

KOVOD Award Submission

January 28th, 2016

To Whom it May Concern,

Jewish Family Service Agency of Vancouver, BC is an AJFCA member in good standing and is putting forth our Mental Health Outreach Program for consideration in the "Replicable Programming" category and the subcategory being "Behavioural Health Services".

Jewish Family Service Agency (JFSA) provides a range of services - Mental Health counselling, Clinical counselling, clinical support and outreach to at-risk youth/families, employment counselling, resettlement counselling, Financial Aid assistance, Food Bank and Food Vouchers, Clinical case management, Senior's Outreach counselling, Senior's Home Care services and Family Life Education.

Our agency budget is \$4.37 Million and the current program cost is \$55,000.

The contact person for the Mental Health Outreach program is Alan Stamp, who can be contacted at 604-637-3309 and through email at astamp@jfsa.ca

The Coordinator of the Mental Health Outreach program is Taya Cassidy, MA, RCC and can be reached at 604-257-5151 and through email at tcassidy@jfsa.ca

The JFSA website: www.jfsa.ca

Program Summary:

The Mental Health Outreach Program began as a Pilot Project with seed money from the Jewish Federation of Greater Vancouver in July of 2011. Presently, we receive 55K from the Federation to run the program. It has been a highly successful program that also relies on community partners. We have one therapist who coordinates the program and a Clinical Director that oversees the program, providing ongoing support and direction to the clinician.

The goals of the MHO program have been to:

- provide an assessment/evaluation of the client's needs
- work closely with the client to develop a comprehensive plan that reflects their goals or objectives of treatment
- support clients to increase their awareness of community resources to alleviate their financial, housing, emotional or other issues experienced
- decrease isolation
- increase connections, especially with regard to Jewish communal life, traditions, practices as indicated by the client
- develop connections and friendships with other participants through the Peer Support Program where considered appropriate as a strategy to lessen stigma of mental health and increase quality of life

- support clients both individually and in groups, where appropriate for the client's need
- work with the client's family on issues pertaining to supporting the client's connection with their family
- meet with the client where they are most comfortable - in or out of the office
- support the client by liaising with professionals - psychiatrists, physicians, mental health teams, probation officers, social workers, Rabbi's - and others involved in the client's care
- provide access to all in-house services, such as employment counselling, Basic Resources, Housing in order to "wrap-around" professional services where indicated by the client
- support a client's desire for increased independence and greater agency with an improvement in their quality of life, focusing on counselling strategies and lessening isolation whilst increasing community resources

3 Major Outcomes & Evaluation as per the Logic Model of 2014-2016 for Mental Health Outreach Program

1. **Major Outcome:** Mental Health Clients increase their awareness of resources and alleviate or lessen their concerns about financial, housing, emotional and/or other issues.

Evaluation: 75% of clients report an improvement in their situation and in their ability to provide self-care as per data collected in client surveys and from progress reports.

2. **Major Outcome:** Mental Health Clients will have an improved level of everyday functioning

Evaluation: 100% of clients report an increase in their level of everyday functioning, as per data collected in client surveys and from progress reports.

3. **Major Outcome:** Mental Health Clients develop connections to the Jewish community and Jewish life.

Evaluation: 80% of Clients report feeling less isolated since participating in activities and groups and more connected to Jewish life, as per data collected in client surveys and from progress reports