

Genesis Mental Health Program

2020 Inspire Giving Opportunity

Organization Description & Mission Statement*

Established in 1983, Sacramento Loaves & Fishes began as a small ministry serving the poor and hungry. Today, we are a private charitable organization on a 4.5-acre urban campus in downtown Sacramento, providing comprehensive survival services to those with the greatest needs— men, women and children living in extreme poverty or homelessness. The campus has expanded to 16 programs that provide services from hot meals, showers and restrooms, to mental health counseling, daytime and overnight shelters for women, and an emergency school for homeless children. Our funding model does not accept any government funds, which allows us to serve our nearly 1,000 guests daily without barriers or restrictions. It takes 80 staff and over 1,000 monthly volunteers to operate the organization. We are governed by a board of directors and led by Executive Director, Noel Kammermann.

Project Information

Project Name*

Genesis Mental Health Program

Number of people served.*

How many people do you project will be served by this project?

1000

Primary Program Area*

Mental Health and Crisis Intervention

Primary Racial/Ethnic Group Served*

All Ethnic Groups

Primary Population Served*

All Populations

Primary Geographical Area Served*

Sacramento County

Primary Age Group Served*

Adults

Describe the project, program or other efforts for which you are applying for funding.*

Include how your project, program or other efforts will impact the focus area of Mental Health and Crisis Intervention.

The Genesis program offers free mental health services by removing the barriers that our guests often encounter through private and government-funded agencies. Genesis implements a client-centered approach that promotes trauma-informed care and treats guests holistically rather than labeling them as a diagnosis. Our Master's level social workers and therapists are well-trained to build positive rapport, de-escalate crisis situations, and strengthen therapeutic alliances. Treatment is individualized to each guest and can include one-on-one counseling, supportive groups, on-campus crisis intervention, connections with other social service organizations, and internal referrals to other programs that Loaves & Fishes operates. Genesis utilizes evidence-based practices such as Cognitive Behavior Therapy (CBT), to improve anxiety and mood symptoms, coping-skills, assertiveness, stress management, social skills, and problem solving. Our therapists are trained and responsive in treating co-occurring mental health and substance use disorders, and understand the complexities between both at the intersection of homelessness. Additionally, Motivational Interviewing is utilized as another evidenced-based practice to support individuals in making meaningful, healthy choices in their lives and working towards personal goals. Genesis serves nearly 1,000 unduplicated guests with over 4,000 significant interactions, including assessments, counseling sessions, and crisis intervention. With our guests uninsured and ineligible for Sacramento County mental health services, Genesis empowers them towards a new beginning.

Primary Target Population*

Describe the primary target population of your project.

We serve adults from nearby homeless shelters, camps along our river banks, and increasingly in cars or makeshift tents along buildings near our campus. Our guests lack basic nutrition and personal care which can cause exhaustion, physical health issues, and a myriad of chronic mental health conditions such as anxiety, post-traumatic stress, and depression. They are simply surviving moment to moment. Genesis is uniquely located on campus, which provides a holistic and community-oriented environment to offer care and well-being to our guests. Guests are often referred and outreached from other campus programs such as our Dining Room where they are served a hot meal 364 days a year or at Friendship Park- an open access environment for people experiencing homelessness that provides dispensary items, meal tickets, and bathroom facilities.

Intended Outcomes*

Describe 2-3 key outcomes your organization wants to achieve as a result of the Inspire Giving Grant.

Include how the in-kind and volunteer opportunities will help achieve these outcomes.

The first outcome Genesis wants to achieve is improving the mental health and overall wellbeing amongst guests. We believe that by recognizing the value and potential of each guest, Genesis is able to assess individual needs and promote personal growth. Our approach delves into the personal, mental, physical, emotional, and spiritual domains that may need attending. In doing so, Genesis creates a unique environment where guests can experience healing, healthy relationships, and dignity.

Secondly, Genesis seeks to increase our guests' self-reliance in alleviating the effects of homelessness. Although our guests often experience barriers when navigating the systems of care available through Sacramento County, their commitment to therapeutic treatment at Genesis is symbolic because it also serves as a critical step in them regaining their autonomy. In addition to teaching life skills, assertiveness training,

and promoting personal growth, Genesis seeks to maintain connections with individuals, in collaboration with other Sacramento organizations to sustain success after homelessness.

Lastly, Genesis strives to decrease the substance abuse rates through Alcohol and Other Drug (AOD) services that we offer our guests. Genesis staff are effective at identifying substance abuse symptoms that impair functioning, and then implement integrated interventions that prioritize recovery. Genesis staff also carry out treatment goals that assist guests in reclaiming their sense of purpose.

Volunteers are vital in achieving these outcomes because they often serve as the first point of contact when our guests seek survival services through our Dining Room or Friendship Park programs. Within these initial interactions, volunteers prep and serve hot meals to guests or provide a meal ticket and dispensary items such as tents, sleeping bags, coats, and personal hygiene products. As a result of direct-service, volunteers are adept at developing interpersonal relationships, building trust, and mediating crises between clients. Volunteers become part of the campus community because they serve as lifelines to other resources and foster a collaborative environment.

Project Sustainability*

Indicate the ways in which future funding needs for your requested project will be addressed after funding from the Sacramento Region Community Foundation has ended.

Loaves & Fishes has a strategic fund development and sustainability plan to ensure all of our programs can continue to successfully provide survival support services to our guests. Our established supporter base has over 10,000 active and loyal donors. New funders are approached on a regular basis through major-donor relationship initiatives, grant seeking efforts and community engagement. In addition to monetary donations, we receive professional in-kind support and item donations to support our programs and guests. The long-term sustainability of our program is a high priority for Sacramento Loaves & Fishes. We will continue to develop our staff and board's ability to fundraise in order to diversify our revenues. Our funding strategies include building relationships with other foundations, cultivating support from corporate sponsors and individual donors, increasing revenues from special events, refining our annual appeal process, and exploring income generation such as online sale proceeds from benefit concerts.

In-Kind Services and Donations *

Nearly 1,000 volunteers from the greater Sacramento area come to our campus monthly to provide invaluable services. Volunteers prepare thank you letters to donors, assist teachers at our Mustard Seed School, dispense hygiene and survival supplies at Maryhouse, and provide support at Friendship Park's guest services desk. Volunteer groups often complete projects on campus such as gardening, painting, handy work, and organizing storage areas.

The Genesis Program is located in the Delany Center, a building that gets frequent traffic and is in need of renovations. As a project of Inspire Giving, we would utilize volunteers for a much-needed carpet replacement and interior wall painting. The current carpet at Genesis covers the entire program's floorplan in addition to the stairs that lead to the waiting area. The carpet is over ten years old and marked with stains. The forest green shade of the carpet color darkens the atmosphere in the waiting area. A new carpet replacement with a more soothing color would be ideal for our guests as they wait to seek mental health services. The walls in the waiting area are currently bare but possess untapped potential. Designing the walls with a mural would provide guests a comforting environment as soon as they enter Genesis, and further represent the program's values of acceptance, compassion, and respect. Our Volunteer Coordinator, Cyndy Pressley, is available onsite and provides volunteer orientations every Thursday at 10:00 am. Cyndy would collaborate with our maintenance team in determining the number of volunteers and hours needed to implement the project.