



**NEVADA COUNTY**  
**HEALTH & HUMAN SERVICES**  
**AGENCY**

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## NEVADA COUNTY BOARD OF SUPERVISORS

### Board Agenda Memo

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**MEETING DATE:** June 11, 2024

**TO:** Board of Supervisors

**FROM:** **Phebe Bell**

**SUBJECT:** Resolution approving execution of the renewal contract with Imagine Arts and Family Therapy Inc, DBA What's Up Wellness (formerly Shellee Ann Sepko, LMFT DBA What's Up Wellness Checkups), for the Spectrum Project to provide LGBTQ+ youth and staff support in eastern and western Nevada County in the maximum amount of \$69,435 for the contract term of July 1, 2024 through June 30, 2025.

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**RECOMMENDATION:** Approve the attached Resolution.

**FUNDING:** Contract services are funded by MHSA (Mental Health Services Act) Prevention and Early Intervention (PEI) dollars. PEI funding is intended to support strategies to help identify and increase prevention efforts and responses to early signs of emotional and behavioral health problems among specific at-risk populations. These services are included in the Department's FY 2024/25 budget, and there are no county general fund dollars required in the agreement.

**BACKGROUND:** LGBTQ+ youth face unique challenges to their mental health, particularly in rural communities, and these challenges were heightened during the COVID-19 pandemic. Those challenges include discrimination, disparity in access to physical and mental healthcare, unstable housing, food insecurity, and higher risk of suicide. According to The National Survey on LGBTQ+ Mental Health 2021, by The Trevor Project, 42% of LGBTQ+ youth seriously considered attempting suicide in the past year, including more than half of transgender and nonbinary youth.

The Contractor, Imagine Arts and Family Therapy Inc, DBA What's Up Wellness (formerly Shellee Ann Sepko, LMFT DBA What's Up Wellness Checkups) who recently established as a formal corporation as opposed to independent contractor due to increasing scale of the program,

has established a project team to create supportive environments for LGBTQ+ youth, including support groups, staff trainings, resource portals, Gender and Sexuality Alliances (GSAs), parent education groups, and mentoring programs.

It is recommended that the Board approve this renewal contract as it provides services that provide support to LGBTQ+ youth in Nevada County who may be struggling with unmet mental health needs.

**Item Initiated and Approved by:** Phebe Bell, MSW, Director of Behavioral Health