



# County of San Mateo

## Inter-Departmental Correspondence

**Department:** BOARD OF SUPERVISORS  
**DISTRICT 1**  
**File #:** 19-065

Board Meeting Date: 1/29/2019

**Special Notice / Hearing:** None  
**Vote Required:** Majority

**To:** Honorable Board of Supervisors  
**From:** Dave Pine, Board of Supervisors  
**Subject:** Use of District-Discretionary **Measure K** Funds - Supervisorial District 1

### **RECOMMENDATION:**

**Measure K:** Adopt a resolution authorizing a one-time grant of district-discretionary **Measure K** funds, not to exceed \$15,000, to National Alliance on Mental Illness of San Mateo County (NAMI SMC), to provide stipends for peer leaders in its "Peer-to-Peer" programs, and authorizing the County Manager, or his designee, to execute the grant agreement.

### **BACKGROUND:**

**Measure K** is the half-cent general sales tax initially approved by San Mateo County voters in November 2012 and extended in November 2016 for a total of thirty years. The Board of Supervisors ("Board") and County staff have conducted study sessions and community outreach efforts to inform priorities for **Measure K** spending for FY2017-19.

On May 16, 2017, the Board approved the FY 2017-19 **Measure K** allocation plan in which the County anticipates **Measure K** receipts of approximately \$81.6 million annually. The plan included \$7 million in one-time loans or grants during FY 2017-19, divided equally among the five supervisorial districts, for district-discretionary needs and projects. District #1 has submitted a request to use its district-discretionary **Measure K** funds as shown below and described in the Project Summary section of this memorandum:

<b>District/Project</b>	<b>Amount</b>
District #1 (Supervisor Dave Pine) - NAMI San Mateo County to support Peer-to-Peer programs	\$15,000

This item is consistent with the criteria for district-discretionary **Measure K** funds, which were developed during the initial round of district-discretionary allocations and approved by the Board in April 2015

## **Project Summary:**

This is a request to authorize a grant to NAMI San Mateo County, and resulting grant agreement in an amount not to exceed \$15,000, to fund stipends and associated expenses to support NAMI's Peer Programs. The County Manager will administer and manage the proposed agreement.

NAMI San Mateo County is the local affiliate of the National Alliance on Mental Illness. NAMI SMC is a non-profit 501c3 organization dedicated to improving the quality of life for people with mental illness and their families through support, education and advocacy. The organization holds educational classes, support groups, presentations in the community and also runs a Warm Line phone line which serves as the first point of contact for many individuals facing mental health challenges, and their families, to access resources, support and understanding on how to move towards treatment and recovery.

Among the successful programs run by NAMI San Mateo County are multiple "Peer Programs," which support clients as they progress on their journeys to recovery and integration into the larger community. There are currently four Peer Programs, as follows:

- **Peer PALS** - Peer PALS provides a one-on-one match between a person who is doing well in recovery (a PAL, or "Peer Leader") with a person who is not doing well and needs additional support. The PAL connects with his or her Peer for up to 4.25 hours per week, typically including an outing and phone support.
- **Peer-to-Peer** - This 8-week class offers adults a holistic approach to recovery through a combination of lecture, discussion and exercise and is led by Peer Leaders.
- **Connection** - Drop-in weekly support group, led by two Peer-leaders, for adults living with mental illness to come together to seek support and understanding from others in similar situations. In 2017 and 2018, the Connection program held critical sessions on Christmas Eve and New Year's Eve.
- **In Our Own Voice (IOOV)** - A recovery presentation given by trained individuals with a mental health condition to groups in locked mental health facilities (including weekly sessions at the San Mateo Medical Center) as well as to community groups to help educate and reduce the stigma of mental illness.

Most programs take place at NAMI's office in the city of San Mateo, or at public locations throughout the County.

In each of these programs, NAMI SMC "employs" at least one "Peer Leader," i.e., a person who has him or herself gone through recovery and can relate to and mentor the program participants. Often, these paid positions are the first the Peer Leader may have had in many years and represents a significant milestone in his/her own recovery process. As of the end of 2018, NAMI SMC has 14 "Peer Leaders" participating in one or more of these programs, and hopes to expand. Without the participation of the Peer Leaders, NAMI SMC would be unable to offer and deliver the Peer programs to the community.

The total budget for NAMI SMC to run all four Peer programs is \$60,000. This \$15,000 grant will be

used to fund a portion of the stipends, and associated expenses, for all four programs.

**Total Measure K Request: Not to Exceed \$15,000**

The release of funds will be contingent on the execution of an agreement providing for the County’s confirmation of the expenditure of funds during FY 2017-18 for the purposes stated herein. The County will disburse the funds to the following organization for the purposes described above:

Contact: Helene Zimmerman, Executive Director

NAMI San Mateo County, 1650 Borel Place, San Mateo, 94402/Ph: 650-638-0800

This **Measure K** grant would allocate funds to NAMI SMC to be used to cover a portion of the cost of the stipends for Peer Leaders in all four programs, as well as for the Peer PALS coordinator.

**PERFORMANCE MEASURE:**

The grant would support the sustainability of the four Peer programs and allow each to expand their reach. Anticipated increased participation is as follows:

Performance Measure	Description	2018 actual	2019 goal
#Peer PAL matches	A “match” equals one experienced “Peer Leader” with an individual who is not doing well in recovery	31 matches (62 people)	36 matches72 (people)
#Peer-to-Peer classes	One class usually has. 10-12 participants	4 classes (40+ participants)	4 - 5 classes (40-60 participants)
# Connection individuals attending meetings	Weekly Support group (led by 2 Peer Leaders). Attendance varies between 2-10 participants at each.	455 contacts (attends meeting, not necessarily unique individuals)	500+ contacts
#In Our Own Voice (IOOV) presentations	Weekly presentations at SMMC plus presentations to community groups, with varying #s of participants	541+ individuals heard presentations	600 + individuals to hear presentations

NAMI SMC conducts regular end-of-program evaluations for Peer PALs and Peer-to-Peer to ensure participants are benefitting from those programs.

County Counsel has reviewed and approved the agreement and resolution as to form.

Funding for the NAMI SMC Peer Program contributes to the Shared Vision 2025 outcome of a safe and healthy community by helping address the need of residents facing mental health challenges.

**FISCAL IMPACT:**

There are sufficient **Measure K** funds for this specific FY 2017-2018 **Measure K** request. These funds are budgeted in the Non-Departmental Services FY 2017-18 Adopted Budget.