

**TOWN OF LOS GATOS
COMMUNITY HEALTH AND SENIOR SERVICES COMMISSION
SEPTEMBER 26, 2024
IN PERSON LOCATION:
110 EAST MAIN STREET, TOWN COUNCIL CHAMBERS
PHONE IN LOCATION:
30 EGERTON STREET, BRANTFORD, ON, CANADA, N3T 4L5
5:00 PM**

*Eleanor Yick, Chair
Jeffrey P. Blum, Vice Chair
Dick Konrad, Commissioner
George Rossmann, Commissioner
Pradeep Khanal, Commissioner
Martha Sterne, Commissioner
Yilin Fang, Youth Commissioner
Conner Krawez, Youth Commissioner
Matthew Hudes, Council Liaison*

HOW TO PARTICIPATE

The Town of Los Gatos strongly encourages your active participation in the public process. If you are interested in providing oral comments during the meeting, you must attend in-person, complete a speaker's card, and return it to the staff. If you wish to speak to an item on the agenda, please list the item number on the speaker card. The time allocated to speakers may change to better facilitate the meeting. If you are unable to attend the meeting in-person, you are welcome to submit written comments via email to clerk@losgatosca.gov.

Public Comment During the Meeting:

When called to speak, please limit your comments to three (3) minutes, or such other time as the Chair may decide, consistent with the time limit for speakers at a Town meeting.

Speakers at public meetings may be asked to provide their name and to state whether they are a resident of the Town of Los Gatos. Providing this information is not required.

Deadlines to Submit Written Comments:

If you are unable to participate in person, you may email clerk@losgatosca.gov with the subject line "Public Comment Item #_" (insert the item number relevant to your comment). Persons wishing to submit written comments to be included in the materials provided to the Commission must provide the comments as follows:

For inclusion in the agenda packet: 11:00 a.m. the Friday before the Commission meeting.

For inclusion in the agenda packet supplemental materials: by 11:00 a.m. the day before the Commission meeting.

For inclusion in a desk item: 11:00 a.m. the day of the Commission meeting.

Persons wishing to make an audio/visual presentation on any agenda item must submit the presentation electronically, either in person or via email to clerk@losgatosca.gov by 3:00 p.m. the day of the meeting.

CALL MEETING TO ORDER

ROLL CALL

Introduction of New Youth Commissioners

CONSENT ITEMS *(Items appearing on the Consent are considered routine Town business and may be approved by one motion. Members of the public may provide input on any Consent Item(s) when the Chair asks for public comment on the Consent Items.)*

1. Approve Minutes of the August 22, 2024 Special Meeting

VERBAL COMMUNICATIONS *(Members of the public are welcome to address the Community Health and Senior Services Commission on any matter that is not listed on the agenda and is within the subject matter jurisdiction of the Commission. To ensure all agenda items are heard, this portion of the agenda is limited to 30 minutes. In the event additional speakers were not able to be heard during the initial Verbal Communications portion of the agenda, an additional Verbal Communications will be opened prior to adjournment. Each speaker is limited to three minutes or such time as authorized by the Chair.)*

OTHER BUSINESS *(Up to three minutes may be allotted to each speaker on any of the following items.)*

2. Discuss Council Input on CHSSC Annual Report
3. Cancel or Reschedule the November and December Meetings of the CHSSC
4. Discuss if Opportunities Exist for CHSSC Involvement in Community Health Projects
5. Prioritize Proposed Senior Coordinator Duties
6. List of FY24-25 Community Grant Recipients

ADJOURNMENT

ADA NOTICE In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the Clerk's Office at (408) 354- 6834. Notification at least two (2) business days prior to the meeting date will enable the Town to make reasonable arrangements to ensure accessibility to this meeting. [28 CFR §35.102-35.104]



DRAFT
Minutes of the Community Health and Senior Services Special Meeting
August 22, 2024

The Community Health and Senior Services Commission conducted a special meeting in person on Thursday, August 22, 2024, at 4:00 p.m.

MEETING CALLED TO ORDER 4:00 P.M.

ROLL CALL

Present: Chair Yick, Vice Chair Blum, Commissioner Khanal, Commissioner Konrad, Commissioner Rossmann (entered at 4:05p.m.), Council Liaison Hudes

Absent: Commissioner Sterne

Staff Present: Assistant Town Manager Nomura, Director Baker

CONSENT

1. Approve the Minutes of the June 11, 2024 Special Meeting.

The following changes to the minutes were noted:

Add wording "and funded by the Town" to the motion under item 4, pg. 5.

Swap the names Konrad and Khanal on item 6, pg 6.

MOTION: **Motion by Commissioner Yick** to approve the minutes of June 11, 2024 with changes as mentioned. **Seconded by Commissioner Khanal.**

VOTE: **Motion passed 5-0.**

VERBAL COMMUNICATIONS

Opened public comment.

Jackie Ward from LGSRec gave an update on 55+ programs.

Closed public comment.

OTHER BUSINESS

2. Receive Informational Presentation from Los Gatos Thrives Foundation

The CHSSC heard and reviewed the Los Gatos Thrives Foundation's interim progress on its "needs report" for a new Los Gatos Community Center, appreciated the opportunity given to the CHSSC and community to provide input on that report, and encouraged the LGTF to continue its work on finalizing the Los Gatos Community Center's Needs Report.

Opened public comment.

Lee Fagot expressed support of the project.

Stephanie Figeira spoke about the data collection and input methods.

Closed public comment.

3. Approve Minutes of the CHSSC June 11, 2024 Special Meeting

It was noted that this agenda item was duplicative of item 1 and was printed in error.

4. Provide a Recommendation to Town Council Regarding the Senior Services Coordinator Position.

The CHSSC reviewed and discussed the 3 options the Town Staff presented to the Town Council re: an Administrative Assistant, an Administrative Analyst and a Case Manager and the input report submitted by LGSRec 55+ Plus program.

1. The CHSSC agreed that much of the Administrative Assistant position is already being done by the LGSRec 55+ program and they should continue doing so.
2. The CHSSC reviewed the Administrative Analyst position and while it is a more appropriate level of responsibility, it does not exactly capture all the Coordinator Responsibilities envisioned by the CHSSC.
3. The CHSSC noted the Case Manager Position and clarified that the CHSSC already recommended funding up to a 0.5FTE Case Manager position utilizing the grant money that was also used to fund an additional 1.0 FTE position in the Adult Day Care Program.
4. The CHSSC also noted and discussed the report submitted by the LGSRec 55+ Program.
5. The CHSSC furthermore noted that "service providers" cannot be mandated to make changes because they do not come under the purview of the Town. But, it was clarified that any contracts signed between the Town and Service Providers could address this issue.
6. The CHSSC agreed that this new position should be a "pilot, contracted position" in order to fully assess its effectiveness in moving the Roadmap implementation to the next level.

Opened public comment.

Tom Picraux spoke recommending a contractor fill the position.

Closed public comment.

PAGE 3 OF 3

SUBJECT: Draft Minutes of the Community Health and Senior Services Commission
Meeting of August 22, 2024

DATE: September 26, 2024

MOTION: **Motion by Vice Chair Blum** to recommend that the Town of Los Gatos hire, as a pilot program, a contracted 0.8 FTE Senior Services Coordinator whose job responsibilities would include the core ideas presented in the two CHSSC Job Responsibilities documents attached here, and that the Town ensure within its contracts with service providers that a collaborative and collegial working relationship is expected in order to implement an integrated Senior Services model. **Seconded by Commissioner Konrad.**

VOTE: **Motion passed 4-0.**

5. Discuss CHSSC Participation in Screen on the Green.

No Commissioners volunteered to participate at a booth for Screen on the Green.

Opened public comment.

Closed public comment.

ADJOURNMENT

The meeting adjourned at 6:02 p.m.

Respectfully Submitted:

Ryan Baker, Library Director



TOWN OF LOS GATOS
COMMUNITY HEALTH AND SENIOR SERVICES
COMMISSION AGENDA REPORT

MEETING DATE: 09/26/2024
ITEM NO: 2

DATE: September 16, 2024
TO: Community Health and Senior Services Commission
FROM: Ryan Baker, Library Director
SUBJECT: Discuss Council Input on CHSSC Annual Report

RECOMMENDATION:

Discuss Council input on CHSSC Annual Report

BACKGROUND:

The Town Council Received the CHSSC Annual Report on August 6th and provided thoughts and ideas. The Chair has provided their summary of that discussion in the attached notes for the CHSSC to discuss.

ATTACHMENTS:

1. Notes from Chair regarding Annual Report feedback

PREPARED BY: Ryan Baker
Library Director

August 15, 2024

To: CHSSC Commissioners
Fr: Eleanor Yick & Jeff Blum
Re: Annual Report: questions, feedback, suggestion

The Town Council expressed their appreciation and noted that the Annual Report was comprehensive and excellent! Acknowledgement was given to the hard work of all the Commissioners, as well as the Asst. Town Manager Katie Nomura, Staff Liaison Ryan Baker and Service Providers in compiling the report.

Listed below are some anecdotal comments, suggestions, and/or questions about each goal area:

•Goal 1: Welcoming and Inviting Facility

- All the work the LGTF has undertaken thus far was applauded.
- The Council expressed appreciation for the synergy and collaboration between CHSSC and the LGTF.
- Town Council requested CHSSC to suggest any additional repairs/upgrades that could still be made to the Interim Community Center with the remaining budget dollars.
- Town Council discussed whether or not the “new intergenerational community center” should be identified as a Town Project. This would be a big undertaking where roles and responsibilities would need to be developed. Plus, staff would need to be working directly on this project. Typically, if this were to occur, it would be when Strategic Priorities are being developed each year. There was agreement that this was not needed at this time.

•Goal 2: Core Senior Services

•Service Providers: there was discussion about the request made by Service Providers for free use of a room in the interim Community Center to provide more access for seniors. When the Town issued an RFI proposal, only 2 Service Providers responded. But, the CHSSC had received this input from more groups so it feels this is still a worthwhile request but the fees suggested by the Town could be a barrier for some. The Navigator Program in the library is seen as a model for this kind of program.

•Senior Services: Regarding the need for more awareness in the community of Senior Services, the CHSSC realizes that we need to develop a greater presence in the community not only via increased use of social media to promote programs but for programs to be more advertised in print and local newsletters, i.e. the Town’s Newsletter.

•Goal 3: Communication and Engagement

•HUB: The development of the HUB and its on-going updates has proven to be a very effective way to communicate and engage not only with seniors but also other age groups. The HUB receives an average of 350 clicks per month. CHSSC is interested in increasing awareness of the HUB as evidenced by increasing numbers of clicks.

•The Print: The publication of the monthly LGSRec’ 55+ program’s, *The Print*, effectively promotes senior engagement and awareness.

•The Outlook: delivered to all senior households in LG each month provides more awareness of senior programming and services.

ATTACHMENT 1

*The Los Gatan and the LG Weekly: articles are published in these two newspapers frequently advertising senior services. One Commissioner publishes an almost weekly article in The Los Gatan.

•HUB: The CHSSC will be working to increase awareness of the HUB by additional advertising on social media sites, producing some hard copy flyers, etc.

•HUB – suggestions have been made of additional links on the HUB, which the CHSSC will work with LGS Rec 55+ program, to implement.

•**Goal 4: Volunteer Support and Engagement**

•Volunteer: maybe change approach – have local, non member Service Providers provide info on volunteer needs (perhaps another mini Resource Fair.)

•Volunteer: Maybe low tech solution – produce a binder of the HUB and place them strategically throughout the community for easy access.

•Volunteer - Another approach – link to a general page for people going thru transitions and label various volunteer opportunities such as: looking for social interaction, contribute to my local community, help the less fortunate, promote literature, art, etc., preserve the town, put on an event, clean up the community.

•CHSSC recommendation: full time Senior Services Coordinator is needed to make this goal fully achievable.

•**Goal 5: Enhanced Transportation Options**

•Taste & Ride Outcomes – this program was highly praised and appreciated. It was suggested that the main outcomes for each Ride and Taste participant should be that each person learns how to read a bus schedule, learns where the bus stops are located, gets a self-paid or free clipper card, and uses public transit in the future.

•Ride and Taste Funding was clarified. This first year, Complete Streets and Transportation Commission funded the first ride and then Sassy funded the rest of the year. CHSSC was interested in supporting it via our budget but the new Town policy does not allow for donations to another entity.

•The use of Commission budgets was discussed. The new policy was just developed and the issue of donations can be re-examined to possibly include such donations because that was not the expected intent or outcome of the new policy. It was noted that LGTF has applied for a Town grant to ensure funding for this program.

•Senior Signage: - clarification was requested regarding the need for more senior signage. An example given was needed signage to the many walking trails in Los Gatos. Most people do not know about them. A link could also be developed on the HUB re: these trails and/or more info could be included on signage to the parks. Perhaps, the Taste and Ride could point out trails or maybe even drop off for a short walk on one of the trails.

•Highway 17 Interchange: Town inquired if most people are aware of the extensive redevelopment of the H'way 17 interchange with Sar-Sunnyvale Road that is in the works. It is a long term project which most people do not seem to be aware of. It needs to be advertised and highlighted more. It will definitely improve safety at that interchange/intersections.

•**Goal 6: Senior Housing Options and Information**

•Housing Report – it was decided that work on this Goal Area be delayed until the Town’s Housing Element was approved. Since that has occurred, the editing/updating of the Town Housing Report (which one can access from the HUB) will begin. The Town also requested that in addition to the basic editing/updating, that the needs of the Senior Community in terms of what kinds of housing they feel is needed or desired be addressed. If any gaps in the kinds of housing are found, they should be noted as well as responding to : Do we need to build more affordable or some other kinds of housing?

•**Goal 7: Integrated Governance, Funding, and Accountability**

•The CHSSC Goal 7 Task Force has taken first steps in developing a matrix of accountability. Some Service Providers have pushed back on reporting details needed to assess effectiveness and accountability because **they report to their primary organization and/or the Town Council.**

•Funding and Sustainability: Three of our local Service Providers all expressed concerns about their funding and its impact on program sustainability. A question was raised about the One Million Dollar Grant LGS Rec55+ program was awarded and its impact on this issue. The CHSSC was surprised to learn that not all of that money will go towards the 55+ program; rather it will be used more broadly to support older services throughout the community. When asked if the CHSSC could, in our role of assessing program accountability, determine how much is being used specifically to support the LGS Rec 55+Program, it was explained that the CHSSC does not have access to that level of budgetary detail.

•**Suggestions, Requests, Recommendation:**

•Youth Commissioner: has been an on going problem for the CHSSC. Clarity is needed re: expectations of attendance and participation. Ironically, when a recent group of Youth Commissioners was polled – most expressed interest in CHSSC. Ideas: identify project(s) for the Youth Commissioner to do, such as: liaison with school PTA, social media advertising, etc.

•CHSSC recommended that a full time Senior Services Coordinator be funded in order to bring the implementation of the Roadmap to the next level. There was an extensive discussion about this recommendation in the agenda item labeled re: Provide Direction on Senior Services Coordinator Options. The final recommendation was to send this item back to the CHSSC to get their input/recommendation working together with the LGSRec’s 55+ Program. This item will be agendaized on the CHSSC meeting on Aug. 22, 2024.



TOWN OF LOS GATOS
COMMUNITY HEALTH AND SENIOR SERVICES
COMMISSION AGENDA REPORT

MEETING DATE: 09/26/2024
ITEM NO: 3

DATE: September 16, 2024
TO: Community Health and Senior Services Commission
FROM: Ryan Baker, Library Director
SUBJECT: Cancel or Reschedule the November and December Meetings of the CHSSC

RECOMMENDATION:

Cancel or reschedule the November and December meetings of the CHSSC.

DISCUSSION:

The CHSSC's regular meeting in November is scheduled for Thanksgiving Day. The CHSSC's regular meeting in December is scheduled for the day after Christmas. Town offices will be closed on both of these days.

Staff recommends that the meetings be officially canceled, or rescheduled.

PREPARED BY: Ryan Baker
Library Director



DATE: September 16, 2024
TO: Community Health and Senior Services Commission
FROM: Ryan Baker, Library Director
SUBJECT: Discuss if Opportunities Exist for CHSSC Involvement in Community Health Projects

RECOMMENDATION:


Discuss if opportunities exist for CHSSC involvement in community health projects.

BACKGROUND:



The Chair has requested that the Commission discuss opportunities for involvement in community health. The following excerpt outlines the one goal and seven polices addressing health that were adopted by Town Council as part of the 2040 General Plan:



6.13 Healthy Community


A healthy community promotes a positive physical, social, and economic environment that supports the overall well-being of its residents. While other parts of the General Plan also touch on aspects of health and quality of life, the purpose of section is to promote a healthy lifestyle and improve residents' quality of life.


 *Outdoor activity is also part of a healthier community. Bicycle and pedestrian options are covered in Section 5.2 (Bicycle and Pedestrian Facilities) in the Mobility Element and in Section 6.2 (Parks and Recreation) in the Open Space, Parks, and Recreation Element.*

The following goal and policies address health in Los Gatos.

PFS-26 Ensure all residents have access to healthy foods, including plant-based options.
 

PFS-26.1 Healthy Food Options
  Encourage farmer's markets and healthier food options within neighborhoods or near child-oriented uses (e.g., schools, day care, and parks).

PFS-26.2 Limit Concentrations of Alcohol and Tobacco
 Establish zoning code requirements to guide locations and restrict concentrations of businesses selling alcohol and tobacco near sensitive land uses.

PFS-26.3 Healthier Diet Options
 Support programs that guide healthier diet and plant-based eating options within the community.

PREPARED BY: Ryan Baker
Library Director

PFS-26.4

EJ HC

Support Santa Clara County Efforts

Support Santa Clara County efforts and public health programs that improve access to healthy foods, address food inequities, and provide food education to help residents make healthier food choices.

PFS-26.5

EJ HC

Support Acceptance of Government-Issued Vouchers

Support the acceptance of Government-issued food vouchers (such as WIC and Cal FRESH) via an Electronic Benefit Transfer (EBT) card at food retailers and farmers markets.

PFS-26.6

HC

Healthy Food at Government-sponsored Events

The Town shall provide healthy foods at Town-sponsored meetings and events when food is provided.

PFS-26.7

HC

Nutritional Vending Machine Options

The Town shall encourage nutritional options for vending machines in Town-owned and leased locations.

If the CHSSC wishes to be involved in any of these adopted policies, staff will present the request to the Town Council for direction.

Additionally, the Chair has asked for a 2023 CHSSC Mental Health Report (Attachment 1), and the Vice Chair has asked for the supplemental mental health program and class information (Attachment 2) to be included with this document as background information only. Staff notes that mental health falls under the purview of the County, so these attached documents are to be received as informational.

Attachments:

1. 2023 CHSSC Mental Health Report
2. Program and Classes to Assist Youth

LOS GATOS BEHAVIORAL HEALTH REPORT

Prepared by the Community Health and Senior Services Committee (CHSSC)

Commissioner George Rossmann and Commissioner Jeff Blum

February 28, 2023

I Background

During the past several years there has been a significant decline in behavioral health (BH), including mental health (MH) and substance use (SU), throughout our county across all age groups. Community Health Needs Assessments (CHNAs) by numerous health care providers and the Santa Clara County (SCC) Public Health Department captured that decline. Locally, according to a recent survey of Older Adults in Los Gatos (CASOA) conducted by SASCC, 21% of the respondents reported mental health challenges. Another county survey found that about 30% of residents over age 60 live with depression and 80% said they do not have access to quality mental health care. Mental health issues also affect early adult and middle age residents, the missing middle, who struggle to find therapists. CASSY and ASPIRE have reported a significant increase in depression among Los Gatos students.

II Local Needs Assessment

Service providers and community organizations are doing heroic work every day to support the mental health of youth, adults, and seniors. While different groups address different parts of the problem and implement different solutions, all of them face significant challenges. A number of these groups were interviewed over the past few months to help answer the following basic questions:

- What initiatives should Los Gatos undertake to advance behavioral health in our community?
- How should the town respond to the increasing demand for services across all demographics?
- Are there things the Los Gatos community can do to destigmatize mental health issues?
- What community outreach programs work?

Interviews were held with the following individuals and typically lasted an hour per interview.

Marico Sayoc, Executive Director of CASSY
Joseph Sandoval, Jonathan Cowan, and Lauren Johnson, El Camino Hospital
Jeannie Anderson, Good Samaritan Hospital
Matt Savage and Joe Simitian, Santa Clara County Supervisor's Office
Margaret Obilor and Elania Reis, SCC Behavioral Health Services Department
Vic Ojakian, National Alliance on Mental Illness
Jere King, Children's Health Council
Jason Noriega, Momentum for Mental Health
Anna Nguyen, ACT for Mental Health

In addition to these interviews, an extended discussion with service providers was held at a Los Gatos/Saratoga Service Providers Quarterly Meeting to explore services and resources needed. The SASCC Health Fair 2022, Stop The Stigma, gave us the opportunity to engage with additional providers as they endeavored to respond to questions and concerns raised by attendees.

III Behavioral and Mental Health Ecosystem in Los Gatos, a Service Assessment

After gathering data from the array of sources summarized above, the Commission analyzed the results and determined that Los Gatos, and in fact the entire West Valley, needed to improve access to mental health care. Our current assessment is that there is:

- Insufficient provision of behavioral health services
- Insufficient live therapy sessions, which are important for building trust
- Inadequate supply of licensed clinicians, social workers, and case managers
- Difficult to navigate county service tools and no tools available in Los Gatos
- After school programs, long term counseling, and parent workshops need expansion

IV Summary of Suggestions from Needs Assessment

- Consider ways to make services better known, easier to access, and feel “local” - hubs, fairs, flyers, forums, webinars.
- Find ways to optimize service provider assignment to leverage scarce resources.
- Develop a physical location in town to serve as a mental health resource center. Include a physical setup for telehealth operations.
- Develop programs that teach older adults how to navigate the mental health landscape and select a mental health provider.
- Find ways to structure financial partnerships with mental health service providers.
- Deepen youth and family support programs, programs that educate parents, and those that enable long term counseling.
- Support the development of after school counseling programs such as ASPIRE and allcove.
- Encourage the expansion of respite care and storytelling for seniors.
- Increase collaboration by affiliating with regional entities and jointly sponsoring activities.
- Seek funding from county/state/MHSA sources for pilot programs to advance MH services.
- Expand county MH outreach with an access point or satellite operation in Los Gatos.
- Expansion of outpatient therapy would have a significant impact.
- Facilitate the development of peer-based support groups – widows, drug users, jail moms, etc.

V. Potential Funding Sources and Collaborations

In an October memorandum, SCC Supervisor Simitian requested that the Board of Supervisors develop options for improving access to mental health care in the West Valley. This could include partnering with one of more community organizations and SCC financing of pilot studies through the Mental Health Services Act. The possibility of such a partnership has taken a major step forward recently with the announcement of the county undertaking a feasibility study to bring a Valley Health Center clinic to the De Anza Community College campus in Cupertino.

The El Camino Hospital Foundation expressed an interest in fundraising initiatives and special events that would support mental health programs such as ASPIRE. El Camino offered to present some of these ideas to the CHSSC and town council.

CASSY has expressed an interest in creating a program in Los Gatos similar to the one it developed in Ravenswood with support from donors and developers.

The Los Gatos Senior Services Committee has proposed establishing a 501(c)3 nonprofit to support fundraising for seniors services. A similar approach could be utilized for mental health services.

VI Recommendations

Some of the suggestions can be implemented with little additional cost to the town. Others require investment, but there are means to limit its extent. For example, the Los Gatos Town Council created a Senior Services Committee over a year ago to examine the longer-term needs of its older adult community. It developed a 10-year roadmap for revitalizing senior service in Los Gatos. With support from Santa Clara County, surrounding communities, and engaged service providers, a similar plan could be developed for mental health services in the West Valley. The town should encourage and become actively involved in any effort to develop such a plan. There is already evidence of momentum at the county level.

The CHSSC should take the initiative by creating a subcommittee to prepare a mental health services roadmap. The subcommittee ought to invite expert guests from the County Behavioral Health Services Department and the population of local service providers to contribute. Some key elements of the roadmap will be education, outreach, and service integration. The CHSSC should also assist CASSY in developing a proposal for improved case management of youth mental health services in Los Gatos.

The town ought to actively explore the possibility of a local service network by allocating space for a county satellite operation and providing a facility to support telehealth operations.

Programs and Classes to Assist Youth with Mental Health Issues

Here are some programs and classes that can equip college students and adults to support young people's mental health:

Mental Health First Aid (MHFA)

- **Youth Mental Health First Aid (YMHFA):** This program teaches individuals how to identify, understand, and respond to signs of mental illness and substance use disorders in young people.
- **Mental Health First Aid for Adults:** Similar to YMHFA, this program focuses on adults who may be experiencing mental health issues.

Crisis Intervention Training (CIT)

- **CIT:** This training provides individuals with the skills to de-escalate situations, recognize signs of crisis, and connect people in crisis with appropriate resources.

Peer Support Training

- **Peer Support Training:** This training helps individuals develop the skills to provide emotional support and guidance to others.

Counseling and Psychology Programs

- **Counseling and Psychology Programs:** Many universities offer counseling and psychology programs that include coursework on child and adolescent development, mental health, and therapeutic techniques.

Online Courses and Certifications

- **Online Courses:** Platforms like Coursera, edX, and Udemy offer online courses on mental health, crisis intervention, and related topics.
- **Certifications:** Organizations like the American Red Cross and the National Council on Alcoholism and Drug Dependence offer certifications in mental health first aid and crisis intervention.

Organizations Offering Training

- **National Alliance on Mental Illness (NAMI):** NAMI offers a variety of training programs, including Mental Health First Aid and Family-to-Family Education.

- **Crisis Text Line:** Crisis Text Line offers training for volunteers to provide support via text message.
- **The Jed Foundation:** The Jed Foundation offers a variety of programs and resources to help prevent suicide and promote mental health on college campuses.

Federal Programs

- **Substance Abuse and Mental Health Services Administration (SAMHSA):** SAMHSA offers grants to states and territories to support the development and implementation of youth mental health programs, including volunteer training.
- **Department of Education:** The Department of Education often funds programs in schools that provide mental health support, including volunteer training for school staff and community members.

State and Local Programs

- **Department of Mental Health:** State departments of mental health often offer training programs for volunteers who want to work with youth experiencing behavioral health issues.
- **Community Mental Health Centers:** These centers, usually funded by state or local governments, often provide volunteer training programs and opportunities.
- **Schools:** Many schools offer volunteer programs or partnerships with community organizations that provide training for volunteers to work with students.
- **Youth Development Programs:** Programs like Boys & Girls Clubs or YMCA may offer volunteer training related to mental health support.
- **West Valley Community College offers several courses that could be relevant for individuals interested in working with youth who have behavioral health issues.**
- While the college doesn't have a specific program dedicated to youth mental health volunteering, the following courses could provide valuable knowledge and skills:

- **Psychology courses:** These courses can offer a foundational understanding of human behavior, mental health, and developmental psychology.
- **Counseling courses:** Courses like Counseling Theory and Practice can provide insights into counseling techniques and therapeutic approaches.
- **Child development courses:** These courses can help you understand the developmental stages of children and adolescents, as well as potential behavioral issues that may arise.
- **Social work courses:** Social work courses can provide knowledge about social systems, human services, and advocacy for vulnerable populations.

Course Template: Training Volunteers to Assist Youth with Behavioral Health Issues

Course Title: Youth Mental Health Support Volunteer Training

Course Objectives:

- To provide volunteers with a basic understanding of common mental health issues in youth.
- To equip volunteers with effective listening and communication skills to build rapport with young people.
- To teach volunteers how to provide support and resources to youth experiencing mental health challenges.
- To promote empathy, understanding, and non-judgmental attitudes towards youth.

Course Outline:

Module 1: Introduction to Youth Mental Health

- Definition of mental health
- Common mental health issues in youth (e.g., anxiety, depression, ADHD, eating disorders)
- The impact of mental health on young people's lives
- Stigma and discrimination associated with mental health

Module 2: Effective Communication and Listening Skills

- Active listening techniques

- Empathetic responses
- Non-verbal communication
- Building rapport and trust

Module 3: Understanding and Addressing Youth Needs

- Recognizing signs and symptoms of mental health distress
- Providing support and encouragement
- Offering resources and referrals
- Crisis intervention and safety planning

Module 4: Self-Care and Burnout Prevention

- The importance of self-care for volunteers
- Recognizing signs of burnout
- Strategies for managing stress and maintaining well-being

Course Activities and Methods:

- Lectures and presentations
- Group discussions and role-playing
- Case studies and scenarios
- Guest speakers (e.g., mental health professionals, youth advocates)
- Interactive workshops and activities

Course Evaluation:

- Pre- and post-course assessments
- Participant feedback surveys
- Observation of volunteer interactions with youth

EXAMPLE:

Lecture Topic: The Impact of Social Media on Youth Mental Health

Introduction:

- Brief overview of the increasing prevalence of social media use among young people
- Discuss the potential benefits of social media (e.g., connection, information, entertainment)
- Highlight the potential risks and negative consequences of excessive social media use

Body:

- **The Impact of Social Comparison:**
 - Discuss the concept of upward social comparison and how it can contribute to feelings of inadequacy and low self-esteem
 - Explore the role of curated online identities and the unrealistic expectations they can create
 - Highlight the importance of fostering positive body image and self-acceptance
- **Cyberbullying and Online Harassment:**
 - Define cyberbullying and its different forms (e.g., flaming, trolling, impersonation)
 - Discuss the psychological impact of cyberbullying on victims, including anxiety, depression, and suicidal thoughts
 - Emphasize the importance of bystander intervention and reporting harmful online behavior
- **FOMO (Fear of Missing Out):**
 - Explain the concept of FOMO and how it can lead to constant comparison and feelings of isolation
 - Discuss the negative effects of excessive social media use on sleep, attention span, and academic performance
 - Encourage healthy social media habits, such as setting limits and taking breaks
- **Privacy and Safety Concerns:**

- Discuss the risks of sharing personal information online and the importance of privacy settings
- Highlight the dangers of online predators and the need for digital literacy skills
- Emphasize the importance of parental supervision and guidance in online safety

Conclusion:

- Summarize the key points discussed in the presentation
- Encourage healthy social media habits and responsible online behavior
- Emphasize the importance of seeking help and support if experiencing negative mental health effects

Additional Resources:

- The Jed Foundation: <https://jedfoundation.org/>
- The Trevor Project: <https://www.thetrevorproject.org/>
- Common Sense Media: <https://www.commonsensemedia.org/>

Activity Ideas:

- **Group discussion:** Divide participants into small groups and ask them to discuss the positive and negative impacts of social media on their own lives.
- **Case study analysis:** Present a case study of a young person struggling with social media-related issues and have participants discuss potential solutions and interventions.
- **Role-playing:** Have participants act out different scenarios involving social media (e.g., cyberbullying, FOMO) and discuss appropriate responses.

This lecture content provides a comprehensive overview of the impact of social media on youth mental health and offers practical strategies for promoting healthy online behavior.



TOWN OF LOS GATOS
COMMUNITY HEALTH AND SENIOR SERVICES
COMMISSION AGENDA REPORT

MEETING DATE: 09/26/2024
ITEM NO: 5

DATE: September 19, 2024
TO: Community Health and Senior Services Commission
FROM: Ryan Baker, Library Director
SUBJECT: Prioritize Proposed Senior Coordinator Duties

RECOMMENDATION:

Prioritize proposed Senior Coordinator duties

BACKGROUND:

At their September 17, 2024 meeting, the Town Council approved hiring a .48FTE Senior Coordinator. As this approval will provide a workload less than what was recommended by the CHSSC, the Council has asked the CHSSC to prioritize their proposed duties of the position.

Attachments:

1. CHSSC Senior Services Coordinator Position Recommendation to Council
2. CHSSC Senior Services Coordinator Duties Recommendation to Council

PREPARED BY: Ryan Baker
Library Director

CHSSC Recommends: Appointment of an Age Friendly/Senior Services Coordinator

Vibrant communities provide opportunities for older members to become volunteers and/or to find needed assistance from volunteers. Promoting and supporting volunteerism allows the community to marshal the expertise of older adults and to increase engagement of older adults for the benefit of the entire community. Our Committee found that many older adults want to volunteer, and many others need volunteers for help. With volunteer time in California currently estimated at approximately \$30hr by the Independent Sector organization, the many 1000's of hours available locally represents an important resource for the Town to take advantage of as much as possible.

An Age-Friendly Coordinator could address many of these goals:

- Integrate the delivery of services to older adults
- Assist with implementing the Senior Services Committee's Road Map
- Report and make recommendations to the Town Council about his/her observations concerning the delivery of services and how best to streamline the services provided by service providers
- Act as the point of contact for the Commissions, Service Provider organizations, Los Gatos Foundation For Older Adults To Thrive, and regional nonprofits providing services for Los Gatos older adults

- Be the point of contact for the key provider of recreational services to older adults (currently LGS Recreation)

- Receive information from the three CHSSC activities coordinators involving Communication & Engagement, Roadmap Tracking, and Annual Assessments

- Serve as the point of contact for questions about volunteer opportunities as Roadmap projects advance in support of this goal

- Facilitate review and presentation to Town Council of the Annual Assessment of Senior Services provided by the CHSSC for receipt by the Town Council

- Provide information and support for the Town Council review of the Roadmap progress and governance on a semiannual basis

As the Roadmap successes accrue in future years and senior services delivery advances, there may be considerable leverage gained by increasing the fractional 0.5 FTE allocation to the Town's Age-Friendly Coordinator. This graded approach could facilitate the transition of Los Gatos senior services governance from a fragmented model to an integrated partnership model.

Next steps:

1. An Age-Friendly Coordinator is hired
2. Funding: Town of Los Gatos, Los Gatos Thrives Foundation, Grants,
3. Purposed: Ensure the Coordinator is briefed on the senior services landscape. This position would provide an important step to realizing the Roadmap vision of a coordinated partnership for senior services between the Town, Town commissions and boards, the Los Gatos Foundation For Older Adult to Thrive, community service providers, and other nonprofits and regional providers.

I. DUTIES OF COORDINATOR:

Senior Services Landscape Assessment: The Senior Coordinator shall conduct a comprehensive assessment of the senior services landscape in Los Gatos, including:

- Identifying existing service providers and their offerings
- Assessing service gaps and unmet needs
- Understanding the demographic characteristics of the senior population

HUB Access: The Senior Coordinator shall have full access to the HUB for all purposes related to senior services coordination.

Metric Development and Monitoring: The Senior Coordinator shall establish and monitor key performance indicators (KPIs) to measure the effectiveness of senior services, including:

- Service utilization rates
- Participant satisfaction
- Cost-effectiveness
- Accessibility
- Collaboration among providers

Service Integration and Streamlining: The Senior Coordinator shall conduct analysis to identify overlaps in service delivery, integrate services where appropriate, and make recommendations to streamline the services provided by service providers.

Community Engagement: The Senior Coordinator shall:

- Attend and participate in meetings of the Community Health and Senior Services Commission (CHSSC)
- Report to the CHSSC on the progress of senior services initiatives
- Assist with the implementation of the Senior Services Road Map
- Serve as the point of contact for the provider of recreational services to older adults
- Receive information from the CHSSC on its activities
- Be the point of contact for questions about volunteer activities
- Facilitate the review and presentation of the annual assessment of senior services to the Town Council



TOWN OF LOS GATOS
COMMUNITY HEALTH AND SENIOR SERVICES
COMMISSION AGENDA REPORT

MEETING DATE: 09/26/2024

ITEM NO: 6

DATE: September 19, 2024
TO: Community Health and Senior Services Commission
FROM: Ryan Baker, Library Director
SUBJECT: List of FY24-25 Community Grant Recipients

BACKGROUND:

The following is the list of Community Grant Recipients for FY24-25. No action is needed by the Commission.

The Town of Los Gatos is pleased to announce the awardees for the FY2024-25 Community Grants. This year was a highly competitive application process with 38 applications received by the deadline. \$180,000 will be awarded in the Community Grant category, \$25,000 will be awarded in the Rental Assistance category, and \$95,000 will be awarded in the Sustaining Grant category.

Community Grant awards will be made to (in alphabetical order):

- Art Docents of Los Gatos, for \$4,500 to host community events aiming to retain and recruit volunteers crucial for continuing to teach the students in the Los Gatos Union School District.
- Billy Jones Wildcat Railroad, for \$10,000 to purchase new rail to replace worn sections.
- Collaborating Agencies' Disaster Relief Effort (CADRE), for \$10,000 to connect Los Gatos nongovernmental, faith-based groups, businesses, transportation services, mass care services and existing networks with our countywide support networks to enhance disaster resilience.
- Girls on the Run of Silicon Valley, for \$10,000 to support the 2025 Girls on the Run of Silicon Valley (GOTRSV) 5K Fun Run in Oak Meadow & Vasona Parks.
- Jewish Silicon Valley, for \$10,000 for a fitness event for the special needs community, active older adults, and other interested parties.
- Kyle J. Taylor Foundation, for \$10,000 to screen the hearts of 500 Los Gatos youth ages 12-25 to protect them from life-threatening underlying conditions that go undetected in most young people.
- Los Gatos Community Concert Association, for \$7,500 to support four professional music groups performing in Los Gatos during the 2024 - 2025 season.
- Los Gatos Foundation for Older Adults to Thrive, for \$1,500 to support five events to train and encourage seniors to ride the bus in partnership with VTA.

PREPARED BY: Ryan Baker
Library Director

- Los Gatos Museum Association (New Museum Los Gatos), for \$10,000 to support the exhibition Double Exposure: Photojournalist Ted Sahl and the LGBTQ+ History of the South Bay.
- Los Gatos Music and Arts, for \$10,000 for a weeklong Summer Jazz Camp for young aspiring musicians.
- Los Gatos Public Media, Inc. for \$10,000 to support Oktoberfest as an annual community-wide event.
- Los Gatos Union School District/Los Gatos Educational Foundation, for \$10,000 to host an event at each of the 5 schools within the Los Gatos Union School District with a focus on environmental sustainability awareness to the community via STEAM (Science, Technology, Engineering, Art and Math).
- Los Gatos Youth Park, for \$10,000 to replace the Youth Park front and back doors with metal safety exit doors and replace the broken back concrete slab at rear of building.
- Louise Van Meter Home & School Club, for \$10,000 for a garden program to create a “living classroom”.
- Parents Helping Parents Inc, for \$10,000 to address the special needs of children with disabilities and their families through parent education, support, information, consultation and training.
- Rebuilding Together Silicon Valley, for \$7,500 to provide home repairs and accessibility modifications for low-income older adult homeowners in Los Gatos.
- Silicon Valley Jewish Film Festival, for \$10,000 to show 30 movies in 15 days in multiple theaters.
- St. Vincent de Paul Society, for \$4,000 for laundry vouchers to unhoused residents so they may wash clothing and sleeping bags bi-weekly at a local laundromat.
- Tianmu Education Foundation, for \$10,000 to promote emergency preparedness in Los Gatos by providing free loaner generators to residents lacking resources to secure backup power during outages.
- Veterans Memorial & Support Foundation, for \$5,000 for Yellow Ribbon Programs.
- West Valley Youth Theater, for \$10,000 to expand a training and apprenticeship programs for Los Gatos High School students to support local theater arts productions.

Sustaining Grant awards will be made to (in alphabetical order):

- Counseling and Support Services for Youth (CASSY), for \$13,000 to help provide a CASSY therapist at Los Gatos High, Leigh High, and Westmont High to ensure Los Gatos students have mental health counseling available on their school campus.
- Live Oak Senior Nutrition, for \$48,000 for meals for seniors.
- Next Door Solutions to Domestic Violence, for \$13,000 to support Los Gatos survivors by providing a comprehensive range of direct advocacy services including emergency shelter, safety planning, long-term housing support, children’s aligned services, and access to basic needs.

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SUBJECT: Community Grant Recipients

DATE: September 26, 2024

- West Valley Community Services, for \$21,000 for critical family needs and financial assistance support as part of the CARE program services.

Rental Assistance awards will be made to (in alphabetical order):

- Los Gatos Anti-Racism Coalition, for \$12,500 to provide financial support to low-income renters on the verge of eviction to prevent further homelessness.
- St Vincent de Paul (SVdP), for \$12,500 to provide financial support to low-income renters on the verge of eviction to prevent further homelessness.