



INSTRUCTIONS
City of San Marcos, Texas
Human Services Funding Application
FY 2022

Name of Agency/Organization:		Seek Institute	
Address:		1221 W. Ben White Blvd. Ste. 211A	
City, State & Zip:		Austin, Texas 78704	
Contact Person:		Vanessa Rodriguez, PhD	Title: Executive Director
E-Mail Address:		vanessa@seekinstitute.org	Website: www.seekinstitute.org
Phone:		512-273-7235	Fax: n/a
Program Title:		Community Wellness Institute	
Amount of Funds Requested:		\$50,000	
Status: (check one)	<input checked="" type="checkbox"/>	Existing Program	<input type="checkbox"/> Program Expansion <input type="checkbox"/> New Program
Briefly describe the program proposed for funding and the services it provides:			
<p>Since October 2020, Seek Institute’s Community Wellness Initiative (CWI) has provided mental-health and wellness support for the San Marcos community in the following ways: 1) Group and individual teletherapy services in Spanish for individuals in the immigrant community, 2) Individual or family counseling for individuals who are recently bonded out of confinement in Hays County Jail, 3) Group and individual teletherapy for San Marcos CISD teachers whose profession places them on the "frontlines" of educating children during the pandemic. This project has provided no-cost services to approximately 200 individuals since its inception. The CWI consists of Seek Institute and two San Marcos-based non-profits, Mano Amiga and The Bail Project, who work closely with individuals who are foreign-born and those who have been incarcerated, respectively. We are requesting the City of San Marcos to invest in continuation of this three-pronged approach to supply sorely needed mental health therapy through our San Marcos-based coalition. Our proposal supports the continuation of this successful CWI program in order to deepen the impact on those participating and extend services to additional members of the San Marcos community.</p> <p>Over the past year, Seek Institute, with the support of behavioral health affiliate Vida Clinic, has provided individual, group, and family therapy to clients. Seek works with Mano Amiga and The Bail Project to remove obstacles to receiving mental health care by identifying clients for referral and conducting outreach efforts to decrease stigma. Through our collaboration with Mano Amiga, we have offered community wellness events, as well as monthly support groups that have focused on stress management, parenting, trauma, and the immigrant experience. In partnership with The Bail Project, we have utilized engagement approaches focused on building rapport, validating experiences, and providing strategies for navigating reentry post-incarceration. And through</p>			

facilitating Teacher Support Groups, we have reached out to schools in the San Marcos area to inform staff about therapeutic services during this immensely challenging time for educators. This has allowed the CWI to provide direct psychotherapeutic services to clients as well as indirect benefits such as: improved family relationships, increased knowledge of resources, and empowerment to navigate systems.

Describe who will benefit from this program and how:

The Community Wellness Initiative is built to support vulnerable members of San Marcos by helping them cope with the stressors brought upon by the Covid-19 pandemic in addition to the typical stressors faced by lack of economic and/or social resources. The primary goal is to reduce stress and anxiety in three target populations within the San Marcos area: immigrant families, formerly incarcerated individuals, and educators.

Our secondary goal is to improve youth outcomes; as parents and educators increase self-care and wellness, they are better able to manage children’s behaviors and scaffold their development. There are a wealth of studies demonstrating that parental mental health can influence development and the formation of psychiatric illness in adolescence and adulthood (Manning and Gregoire, 2009). Data from area schools that inform this project show that higher levels of teacher stress is predictive of higher levels of hyperactivity, aggression, anger control, conduct problems, and externalizing behavior in students (Vida Clinic, 2019). Our proposed wellness services provide the opportunity for San Marcos residents to support each other and develop skills to cope with stress and trauma. This not only improves individual health and well-being, but serves to improve the outcomes of entire families and communities.

If requested funds are to be used as matching funds, identify source and amount of primary grants:

Source:		Amount:	
Source:		Amount:	

Client Information Specific to This Program:

1) Describe the direct clients for this program.

- Fifty individuals will take part in monthly Spanish-language group teletherapy led by a licensed clinician, with 10 individuals receiving additional one-on-one counseling sessions on a weekly or twice-monthly basis.
- One-on-one counseling with 25 individuals, lasting anywhere from a single visit to ongoing therapy sessions, who request mental health support upon release from Hays County Jail, identified through the bailout interview.
- Up to 100 educators/educational staff will take part in monthly counseling and skill building groups, led by licensed clinicians in a virtual format.

2) How is the program marketed to direct clients? How do you find these clients?

Clients will be informed about the program through our partnerships with Mano Amiga and The Bail Project, as well as through the promotion of CWI services to administrators and educators in the San Marcos school district.

3) Describe the indirect clients for this program, if any.
 Family members of clients, students and staff of San Marcos CISD

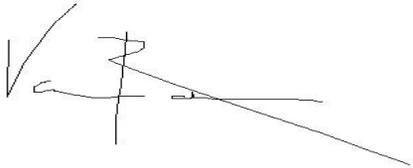
4a) Expected total annual unduplicated direct clients for this program: 175

4b) Expected annual unduplicated direct clients who are City of San Marcos residents:150

5) Does program participation depend upon income or any other determination of eligibility?

No: x

Yes: If Yes, please attach a copy of the eligibility guidelines.
 (If a sliding scale is used attach a copy of the scale used.)

Submitted By:		
		9/3/21
Signature of Executive Director		Date
Vanessa Rodriguez ,PhD		
Printed Name of Executive Director		
Approval:		
		9/3/21
Signature of Board President		Date
Elizabeth Minne, PhD		
Printed Name of Board President		



HUMAN SERVICES FUNDING QUESTIONNAIRE FY 2022

The Board strongly requests that all answers be typed.
Responses should not exceed 75 words per question.

PLEASE COMPLETE ALL QUESTIONS.

1. What is the agency's or organization's mission?

Seek Institute partners with local health agencies, community-engaged nonprofits, and schools to advance access and equity for mental health services and restorative practices. Its formation was driven by the following beliefs: 1) every individual deserves the same opportunity to receive quality mental health care, 2) mental health is a community responsibility, and 3) wellness grows out of trusting relationships. We partner with communities to offer care that centers around: 1) Healing, 2) Empowerment, and 3) Connection.

2. Regarding the program for which funding is being requested, what evidence suggests this program is needed in San Marcos or nearby?

In June 2020, the CDC found that 40.9% of adults had at least one behavioral health issue in the past three months, 13.3% abused substances, and 10.7% were seriously considering suicide, which was twice as large as pre-pandemic data. Hays County has a mental health provider shortage and does not operate a public mental health hospital, which leaves the most vulnerable in San Marcos few options for care (Community Impact, Dec 2020).

3. What specific, measurable outcomes or results do you hope to achieve with this program?

Community members will participate in focus groups to determine their strengths, challenges, and needs, which in turn will inform the program goals. Goals will be continuously reviewed and revised from participant input. Participants will be asked to complete feedback and satisfaction surveys at ongoing points of the program as well as at the end of a participant's involvement in the project. The information gathered will allow therapists and staff to refine services and improve engagement and participation strategies.

4. How will you measure results throughout the year?

This project will use an established, customized system for tracking number of clients served, types of services received, and treatment progress. For clinical documentation, this project will utilize a robust data tracking system (Qualtrics) and an Electronic Health Record (EHR) system. Data will be collected using survey data and reporting through our health record system.

5. Please answer the following questions if funding is requested for staff:

a. List the title of each position for which funding is requested, how many hours per week will be spent on this program vs other programs, and the activities associated with each position.

A CWI Project Coordinator will spend .50 FTE of time on management activities related to this grant, including, but not limited to: assuring compliance with funder reporting, managing enrollment activity of program participants, communicating with program contractors, tracking services provided, meeting with partners from Mano Amiga and The Bail Project, reporting to the Advisory Board, and completing administrative tasks.

b. If staff funding requests can only be partially funded, how will you supplement the funding to cover the remainder needed? N/A

c. Staff pay may only be funded for one year. What will you do to provide for this position next year? Supplemental grants and funds from fundraising efforts.

6. Funding Questions:

a. What has your organization done in the past two years to raise different funding for this program? We have obtained grant funds from the St. David’s Foundation and the Office of the Attorney General, participated in regular fundraising events through I Live Here, I Give Here, and held independent Seek-directed fundraising drives.

b. What do you plan to do this year to find different funding for this program? We will continue to hold fundraising events for Seek Institute, participate in community fundraising efforts, and work to obtain funding from Hays County sources.

7. What additional funding is your agency requesting for this program ?

Funding Source	Amount Requested	Amount Granted	Pending (Y/N)
OVAG	\$45000	\$45000	Y

8.	Describe any differences between the way you had proposed spending last year’s allocation and they way you actually spent it.
	N/A
9.	How many volunteers does your agency or organization have and how many hours do they spend on the program requesting funding? Total number of volunteer staff: 4; total hours of work by volunteers: 333

10. Board of Directors Questions:

a. How is the agency's or organization's Board of Directors selected?

Board members must possess a commitment to destigmatizing mental health and promoting mental health equity. Board members must be willing to utilize their areas of competency to contribute to the mission and vision of Seek. Board members must be willing to meet quarterly for meetings.

*We feel it is important to note that our Board is a work-in-progress and we are currently interviewing Board Members to join Seek Institute. We will complete our board recruitment process this year. Our priority is to develop a Board with diverse backgrounds, experiences and expertise, as well as a Board that represents the constituents of our Central Texas community. Up to this point, Seek Institute has largely been partnering with an affiliate agency, Vida Clinic, a behavioral health practice with a large, diverse group of clinical therapists; however, Seek Institute is now in an evolved position and capable of expanding its partnerships and extending its reach. We are excited and eager to be represented by an inclusive board that represents Seek Institute's vision, values, and commitment to access and equity.

b. How often does the Board meet?

The Board meets quarterly to share updates, review current projects and fundraising efforts, and discuss prospective projects. Below is the schedule of attended meetings by board members over the past year:

Seek Board Meeting Schedule:

Thursday Aug 6, 2020

Monday December 28, 2020

Friday April 9, 2021

Friday Aug 6, 2021

c. What actions do Board members take to support the programs of the agency or organization?

The board provides advice and guidance to the non-profit on fundraising and projects, they connect with other community members to raise awareness of the mission and vision of Seek, and contribute their expertise in their particular areas of competency to provide guidance to Seek.