with respect to historical trauma, Nadal (2011) explains that considering their distinctive cultural values and colonial history of over four centuries of colonization under Spanish and American rule, it has been proposed that there exist long-standing effects of internalized oppression handed down the generations detrimentally impacting the Filipino/a/x community’s state of mental health. The high rates of suicidal ideation, depressive symptoms, anxiety, substance use, adolescent pregnancy, and higher public school drop out rates (compared with Asians and non-Hispanic Whites) within the Filipino/a/x youth population (especially those recently immigrated) has been attributed to this intergenerational trauma, and challenges with cultural identity formation.

Considering, the varying experiences cross-generationally; the generational gap has served as a barrier to addressing mental health issues and impacting help-seeking behaviors amongst the Filipino/a/x population. According to the research of Nadal and David, as one of the most collectivistic people in the world, family dynamics reflect more of a family-centered structure where parents are a significant part of children’s lives. Mental health stigma carries both a societal and cultural stigma for the Filipino/a/x community, whereby the shame is doubled with not only wanting to avoid bringing negative attention upon the individual but also amongst the family system.

An upstream, holistic, cultural-based, integrative approach for Filipino/a/x Youth can lead to developing protective factors and improving mental health outcomes and access to behavioral health services for at-risk Filipino/a/x youth. Through offering a natural entry point for the community to access intergenerational- specific activities and interactions, the youth will have an opportunity to bridge the generational gap that has historically hindered access to forms of ancestral healing.

PROPOSED PROJECT

Describe the INN Project you are proposing.

A) Provide a brief narrative overview description of the proposed project.

The proposed project is a cultural arts and wellness-focused social enterprise café that offers youth development and mental health programming on site. The social

¹³ Nadal, K. *Filipino American Psychology: A Handbook of Theory, Research, and Clinical Practice*. John Wiley & Sons, Mar 2011

¹⁴ Shrake, EK, Rhee, S. Ethnic identity as a predictor of problem behaviors among Korean American adolescents. 2004. *Adolescence*. 39 (155), pp. 601-622.



enterprise café will hire and train at-risk youth from Northern San Mateo County and serve as a culturally affirming space for Filipino/a/x youth and the community. The social enterprise model has proven to be a more sustainable approach when it comes to stable and diversified funding streams. Most of the existing community organizations that offer some elements of the proposed project rely heavily on grant-writing and fundraising.

A youth can expect to experience an integrated system of therapeutic care and support through their peers, mentors, and clinically trained and culturally responsive program staff provided by the center. Individually, the youth will be offered clinical and case management support for academic/career exploration and leadership development in an area of interest, such as in the arts and wellness fields. With arts and wellness at the heart of the programming, the youth will be in an environment that embraces arts as a means to healing individually and collectively, so workshops and relevant skill building activities may be arts-based. Tailored curriculum will allow them to gain hard skills in mental health and wellness management, life management, financial wellness, business and entrepreneurship, and leadership while critically examining the ways systemic oppression may impact healthy cultural identity formation as it relates to the aforementioned. Vocational, on-the-job training, as staff of the social enterprise, matched with mentorship through local Filipina/o/x business leaders and owners will provide them a pipeline to both traditional and non-traditional career paths; and building their professional network. Collectively, operating within a cohort model, the opportunity to share culturally affirming spaces and interactions, from a clinical standpoint, can cultivate an emotional corrective experience by increasing their self-esteem and a stronger sense of belonging and empowerment by being with others who culturally identify similarly. By the end of their term, they will be asked to leverage their chosen arts modality that speaks to them to address a social issue, such as curating an art exhibit with their peers themed around mental health stigma in the Filipino/a/x community. The café and cultural center itself will serve as a platform to host such activities. Furthermore, it is a natural entry point for both a place of informally and formally gathering in community, as well as accessing mental health support. The social enterprise promotes cross-cultural and intergenerational connection and interaction through activities offered at the center and café, so youth will be encouraged to engage accordingly.

Social Enterprise – Cultural Arts-Focused Cafe

Social enterprises advance a social mission and provide financial sustainability. The cultural arts focused cafe will provide at risk youth from Northern San Mateo County an employment and training opportunity as they learn all aspects of running a café, and gain transferable skills relating to financial literacy & wellness and entrepreneurship. Employed youth will develop leadership and other critical life skills including problem solving, teamwork, critical thinking, and creativity, among others. The social enterprise business model will include profit generation to support the financial sustainability of the café and its programming.

Culture and wellness focus



Building off the research on the importance of cultural identification and a proven understanding of wellness-focused interventions and their long-term impact on behavioral health outcomes, the cultural arts focused café will be rooted in a foundation of Filipina/o/x Cultural Values: Kapwa (togetherness) and Ginhawa (total wellness). The centralized gathering space will serve as a platform to collectively address intergenerational and ancestral trauma and wounds. The café will celebrate Bayanihan (“community” in Tagalog), honor diversity, and promote holistic health through arts & wellness practices. By exploring the Filipino/a/x and Filipino/a/x American experience and history of the Philippines, the café aims to bridge multiple generations through various culturally-specific educational and expressive arts engagement and elevate youth to be the next generation leaders of social change, wellness ambassadors, and cultural preservationists. While the café is inspired by the Filipino/a/x experience, anyone interested in learning about the Philippines is welcome and encouraged to collaborate in building multicultural awareness and community.

Leadership development and mental health programming

Hiring and training at-risk youth to work at and eventually manage the café is critical to providing youth with basic needs of employment, job skills and leadership development. The café has the potential of impacting more Filipino/a/x youth in Daly City and neighboring communities.

The café will also offer programming that is holistically designed around social determinants of health and issues important to Filipino/a/x youth in Northern San Mateo County. The programming will leverage successful programs, such as the Skyline College Kababayan Learning Community¹⁵ that focuses on education relating to the Filipino/a/x & Filipino/a/x cultural experience; and Daly City Youth Health Center’s Elements for Success¹⁶ program, a school-to-career transition program, along with expanded service. It will consist of five components that have been developed over the past six years by community stakeholders with youth input and continue to be refined:

- Career Path/Purpose (school-to-career prep)
- Wellness Ambassadors (wellness and mental health linkages)
- Rite of Passage Work (cultural identity formation)
- Leadership Development (i.e. capstone arts-based projects to address mental health & wellness related social issues facing the community)
- Youth Production Line & Management (financial wellness)

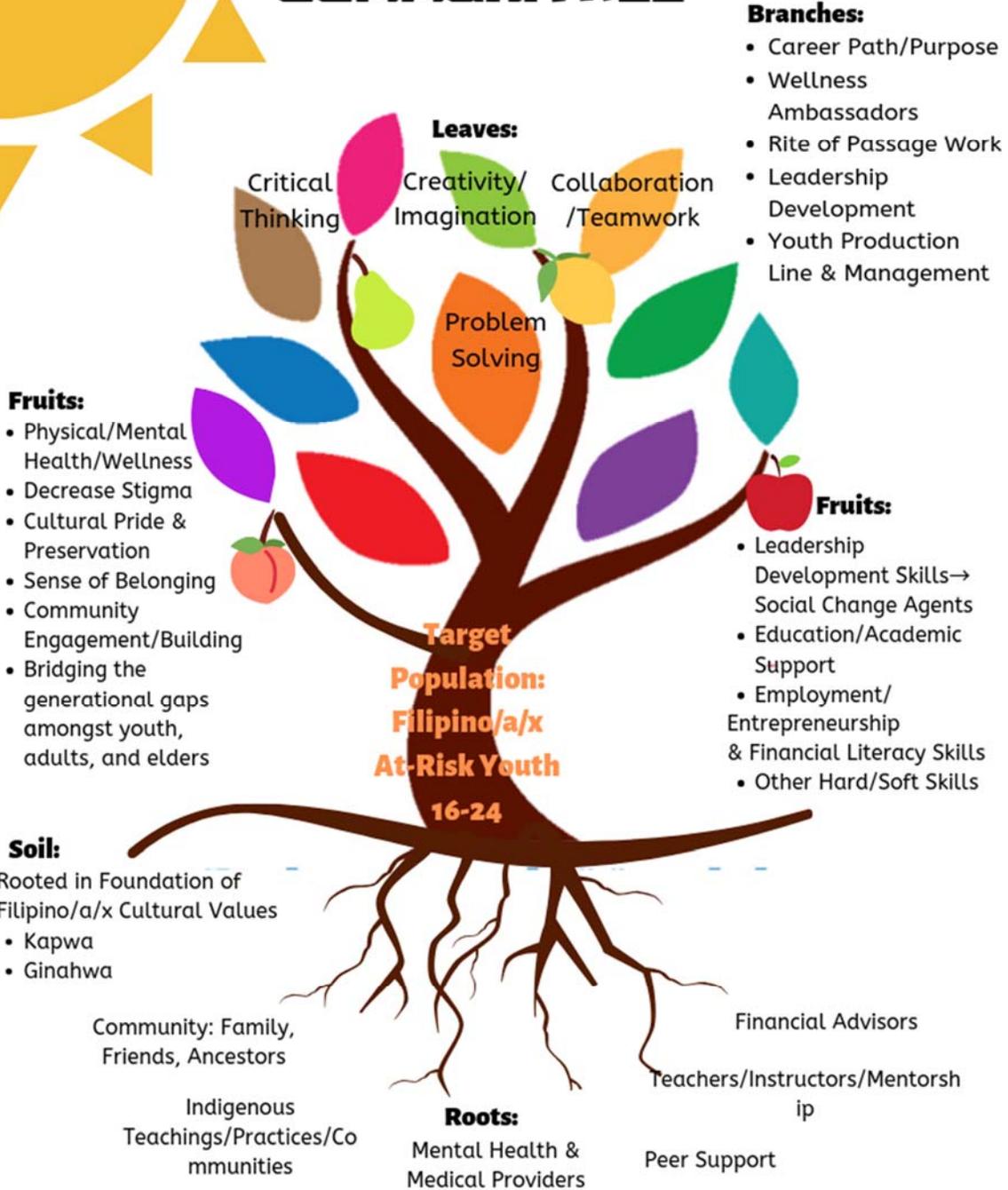
This programming component of the café is represented in the CommuniTREE framework, below, which uses a tree as a metaphor to depict the values that ground this work (SOIL), the supports needed (ROOTS) for success, the strategies that will get us there (BRANCHES), the resulting youth capacity (LEAVES) and health outcomes (FRUITS) we expect to impact.

¹⁵ <https://www.skylinecollege.edu/kababayan/>

¹⁶ <https://www.dalycityyouth.org/elements.html>



CommuniTREE





Project implementation activities:

- Work with social enterprise consultants to finalize business plan.
- Project startup - identify location, procure inventory, furniture, equipment, licensing and permits, hire staff.
- Establish youth and subject matter TRIBE advisory group(s).
- Develop culturally appropriate methods of Filipinx youth engagement through various arts modalities, such as workshops & training in culinary arts, literary, visual and performing arts, and multi-media/digital arts, etc.
- Offer workshops, classes, and skill-building activities to support youth to gain financial literacy skills, enhance sustainable financial wellness, explore field of entrepreneurship, and enhance leadership development skills.
- Provide mentorship opportunities with local entrepreneurs to build professional network and develop vocational skills.
- Provide classes/workshops for youth to examine connection of mental health and wellness to Filipinx cultural identity
- Cultivate a stigma-free space to have conversations around mental health and wellness through educational classes and workshops.
- Launch Mano Po Program:
 - Offer safe, inclusive, and culturally affirming spaces that create opportunities for intergenerational connection to mitigate risks for isolation and depression.
 - Ensure cultural preservation of Kapwa and Ginhawa through passing down of traditions, food history/narrative/recipes, and practices to address the intergenerational gap and support youth's cultural identity formation.
 - Foster intergenerational interaction through hosting storytelling (Kwentuhan) events/activities (ie. digital storytelling, photovoice, mural making)
- Create natural touchpoints and linkages to increase access to behavioral health services.
- Work with TRIBE Advisory to develop sustainability plan.



Proposed Project Staffing:

- Program Director (1.0 FTE), with a mental health background and notable long-standing/established relationship to Filipinx community in North San Mateo County, will oversee the operational components, coordination of care/services for the cafe, and continued strengthening of community resources/relationships. Other qualifications include, but not limited to: extensive background in working with youth, families, and culturally diverse populations; well versed in community resources within San Mateo County and San Francisco County, namely Northern regions of SMC and bordering neighborhoods in SF; experience in clinically and culturally appropriate facilitation; experience with culturally relevant program development; demonstrated leadership associated with mental health field and/or in the Filipino/a/x community.
- Case Manager (1.0 FTE) will conduct comprehensive intake assessment, provide case management, and guidance through internship/apprenticeship program with each youth participant. They will assist youth in identifying an internship/apprenticeship through the cafe that is aligned with their strengths, skills, and interests (in mental health, wellness, &/or food industry). REFER TO DATA in Needs Assessment). Additionally, provide academic and career focused resources and referrals to youth. Other qualifications include, but not limited to: extensive background in working with youth, families, and culturally diverse populations; well versed in community resources within San Mateo County, namely Northern regions of SMC and bordering neighborhoods in SF.
- Clinical Case Worker (1.0 FTE) will therapeutically culturally responsively engage and explore wellness practices offered at the cafe with youth in a cultural context and as they obtain knowledge around physical, mental, and spiritual health (ie. physical fitness, such as zumba, yoga, and martial arts). They will utilize behavioral health assessment tools to help youth identify potential needs for clinical support and linkage to mental health services.
- Community Outreach Worker (1.0 FTE) Worker will serve as a conduit to local high schools and colleges to provide Filipinx focused education that fosters cultural identity formation (ie. Filipino History) and arts-based vocational training.
- Youth Services Coordinator (.5 FTE)- Admin/Onboarding/Operations of School-to-Career Programming
- Front Desk/Office Manager (.75 FTE)- Managing front desk and administrative operations with cafe and cultural center. Responsible for scheduling and maintaining calendar of events, classes, and workshops.
- Cafe Manager (1.0 FTE) oversees cafe operations and staffing. Background in working with youth desired but not required.



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B) Identify which of the three project general requirements specified above [per CCR, Title 9, Sect. 3910(a)] the project will implement.

Increases access to mental health services to underserved groups

C) Briefly explain how you have determined that your selected approach is appropriate.

Based on a comprehensive review of published literature, web-based searches, the following were identified as key considerations for the project activities and approach:

1. **Social Determinants of Health (SDOH)** - Disparities in health exist for Filipino/a/x youth and lead to negative outcomes in mental health, upstream strategies that intervene at the root causes of disparities are needed
2. **Behavioral Health** - Disparities in behavioral health outcomes exist for Filipino/a/x youth
3. **Cultural Identity** - Cultural identification is critical for the mental health of Filipino/a/x youth as they explore the opposing values of two cultures
4. **Promising Practices** - There is a need for promising sustainable practices that address the mental health needs of Filipino/a/x youth

These considerations serve as supporting evidence for the proposed interventions and selected approach. The Theory of Change for this project, Appendix 1, illustrates the pathways between the supporting evidence for the interventions, the interventions or activities, expected outcomes, and learning objectives.

D) Estimate the number of individuals expected to be served annually and how you arrived at this number.

The local Daly City Youth Health Center sees 69 Filipino/a/x youth ages 13-22 for behavioral health counseling based on a recent annual report. While the café program will not have direct mental health services onsite, there will be a robust referral network that connects youth to systems of care, including behavioral health counseling. The café will not have the stigma associated with seeking behavioral health services and it is completely based on employing culturally relevant engagement strategies for youth (various arts modalities, such as workshops & training in culinary arts, literary, visual and performing arts, and multi-media/digital arts, etc.). Therefore, we expect a higher number of youth to engage in services.

Additionally, a recent survey created for the innovation stakeholder process supported the idea that a culturally affirming space will encourage participation. Please see annotated Appendix 2 for a summary of survey results including themes from 4 focus groups conducted. There was a subset of questions specified for only youth about the likelihood of participating in the café program. 91 respondents were youth between the ages of 13-24. Youth indicated they would “very likely” engage in the following areas of the program: 29 in leadership skills development; 32 in on the job training; 26 in entrepreneurship.



Based on 2018-19 enrollment figures, 3,553 students from the local high school districts identify as Filipino. At Skyline College, 5,782 of students identify as Asian (with no ethnic subgroup breakdown). Every year, 75-100 Filipino students participate in Skyline College’s Kababayan Learning Community, which is a program that focuses on activities related to the Filipino/a/x, Filipino/a/x American experience and assists students in transferring to a four-year university.

The following represents expected annual reach through outreach, unique visitors at the café, and engagement in the programming. Demographics, referral data, and outcomes, will also be captured to ensure the program is serving its target audience.

- 4000 outreach encounters through direct promotion at the schools
- 2,000 unique visitors at the café
- 300 youth referred to services; 150 receive behavioral health services
- 90 participate in mental health related programming at the café
- 40 youth participate in the full programming at the café (cohort participants)
 - 90% participants develop cultural pride and sense of belonging (includes cohort participants and unique visitors)
- 10-12 - youth hired from target cities, including Daly City
 - 90% youth develop leadership and critical skills: problem solving, teamwork, critical thinking, creativity, etc.
 - 90% youth develop leadership and other skills: advocacy, financial literacy, etc.

E) Describe the population to be served, including relevant demographic information (age, gender identity, race, ethnicity, sexual orientation, and/or language used to communicate).

The social enterprise café will reach out to transitional age youth (16-24) within northern San Mateo County cities of Daly City and South San Francisco that have a high concentration of Filipino youth.

Demographic Indicator ¹⁷	Daly City	South San Francisco	San Mateo County
Total Population	105,543	66,587	754,748
Limited English-Speaking Households	16%	14%	9%
Race Ethnicity			
• Asian	56%	38%	27%
• Black	3%	2%	2%
• Latino	24%	34%	25%
• Pacific Islander	1%	2%	1%
• White	13%	20%	40%
Youth Need Index¹⁸	48	57	24
Percent of Residents Living below 200% of the Federal Poverty Level	22%	22%	20%

¹⁷ U.S. Census Bureau, 2012-2016 American Community Survey 5-year Estimates

¹⁸ San Mateo County Health System, Office of Epidemiology and Evaluation, 2017. The Youth Need Index reflects a combination of factors that impact youth success where higher scores (out of 100 total) indicate higher need. Data include Juvenile Probation and Behavioral Health hot spots, child maltreatment, low birthweight, student reading proficiency, suspensions and poverty.



More specifically, high school districts and colleges in these areas will be targeted. This includes the Jefferson Union High School District (29.7% Filipino) in Daly City, South San Francisco Unified School District (24.2% Filipino) and Skyline College and other secondary institutions. Additional indicators are included below for each of the high school districts to help paint the picture of the youth population to be served.¹⁹

School District	Free or Reduced-Meal Eligibility	Foreign-Born Parents	Student Suspension (per 100 students)	Depression-Related Feelings (11 th grade)	Alcohol/Drug Use Past Month (11 th grade)	Suicidal Ideation (11 th)
Jefferson Union	36.1%	62.0%	7.5	34.5%	34.8%	18.9%
South San Francisco Unified	38.6%	65.8%	4.9	37.6%	33.5%	24.2%
San Mateo County (for comparison)	33.7%	57.3%	3.0	29.5%	36.9%	16.3%

RESEARCH ON INN COMPONENT

A) What are you proposing that distinguishes your project from similar projects that other counties and/or providers have already tested or implemented?

The key things that distinguish the proposed project from other programs include:

- Culturally responsive approach to Filipino/a/x youth. As noted earlier, through the CRDP review of promising practices there was no program explicitly targeting the Filipino/a/x community, this proposed approach is completely rooted in Filipino/a/x cultural values and has cultural identification as a core component of developing protective factors for youth.
- A holistic approach to the youth development programming. Other similar projects typically focus one or two “branches” as presented in the CommuniTREE framework above. The cafe will provide a holistic approach including school-to-career wellness and mental health linkages, cultural identity formation, leadership development through art and financial wellness. This is based on significant community input and vetting on what would support Filipino/a/x youth and their behavioral health outcomes.
- For the social enterprise model, there is no other social enterprise targeting community mental health most are focused on vocational training goals and strategies. The cafe social enterprise will not only impact the youth employed but will provide integrated on-site programming for Filipino/a/x youth in the community.

B) Describe the efforts made to investigate existing models or approaches close to what you’re proposing. Have you identified gaps in the literature or existing practice that your project would seek to address? Please provide citations and links to where you have gathered this information.

¹⁹ Lucile Packard Foundation for Children’s Health, kidsdata.org



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Field and market research were conducted on comparable existing models in our local community and across counties and there are no programs designed specifically to support this population through a social enterprise model. The closest effective model we found was a social enterprise, Old Skool Café, in San Francisco, which is mostly focused on vocational training and not tying in strategies to help cultivate healthy cultural identity formation and its impact on mental health & wellness. Additionally, interviews with leaders in youth focused programming in Northern San Mateo County, such as, executive staff at Daly City Youth Health Center, CIPHER at Skyline College, and Skyline Kababayan Learning Community took place to better understand the gaps in service for this particular population.

In terms of the business aspect of the social enterprise, we met with local business leaders and entrepreneurs (including, but not limited to, Antigua Cafe (South San Francisco), Poke Time (Daly City/San Francisco)/Tuna Kahuna (Burlingame), & Frozen Kuhsterd (San Francisco Bay Area)) to advise on start-up costs and general business consultation.

Market Research

Youth Development and Cultural Centers:

- North San Mateo County: JobTrain & Boys & Girls Clubhouses (Pacifica & South SF) <https://theclubs.org/>
- Pilipino Bayanihan Resource Center <https://www.pilipinobayanihanresourcecenter.com/>
- Liwanag Kultural Center- <https://www.facebook.com/pages/category/Youth-Organization/Liwanag-Kultural-Center-172790176129055/>
- SMC PRIDE Center (San Mateo) <https://sanmateopride.org/>
- California Clubhouse (San Carlos) <https://californiaclubhouse.org/>
- Jewish Community Center (multiple locations- ie. SF) <http://bayareaajccs.org/>
- Mission Cultural Center (SF) <http://missionculturalcenter.org/>
- Indian Community Center (Milpitas) <http://www.indiacc.org/>
- Delancey Street Foundation (SF) <http://www.delanceystreetfoundation.org/>
- Bayanihan Community Center (SF) <https://www.bayanihancc.org/>
- “Elements for Success 2.0” (Daly City) <http://dalycityyouth.org/elements.html>
- CIPHER <https://skylinecollege.edu/cipher/>
- Skyline Kababayan Learning Community <https://www.skylinecollege.edu/kababayan/>

Youth Focused Social Enterprise Models

- Old Skool Cafe(San Francisco) <https://www.oldschoolcafe.org/>
- Mamacitas Cafe (Oakland) <https://www.mamacitascafe.com/>
- La Cocina (San Francisco) <https://lacocinasf.org/>
- Youth Uprising (Oakland), <https://www.youthuprising.org/>
- Crossroads Cafe/Enterprise of Delancey Street Foundation (San Francisco), <http://www.delanceystreetfoundation.org/entercafe.php>
- Brotherhood/Sister Sol: <https://brotherhood-sistersol.org/impact/outcomes>



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- After School Matters(Chicago) <https://www.afterschoolmatters.org/>
- Homeboy Industries/HomeGirl Cafe (LA) <https://www.homeboyindustries.org/what-we-do/homegirl-cafe>

Cafe//Wellness Center Models

- Kafe (Oregon) <https://drinkkafe.com/>
- Por Vida (San Diego) <https://www.porvidacollective.com/>
- The Cultural Wellness Center- Philosophy (Minneapolis) <http://www.culturalwellnesscenter.org/about-us/our-philosophy/>

Gaps in the literature and practice	Proposed intervention
No promising practices for addressing mental health challenges and cultural identity formation amongst Filipino/a/x youth.	The proposed project is a culturally responsive approach to Filipino/a/x youth. The approach is completely rooted in Filipino/a/x cultural values and has cultural identification as a core component of developing protective factors for youth.
No disaggregated data for Filipino youth behavioral health.	The proposed project will measure youth assets and mental health indicators of all youth engaged. While this does not give us community wide data, it will provide a snapshot of how Filipino youth are faring in San Mateo County.
For the social enterprise model, there is no other social enterprise targeting community mental health.	The cafe social enterprise will not only impact the youth employed but will provide integrated on-site programming for Filipino/a/x youth in the community including a holistic approach to the youth development programming. This is based on significant community input and vetting on what would support Filipino/a/x youth and their behavioral health outcomes.



LEARNING GOALS/PROJECT AIMS

The broad objective of the Innovative Component of the MHSA is to incentivize learning that contributes to the expansion of effective practices in the mental health system. Describe your learning goals/specific aims and how you hope to contribute to the expansion of effective practices.

A) What is it that you want to learn or better understand over the course of the INN Project, and why have you prioritized these goals?

Learning Goal #1

Does an integrated approach to a social enterprise that includes on-site programming improve mental health and outcomes for the Filipino/a/x youth engaged?

Learning Goal #2

Does a culturally affirming space increase access to behavioral health and services for Filipino/a/x youth?

Learning Goal #3

Can a holistic social enterprise model improve quality of life indicators for Filipino/a/x youth?

B) How do your learning goals relate to the key elements/approaches that are new, changed or adapted in your project?

As stated prior, the three key differences with the proposed project include:

- Culturally responsive approach to Filipino/a/x youth with cultural identification and cultural values at the core. *(Learning Goal #2)*
- A holistic approach to the youth development programming. *(Learning Goal #1)*
- Social enterprise model targeting community mental health with an integrated approach to engage the broader Filipino/a/x youth community. *(Learning Goal #1)*

An additional Learning Goal #3 related to sustainability of the integrated model of services within a social enterprise is included. The learning goals are directly connected to the needs, strategies (including the approaches that are new in the proposed project) and outputs as depicted in Appendix 1. Theory of Change.



EVALUATION OR LEARNING PLAN

For each of your learning goals or specific aims, describe the approach you will take to determine whether the goal or objective was met. Specifically, please identify how each goal will be measured and the proposed data you intend on using.

An independent evaluation consultant will be contracted and monitored by the MHSA Manager in collaboration with the BHRS program monitor to formally evaluate the innovation project. The following depicts a rough evaluation plan given that the consultant will be hired after the project is approved.

Learning Goal #1 – Mental Health Outcomes

Does an integrated approach to a social enterprise that includes on-site programming improve mental health outcomes for the Filipino/a/x youth engaged?

Due to unavailable baseline data specific to Filipino/a/x youth mental health outcomes, the following indicators will be collected as a baseline and tracked throughout the project to inform Learning Goal #1. Measures and methods could include:

- Number of youths that participate in each programming at the café
- Percent of participants develop cultural pride and sense of belonging, as determined by pre/post survey
- Percent improved mental health (suicide ideation, anxiety, depression), as determined by pre/post screening

Additionally, occasional interviews or planned focus groups with youth that engage with the café can help us determine the **level of satisfaction** and the level of impact the café has had on the youth's **cultural identification** and **emotional health**.

Learning Goal #2 – Access

Does a culturally affirming space increase access to behavioral health and services for Filipino/a/x youth?

Some baseline data exists, while other indicators will be collected as a baseline and tracked throughout the project to inform Learning Goal #2. Measures and methods could include:

- Number referred to behavioral health and social services
- Number that receive behavioral health services (baseline available through Daly City Youth Health Center and BHRS)
- Number that participate in mental health programming as part of the cafe and centralized gathering space.
- Percent decreased stigma and increased knowledge about available behavioral health resources, as determined by pre/post survey.



Additionally, the same occasional interviews or planned focus groups with youth that engage with the cafe and centralized gathering space (mentioned above) can include questions about **mental health needs** and **accessing resources**.

Learning Goal #3 – Social Determinants of Health

Can a holistic social enterprise model improve quality of life indicators for Filipino/a/x youth?

Available baseline data:

- Improved dropout rate and % of graduates that meet University of California (UC) and California State University (CSU) requirements for Filipinos/a/x students
 - Jefferson Union High School District: Filipino/a/x students make up 20% of dropouts and only 42% of graduates met University of California (UC) and California State University (CSU) requirements.
 - South San Francisco Unified: Filipino/a/x students make up 8% of dropouts, and just 19% of graduates met the UC and CSU requirements.

Due to largely unavailable baseline data specific to Filipino/a/x youth quality of life and social determinants of health outcomes, the following indicators will be collected as a baseline and tracked throughout the project to inform Learning Goal #3. Measures and methods could include:

- Number that participate in job/internship, academic support and leadership skills programming
- Improved educational outcomes (suspension, grades, etc.), as determined by pre/post survey

Additionally, **demographics** of youth that engage will be collected and pre- and post-survey to assess **protective factors**, internal strengths and external supports across several contexts of their lives: personal, peers, family, school, and community. Interviews/focus groups with youth can provide more in-depth information about the **impact of leadership, job and other life skills** developed.

Section 3: Additional Information for Regulatory Requirements

CONTRACTING

If you expect to contract out the INN project and/or project evaluation, what project resources will be applied to managing the County's relationship to the contractor(s)? How will the County ensure quality as well as regulatory compliance in these contracted relationships?

All BHRS service agreements (contracts, MOU's) are monitored by a BHRS Manager that has the subject matter expertise. Contract monitors check-in at least monthly with service providers to review challenges, successes, troubleshoot and stay up-to-date on the progress of the project. Additionally, reporting deliverables are set in place in the



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agreements and linked to invoicing. Payments of services are contingent on the reporting. Evaluation contracts are monitored in a similar fashion by the MHSA Manager in collaboration with the assigned BHRS Manager.

COMMUNITY PROGRAM PLANNING

Please describe the County's Community Program Planning (CPP) process for the Innovative Project, encompassing inclusion of stakeholders, representatives of unserved or under-served populations, and individuals who reflect the cultural, ethnic and racial diversity of the County's community.

In San Mateo, the CPP process for Innovation Projects begins with the development of the MHSA Three-Year Plan. A comprehensive community needs assessment process determines the gaps, needs and priorities for services, which are used as the basis for the development of Innovation projects. Appendix 3 describes the Three-Year Plan CPP process for San Mateo County.

Between February and March 2019, a broad solicitation of innovation ideas was launched. Both a flyer and an MHSA Innovation Idea Form were circulated through various means:

- Flyers are sent to/placed at County facilities, as well as other venues like family resource centers and community-based organizations;
- Announcements at numerous internal and external community meetings;
- Announcements at program activities engaging diverse families and communities (Parent Project, Health Ambassador Program, Lived Experience Academy, etc.);
- E-mails disseminating information to over 1,500 stakeholders;
- Word of mouth on the part of committed staff and active stakeholders,
- Postings on a dedicated MHSA webpage smchealth.org/bhrs/mhsa, the BHRS Wellness Matters bi-monthly e-journal and the BHRS Blog www.smcbhrrsblog.org
- MHSA Innovation brainstorming sessions held with groups that requested it (Lived Experience Workgroup, MHSARC Older Adult Committee).

The MHSA Innovation Idea Form requested narrative on the proposed idea/project and information to ensure the idea meets the requirements for Innovation funding. Additionally, in San Mateo County we had the requirement that the idea address the MHSA Three-Year Plan prioritized needs:

- Engagement and integration of older adults across services and prevention activities
- Culturally relevant outreach and service delivery
- Integration of peer/family supports across services and prevention activities
- Integration of co-occurring practices across services and prevention activities
- Engagement services for transition-age youth (mentoring, education, peer support)
- Broader housing options to support individuals across the continuum of care

We received 35 MHSA Innovation Idea Forms, which speaks to the need for innovation in serving some of our most vulnerable communities' needs. All submitted ideas were pre-screened against the Innovation requirements, twenty-one were moved forward to an MHSA Innovation Selection Committee. The committee was made up of diverse clients, family



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members, community service providers and staff. All projects were reviewed and prioritized by the committee and included an Impact/Effort assessment and scoring. Five proposed Innovation ideas moved forward to develop into full Innovation project proposals for approval by the Mental Health Oversight and Accountability Commission (MHSOAC).

On October 2, 2019, the MHSOAC Steering Committee met to review the 5 project ideas and provide comment and considerations for the projects. The MHSARC voted to open the 30-day public comment period and reviewed MHSOAC comments, during the public hearing and closing of the public comment period on November 6, 2019. No other substantive comments were received. All comments and letters of support are included in Appendix 4.

MHSA GENERAL STANDARDS

Using specific examples, briefly describe how your INN Project reflects, and is consistent with, all potentially applicable MHSA General Standards listed below as set forth in Title 9 California Code of Regulations, Section 3320 (Please refer to the MHSOAC Innovation Review Tool for definitions of and references for each of the General Standards.) If one or more general standards could not be applied to your INN Project, please explain why.

Community Collaboration

The planning of the cafe and centralized gathering space involved stakeholders representing various sectors of the community including youth. Initially, the idea was brought forward by the Filipino Mental Health Initiative (FMHI) collaborative. To ensure the process was community informed, a needs assessment was conducted to gather input that would develop the programming. A survey was distributed broadly, and four focus groups were facilitated that targeted specific age groups: youth, adults, and elders. Additionally, individual interviews and meetings were held with gatekeepers and key leaders of the Filipino/a/x community, which include, but are not limited to, executives of non-profit organizations and City and County elected officials. The collaboration with FMHI will continue through implementation of an advisory group.

Cultural Competency

The entire project is rooted in cultural values of Kapwa (“togetherness”) & Ginhawa (“total wellness”) and the understanding that cultural identification is a key protective factor for youth. Programming will leverage art and culture as described above.

Client/Family-Driven

As mentioned above, FMHI will continue to play a role in the implementation of this project. Clients and family members will be engaged in an advisory capacity through FMHI or as independent member of an advisory board. The evaluation contractor will gather input on the evaluation questions and strategies, develop quarterly progress reports to share preliminary findings and gather input from the advisory group.

Wellness, Recovery, and Resilience-Focused

Supporting wellness, recovery and resilience is accomplished through relationships and social networks, flexibility, respect and responsiveness, and taking a holistic approach that



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considers overall health, stable housing, independence, etc. These principles are key to the strategies of the proposed project including the programming that will be offered to Filipino youth in the community.

Integrated Service Experience for Clients and Families

A request for proposal process will select the service provider that will own the contract for these services. Pre-launch planning and ongoing collaboration will be critical to offering an integrated service experience for recipients. Cafe/center staff/mentors will need to be well-informed on the full range of services at BHRS and the community and build relationships with gatekeepers to ensure coordinated referral and warm hand-offs.

CULTURAL COMPETENCE AND STAKEHOLDER INVOLVEMENT IN EVALUATION

Explain how you plan to ensure that the Project evaluation is culturally competent and includes meaningful stakeholder participation.

As mentioned earlier, the evaluation contractor will engage an advisory group of diverse clients, family members and providers to gather input on the evaluation questions, strategies and on quarterly progress reports. Cultural and language demographics will be collected and analyzed as part of the quarterly reports to ensure equal access to services among racial/ethnic, cultural, and linguistic populations or communities. The quarterly reports will be used to inform and adjust as needed the direction, outreach strategies and activities.

INNOVATION PROJECT SUSTAINABILITY AND CONTINUITY OF CARE

Briefly describe how the County will decide whether it will continue with the INN project in its entirety or keep particular elements of the INN project without utilizing INN Funds following project completion. Will individuals with serious mental illness receive services from the proposed project? If yes, describe how you plan to protect and provide continuity of care for these individuals upon project completion.

With a social enterprise, we are establishing a stronger funding source that generates revenue that is allocated towards the centralized gathering space and café sustainability and the programming. In addition, existing programs that specialize in these areas will be leveraged and serve as a platform and space for strengthening and building community partnerships across both the non-profit and business sectors.

The advisory group will be engaged in any needed adjustments of the project. In addition, the MHSA Steering Committee will be a venue for vetting next steps with diverse stakeholders. If the evaluation indicates that the proposed project is an effective means of increasing access to behavioral health services for youth there may be availability of Prevention and Early Intervention (PEI) funding, a proposal of continuation would be brought to the MHSA Steering Committee and the Mental Health and Substance Abuse Recovery Commission for approval and to a 30-day public comment process to secure ongoing PEI funding. Contractors will be asked to develop a sustainability plan as part of their project proposal.



COMMUNICATION AND DISSEMINATION PLAN

Describe how you plan to communicate results, newly demonstrated successful practices, and lessons learned from your INN Project.

A) How do you plan to disseminate information to stakeholders within your county and (if applicable) to other counties? How will program participants or other stakeholders be involved in communication efforts?

MHSA implementation is very much a part of BHRS' day-to-day business. Information is shared, and input collected with a diverse group of stakeholders, on an ongoing basis. All MHSA information is made available to stakeholders on the the MHSA webpage, www.smchealth.org/bhrs/mhsa. The site includes a subscription feature to receive an email notification when the website is updated with MHSA developments, meetings and opportunities for input. This is currently at over 1,500 subscribers.

The BHRS's e-journal, Wellness Matters is published the first Wednesday of every other month and distributed electronically to county wide partners and stakeholders, and serves as an information dissemination and educational tool, with a standing column written by the County's MHSA Manager. The BHRS Blog also provides a forum for sharing and disseminating information broadly. In addition, presentations and ongoing progress reports are provided by BHRS, and input is sought on an ongoing basis at the monthly Mental Health and Substance Abuse and Recovery Commission meeting at the MHSA Steering Committee meeting; at meetings with community partners and advocates; and internally with staff.

Opportunities to present at statewide conferences will also be sought.

B) KEYWORDS for search: Please list up to 5 keywords or phrases for this project that someone interested in your project might use to find it in a search.

- Social enterprise and mental health
- Social enterprise and Social Determinants of Health
- Filipino adolescent youth mental health and prevention
- Cultural Identity and mental health
- Cultural, arts-based holistic programming for Filipino youth prevention



TIMELINE

A) Specify the expected start date and end date of your INN Project

July 1, 2020 – June 30, 2025

B) Specify the total timeframe (duration) of the INN Project

5 years + final evaluation;

- Administration start-up through December 31, 2020
- 4.5 years of project implementation January 1, 2021 through June 30, 2025
- Final evaluation report due December 31, 2025

C) Include a project timeline that specifies key activities, milestones, and deliverables.

The timeline will be negotiated and finalized with the contracted partner agency and may change during implementation:

July 1, 2020 – September 30, 2020

- BHRS Administrative startup activities –RFP and contract negotiations
- Finalize business plan

October 1, 2020 – December 31, 2020

- Project startup activities – Hire Program Director, identify location, purchase inventory/materials for the café, furniture/equipment, licensing, permits
- Establish TRIBE advisory group, hire administrative staff, set up application/recruitment/ training plan for youth staff, identify partners to contract with for workshops & classes offered to youth and community
- Set up infrastructure for implementation/ evaluation and referral system and resources
- Evaluator to meet with contractor, Filipino Mental Health Initiative advisory group and BHRS staff to discuss evaluation plan and tools

January 1, 2021 – June 30, 2021

- Onboarding of staff – training, relationship building, networking
- Determine culturally appropriate outreach and engagement methods
- Begin recruitment of youth employees and planning of soft launch
- Determine schedule of programming, marketing, referral resources and tools
- Evaluation plan finalized including data collection and input tools

July 1, 2021 – December 31, 2021

- Soft launch
- Begin broader outreach and marketing
- Data tracking and collection begins, including qualitative data collection (interviews, focus groups, etc.)
- First evaluation report presented to advisory group for input, adjustments to strategies, tools and resources as needed based on operational learnings to-date and quantitative data available.



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January 1, 2022 – June 30, 2022

- Full launch
- Continue outreach, programming, referrals and warm hand-offs
- First 6 months post- soft launch evaluation report presented to advisory group for input, adjustments to strategies, tools and resources based on operational learnings to-date and quantitative data available.

July 1, 2022 – December 31, 2022

- Sustainability planning begins
- Continue outreach, programming, referrals and warm hand-offs
- Continue evaluation activities

January 1, 2023 – June 30, 2023

- Initial sustainability plan presented, begin exploring options for sustainability expansion (incubator space)
- Begin planning for mentorship opportunities with local entrepreneurs and Mano Po Program
- Engage MHSA Steering Committee and MHSARC through MHSA Three-Year Community Program Planning (CPP) process on continuation of the project with non-INN funds to begin FY 2025-26
- Continue outreach, programming, referrals and warm hand-offs
- Second evaluation report presented to advisory group for input, adjustments to strategies, tools and resources based on operational learnings to-date and quantitative data available.

July 1, 2023 – December 31, 2023

- Launch the mentorship and Mano Po Program
- Identify sustainability options (incubator space)
- Continue outreach, programming, referrals and warm hand-offs
- Continue evaluation activities

January 2023 – June 30, 2024

- Sustainability plan and finalized
- Third evaluation report presented to advisory group for input, adjustments to strategies, tools and resources based on operational learnings to-date and quantitative data available.

July 1, 2024 – June 30, 2025

- Complete evaluation activities, prepare analysis and final evaluation report due to the MHSOAC December 2025
- Finalize replicable best practice model (e.g. toolkit) to share statewide and nationally
- Disseminate final findings and evaluation report



Section 4: INN Project Budget and Source of Expenditures

INN PROJECT BUDGET AND SOURCE OF EXPENDITURES

The next three sections identify how the MHSAs funds are being utilized:

- A) BUDGET NARRATIVE** (Specifics about how money is being spent for the development of this project)
- B) BUDGET BY FISCAL YEAR AND SPECIFIC BUDGET CATEGORY** (Identification of expenses of the project by funding category and fiscal year)
- C) BUDGET CONTEXT** (if MHSAs funds are being leveraged with other funding sources)

BUDGET NARRATIVE

Provide a brief budget narrative to explain how the total budget is appropriate for the described INN project. The goal of the narrative should be to provide the interested reader with both an overview of the total project and enough detail to understand the proposed project structure. Ideally, the narrative would include an explanation of amounts budgeted to ensure/support stakeholder involvement (For example, “\$5000 for annual involvement stipends for stakeholder representatives, for 3 years: Total \$15,000”) and identify the key personnel and contracted roles and responsibilities that will be involved in the project (For example, “Project coordinator, full-time; Statistical consultant, part-time; 2 Research assistants, part-time...”). Please include a discussion of administration expenses (direct and indirect) and evaluation expenses associated with this project. Please consider amounts associated with developing, refining, piloting and evaluating the proposed project and the dissemination of the Innovative project results.

The total Innovation funding request for 5 years is \$2,625,000, which will be allocated out as follows:

Service Contract: \$2,400,000

- \$300,000 for FY 20/21
- \$700,000 for FY 21/22
- \$700,000 for FY 22/23
- \$400,000 for FY 23/24
- \$300,000 for FY 24/25

Evaluation: \$225,000

- \$55,000 for FY 20/21
- \$40,000 for FY 21/22
- \$40,000 for FY 22/23
- \$40,000 for FY 23/24
- \$50,000 For FY 24/25

Direct Costs will total \$2,400,000 over a five-year term, with the first year 20/21 dedicated to start-up and includes all contractor expenses related to delivering the services (salaries and benefits, program supplies, rent/utilities, mileage, transportation of clients, translation services, subcontracts for outreach, etc.).



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Indirect Costs will total \$225,000

- \$225,000 for the evaluation contract with the final report will be due by December 31, 2025. The evaluation contract includes developing a plan, supporting data collection, data analysis and submitting annual reports to the MHSOAC.
- BHRS county business, contract monitoring, fiscal tracking, IT support, and oversight of the innovation project will be provided in-kind to allow at least 4 years of full project implementation in addition to the start-up activities of the contractor.

Federal Financial Participation (FFP) there is no anticipated FFP.

Other Funding N/A

*For a complete definition of direct and indirect costs, please use DHCS Information Notice 14-033. This notice aligns with the federal definition for direct/indirect costs.



BUDGET BY FISCAL YEAR AND SPECIFIC BUDGET CATEGORY*							
EXPENDITURES							
PERSONNEL COSTS (salaries, wages, benefits)		FY 20/21	FY 21/22	FY 22/23	FY 23/24	FY 24/25	TOTAL
1.	Salaries						
2.	Direct Costs						
3.	Indirect Costs						
4.	Total Personnel Costs						
OPERATING COSTS		FY 20/21	FY 21/22	FY 22/23	FY 23/34	FY 24/25	TOTAL
5.	Direct Costs						
6.	Indirect Costs						
7.	Total Operating Costs						
NON-RECURRING COSTS (equipment, technology)		FY 20/21	FY 21/22	FY 22/23	FY 23/34	FY 24/25	TOTAL
8.							
9.							
10.	Total Non-recurring costs						
CONSULTANT COSTS / CONTRACTS (clinical, training, facilitator, evaluation)		FY 20/21	FY 21/22	FY 22/23	FY 23/34	FY 24/25	TOTAL
11.	Direct Costs	\$300,000	\$700,000	\$700,000	\$400,000	\$300,000	\$2,400,000
12.	Indirect Costs	\$55,000	\$40,000	\$40,000	\$40,000	\$50,000	\$225,000
13.	Total Consultant Costs		\$780,000	\$740,000	\$440,000	\$350,000	\$2,625,000
OTHER EXPENDITURES (please explain in budget narrative)		FY 20/21	FY 21/22	FY 22/23	FY 23/34	FY 24/25	TOTAL
14.							
15.							
16.	Total Other Expenditures						
BUDGET TOTALS		FY 20/21	FY 21/22	FY 22/23	FY 23/34	FY 24/25	TOTAL
Personnel (line 1)							
Direct Costs (add lines 2, 5 and 11 from above)		\$300,000	\$700,000	\$700,000	\$400,000	\$300,000	\$2,400,000
Indirect Costs (add lines 3, 6 and 12 from above)		\$55,000	\$40,000	\$40,000	\$40,000	\$50,000	\$225,000
Non-recurring costs (line 10)							
Other Expenditures (line 16)							
TOTAL INNOVATION BUDGET		\$35,000	\$850,000	\$810,000	\$510,000	\$420,000	\$2,625,000



BUDGET CONTEXT - EXPENDITURES BY FUNDING SOURCE AND FISCAL YEAR (FY)

ADMINISTRATION:

A.	Estimated total mental health expenditures for ADMINISTRATION for the entire duration of this INN Project by FY & the following funding sources:	FY 20/21	FY 21/22	FY 22/23	FY 23/34	FY 24/25	TOTAL
1.	Innovative MHSA Funds	\$300,000	\$700,000	\$700,000	\$400,000	\$300,000	\$2,400,000
2.	Federal Financial Participation						
3.	1991 Realignment						
4.	Behavioral Health Subaccount						
5.	Other funding*						
6.	Total Proposed Administration	\$300,000	\$700,000	\$700,000	\$400,000	\$300,000	\$2,400,000

EVALUATION:

B.	Estimated total mental health expenditures for EVALUATION for the entire duration of this INN Project by FY & the following funding sources:	FY 20/21	FY 21/22	FY 22/23	FY 23/34	FY 24/25	TOTAL
1.	Innovative MHSA Funds	\$55,000	\$40,000	\$40,000	\$40,000	\$50,000	\$210,000
2.	Federal Financial Participation						
3.	1991 Realignment						
4.	Behavioral Health Subaccount						
5.	Other funding*						
6.	Total Proposed Evaluation	\$55,000	\$40,000	\$40,000	\$40,000	\$50,000	\$210,000

TOTAL:

C.	Estimated TOTAL mental health expenditures (this sum to total funding requested) for the entire duration of this INN Project by FY & the following funding sources:	FY 20/21	FY 21/22	FY 22/23	FY 23/34	FY 24/25	TOTAL
1.	Innovative MHSA Funds	\$355,000	\$740,000	\$740,000	\$440,000	\$350,000	\$2,625,000
2.	Federal Financial Participation						
3.	1991 Realignment						
4.	Behavioral Health Subaccount						
5.	Other funding*						
6.	Total Proposed Expenditures	\$355,000	\$740,000	\$740,000	\$440,000	\$350,000	\$2,625,000

*If "Other funding" is included, please explain.

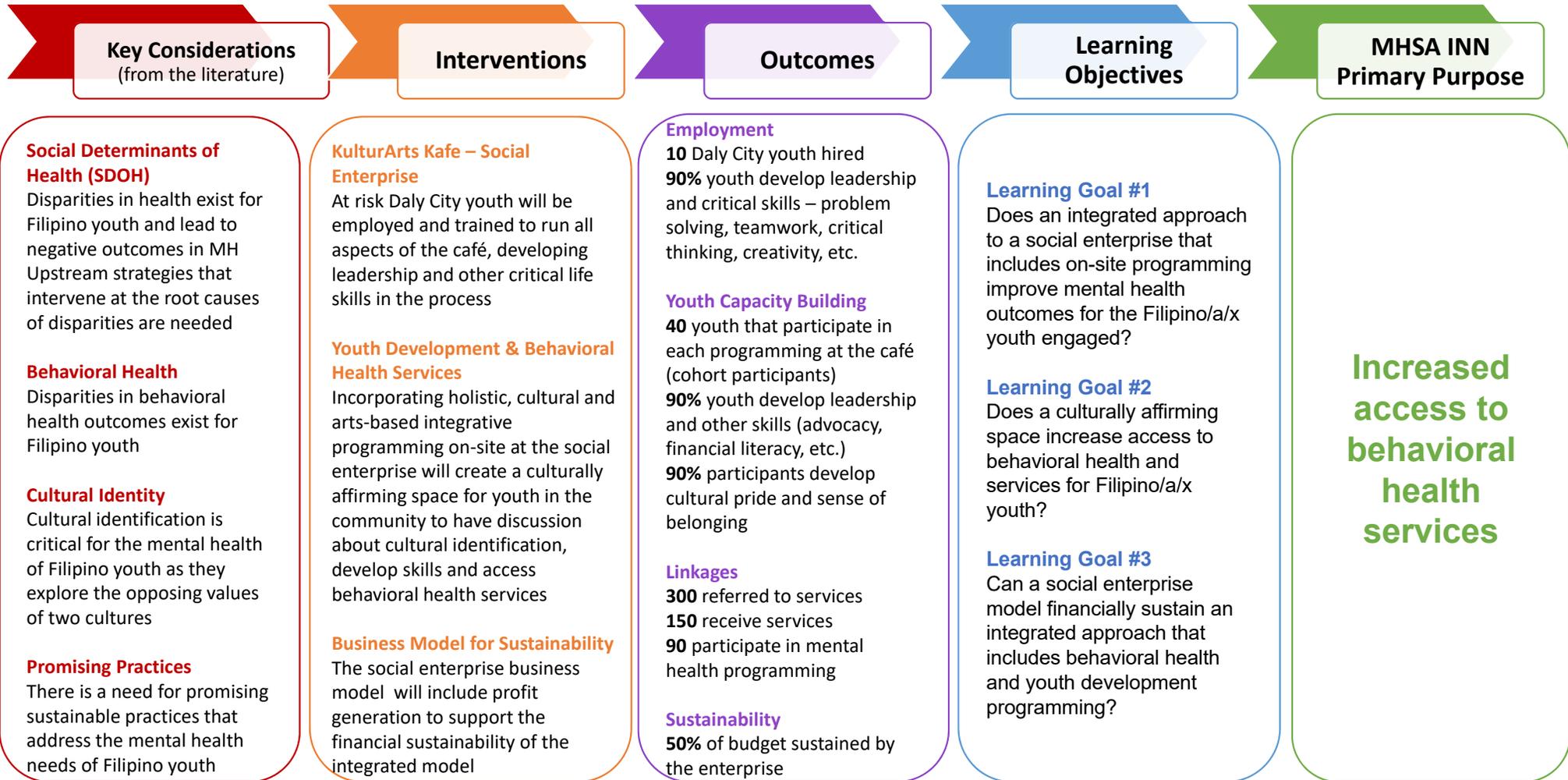


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Appendix 1. Theory of Change

Theory of Change

Primary Problem: High rates of depression and suicidal ideation attributed to cultural identity formation amongst Filipino/a/x youth



Key Considerations (from the literature)

Social Determinants of Health (SDOH)

Disparities in health exist for Filipino youth and lead to negative outcomes in MH. Upstream strategies that intervene at the root causes of disparities are needed.

Behavioral Health

Disparities in behavioral health outcomes exist for Filipino youth.

Cultural Identity

Cultural identification is critical for the mental health of Filipino youth as they explore the opposing values of two cultures.

Promising Practices

There is a need for promising sustainable practices that address the mental health needs of Filipino youth.

Interventions

KulturArts Kafe – Social Enterprise

At risk Daly City youth will be employed and trained to run all aspects of the café, developing leadership and other critical life skills in the process.

Youth Development & Behavioral Health Services

Incorporating holistic, cultural and arts-based integrative programming on-site at the social enterprise will create a culturally affirming space for youth in the community to have discussion about cultural identification, develop skills and access behavioral health services.

Business Model for Sustainability

The social enterprise business model will include profit generation to support the financial sustainability of the integrated model.

Outcomes

Employment

10 Daly City youth hired
90% youth develop leadership and critical skills – problem solving, teamwork, critical thinking, creativity, etc.

Youth Capacity Building

40 youth that participate in each programming at the café (cohort participants)
90% youth develop leadership and other skills (advocacy, financial literacy, etc.)
90% participants develop cultural pride and sense of belonging.

Linkages

300 referred to services
150 receive services
90 participate in mental health programming.

Sustainability

50% of budget sustained by the enterprise.

Learning Objectives

Learning Goal #1

Does an integrated approach to a social enterprise that includes on-site programming improve mental health outcomes for the Filipino/a/x youth engaged?

Learning Goal #2

Does a culturally affirming space increase access to behavioral health and services for Filipino/a/x youth?

Learning Goal #3

Can a social enterprise model financially sustain an integrated approach that includes behavioral health and youth development programming?

MHSa INN Primary Purpose

Increased access to behavioral health services



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Appendix 2. Needs Assessment

Filipino Cultural Arts and Wellness Social Enterprise Need Assessment

A needs assessment was conducted to inform the development of the programming for the Cultural Arts and Wellness Social Enterprise Café for Filipino/a/x Youth. The programming is intended to be a holistic approach to improving youth health outcomes incorporating cultural identity formation, mental health and youth development (leadership, job skills). The needs assessment involved an online survey and focus groups.

Survey Highlights

- **281 Respondents** (68.3% Completion Rate); 45% Self-identified as Filipinx
- **Top 3 Respondent by Age Group:**
 - 20% 13-18 years old
 - 23% 19-24 years old
 - é53% 25-64 years old

Filipinx Culture	Mental Health	Leadership and Job Skills
<input type="checkbox"/> 47 % consider Filipinx culture as “very important”	<input type="checkbox"/> 12% selected mental health as a top community need	<input type="checkbox"/> Respondents would “very likely” participate if the cafe includes:
<input type="checkbox"/> 34% are likely to participate in expressive arts to explore Filipinx cultural identity/history	<input type="checkbox"/> 83% consider mental health as “very important”	<ul style="list-style-type: none">•On the job training - 69%•Leadership skills - 35%•Entrepreneurship - 31%
<input type="checkbox"/> Respondents would like to learn about: <ul style="list-style-type: none">•History - 16%•Food - 16%• Language - 14%• Indigenous healing - 12%	<input type="checkbox"/> Respondents would likely utilize: <ul style="list-style-type: none">•Cultural practices to improve mental health - 69%•Mental health referrals - 67%•Mental health services provided by culturally informed professionals - 42%	<input type="checkbox"/> Type of assistance that respondents considered helpful <ul style="list-style-type: none">•Stress management - 15%•Job/internship resources - 14%•Academic support/counseling - 14%•Money management - 13%

Focus Group Themes

40 Total Participants (Youth Ages 12-24; Adults 25-55; Older Adults 56+)

Participants identified the following as important:

1. Promoting intergenerational connections through activities
2. Mental health education/workshops
3. Creating a safe space to have conversations around mental health
4. Cultural preservation (passing down traditions, food, and practices)
5. Culturally informed/responsive providers (aware of mental health risk factors, Filipino/a/x history)
6. Culturally focused services and environment (Idea that this increases familiarity, connectedness, and sense of belonging. Participants want space to reflect community, as well.)
7. Physical fitness classes (Zumba, yoga, Filipinx martial arts, etc.)
8. Recognize the importance of “kapwa” (togetherness) and collectivist values that include family unity (but also recognize this as a barrier to seeking mental health help)
9. Ease of access (adequate parking and close to public transit lines)



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Appendix 3. Community Planning Process for MHSa Three-Year Plan

San Mateo County Mental Health Services Act

Three-Year Plan FY 2017-2020

Community Program planning (CPP) process

In December 2016, a comprehensive Community Program Planning (CPP) process to develop the MHSa Three-Year Plan was kicked off by our local mental health board, the Mental Health and Substance Use Recovery Commission (MHSARC). Planning was led by the MHSa Manager and the Director of BHRS along with the MHSARC and the MHSa Steering Committee.



A draft CPP process was presented to and vetted by the MHSARC. The MHSARC was asked for their input and comments on the process and what other stakeholder groups should we be reaching out to in each of the CPP Phases.

STAKEHOLDERS INVOLVED

Input was sought from twenty nine diverse groups and vulnerable populations to include perspectives of different backgrounds and interests including geographical, ethnic, cultural and

From the San Mateo County Mental Health Services Act Three-Year Program and Expenditure Plan FY 17-18 through FY 19-20 & Annual Update FY 17-18

social economic, providers and recipients of behavioral health care services and other sectors, clients and their family members. See the full list of input sessions below.

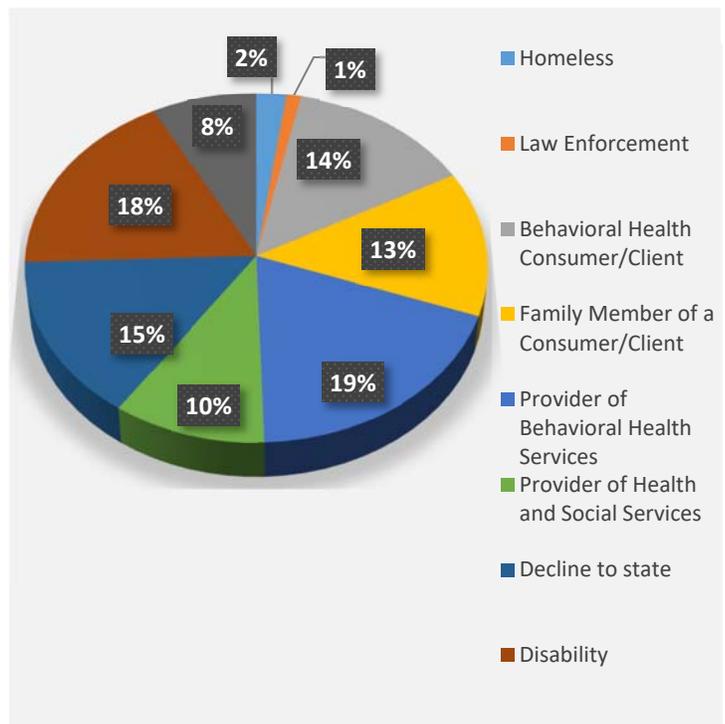
Additionally, a Pre-Launch session was held with clients/consumers hosted by the Peer Recovery Collaborative, a collaborative of peer-run agencies including California Clubhouse, Heart and Soul and Voice of Recovery. At this session information was presented and shared to help prepare clients/consumers for the CPP Launch session where they would be providing input and public comment. Discussion items included, 1) Background on MHSA; 2) What to expect at the CPP Launch session; and 2) How to prepare a public comment.

Extensive outreach was conducted to promote two key public meetings, the CPP Launch Session on March 13, 2017 and the CPP Prioritization Session on April 26, 2017. Flyers were made available in English, Spanish, Chinese, Tagalog, Tongan and Samoan. Stipends to consumers/clients and their family members, language interpretation, child care for families and refreshments were provided at each of these sessions.

Over 270 participated in the sessions, 156 demographic sheets were collected and of these 37% identified as clients/consumers and family members and 36 stipends were provided.

The majority of participants at these two public meetings (64%) represented central and south geographical areas of the county. There are institutional barriers to accessing and attending centrally located public meetings (trust, transportation, cultural and language, etc.). In an effort to account for this, two additional Community Prioritization Sessions were conducted in East Palo Alto and the Coastside. In the future, we will add a community session in the north part of the county as well.

Represented Groups



Input Sessions

Date	Stakeholder Group
12/7/16	MHSARC and MHSA Steering Committee (Input on CPP Process)
2/15/17	MHSARC Adult Committee
2/15/17	NAMI Board Meeting
2/16/17	Filipino Mental Health Initiative
2/21/17	Coastside Community Service Area
2/21/17	Northwest Community Service Area
3/1/17	MHSARC Older Adult Committee
3/2/17	Central Community Service Area
3/2/17	Peer Recovery Collaborative
3/3/17	Diversity and Equity Council
3/3/17	Northwest School-Based Mental Health Collaborative
3/7/17	Pacific Islander Initiative
3/7/17	Coastside School-Based Mental Health Collaborative
3/8/17	AOD Change Agents/CARE Committee
3/9/17	Peer Recovery Collaborative (Pre-Launch Session)
3/9/17	East Palo Alto Community Service Area
3/9/17	Central School Collaborative
3/13/17	MHSA Steering Committee (CPP Launch)
3/14/17	African American Community Initiative
3/16/17	Ravenswood School-Based Mental Health Collaborative
3/17/17	South Community Service Area and Child/Youth Committee
3/23/17	Chinese Health Initiative
3/23/17	Northeast School-Based Mental Health Collaborative
3/28/17	Latino Collaborative
4/10/17	Coastside Youth Advisory Committee
4/11/17	Spirituality Initiative
4/13/17	East Palo Alto (Community Prioritization Session)
4/18/17	Coastside (Community Prioritization Session)
4/19/17	MHSARC Child and Youth Committee
4/20/17	Native American Initiative
4/20/17	Contractor's Association
4/21/17	Latino Immigrant Parent Group
4/24/17	Veterans
4/25/17	TAY recipients of services
4/26/17	MHSA Steering Committee (CPP Prioritization)

PHASE 1. NEEDS ANALYSIS

To build off of the previous Community Program Planning (CPP) process in FY 2014/15, stakeholders including clients, family members, community partners and organizations were asked to think about current services as they relate to the gaps in services identified in FY 2014/15 (listed below), specific service categories and populations served to identify any additional gaps in services:

- Cultural humility and stigma
- Timely access
- Services for peers and families
- Services for adults and older adults
- Early intervention
- Services for children and TAY
- Co-occurring services
- Criminal justice involvement

For Phase I and the initial input sessions, stakeholders were asked the following questions, based on the priority gaps identified in previous years for continuity:

- From your perspective, do these MHSAs effectively [e.g. serve the cultural and linguistic needs of your target communities, address timely access for your target communities, serve the behavioral healthcare needs of clients and families, etc.]? What's working well? What improvements are needed?
Probes: Do these services address principles of wellness and recovery? stigma?
- Are current collaborations effective in reaching and serving target communities? What is working well? What's missing?

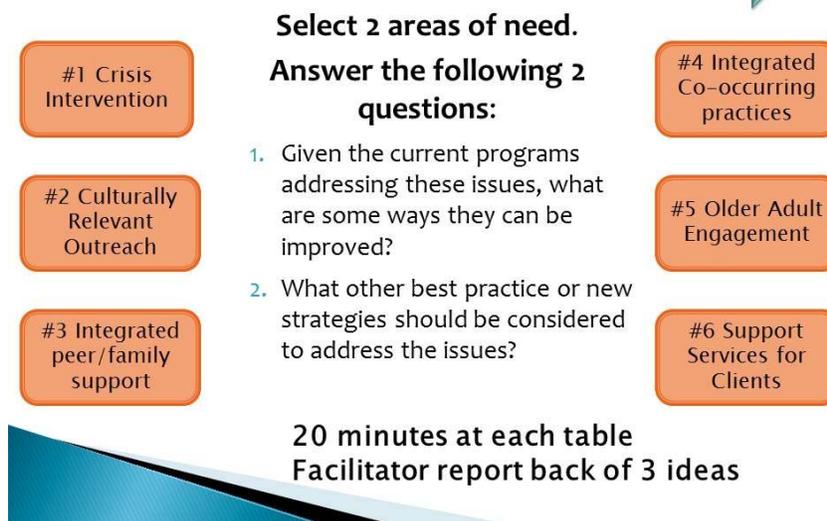
All comments received up to the date of the CPP Launch Session on March 13th were grouped into themes and presented at the CPP Launch. Additional input was sought regarding both the needs/service gaps and whether there were any voices (or communities) missing from the Needs Analysis phase. The CPP Launch Session was a joint MHSARC and MHSAs Steering Committee meeting and included a facilitated community input. Agenda items included 1) an MHSAs Housing proposal for use of unencumbered housing funds 2) public comment from clients, families and community members on priority needs and gaps in mental health services, and 3) breakout groups to begin developing strategies to address the key needs/service gaps identified. About 120 clients, families, community members and stakeholders attended the CPP Launch Session.

PHASE 2. STRATEGY DEVELOPMENT

The Strategy Development Phase was kicked off at the CPP Launch Session on March 13, 2017. Findings from the initial input sessions were shared at the CPP Launch Session including relevant strategy ideas.

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Phase 2. Strategy Development



While the above six need/gaps in services were identified, there was also an overarching theme that arose from the input sessions, which brought to surface common questions in MHSA planning: do we build upon existing MHSA-funded programs or do we create new programs? Input session participants identified the need to consider both. It has been 10 years since the inception of MHSA and most programs have not received additional resources (aside from Cost of Living increases to the contracts) to expand services and/or clients served, especially for those programs that are resulting in positive behavioral health outcomes.

Three key next steps for the CPP process were identified at the CPP Launch Session:

- Additional input sessions with vulnerable populations and key stakeholders identified.
- Additional strategy development sessions in isolated and higher need communities, in particular East Palo Alto and the Coastside/South Coast region.
- Follow up meetings with all MHSA-funded programs to identify priority program challenges, needs and possible strategies to address these.

PHASE 3. PLAN DEVELOPMENT

The final Phase of the CPP Process was kicked off at the CPP Prioritization Session on April 26, 2017. The meeting goals were three-fold:

1. Present strategy recommendations, results from the Community Input Sessions and prepared public comments in support of each recommendation.
2. Provide meeting participants the opportunity to bring forward any additional strategy recommendations and to prioritize the additional recommendations.
3. Prioritize across all strategies proposed (MHSA Steering Committee only) to help identify the recommendations to include in the MHSA Three-Year Plan.



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

Appendix 4. Public Comments



Mental Health Services Act (MHSARC) Steering Committee

Wednesday, October 2, 2019 / 4:00 – 5:30 PM

County Health Campus, Room 100, 225 37th Ave. San Mateo, CA 94403

NOTES – MHSARC INNOVATIONS

- | | |
|--|---------------|
| 1. Welcome & Background | 4:05pm |
| 2. MHSARC One-Time Funds | 4:10pm |
| 3. MHSARC Innovations (INN) Breakout Activity | 4:40pm |

- Innovation funding allows for pilot projects that:
 - Introduce a new practice
 - Make changes to existing practices
 - Apply promising non-behavioral health practices
- A new cycle of funding was launched in January, received 35 ideas, 20 were reviewed by a Selection Committee and 5 ideas moved forward, we will hear about these ideas today.

MHSARC Motion:

Vote to open a 30-day public comment period for the
 MHSARC Innovation Project Proposals

- Isabelle opened the motion
- Chris seconded the motion
- Unanimous vote to open 30-day public comment period

- **Innovation Project Proposals - Input Activity**
 - Select 2 projects you want to learn about (20 min each)
 - Hear from folks who proposed the ideas
 - Ask questions, what do you believe is important to consider in the project
 - At each presentation you will receive a Theory of Change as a reference that identifies key considerations from the literature that supports the interventions
 - Pick two presentations you would like to learn more about



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

INN Breakout - Comments

- **Social Enterprise for Filipino Youth**
 - How would this look?
 - Crossroads café, Antigua
 - Art adorned/ walls/ made by youth
 - Healing in community
 - Pass down cultural food and history which aligns with cultural values
 - Hibiscus turmeric- café will highlight cultural flavors
 - Partnering with local businesses
 - Where is the link to behavioral health?
 - Cultural identity formation
 - Case manager to link to mental health services
 - Café would mainly be connected to network and referrals to mental health linkage
 - Addressing mental health concerns indirectly
 - What age?
 - 16-24 years
 - Older adults/elders' involvement?
 - Leadership from elders- passing down skills
 - Hearing stories from our elders (as healing in community)
 - LGBT+?
 - Yes, will partner with the Pride Center

Please continue to provide public comments through November 6, 2019

- Email: mhsa@smcgov.org
- Phone: Doris Estremera, MHSA Manager (650) 573-2889
- Mail: 310 Harbor Blvd, Bldg E, Belmont CA 94002
- Optional Public Comment Form available on line at www.smcgov.org/mhsa

4. Adjourn

5:30pm

Next Mental Health and Substance Abuse Recovery Commission (MHSARC) Meeting
Closing of 30-day public comment period for MHSA Innovation Projects and Plan to Spend
Available One-Time Funds:

November 6, 2019 from 3:30-5:00pm
County Health Campus, Room 100, 225 37th Ave. San Mateo

Additional Public Comments Received

Received 69 Public Comments (included below) in support of the Social Enterprise Innovation Project Proposal, via online public comment collection tool.

"I would support the development of a Filipino Cultural Center because..."

1. Michael Sagum – October 22, 2019

I want to see a center that focuses on Filipino culture and allows youth to succeed in whatever they aim to do.

2. Victor Morales (Los Angeles) – October 28, 2019

I believe that this Filipino Cultural Center will be very beneficial to the target community because they are an under-served community. If this cultural center were to exist, it would encourage people to access help and overcome the stigma by being helped by like-minded people as well as with people who share the same culture. At the same time, this center would also function to educate people outside of the target community of the Filipino culture.

3. Kim Davalos (San Francisco, San Bruno), Skyline College – November 1, 2019

San Mateo is home to a significant population of Filipinx/Filipinx-American families and have yet to have a place to proudly come into community together. As an educator and counselor at Skyline College which is within the San Mateo District, we foresee many partnerships and collaborations already!

4. Patrick Racela (Daly City, San Francisco) - Kabataan Alliance – November 2, 2019

Community members in Daly City are in dire need of services along the lines of employment support, workers' rights, and immigration services.

5. Jenard Lucky M. Abrena (Daly City), Senior High School student and part of Filipino Barkada Club at Westmoor High School – November 2, 2019

I would support the development of a Filipino Cultural center as I see this place benefiting the Filipino Community and it'll be a safe and fun place for our people/culture to go to. Most of us (filipinos) don't know much about our history and its hard to fit in as most of us either immigrated here or we were born here and just don't know what our culture is about. By having this place in the city that's heavily populated by Filipinos, it will help out the community a lot and it'll be a place were future generations will go and hang and even spread news of events that around the area. Like high schools that have Filipino clubs that are hosting events for their culture or even clubs that are doing fundraiser to help out the people here or back home in the Philippines. So we should we really have a Filipino Cultural Center here in Daly City.

6. John Nguyen-Yap (Oakland) – November 2, 2019

It is imperative to meet the community where they are at especially when trying to break through cultural stigma and lack of understanding of mental and emotional health. The Filipino Cultural Center idea is a wonderful and innovative way to engage the Filipino American community in Daly City and San Mateo County as a whole in their wellness and bring them into the behavioral health services that they will need. Approaching the outreach and engagement through a value of shared identity and shared space speaks to the Filipino American community. The approach of utilizing food, creativity, culture, and skill development as a bridge to wellness and stigma reduction is inspiring and what youth and young adults have been yearning for since I have been working with youth (over 20 years).

7. *Liza Marie S. Erpelo (San Francisco, San Bruno), Coordinator, Kababayan Learning Community at Skyline College – November 3, 2019*

The last time that Daly City and San Mateo County had a Filipino community center with programs specifically geared for the youth was between 2007 - 2012, at the Liwanag Kultural Center in the Hillside Clubhouse in Daly City. During that time, we were able to build through the Pilipino Youth Coalition, the Kalayaan School for Equity, the Downe Organizing Project, and Filipino Graduation (Fil-Grad). We were able to connect students and educators alike across K-12 and colleges/universities and create events and programs together to serve each other and our community. In 2012, the programming for LKC had to be scaled back due to other commitments of the board members, save for the organization LAYA Migrant Youth for Change and Action, so we are long overdue for a new center for our Filipino community.

8. *Camille Santana (Concord), FMHI San Francisco, Center for Babaylan Studies, Kapwa Healing Circle, Los Medanos College – November 3, 2019*

All my life, I have considered and been drawn to the question of what is healing for the Pilipinx community? What does it look like and where and how does it happen? My sister has been struggling with a diagnosis of Bipolar for the last 9 years. our family has been dealing with stress and grief over this and a deep struggle of how do we support someone with mental illness in our family and also with what support and healing do we need as a family and a system? Community healing spaces like the Filipino Community Culture Center is an extremely valuable and needed resource and safety net for Pilipinx youth, their families and future families. I strongly support this healing space for several reasons. I believe people heal in community, in knowing their cultural and ancestral background, through artistic development and expression, and through leadership and vocational development, which I view as deeply tied to one's purpose and sense of self-efficacy and worth. I also view peer counseling as and group counseling and sharing an extremely valuable part of healing for the Pilipinx community.

I am especially concerned about the high rates of suicidality in the Pilipinx community particularly with young people. I personally have been impacted by the suicide of one of my best friends who was Pinay. Again, I cannot stress the importance of FMHI San Mateo's work and all FMHI groups across the Bay Area with examining and supporting access and innovations in mental health treatment and support for the Pilipinx community. There is healing that needs to happen in our community and our cultural resources and perspectives on this healing is extremely needed. This unique approach to healing in the Filipino Youth Culture Center speaks to everything I feel is missing in wellness and treatment of mental health: community, culture, arts, safe space to be in relation with peers, and career and leadership development.

9. *MarLa C. Medina (Daly City, San Francisco) – November 4, 2019*

I think it would be great to have a space where Filipinos and people alike could share skills with each other and collectively create with each other.

10. *Claire Atilano (South San Francisco) – November 4, 2019*

So, the next generations of Filipino can learn about their own culture

11. *Darren Kumasawa (Redwood City) – November 4, 2019*

Although I am not Filipino, I know many people in the Filipino community who have talked to me about this project and are excited to see it developed. I have heard firsthand how the community would benefit from a Filipino Youth Culture Center. Although the focus of the Center would be on the youth, I think all age groups will benefit from the Center and it will help bring the generations closer together. Having a space for at-risk youth to learn new skills and be mentored by supportive adults will help to improve their mental health.

12. Maple Molina (Oakland) – November 4, 2019

It's important for our youth to have a safe place that is accessible to them. It's also very empowering to have a community that is in their cohort that they can relate to and build strong connections and purpose with.

13. Jennifer Valido (South San Francisco) – November 5, 2019

We need it to preserve our culture in the generations to come as well as a deeper representation in a predominantly white community.

14. Christian Carlo Ceguerra (Pacifica) | Kababayan Learning Community – November 5, 2019

Health is not only for the privileged.

15. Rhoel Paragas (Daly City), Anakbayan – November 5, 2019

Counseling or Mental Health

16. Eduardo Unisa Jr. "EJ" (South San Francisco), Student @ Skyline College, Kababayan Learning Community Student – November 5, 2019

I am in solidarity of a creation of a Filipinx Cultural Center. Daly City has the largest concentration of Filipinx folk outside of the Philippines, however there is nothing distinctly Filipino about it. The creation of such will provide resources that our people need and will be able to greatly benefit from. As a S. San Francisco resident, I have spent an ample amount of time of my youth in Daly City because of how close to home it makes my family feel. Having a space to dedicated for Filipinx youth will go a long way in preserving and cultivating our culture and helping usher a new generation of critical-thinking, cultural conscious youth.

17. Leila Sotto-Orquiza (Daly City) – November 5, 2019

As a young woman who grew up with a lack of resources regarding my Filipina culture, I believe having a center would benefit individuals and families regarding wellness and my community.

18. Merve Lapus (Richmond, San Francisco), VP of Outreach and Partnerships, Common Sense Education – November 5, 2019

The Filipino culture has been diluted over the many years due to strategic colonization and natural resources. Despite that, we have always found ways to innovate and carry-on to spread and share the depth of our culture. that resilience is also seen in how the Filipino community will rally to learn and meet the demand for many high needs positions in our community. From farmworkers to nursing in the medical industry, and currently helping to solve the education crisis across so many US cities. There is a reason why Filipinos are so nimble and innovative. Providing a center that allowed for our youth and Filipinos of all ages, and general population of the like to learn more about what makes our Filipino neighbors and community so strong and connected is a much-needed resource for the community.

19. Leila Perreras (South San Francisco) – November 5, 2019

It is important to have a sense of belonging to have human interaction and the ability to build community for my children.

20. Shiraz Karmaz (Pacifica) – November 5, 2019

I believe this cultural center can play a vital role in the community by engaging youth and, importantly, their guardians and seniors to help them gain perspective and education on the complex mental health issues they face. The community youth, the future, need to be empowered to solve the problems they will face as they come up against powerful forces like climate change, economic instability, and student debt that will put a strain on their mental and physical wellbeing. The project can, if marketed and located with care, be a very

accessible and comfortable service that the community can come to rely on. The uplifting cycle it has the potential to create cannot be understated. With each generation passing through feeling more confident and comfortable with their ability to create change, the center will be proven to be well worth the investment.

21. Hazel Benigno, PsyD (Pacifica, San Carlos) – November 5, 2019

Research on health and wellness has repeatedly shown that the best results occur when support is provided in a culturally relevant way. For Filipinx Americans, this is provided amongst community, through a multifaceted approach. The proposed youth community center reframes wellness in a way that looks at holistic well-being, allowing youth to define and follow what wellness means for them on an individual and collective basis. A culturally affirming space would allow young adults to find strength, beauty, and healing within their community. We live in a time when more and more young people are becoming increasingly aware of their intersecting identities. Being able to access an inclusive space that honors and reflects their lived experiences is what provides room for individual and community healing and resilience. As someone who grew up as a Filipina American in the Bay Area, a space that has long been considered diverse, I still felt that my own cultural awareness was lacking for most of my adolescent years. I had to actively seek out and join multiple organizations and extracurricular activities to even have any sense of connection and cultural knowledge. Even then, I didn't get a chance to fully immerse myself in and understand history and culture in a way that felt impactful until my undergraduate years. I had to wait until I was in college and paying a hefty tuition to access any kind of ethnic studies courses. Understanding one's own history and connecting to it should not come with these kinds of barriers. Today's youth deserve an accessible, affirming space that allows them to belong to a culture that is their birthright. I fully support the development of this center on a professional and personal level, and I hope we can count on your support as well.

22. Angeline Tablante (San Bruno, South San Francisco) – November 5, 2019

I fully support the creation of the Filipino Cultural Center, as it would not only provide the younger generations life skills, help foster their creativity and allow them to get familiar with the members of their community, but it would also give them the opportunity to learn about their culture. I was fortunate to have grandparents that exposed me to Filipino cultural arts as a child, and as a result I was able to learn and appreciate my roots as well as make lasting social connections. I believe this helped me become the confident and fulfilled adult that I am. Thus, it would be wonderful to give the younger generations access to learn Filipino cultural arts and the chance for positive effects in their futures. I feel it is important to learn about one's culture as it gives a strong sense of one's identity, and with the understanding of one's identity comes the ability to empathize and desire to help others. I also believe that having the center would promote a sense of belonging, which is important in one's well-being and happiness. I have faith that the center would make a positive impact on the community by providing knowledge to the youth on how to be self-sufficient and emotionally balanced, which in the long run will create leaders and responsible citizens who will participate in making the world a better place.

23. Jazz Lamadora (Daly City, Belmont), FMHI Community Member – November 5, 2019

I fully support the creation of a Filipino Cultural Center because cultural affirming spaces that promote wellness and positive youth development are needed in San Mateo County. Growing up in Daly City, I did not have access to the cultural resources to learn, explore, or celebrate my Filipinx identity. There were limited, if any, age appropriate services and safe spaces available. This was despite living in a predominantly Filipinx community. Instead, I internalized negativity and harmful messaging from my environment. I felt culturally estranged. As a youth, participating in spoken word poetry in other counties allowed me to explore my fragmented sense of self, peel away the masks, and develop internal strength to deal with mental health issues. Writing and performing poetry was my coping skill. It wasn't until moving away to college where I embraced my cultural identity through affirming and engaging spaces that I had the opportunity to participate in. Youth and young people should not have to leave their community in order to receive culturally affirming

services and opportunities. I want my younger siblings and our future leaders to be proud of who they are, where they come from, to learn and challenge cultural norms, to engage in peer dialogue, to have access to spaces that promote wellness and to help them reach their potential. It's prevention and early intervention work. I think an inclusive and inter-generational space is also a powerful way to build community bridges and contribute toward real positive change. What excites me the most about the proposal is the concept of a social enterprise model. The cafe would not only address social determinants of health by providing employment opportunities to at-risk youth, but also raise cultural and mental health awareness to the public using market-based strategies. The Filipino Cultural Center would have incredible potential to increase community access to behavioral health services while reducing stigma. I have talked to many Filipinx and non-Filipinx family members, friends, and acquaintances about the Filipino Community Center proposal. Most of them are surprised that a space like this doesn't already exist given the demographics and community will. Now is the time and the support from the MHS Innovation Fund will truly make it a reality.

24. *Desirae Sotto (Daly City, Belmont) – November 5, 2019*

To find community in this city that has been my home all my life.

25. *Alexis Cuison (Los Angeles) – November 5, 2019*

It's a great to have a Filipino Youth Culture Center in San Mateo County because there are not a lot of outlets/places where Filipino culture is represented in the community. As someone who grew up in the Philippines and have Fil-Am friends who don't necessarily know the culture, it is important to have an understanding of your heritage and knowing your own motherland.

26. *Jillianne Conti (South San Francisco, San Francisco) – November 5, 2019*

"Yes" ... I would support the development of a Filipino Cultural Center

27. *Laarni San Juan, RN, PHN, MPH (San Francisco, Daly City, South San Francisco), Public Health Nurse San Mateo County – November 5, 2019*

From my professional experience as a public health nurse employed by San Mateo County for 21 years and from my own personal experience of dealing with mental health challenges, this innovation project would greatly serve the Filipino community. This unique center would fill the large gap of not having adequate culturally-appropriate support to truly address the complex nature of mental health. Fast-paced medical offices and clinics often focus on physical symptom control i.e. blood pressure and diabetes management, and often overlook the psychological aspect of well-being. Mental health wellness and recovery goes beyond distributing washed-out pamphlets at doctors' offices and pinning xeroxed copies on lobby corkboards. The Filipino Cultural Center would be dressed with inviting decor, have appropriately trained staff, and would be the "go to spot" for solace as well as community gatherings and activities. The ability to be able to go to a familiar space to engage and comfortably participate are very important aspects of wellness in the Filipino community. This kind of innovative space will reach the target community because it is centrally located, easily accessible, and intentional in its plans to truly help and uplift those who need services. The Filipino community deserves dedicated space unique to their perspective and approach to wellness. This innovate project is needed - healing the community this way now will serve future generations to come.

28. *Velba Villanueva (Daly City, San Francisco), Daly City Planning Commission – November 6, 2019*

Filipinos are one of the largest ethnic groups in Daly City. The development of a Filipino Cultural Center would help teach and preserve the Filipino cultural within the community. I can imagine it becoming a safe space for Filipinos who recently immigrated to find resources in a foreign country. And a place also Filipino Americans to learn more about their culture. In general cultural centers are a great way for the community to learn about each other.

29. Craig Wiesner (Daly City, San Mateo) - San Mateo County LGBTQ Commission, Small Business, Owner, Home Owner in Daly City – November 6, 2019

Daly City is blessed to have one of the largest Filipino populations in the country yet we don't have a place where Filipino youth can learn about and celebrate their heritage, overcome the challenges of historic marginalization, support each other and families, and make Daly City and the Bay Area a place where Filipino Americans can thrive today and tomorrow.

30. Janine Ning C. Recio (San Francisco), Voice Actor & Singer/Songwriter – November 6, 2019

Growing up in Daly City in the 80s and 90s, I didn't really have a place where I felt I could explore my creativity outside of school. Creativity is so important in all aspects of life and if fostered at young ages, it really prepares a person to be resourceful and innovative as an adult. Creativity also does wonders for everyone's mental health, both children and adults alike. A child's school life and an adult's working life is often so stressful, that having a place like this where community can gather, but also learn and grow together is so important. There are so many opportunities and experiences that can be opened up to the community with this innovation project. I see it being an exciting prospect for the future of this city, with lasting, positive long-term effects.

31. Krystle Cansino (South San Francisco) LGBTQ Commission, Crisis Services, Junior Apostles for Christ – November 6, 2019

The Bay Area peninsula has a high volume of Filipinos in the area, however there is no center or location where one can go to learn about our history and heritage. I think the cultural center would serve our multigenerational population but also highlight the wonders of Filipino culture for those are eager to learn. We don't have Filipino specific services in the Bay Area. It's been a problem looking for Filipino Tagalog speaking clinicians who are inept to work with our population.

32. Lolita Ortua JAC (San Francisco), retired SFGH Nurse, St. Paul of the Shipwreck – November 6, 2019

It would be nice to have a place where we can go to get services. There are lots of Filipinos in the area that would feel proud to have a center for the community.

33. Tess Cansino (Dublin), Tri-Valley Filipino Community – November 6, 2019

We don't have one. We should have a place where people can go to learn about our culture.

34. Errol Feria (San Francisco, Daly City), Daly City Youth Health Center – November 6, 2019

As the Behavioral Health Manager of the Daly City Youth Health Center, I offer my support for this project as a way to bridge the gap between the clinical aspect and the practical aspect of coping with mental health issues. I imagine a space, like the Filipino Cultural Center, located in the North County of San Mateo, an accessible place for our adolescent clients at the health center to apply the social skills they developed during therapy, practice the life skills learned, find a place to work, or just to have a safe space to visit. I also imagine a strong collaboration between agencies that would enable mental health providers, clinicians, case workers, other professionals, and community members to conduct cross-referrals, develop projects, and share information or ideas for the betterment of our youth and their families in the community.

35. Myan Molina (South San Francisco) – November 6, 2019

Growing up in the Philippines and coming to America at a young age, the transition and assimilation process can be very difficult. The culture shock is real and it can be traumatizing for a lot of folks. Having a cultural center that provides a space for Filipino Americans in the Bay Area is helpful because it's a safe space where our community can not only gather but to also preserve and promote our culture and heritage. A center in Daly City where there's a great population of Filipinos is necessary and I'd love to see it come to life.

36. Kalen Jennings (South San Francisco) – November 6, 2019

A Filipino Cultural Center will provide support to our Filipino community and will be a source of learning and engagement for our whole county to understand and appreciate Filipino culture.

37. Christopher Cansino (Dublin) – November 6, 2019

We don't have one.

38. Michelle Sampior (San Francisco, Bay Area) – November 6, 2019

Having a center where I could have talked about my anxiety as a developing youth would have been helpful. I often dealt with my feelings alone as I couldn't express them at home. Especially those tender high school years where my identity started taking shape, I likely would have been given better tools to help with my self esteem rather than learn them at a distance through other people.

39. Kristine Javier (South San Francisco) – November 6, 2019

We need a safe zone to be able to connect/network with our people, to be able to share stories, help out one another, empower one another.

40. Steve Disselhorst (San Bruno), Our Family Coalition and San Mateo County LGBTQ Commission – November 6, 2019

Daly City has the highest concentration of Filipinos outside the Philippines. Many are recent immigrants or first-generation Filipinos. This community center will provide them a place to connect with others, connect with their heritage, and integrate into the mainstream culture.

41. Monica Ramil (San Francisco), Monica Ramil Therapy – November 6, 2019

A Filipino Cultural Center would be extremely beneficial to the health and wellness of the Filipino community. It would provide a safe space to connect with others, to find resources and to learn about each other. It's so easy to isolate in this day and age; community is needed now more than ever. It is important to share stories, talk about and normalize our struggles and help each other see the strengths we each possess that can be hard to see if we are on our own.

42. Nes Marco Morales (Daly City) – November 6, 2019

I have not experienced services offered for the community. I believe it is very important one to have because a lot of people need mental health support and many are unaware how to manage those conditions. I would benefit as well as I am currently managing my own through a community I had to create for myself and for others over the years. But imagine those who can't do that for themselves would suffer. I believe in the development of a Filipino Cultural Center!"

43. Christian Guerrero (Daly City) – November 6, 2019

A Filipino Cultural Center can address the specific needs of the Filipino American population in Daly City in relevant and culturally-engaging ways that are not yet available in the area. Due to the suburban nature of Daly City, and the limited city funding for expansive health services, alternative forms of support and programming are needed in order to engage the youth. A Filipino Cultural Center will be able to more efficiently address community issues while developing the social and economic capital of the population.

The social enterprise orientation of the proposed project will allow for longer-term and more sustainable programming in the city. I personally have experience with community organizing in the Daly City and have seen the struggles in regard to funding. There was a non-profit with a 501(c)(3) fiscal sponsor called the Pilipino Youth Coalition in Daly City around 2011 which was housed at the Liwanag Kultural Center near Jefferson High School. This organization lost its grant writer, so we transitioned into a volunteer-based grassroots organization called Laya Migrant Youth—paying for rent through income-generating projects and donations. This organization paused operations when volunteers transitioned out of Daly City and we lost the stability of funding. Having seen this, I believe that the social enterprise project proposed by FMHI will be able to support the community through its programming while ensuring long-term operational sustainability due to its funding structure."

44. Crystal Holmes (San Francisco) - November 6, 2019

The Filipino Culture has been a part of this community for years. Bringing a more colorful healing change in helping ppl of all color

45. Yves Augustin (Alameda, San Francisco) – November 6, 2019

It will be very beneficial for the Bay Area diversity due to the strong Filipino presence in the area.

46. Cheryl Martin, LMFT (South San Francisco) – November 6, 2019

We need a Filipino community center because we have the largest area of Filipinos outside of the Philippines and it's a travesty to the Filipinos in the area that we don't have a place to congregate in the area. Having our Filipino people hang out in Serramonte is not enough.

47. Rachelle Banares (South San Francisco) – November 6, 2019

I'm a big believer and teach in the healing arts. It be great to have a space that supports the wellness and preventive health of the community that my not be always be accessible due to cost or feeling judge. For example I'm a yoga teacher and I would love to provide a supportive environment to teach to the community. There such a need for it though classes are expensive or it doesn't cater to the needs of older Filipinos.

48. Carlo Dela Cuesta (San Francisco) – November 6, 2019

I would support the development of a Filipino Cultural Center... To help out fellow Filipinos

49. Ronald Ponferrada (San Francisco) – November 7, 2019

It's a space to collaborate, network, and most importantly share culture knowledge to anyone who would like to spend time with other people's company.

50. Nathan Garcia (Daly City), Kababayan Alumni Student – November 7, 2019

I feel that the center will be very positive for the intended target community in providing a very safe, comfortable, and very educational environment.

51. Camille Pangilinan (Daly City, San Bruno), Skyline Kababayan Learning Community – November 7, 2019

As a Filipino immigrant who has recently moved to Daly City, I feel that it is ironic how Daly City has the highest concentration of Filipinos outside the Philippines yet the support systems available for Filipinos in the community is almost nonexistent. I believe that the development of a Filipino Cultural Center will not only benefit me, but also my fellow Filipinos around the Bay Area.

52. Inna Bleykhman (San Francisco) – November 7, 2019

Education, collaboration, community building, equal representation of this vibrant, talented, and hardworking community.

53. Ashley Byington (Port Charlotte, FL) – November 7, 2019

I am a school counselor and can see a huge benefit to this project. Many students and families I come into contact with need a lot of additional support outside of the school setting, and sadly, the stigma associated with seeking out that support often outweighs the risk of doing so. I think if students and families had a safe place that connected them directly with services that could help, it could make an incredible impact in the lives of those people. A center devoted to the Filipino culture will give its members/visitors the opportunity to receive services that they otherwise may not seek out.

54. Maria Cielo Mellinger (San Diego) – November 7, 2019

Because it's necessary for people to have a safe place where they can share their experiences with others.

55. Ashton Tyler Castillo (South San Francisco) – November 7, 2019

As a fellow Filipinos I think it would be a good idea to have a cultural center to appreciate the whole culture and to be able to educate other people about it.

56. Mark Anthony Estrada (Daly City, San Bruno), Skyline College, Associated Students of Skyline College, CIPHER Learning Community – November 8, 2019

A contemporary space that is built to educate and assist the youth of today is the best thing we could have in my community.

57. Jaelyn Malilay (Daly City) – November 8, 2019

I want to support the development of a Filipino Cultural because it will help young and developing youth to have a place of safety. This will provide them a safe community where they can come and talk to a community who understand their own cultural. Every culture is different and everyone needs that person/community to understand the struggles and happiness that relate to them!

58. Kristine Isidro, RN DPH (San Francisco) – November 8, 2019

Our Filipino community deserves a space to share our own culture in our society and for all nations to embrace our Filipino culture

59. Marianne Millena (South San Francisco), Filipino Student Union President, Pilipino Culture Night Director – November 8, 2019

I believe that I should support the Filipino Cultural Center because it is something that needs more exposure to students like us because we are the future. The more that we learn about our culture, the more that we are able to show who we are and where we came from. I think the goal that Skyline community has accomplished, in my eyes, is that the advisors we're able to open our heart and open our minds to new beginnings. Meaning that they helped me discover that I have a voice and I am capable of being who I want to be as a leader. In this Filipino Cultural Center, I would like to see the same. I have spoken to students who wanted to be in the Kababayan Learning Community (KLC) however changed their minds because they feel like they don't belong, they didn't speak the language, or they think that they're too "FOB." In addition, the things that I have learned in the Skyline, for example, KAPWA, my own grandparents who are traditional filipinos did not know that there was more to this word, they didn't know anything about the core values of Filipinos, which is something that makes me feel different. I support the Filipino Cultural Center.

60. Christian Carlo Ceguerra (Pacifica, San Bruno) – November 9, 2019

Mental Health is as important as Physical Health

61. Serafin Ceguerra (Pacifica) – November 9, 2019

Mental Health is as important as Physical Health

62. Emerlina Ceguerra – November 9, 2019

Mental Health is as important as Physical Health

63. Gene Ryan Pangan Kababayan Learning Community – November 12, 2019

With a vast population of Filipinos in Daly City, there is no formal Location for Filipinos that other people might recognize and developing a Filipino Cultural Center will make relative changes for that issue

64. Myan Molina (South San Francisco) – November 17, 2019

Growing up in the Philippines and coming to America at a young age, the transition and assimilation process can be very difficult. The culture shock is real and it can be traumatizing for a lot of folks. Having a cultural center that provides a space for Filipino Americans in the Bay Area is helpful because it's a safe space where our community can not only gather but to also preserve and promote our culture and heritage. A center in Daly City where there's a great population of Filipinos is necessary and I'd love to see it come to life.

65. Elizabeth Marco (San Francisco), Homeless Children's Network – November 19, 2019

The development of a Filipino Youth Culture Center would be a priceless asset to the Bay Area Community as a whole. There are many barriers for Filipino youth to access information about their own cultures including inter-generational trauma, language barriers, and the pressures of acculturation. I believe that by creating a community space where young Filipinos can nurture pride for their beautiful and vibrant culture will be a valuable resource for them in the future. As someone who grew up in a family of first generation migrants from the PI that created an environment where we were not allowed to speak / ask about our motherland due to the traumas my family endured I would have been incredibly thankful for a space such as this where I could learn to undo these invisible psychic wounds that I was holding in my body. Being able to embrace my culture fully has made me feel like a more whole person and has led me to a place of rich self discovery - I think this cultural center would be able to give that same gift to the youth of San Mateo, enriching their lives and creating beautiful connections.

66. Susan Cordero (San Jose, San Mateo, Hayward), MSW CSUEB & FMHI Intern – November 19, 2019

Growing up in the Bay Area, there were not many Filipinx spaces that I was aware of and none that catering to youth that would also provided access to mental health services. Due to generational trauma and pressures of assimilation, there was so much of my culture that I didn't fully understand and didn't know how to ask my family about as a youth. I didn't have the opportunity to further develop my cultural identity until college, where I was an outlier at a predominantly white college. Thanks to my family's sacrifices and dedication, I was allowed the opportunity and privilege to pursue higher education. These are opportunities and privileges I wish my family had access to as they are amazing, strong, and loving people. They deserve to be celebrated and to have a place that honors and respects our culture; a place to connect with their roots and connect with Filipinx youth who are navigating their own development. The center will beautifully address the needs of the community, including addressing mental health stigma and honoring our ancestry through a holistic perspective.

This is an inspiring project that will benefit so many Filipinx youth and families in the future. I am a huge supporter of the meaningful project and look forward to all of the opportunities it will create for the Filipinx community.

67. Troy Macalindong (Bath, ME) – November 20, 2019

Because of the oppression of being under control of Spain and the United States

68. Alexis Madayag (San Mateo, Menlo Park), Lydian Academy & AM Almighty Visualz & Soundz – December 7, 2019

“Yes... I would support the development of a Filipino Cultural Cente

69. Dorothy R. Santos (San Mateo, Bay Area, Santa Cruz), University of California, Santa Cruz – February, 4, 2019

As a queer Filipina living in San Mateo County for the past five years, I would love to contribute in any way that I can to the community and seeing other Filipinos doing the work through and from within a cultural center would help in building and expanding community.



San Mateo County Health System Behavioral Health and Recovery Services



Cultural Arts + Wellness Social Enterprise Mental Health Services Act (MHSA)

cafe for Filipino/LX Youth

Public Comment Form

Personal information (OPTIONAL)

Name: CLARISSE BAUTISTA Agency/Organization: Fred Finch Youth center
Phone Number: 650-286-2090 x6221 Email address: clarissebautista@fredfinch.org
Mailing address: 126 W 25th Ave, San Mateo, CA 94403

Stakeholder group you identify with:

- Behavioral Health Client/Consumer Family Member X Community Member
Youth/Transition Age Youth Older Adult
Law Enforcement/Criminal Justice Social Service Provider Education/Schools
Behavioral Health Service Provider Other (specify)

Your comments here (please use as many pages as you need):

As someone who identifies as Filipino having a space in the community for cultural arts + wellness is something that I think is incredibly important. I grew up in the East Bay + went to school in San Francisco, so learning about the Bayanhan Center + other Filipino spaces in SOMA taught me a lot + helped me learn more about myself + family. With such a large population of Filipinos in San Mateo county, I was shocked to learn there wasn't already a space created for the community to gather together. Building trust + community can help strengthen bonds + promote compassion, and I believe the creation of this cafe can do just that plus more for the Filipino community. This cafe can open doors, minds, + hearts amongst Filipinos of all ages + has the potential to build more intergenerational understanding which I personally have come to learn leads to better mental health. I'm confident that the creation of this physical space + the different things they want to do with it + in it will be beneficial to the Filipino community because we are a people that frequently

You may also send your comments via email to Doris Estremera, San Mateo County MHSA Manager destremera@smcgov.org, phone call 650.573.2889 or mail Attn: MHSA 310 Harbor Blvd. Bldg E Belmont, CA 94002

San Mateo County Health System
Behavioral Health and Recovery Services

deal with transnational separation, intergenerational misunderstanding,
+ a myriad of mental health/identity issues. A physical
space in SM county where people know they can stop by
or go to will help aid in bridging gaps + provide a
sense of comfort + connection.

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**OFFICE OF THE CITY COUNCIL
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PHONE (650) 991-8008

Toby Ewing
Executive Director
Mental Health Services Oversight and Accountability Commission
1325 J Street, Suite 1700
Sacramento, CA 95814

Dear Mr. Ewing

With a population of over 34,000 Filipina/o/x Americans (FilAm) in Daly City (American Community Survey, 2017), this community represents the largest concentration of Filipinos outside of the Philippines. Although there has been a FilAm presence since the 1960s, there has been a significant lack of services and resources for this community. As a City Council Member, educator, and leader in the community, it is vital to have services that are culturally relevant and responsive for FilAm youth. The opportunity to have a Filipino Cultural Center in Daly City is long overdue and the advantages it presents for empowering and addressing the issues of mental health are essential. I am writing this letter in **full support** for the **Filipino Cultural MHSA Innovation** project being submitted by the San Mateo County Behavioral Health and Recovery Services.

Having a Filipino Cultural Center that focuses on the needs of FilAm youth is crucial based on research that has shown high rates of mental health issues, the stigma of voicing out matters of wellness, and cultural mistrust in obtaining services. As an Ethnic Studies professor who has taught Filipina/o/x American studies over the past two decades at Skyline College in San Bruno, CA, common themes of a lack of a cultural identity; substance abuse; and issues of depression, anxiety, and suicide ideation have been prevalent in my classroom. This is an opportune time where leadership can step up and provide the necessary resources and services for this underserved community.

The potential of having a Filipino Cultural Center in Daly City presents numerous opportunities for creating a leadership pipeline for youth to realize their potential and become active leaders in our community. The social enterprise model can provide youth lifelong skills in professionalism, networks, organizing, leadership, and a cultural identity that can provide purpose and pathways for success. It will allow them to obtain the social, cultural, political, economic, and cultural capital that will allow them to navigate through their personal,

educational, and professional endeavors. This is key in building foundational pillars in developing an identity of confidence, creativity, and service to others.

The opportunities to learn about their history and culture will allow them to understand how their experiences are related to a long legacy of struggle and survival stories in America. It will help them to construct a sense of pride and purpose to continue this narrative of resilience and legacy. By having a space where FilAm youth can discuss, explore, learn, and build with one another has the potential to create a supportive and caring community to bridge between generations, service-learning, and civic agency. According to a 2017 study on FilAm voter turnout, by Filipino Advocates for Justice (FAJ) expressed that 50% of the eligible voting population in San Mateo County vote and the number of young people are vastly underrepresented. The potential of a Filipino Cultural Center can cultivate a space for youth leadership to become connected to the community and become politically engaged.

I fully endorse the proposal for the **Filipino Cultural MHSA Innovation** project submitted by the San Mateo County Behavioral Health and Recovery Services. Their proposal presents the strong need for a Filipino Cultural Center in Daly City and how it will benefit our community. I urge you to support this project and provide the essential resources and services for this underresourced community. If you have any questions, please feel free to contact me via email at councilmemberRod@gmail.com.

Sincerely,

A handwritten signature in black ink that reads "Roderick Daus-Magbual". The signature is written in a cursive, flowing style.

Dr. Roderick Daus-Magbual
Council Member
City of Daly City



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Toby Ewing
Executive Director
Mental Health Services Oversight and Accountability Commission
1325 J Street, Suite 1700
Sacramento, CA 95814

Dear Mr. Ewing:

This letter is to support the **Cultural Arts and Wellness Social Enterprise Café for Filipino/a/x** MHSA Innovation project being submitted for approval by the San Mateo County Behavioral Health and Recovery Services. Fred Finch has served Filipino/a/x children, youth, and families over the past 20 years in San Mateo County and the availability of a Filipino Cultural Center would be a valued and utilized resource for many of our clients. Having culture-specific services and a physical location for our clients and the Filipino community to gather could be invaluable in strengthening cultural identity and sense of belonging. Having a resource such as the Café could help foster a more open and accepting atmosphere to address mental health needs. I fully support the development of this Café.

Sincerely,

A handwritten signature in black ink that reads "Misha Sky" followed by the initials "LMFT".

Misha Sky, LMFT
Program Director
Bridges of San Mateo
Fred Finch Youth Center
126 West 25th Ave
San Mateo, CA 94401



Nate Nevado
Counselor, Skyline College
Executive Director, Rock The School Bells
Coordinator, CIPHER Hip Hop Learning Community
3300 College Drive
San Bruno, CA 94066

November 10, 2019

Toby Ewing
Executive Director
Mental Health Services Oversight and Accountability Commission
1325 J Street, Suite 1700
Sacramento, CA 95814

Dear Mr. Ewing:

This letter is to support the **Filipino Cultural Center** MHS Innovation project being submitted for approval by the San Mateo County Behavioral Health and Recovery Services.

My name is Nate Nevado and I am a counselor at Skyline College in San Bruno, CA. I am also the Executive Director for Rock The School Bells which is an annual Hip Hop educational conference that is aimed to educate middle school and high school youth about the importance of higher education, career exploration, mental health wellness, and social justice issues. Rock The School Bells has been serving the community for the last 12 years and has been replicated at other colleges such as De Anza College, Sacramento City College, and the University of Hawaii in Manoa. We have recently been awarded by the Kent Award for San Mateo County for our intentional work with our students in addressing the educational gaps through curriculum development and pedagogical practices.

Despite the success of Rock The School Bells, there is a significant gap in providing continued support and resources for our Filipino community. It is also important to note while Rock The School Bells is Hip-Hop based and is rooted in Black arts and culture, many Filipino youth and students have identified themselves through Hip Hop culture. In fact, for the last 5 years in my work with the CIPHER Hip Hop Learning Community, nearly 75% of the students I serve in this community are Filipinos. In the CIPHER Hip Hop Learning Community, our students engage in classes that are degree-applicable and

transferable to universities such as English, History, Sociology, and Counseling. These classes are all contextualized in using Hip Hop as a framework to educate students about current events, mental health wellness, social justice issues, identity, financial literacy, and career development. All of our classes generate all of their learning through cultural production such as creating videos such as documentaries, music production, creating artwork, songwriting, and event coordination.

As with any class in college, the experience can last one semester. Students are left with figuring out where they can go to generate new and existing cultural production particularly our students from Daly City. As an educator, I believe strongly that we should not place the responsibility on youth and students to seek for these services and resources; that it is the responsibility of the City and the County to create these opportunities. The Filipino Cultural Center can provide so much for our students who are seeking academic, emotional, and creative outlets. The Center can provide a space, an ocean of knowledge, a pipeline from programs such as CIPHER and Rock The School Bells at Skyline College, where our students can continue to extend their learning outside of school.

I am excited for this intentional and necessary work for our community. As an educator who has been in higher education for the last 15 years and has been one to approach education in new and innovative ways, I have learned that when you create educational and humanizing spaces that fosters sense of belonging and cultural humility and integrity, individuals of all ages can develop a greater sense of self, acquire the practice of agency and advocacy, and develop meaningful relationships intergenerationally.

We appreciate your consideration of the Filipino Cultural Center.

Sincerely,

Nate Nevado
Skyline College
Rock The School Bells

Toby Ewing
Executive Director
Mental Health Services Oversight and Accountability Commission
1325 J Street, Suite 1700
Sacramento, CA 95814

Dear Mr. Ewing,

The LGBTQ Commission of San Mateo County is writing to support the Filipino Cultural Center MHSA Innovation project being submitted for approval by the San Mateo County Behavioral Health and Recovery Services.

The Filipino community is suffering, and it has gone unnoticed for long enough. The effects of colonial mentality have driven the Filipino community to undiagnosed/untreated depression, substance use, cultural identity confusion, oppression, and suicide ideation. There needs to be a solution to this and we believe the proposed Filipino Cultural Center MHSA Innovation project is a start.

Not only can this Filipino Cultural Center support the community break through the cultural stigma and lack of understanding of mental and emotional health, but it can bridge the gap of Western and Eastern practices and be a catalyst for future models of mental health services for minorities. The integrative approach of traditional therapeutic behavioral services to treat the pathologies of an individual with the understanding of emotional suffering as a universal human condition and needing to take an active role in shaping one's psychology provides a balanced approach to mental health. This Filipino Cultural Center would be the first of its kind in San Mateo County and would be pioneers for providing to an underserved population using supportive, creative, and innovative methods. We hope you can join us in supporting to change course of the diverse effects of mental health, mental illness, and mental health services within the Filipino community by approving the Filipino Cultural Center MHSA Innovation project.

Sincerely,



Grant Whitman
Co-Chair



Rebecca Carabez
Co-Chair

Cc: County of San Mateo Board of Supervisors,
Cc: Scott Gilman and Doris Estremera, SMC Behavioral
Health & Recovery Services





**OFFICE OF THE CITY COUNCIL
CITY OF DALY CITY
COUNCILMEMBER JUSLYN MANALO
333 – 90TH STREET
DALY CITY, CA 94015-1895**

Juslyn Manalo, Councilmember
333 90th Street
Daly City CA 94014

November 5, 2019.

Toby Ewing
Executive Director
Mental Health Services Oversight and Accountability Commission
1325 J Street, Suite 1700
Sacramento, CA 95814

Dear Mr. Ewing:

This letter is to support the **Filipino Cultural Center** MHSa Innovation project being submitted for approval by the San Mateo County Behavioral Health and Recovery Services.

My name is Juslyn Manalo, a resident in Daly City, San Mateo County for over 30 years and currently on the City Council for the City of Daly City. As a Filipino American being raised in the Bay Area, it was through support of organizations and programs that gave me the understanding of who I was and what it meant in regards to the word community, to sustain my well-being. The Filipino Cultural Center MHSa Innovation project will change lives, and potentially even save the lives of young people in our community.

The innovation project excites me because it takes a holistic approach to a taboo topic within the Filipino community, most especially with the youth. It is extremely important youth have a safe space, an outlet for creativity and a place they can hone into their leadership skills.

As I look back, through different youth programming, I gained support. The idea of having a place especially geared towards providing mental health services and including programming that serves as a catalyst for a young person to understand who they are, once again feel safe, and gain ownership of their creativity and share it with the community is invigorating.

I have no doubt that this innovation project will reach the target community, especially those who are not accessing services. Mental Health sustainability should be part of our routine but because of stigma and lack of resources, it is not. This program will open doors for those who do not seek services and will hopefully prevent tragedies and teach young people that receiving help is not a weakness but a strength.

The overarching model, looks at every aspect of someone's wellbeing. Through culture, a very significant part of one's self, a wellness social enterprise in itself, is designed to put the youth in the center of the conversation and essentially give a safe space for expression, inner reflection and an outlet with trained professionals who can identify and support these young people.

In the proposal sent, the program is well thought out to include the most important aspects and tools to teach youth in their Wholistic Well-being.

Career Path/Purpose (school-to-career prep)

- Wellness Ambassadors (wellness and mental health linkages)
- Rite of Passage Work (cultural identity formation)
- Leadership Development (i.e. capstone arts-based projects to address mental health & wellness related social issues facing the community)
- Youth Production Line & Management (financial wellness)

I am amazed at the concept of the CommuniTREE which provides a framework which uses a tree as a metaphor to depict the values that ground this work (SOIL), the supports needed (ROOTS) for success, the strategies that will get us there (BRANCHES), the resulting youth capacity (LEAVES) and health outcomes (FRUITS) we expect to impact.

Daly City has a high percentage of Filipino Americans and young people that need the support in their most vulnerable times. I urge you to support the Filipino Cultural Center, MHSA Innovation project as this will impact the community and provide services to those underserved, and in essence provide a life-line for youth to understand themselves, their culture, the mental health resources, tools for them as they proceed into adulthood to pass on to others and the next generation.

Sincerely,

Juslyn C. Manalo