



Office of the City Manager

CONSENT CALENDAR  
July 30, 2024

To: Honorable Mayor and Members of the City Council  
 From: LaTanya Bellow, Interim City Manager  
 Submitted by: Scott Gilman, Director, Health, Housing, and Community Services  
 Subject: Contract No. 32400082 Amendment: The Wright Institute for Mental Health Counseling for Older Adults

RECOMMENDATION

Adopt a Resolution authorizing the City Manager or her designee to execute an amendment to Contract No. 32400082 with The Wright Institute increasing the contract by \$200,000 for the provision of mental health counseling services to older adults in the Berkeley community, in a total amount not to exceed \$500,000. The new contract end date will be June 30, 2026.

FISCAL IMPACTS OF RECOMMENDATION

The total not-to-exceed amount of this contract will be \$500,000. Resources for the contract will be provided from the City of Berkeley's Mental Health Services Act (MHSA) Community Services and Supports (CSS) funding allocation. The funds are subject to the Annual Appropriations Ordinance in Fiscal Year 2025.

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 continue to assist older adults in addressing mental health issues by offering one-on-one, short-term counseling in addition to group therapy and workshops geared toward increasing mental resiliency.

### 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.<sup>1</sup> Through this mental health counseling program, Aging Services is working to reduce barriers to care on a local level with a focus on equity.

On July 25, 2023, via Resolution No. 70,990-N.S., City Council authorized the City Manager to approve the MHSF Fiscal Years 2024 thru 2026 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 AND CLIMATE IMPACTS

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, Aging Services Manager, HHCS, 510-981-5178

Attachments:  
1: Resolution

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

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

CONTRACT NO. 32400082 AMENDMENT: THE WRIGHT INSTITUTE FOR MENTAL HEALTH COUNSELING FOR OLDER ADULTS

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 2025, 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 amend Contract No. 32400082 with The Wright Institute for the purpose of providing mental health counseling services for the older adult community, for a total not to exceed amount of \$500,000, and extend the contract to June 30, 2026.

BE IT FURTHER RESOLVED the City Manager, or her designee, is hereby authorized to execute all original or amended documents or agreements to effectuate this action; a signed copy of said documents, agreements and any amendments will be kept on file in the Office of City Clerk.

