

# American Rescue Plan Act (ARPA) Nevada County

## COMMUNITY RESILIENCY GRANTS PROGRAM GRANTEE REPORT GRANT RECIPIENT: GATEWAY MOUNTAIN CENTER

Operational Priority:  1: Essential  
 2: High-Impact  
 3: Nice to Have

Timing Priority:  1: Urgent  
 2: 6 months – 1 year  
 3: 1 – 2 years  
 4: Long-term

Total Project Budget: \$85,000 ARPA Funding Request: \$85,000

Yes  No Is there FEMA, State or other Direct or Grant Funding available? If Yes, please Specify below

Other Funding Source: \_\_\_\_\_ Other Source Amount: \_\_\_\_\_

Other Funding Source: \_\_\_\_\_ Other Source Amount: \_\_\_\_\_

### OTHER FUNDING INFORMATION

N/A

### PROJECT DESCRIPTION

The “Community Benefit Grants Program” will support community-serving institutions and organizations with macro-grants up to \$100,000. Entities that serve families, seniors, or the community at large would be eligible to apply.

Gateway Mountain Center Community Resiliency Grant General Purpose, Focus, and Outcomes Report

- Mitigate financial hardship, such as declines in revenues due impacts of periods of business closures, and/or suspended business activities such as revenue generating fund raisers due to social distancing requirements or other public health orders;
- Support for normal operating costs, including payroll and benefit costs, costs to retain employees, mortgage, rent, or utilities costs, and other operating costs;
- Support for programmatic services that assist in addressing the economic hardship experienced by the Grant Recipient and/or the negative economic impacts experienced by its customers; and
- Implementation of COVID-19 prevention or mitigation tactics, such as physical plant changes to enable social distancing, enhanced cleaning efforts, barriers, or partitions, etc.

To 1) sustain the caseload of youth receiving effective treatment, and 2) officially open the newly constructed 4Roots Wellness Center—resource for positive youth enrichment, mental health and substance use prevention and treatment

### NEXUS TO ARPA GUIDELINES

**ARPA Reporting Category** (from US Treasury Reporting Guidance, Appendix 1 – see pages 3-5 below):

- 1 – Public Health
- 2 – Negative Economic Impacts
- 3 – Public Health – Negative Impact: Public Sector Capacity
- 5 – Infrastructure

6 – Provision of Government Services (Revenue Replacement)       7 – Administrative

**Sub-Category** (from US Treasury Reporting Guidance, Appendix 1 – see pages 3-5 below):

Please provide one Sub-Category designation: 34

This grant is intended to support organizations and institutions that provide services/ programs for the community. Locally, these entities tend to be nonprofits though some are also for-profit businesses. ARPA funds may be used to assist small businesses and nonprofits as they respond to the negative impacts of the pandemic and/or rebound from the downturn.

## NEXUS TO BOARD OBJECTIVES & COUNTY PRIORITIES / COMMUNITY IMPACT

**Board Objectives** (select any that apply)

Fiscal Stability/Core Svcs.       Emergency Prep.       Economic Dev       Broadband  
 Cannabis       Housing       Homelessness       Recreation

**County Priorities** (select any that apply)

Costs related to COVID-19 response       Encourage economic recovery       Provide long-term benefits to County

This project intersects with the Board's Economic Development Objective. Our small businesses and nonprofits have been hard hit by the pandemic and need resources to resume operations to pre-pandemic levels.

## OPERATIONAL IMPACT

Will the funds be used to pay for a direct county cost or cost incurred by others?  County Cost  Other Cost

## PROJECT TIMELINE / READINESS

Grant award agreement executed:	03/04/2022
First quarter report received:	10/7/2022
Second quarter report received:	1/09/23
Third Quarter report received:	10/07/2022
Fourth Quarter report received:	01/10/2023
Project Completed:	4/04/23

## BUDGET DETAIL

In what SBU/Office 2/Account(s) will ARPA-funded project activity be incurred?

SBU	Ofc2	Account	Amount	Description
10902	272	532205	\$85,000	Community Benefits Grant Program
<b>Total</b>			<b>\$85,000</b>	<i>Note: Total should match ARPA Funding Request amount</i>

## EXPENDITURE TRACKING/REPORTING

Total expenditures as of 9/30/2022: \$85,000

### Narrative Report:

<p>First Quarter Report</p>	<p>April 2022</p>	<p>Gateway’s Mission is to transform the lives of youth from all backgrounds using nature-based experiences and wellness adventures that reconnect them with self, nature and community. Our two major local programs, 4Roots Wellness and Whole Hearts Minds &amp; Bodies, exist to support youth to build resiliency and provide relief from the challenges they face in their daily lives - be it school, substance use, mental health, and/or family issues. A majority of our services support low-income youth and high risk youth from marginalized communities; however, we also support the community at large in times of crisis.</p> <p>Based on the grant goals mentioned in the project description above, we have accomplished the following:</p> <p>For our Whole Hearts, Minds and Bodies Program we have made progress towards resiliency, recovery, and relief by expanding our offerings to serve additional youth who have not had other opportunities to receive treatment programming that builds resiliency and helps with their recovery and relief from COVID and its aftermath. Early this year we began providing counseling services from a licensed social worker and social work intern. Since July 1 we hired two additional clinical interns to expand capacity in order to provide these clinical recovery and relief services to more youth. Additionally, we recently designed and began offering small group therapeutic mentoring sessions to youth on our waitlist for services. We are planning to continue offering these programs on a rolling basis. Starting July 1, we began using NCCBG APRA funds to support the management, operations, and growth of these programs.</p> <p>Since April 1, 2022 we have served 180 local youth, of which over 100 are in Nevada County. We are challenged by “post pandemic” issues of hiring qualified staff, inflation, and the ever-present reality of COVID surges. Our Nevada County numbers shrunk in the summer as youth were out of school and we served out of region youth through our various summer programs. As school returned last month we ramped back up to pre summer numbers and currently provide near weekly therapeutic services to 43 youth through our one-on-one and group, and clinical services. 31 of these are in Nevada County. Gateway provides on-going training and supervision in mental health and substance use prevention and treatment to our staff. This ensures that high-need young people can receive the treatment they desperately need.</p> <p>In late Spring, we officially opened our Youth Wellness Center 5 days a week for young people to access during the school year. Several days a week we offer programs such as Mindfulness Based Substance Abuse Treatment (MBSAT), peer support services (Mindful</p>
-----------------------------	-------------------	---

		<p>Warriors), and group nature outings (Basecamp for Adventure). We also offered a special 8-week program involving facilitated art and wellness classes. Peers and trained adult staff provide safe space, food and caring support daily. We have supported nearly 140 youth in our Wellness programs, 85 of those youth from Nevada County.</p> <p>During the summer we traditionally close our wellness center as students aren't at school; however, over the last two months we reopened to provide recovery support and relief through crisis support to local youth, their families, and the community at large. Our team deeply supported the community crisis of a young girl who had attended a party, disappeared and who tragically passed away. To accommodate the community needs after this event, we made our Youth Wellness Center available 5 days a week to youth for drop-in support and also coordinated outreach and 25 hours of clinical support for those needing more support. We have continued coordinating on-going relief in several forms for youth.</p> <p>Finally, youth still struggle in the aftermath of the COVID Pandemic. Our wellness and treatment programs provide the support for recovery and relief to help them to continue to build resiliency as they adjust to a post pandemic world. Supporting the highest need youth helps cultivate the skills they need to support themselves and others in the future. This connected, community support helps prevent future tragedy, incarceration, homelessness, and psychiatric holds. Prevention and mental health/ behavioral treatment at younger ages saves the entire community valuable personnel and financial resources.</p>
Second Quarter Report	July 2022	<p>The WHMB mentoring program is led by our clinically supervised mentors, trained in our 4Roots Method based on leading edge humanistic, trauma-informed modalities. Therapeutic goals are informed by the client's needs and outlined in a treatment plan developed by our clinical team. Our mentors engage clients in a consistent, caring, authentic relationship through supported risk-taking activities in nature such as kayaking, rock climbing, hiking, and personal reflection. We provide the container, support, connection and opportunities for young people to thrive. We have made progress towards resiliency, recovery, and relief by expanding our offerings to serve additional youth. Early this year we began providing counseling services from a licensed social worker and social work intern. We recently designed and began offering small group therapeutic mentor sessions to youth on our waitlist. We have been fortunate to utilize funds from other sources to support this work through June 30, 2022. Starting July 1, we began using NCCBG APRA funds to continue the work described above. It will be detailed in subsequent reporting. The major use of this money will go to the promotion of a therapeutic mentor into a new role as the WHMB Group's Coordinator as well as the back-end clinical, managerial, and administrative support to run these programs.</p> <p>Since April 1, 2022, we have served 160 local youth, of which over 90 are in Nevada County. We are challenged by "post pandemic" issues of hiring qualified staff, inflation, and the ever-present reality of COVID surges. We currently provide therapeutic services to 53 youth through our one-on-one and group, and clinical services. 31 of these are in Nevada</p>

		<p>County. Additionally, we have reduced our training and administrative overhead by having new mentors provide service to more than one mentee. Gateway provides on-going training and supervision in mental health and substance use prevention and treatment to our staff. This ensures that high-need young people can receive the treatment they desperately need.</p> <p>Finally, this quarter Gateway officially opened its Youth Wellness Center 5 days a week for youth to utilize during the school year. Several days a week we offer programs such as Mindfulness Based Substance Abuse Treatment (MBSAT), peer support services (Mindful Warriors), and group nature outings (Basecamp for Adventure). We also offered a special 8-week program involving facilitated art and wellness classes. A safe space, food and caring support from peers and trained adult staff is offered daily. We have supported nearly 120 youth in our Wellness programs, 75 of those youth from Nevada County.</p>
Third Quarter Report	October 2022	<p>Gateway's Mission is to transform the lives of youth from all backgrounds using nature-based experiences and wellness adventures that reconnect them with self, nature and community. Our two major local programs, 4Roots Wellness and Whole Hearts Minds &amp; Bodies, exist to support youth to build resiliency and provide relief from the challenges they face in their daily lives - be it school, substance use, mental health, and/or family issues. A majority of our services support low-income youth and high risk youth from marginalized communities; however, we also support the community at large in times of crisis.</p> <p>Based on the grant goals mentioned in the project description above, we have accomplished the following:</p> <p>For our Whole Hearts, Minds and Bodies Program we have made progress towards resiliency, recovery, and relief by expanding our offerings to serve additional youth who have not had other opportunities to receive treatment programming that builds resiliency and helps with their recovery and relief from COVID and its aftermath. Early this year we began providing counseling services from a licensed social worker and social work intern. Since July 1 we hired two additional clinical interns to expand capacity in order to provide these clinical recovery and relief services to more youth. Additionally, we recently designed and began offering small group therapeutic mentoring sessions to youth on our waitlist for services. We are planning to continue offering these programs on a rolling basis. Starting July 1, we began using NCCBG APRA funds to support the management, operations, and growth of these programs. Since April 1, 2022, we have served 180 local youth, of which over 100 are in Nevada County. We are challenged by "post pandemic" issues of hiring qualified staff, inflation, and the ever-present reality of COVID surges. Our Nevada County numbers shrunk in the summer as youth were out of school and we served out of region youth through our various summer programs. As school returned last month, we ramped back up to pre summer numbers and currently provide near weekly therapeutic services to 43 youth through our one-on-one and group, and clinical services. 31 of these are in Nevada County. Gateway provides on-going training and supervision in mental health and substance use prevention and treatment to our staff. This ensures that high-need young people can receive the treatment they desperately need.</p> <p>In late Spring, we officially opened our Youth Wellness Center 5 days a week for young people to access during the school year. Several days a week we offer programs such as Mindfulness Based Substance Abuse Treatment (MBSAT), peer support services (Mindful Warriors), and group</p>

		<p>nature outings (Basecamp for Adventure). We also offered a special 8-week program involving facilitated art and wellness classes. Peers and trained adult staff provide safe space, food and caring support daily. We have supported nearly 140 youth in our Wellness programs, 85 of those youth from Nevada County.</p> <p>During the summer we traditionally close our wellness center as students aren't at school; however, over the last two months we reopened to provide recovery support and relief through crisis support to local youth, their families, and the community at large. Our team deeply supported the community crisis of a young girl who had attended a party, disappeared and who tragically passed away. To accommodate the community needs after this event we made our Youth Wellness Center available 5 days a week to youth for drop-in support and also coordinated outreach and 25 hours of clinical support for those needing more support. We have continued coordinating on-going relief in several forms for youth.</p> <p>Finally, youth still struggle in the aftermath of the COVID Pandemic. Our wellness and treatment programs provide the support for recovery and relief to help them to continue to build resiliency as they adjust to a post pandemic world. Supporting the highest need youth helps cultivate the skills they need to support themselves and others in the future. This connected, community support helps prevent future tragedy, incarceration, homelessness, and psychiatric holds. Prevention and mental health/behavioral treatment at younger ages saves the entire community valuable personnel and financial resources.</p>
Fourth Quarter Report	January 2023	<p>Gateway's Mission is to transform the lives of youth from all backgrounds using nature-based experiences and wellness adventures that reconnect them with self, nature and community. Our two major local programs, 4Roots Wellness and Whole Hearts Minds &amp; Bodies, support youth to build resiliency and provide relief from the challenges they face in their daily lives - be it school, substance use, mental health, and/or family issues. A majority of our services support low income and high risk youth from marginalized communities.</p> <p>Based on the grant goals mentioned in the project description above, we have accomplished the following:</p> <p>This fall our team helped facilitate a community-wide youth listening session aimed to help behavioral health professionals learn the true needs of our region's youth. Through this event, Gateway heard how substance use, bullying, social media, and mental health issues greatly impacted the 18 youth participants and their peers. Based on feedback from the event, Gateway is continuing to work with other service providers to find new ways to provide relief support and increase resiliency for our region's youth. Discussions, based on this feedback are occurring within our organization and community.</p> <p>Since April 1, 2022 we have served 230 local youth, of which over 140 are in Nevada County. We continue to provide therapeutic services to these youth through our one-on-one and group, and clinical services. We have also had several graduations from our program based on the client meeting their treatment</p>
Project Completed	May 2023	<p>Gateway's Mission is to transform the lives of youth from all backgrounds using nature-based experiences and wellness adventures that reconnect them with self, nature and community. Our two major local programs, 4Roots Wellness and Whole Hearts Minds &amp; Bodies, support youth to build resiliency and provide relief from the challenges they face in their</p>

	<p>daily lives - be it school, substance use, mental health, and/or family issues. A majority of our services support low income and high risk youth from marginalized communities.</p> <p>Based on the grant goals mentioned in the project description above, we have accomplished the following:</p> <p>This fall our team helped facilitate a community-wide youth listening session aimed to help behavioral health professionals learn the true needs of our region's youth. Through this event, Gateway heard how substance use, bullying, social media, and mental health issues greatly impacted the 18 youth participants and their peers. Based on feedback from the event, Gateway is continuing to work with other service providers to find new ways to provide relief support and increase resiliency for our region's youth. Discussions, based on this feedback are occurring within our organization and community.</p> <p>Since April 1, 2022 we have served 250 local youth, of which over 150 are in Nevada County. We continue to provide therapeutic services to these youth through our one-on-one and group, and clinical services. We have also had several graduations from our program based on the client meeting their treatment goals. A <a href="#">Gateway blog post</a> tells about one such success. We continue to provide ongoing training and supervision for staff in mental health and substance use prevention and treatment so they can continue to practice self-care and effectively support the young high-need young people we serve. In our WHMB Program, we have made progress towards resiliency, recovery, and relief by expanding our offerings to serve additional youth who have not had other treatment opportunities. Early this year, our licensed social worker and social work intern began providing counseling services and our therapeutic mentors have continued supporting high need youth in our one-on-one mentoring program. This fall we reopened our Youth Wellness Center five days a week for young people to access during the school year. During this time we taught our intensive 12 class recovery program, Mindfulness Based Substance Abuse Treatment (MBSAT). We also offered peer support services (Mindful Warriors), and group nature outings (Basecamp for Adventure). We provided four "wellness days" field trips to two different alternative schools to support their learning. In the community, we taught a modified MBSAT course to youth in 6 different schools, including the entire campus at Sierra High School.</p> <p>All of these health and wellness programs are for youth who have either experienced mental health or substance use issues, are at risk, or simply want to learn and support themselves or loved ones, resulting in increased resiliency, recovery, and relief to youth in our community.</p>
--	---

## PROJECT POINT OF CONTACT

Name and title: Ariel Lovett, Project Administrator, CEO's Office

FOR CEO OFFICE ONLY:

Expense Item No:	ECON01.19
Final ARPA Category:	2.34
Approved:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No