



**NEVADA COUNTY
HEALTH & HUMAN SERVICES
AGENCY**

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(Mental Health, Drug and Alcohol Program)**

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NEVADA COUNTY BOARD OF SUPERVISORS Board Agenda Memo

MEETING DATE: July 9, 2024

TO: Board of Supervisors

FROM: **Phebe Bell**

SUBJECT: Resolution approving execution of a renewal contract with Gateway Mountain Center for the provision of specialty mental health services primarily for youth struggling with their mental health, early intervention for youth in crisis, Latinx leadership development, and the expansion of Gateway's youth wellness center in Truckee in the maximum amount of \$188,897 for the term of July 1, 2024 through June 30, 2025.

RECOMMENDATION: Approve the attached Resolution.

FUNDING: Services are funded by Medi-Cal reimbursement, Mental Health Services Act (MHSA) monies, and 2011 Realignment funds for EPSDT programs. Services are within the Department's FY 2024/25 budget and there are no county general fund dollars required in the agreement.

BACKGROUND: Gateway Mountain Center operates nature-based adventure and therapeutic programs in Eastern and Western Nevada County. Their team consists of individuals with extensive experience in mentoring, outdoor adventure leadership, counseling, addiction treatment, public and private education, and holistic-based therapies.

Gateway Mountain Center's *Whole Hearts, Minds, and Bodies* Program is a nature-based therapeutic mentoring program for youth who are receiving services related to mental health, including behavioral and/or substance abuse issues. Youth are observed and supported by adult mentors as they connect to nature, participate in adventure-based activities, explore their individual passions, meet challenges, learn how to make healthy decisions, and experience success that can be translated into everyday life.

There is a strong need in the Tahoe/Truckee region for crisis response and family support in cases of youth with early onset symptoms of mental illness or serious substance use disorder, specifically for those youth who do not qualify for County Behavioral Health services (i.e. who have private insurance). Due to limited provider availability in the region, families often wait weeks for support services after experiencing a crisis. The Early Intervention for Youth in Crisis Program will provide support over a 90-day period while providing case management and discharge planning to the appropriate level of care (i.e. County behavioral health services or community mental health services).

Gateway's Latinx Youth and Transitional Youth Leadership Development program will recruit LatinX youth in the Tahoe/Truckee region to be peer mentors to support their Mindfulness Based Substance Abuse Treatment (MBSAT). This program is an evidence-based practice used to help individuals with Substance Use Disorder (SUD) develop better strategies for managing stress and enhancing executive skills. These skills assist youth to exercise self-control and reduce reactivity to craving.

Gateway's Youth Wellness center is located in Truckee next to Truckee High School and Sierra High Continuation School. This Center supports Gateway's programing and provides a safe space for youth outside of school hours.

The Contractor will include the following services in their program:

- Outreach to families, schools, primary care and mental health providers, and others to recognize the early signs of potentially severe and disabling mental illnesses
- Access to adjunctive therapies for children with mental illness, as early in the onset of these conditions as practical
- Reduction in stigma associated with either being diagnosed with a mental illness or seeking mental health services
- Recruit, train, and support four older and transitional age youth to become certified in Mindfulness-Based Substance Abuse Treatment (MBSAT)
- Train and support youth leaders to provide peer counseling at Youth Wellness Center and assist in leading planned Community Wellness Walks in Kings Beach

These services will emphasize strategies to reduce negative outcomes that may result from untreated mental illnesses including suicide, incarceration, school failure or dropout, unemployment, prolonged suffering, violent outbursts, homelessness, and removal of children from their homes. It is recommended that the Board approve this renewal Agreement as these services are a critical part of the spectrum of care for the children and youth of Eastern Nevada County.

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