



Office of the City Manager

CONSENT CALENDAR
May 11, 2021

To: Honorable Mayor and Members of the City Council
 From: Dee Williams-Ridley, City Manager
 Submitted by: Paul Buddenhagen, Deputy City Manager
 Subject: Contract: The Wright Institute for Mental Health Counseling for Older Adults

RECOMMENDATION

Adopt a Resolution authorizing the City Manager or her designee to enter into an expenditure contract and any amendments or extensions thereto with The Wright Institute for the term July 1, 2021 to June 30, 2022 with two additional one (1)-year renewal options, for an expenditure not to exceed \$300,000 to fund the cost of providing mental health counseling services to older adults in the Berkeley community.

FISCAL IMPACTS OF RECOMMENDATION

The execution of this expenditure contract will result in the usage of a portion (\$300,000) of the City of Berkeley's Mental Health Services Act (MHSA) Community Services and Supports (CSS) funding allocation. The total amount of the expenditure will be \$300,000 (\$100,000 per fiscal year for three years) from the City of Berkeley. The funds are subject to the Annual Appropriations Ordinance in Fiscal Year 2022.

The State of California MHSA provides funding for local mental health services. City of Berkeley MHSA Three Year Program and Expenditure Plans (Three Year Plans), and Annual Updates detail the uses of local MHSA funds. Development of local MHSA Three Year Plans and Annual Updates require community program planning, writing a draft plan, providing a 30-day public review, and conducting a public hearing at the Mental Health Commission.

CURRENT SITUATION AND ITS EFFECTS

The Aging Services Division is dedicated to promoting a dignified, healthful quality of life for older adults in Berkeley by offering connections to services and resources to connect, learn, grow, and discover new ways to be actively engaged in living. Aging Services serves as a resource for recreation, increased food security, transportation assistance, health & wellness education, and other supportive services for adults who are 55 and older.

The mental health counseling program will help older adults address mental health issues by offering one-on-one, short-term counseling in addition to group therapy and workshops geared toward increasing mental resiliency. Although Berkeley Senior

Centers are currently closed to the public due to the shelter in place order issued by the Berkeley Health Officer in March 2020, the Aging Services Division is prepared to facilitate the provision of counseling services virtually via internet conferencing applications as well as via telephone. The Division is also preparing to provide in-person services following local and State public health guidance.

BACKGROUND

Nationwide, one in four older adults experience some mental disorder such as depression or anxiety and this number is expected to double to 15 million by 2030. Annually, about 6% of adults in California (roughly two million people) will experience a major depressive episode. Depression is associated with higher risk of suicide and cardiovascular death. In California, about two-thirds of adults with mental illness will not receive treatment. Common barriers to accessing services include lack of health insurance, lack of available treatment providers or programs, and inability to pay for treatment.¹ Through this mental health counseling program, Aging Services is working to reduce barriers to care on local levels with a focus on equity.

On July 25, 2017, via Resolution No. 68,109-N.S., City Council authorized the City Manager to approve the MHSA Fiscal Years 2017/18 – 2019/20 Three Year Program Expenditure Plan which contained therein the provision of funding to the Health, Housing & Community Services (HHCS), Aging Services Division to provide mental health counseling services at Berkeley Senior Centers.

ENVIRONMENTAL SUSTAINABILITY

There are no identifiable environmental effects or opportunities associated with the subject of this report.

RATIONALE FOR RECOMMENDATION

Adoption of this resolution will support the ability of the City to fill a need in the community by operating a counseling program targeted specifically towards older adults in Berkeley with a focus on equity, which provides a needed expansion of the system of care for individuals with mental health challenges in Berkeley.

ALTERNATIVE ACTIONS CONSIDERED

The City could decide not to adopt this resolution which would reduce mental health care to a vulnerable community in Berkeley.

CONTACT PERSON

Tanya Bustamante, Manager of Aging Services Division, HHCS, (510) 981-5178

Attachments:

1: Resolution

¹ Source: <https://www.chcf.org/wp-content/uploads/2018/03/MentalHealthCalifornia2018.pdf>

RESOLUTION NO. ##,###-N.S.

CONTRACT: THE WRIGHT INSTITUTE FOR MENTAL HEALTH COUNSELING FOR
OLDER ADULTS IN BERKELEY

WHEREAS, the City of Berkeley Aging Services Division is dedicated to promoting a dignified, healthful quality of life for older adults age 55 and over; and

WHEREAS, Aging Services strives to provide programs and services with the goal of improving the quality of life for the older adult community; and

WHEREAS, the administration of a mental health counseling program targeting older adults will alleviate barriers to the senior community needing mental health services; and

WHEREAS, funds are subject to the Annual Appropriations Ordinance in Fiscal Year 2022, with two additional one (1)-year renewal options from the City of Berkeley's Mental Health Services Act (MHSA) Community Services and Supports (CSS) funding allocation.

NOW THEREFORE, BE IT RESOLVED by the Council of the City of Berkeley that the City Manager or her designee is authorized to execute an expenditure contract and any amendments or extensions thereto with The Wright Institute in an amount not to exceed \$300,000 for the period February 2021 through June 30, 2022, with two additional one-year renewal options, for the purpose of providing mental health counseling services for the older adult community. A record signature copy of said contract and any amendments shall be on file with the office of the City Clerk.

