

City of Sacramento
**Sacramento Children's Fund Planning and Oversight
Commission Report**
915 I Street Sacramento, CA 95814
www.cityofsacramento.org

File ID: 2026-01125

6/4/2026

Sacramento Children's Fund Planning and Oversight Strategic Investment Plan Third Year Review

File ID: 2026-01125

Location: Citywide

Recommendation: Review Strategic Investment Plan and discuss outcomes and potential recommendations to align outcomes with the five fund goals.

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Presenter: Julie Garen, Program Specialist, (916) 808-1531, jgaren@cityofsacramento.org, Department of Youth, Parks, & Community Enrichment

Attachments:

1-Description/Analysis

2-Sacramento Children's Fund Presentation

Description/Analysis

Issue Detail: As part of the third year review, commissioners will review and discuss the Strategic Investment Plan and the first round Request for Proposals. Vice Chair Ghafari and Commissioner Thomas will present on the definition of mental health.

The Sacramento Children's Fund Planning and Oversight Commission will discuss potential recommendations it may wish to make to better align outcomes with the five fund goals, which include: (1) supporting the mental health and emotional wellness of youth; (2) preventing and reducing homelessness among youth, including youth transitioning out of foster care; (3) preventing and reducing youth substance abuse; (4) preventing and reducing youth violence; and (5) supporting the healthy development of children ages 0 to 5 years old.

The Commission may also consider its approach to potential changes in funding for the second round of open grants. The commission may discuss the definition of mental health and substance abuse and any programs or evidence-based practices it would like to recommend be included in the next competitive application process.

Any recommendations to revise the competitive selection process must be consistent with the Commission's powers and duties, as established in Section 120 of the City Charter, as well as the SIP approved by Council. Certain recommended revisions to the competitive selection process, and any revisions to the SIP, would require City Council approval.

Policy Considerations: Sacramento City Charter § 120 Sacramento Children's Fund.

Economic Impacts: Not applicable.

Environmental Considerations: Not applicable.

Sustainability: Not applicable.

Commission/Committee Action: Not applicable.

Rationale for Recommendation: As outlined in Measure L, Sacramento City Charter § 120 Sacramento Children's Fund, the Sacramento Children's Fund Planning and Oversight Commission is charged with the power and duty to complete a third year review of the Strategic Investment Plan. The Commission may make recommendations on how to implement changes to the next round of open grant funding and/or the SIP after review and discussion of the implementation updates.

Financial Considerations: Not applicable.

Local Business Enterprise (LBE): Not applicable.

Mental Health Defined
Sacramento Children's Fund
Commission, 2026

Vice Chair Lilian Ghafari & Commissioner Davon Thomas

"Funded programs will prioritize children and youth most impacted by poverty, violence, and trauma. (City of Sacramento, 2024)

Considerations

How do we define mental health?

Definition of mental health vs. mental health programs

What is on our current RFP & how can we be more specific with mental health?

How do we reach youth most impacted by poverty, violence & trauma?

Considerations

When is the average onset of mental health symptoms?

50% of all lifetime mental illness begins by age 14, and 75% by age 24¹

Studies suggest the average delay between the onset of mental health symptoms and treatment is 11 years²

For youth who are most impacted by poverty, trauma and violence, age of onset can be sooner due to severe life stressors

Primary, Secondary & Tertiary Mental Health Program Examples

Mental Health Services Categorized

1. Primary Prevention

Primary prevention involves proactive, universal strategies that stop a mental health disorder or crisis from developing in the first place. The goal is to reduce risk factors and build resilience.

Examples: School-based emotional regulation programs, parenting classes, public awareness campaigns on stress management, and community efforts to prevent childhood trauma.

Mental Health Services Categorized

2. Secondary Prevention

Secondary prevention focuses on early detection, rapid intervention, and limiting the duration and severity of a mental health condition once it appears. The focus here is "nip it in the bud" to prevent the issue from worsening.

Examples: Routine depression screenings at an annual physical, crisis text lines, and brief, early interventions for someone experiencing acute stress or grief.

SCF Awardee Example: The REDA/ALEFE program provides culturally responsive school readiness classes, parenting workshops, and family support services to help low-income refugee preschool children strengthen their social, emotional, and developmental well-being while preparing for school success.

Mental Health Services Categorized

3. Tertiary Prevention

Tertiary prevention (or disease management) steps in after a mental health condition has been diagnosed or an acute crisis has passed. The goal is to reduce long-term disability, prevent relapse, and help individuals maximize their quality of life and functional independence.

Examples: Long-term psychotherapy, psychiatric medication management, rehabilitation programs, and ongoing peer support groups.

SCF Awardee Example: SAC LGBTQ Center - The Center will launch an LGBTQ+ Mental Health Training Program for graduate-level mental health trainees to provide affirming individual and group therapy services to LGBTQ+ youth ages 13–24 in Sacramento under licensed clinical supervision. The program aims to serve 60 clients with nearly 2,000 hours of care while increasing youth engagement in mental health services, improving outcomes, and building a pipeline of LGBTQ+ affirming mental health professionals

In The Current SCF RFP

GOAL AREA 1: SUPPORT THE MENTAL HEALTH AND EMOTIONAL WELLNESS OF YOUTH

The SCF supports youth-driven, culturally affirming, and trauma-responsive strategies that are coordinated, equitable, appropriate, timely, sustainable, and accessible, so that all children and youth have fair and just opportunity to develop and maintain positive mental health, as well as access to affordable and effective early intervention, treatment, and recovery care when, where, and in the ways they need it most. These include:

- 1) Increasing mental health literacy: Increase knowledge and understanding of how to develop and maintain positive mental health, especially peer modeling programs, as well as skills that support how to effectively engage in help-seeking while also removing systemic barriers to access.
- 2) Developing healthy cultural identities: Focus on promotion of strength-based, culturally grounded protective factors over reduction of risk to help build a sense of belonging while countering stigmatization of impacted populations and communities.

In The Current SCF RFP Continued

- 3) Enhancing social, emotional, and behavioral learning: Promote social skills and emotional development by focusing on self-management, responsible decision-making, relationship skills, and social and self-awareness while enhancing connectedness to peers, adults, and community.
- 4) Providing cognitive behavioral interventions: Teach skills for emotional regulation, anxiety management, and problem solving to address disruptive thoughts and behaviors in ways that are culturally adaptive or tailored to meet the unique needs of young people and families.
- 5) Reducing access to lethal means: Promote safety by removing or securing access to dangerous items such as guns, medications, or other household items that could be used to cause harm to oneself or others in a “moment of crisis”.

In The Current RFP

FUND GOAL SPECIFIC PROGRAM DESIGN NARRATIVE QUESTIONS (REQUIRED)

a. FOR PROGRAMS THAT SERVE GOAL AREA 1: SUPPORT THE MENTAL HEALTH AND EMOTIONAL WELLNESS OF YOUTH (500 words).

- i. Describe how the program incorporates culturally-affirming, and trauma responsive strategies.
- ii. Explain how the program incorporates fund goal specific evidence informed strategies listed under Funding Information pg. 17-20.
- iii. Describe how the services are equitable and accessible so that all young people may participate

The City of Richmond and Department and Fund for Children and Youth

- Options for Supported Programming
 - Individual & group counseling/therapy sessions
 - Mindfulness & emotional wellness programs
 - Mental health/wellness support groups
 - Behavioral health/ positive behavior intervention programs
 - Violence and trauma recovery programs
 - Trauma informed training for staff, teachers, first-responders
- Page 21 of RFP
 - https://www.ci.richmond.ca.us/DocumentCenter/View/70793/2024-09-03_FY25-28_RFCY_RequestforProposals

Fred Finch Youth & Family Services

A California-based non-profit organization that supports children, adolescents, young adults, and families facing complex challenges such as trauma, poverty, foster care, and developmental disabilities like autism. Founded in 1891, the agency provides trauma-informed mental health, educational, and housing services across the state.

Key Programs & Services:

Mental Health & Therapy: Offers community-based, school-based, and visiting therapist programs to youth struggling with severe emotional distress, trauma, or behavioral challenges.

Specialized Wraparound: Provides highly individualized behavioral and mental health services, particularly in Southern California, for youth with developmental disabilities.

Educational & Vocational: Partners with public and non-public schools to provide full-service therapy and support to help students overcome barriers to academic and social success.

Housing & Residential: Offers transitional housing, specialty residential treatment, and independent living support for youth and young adults.

California Youth Mental Health Corps

An initiative pairing young adults (ages 18 to 24) with schools, community organizations, and health clinics to serve as peer mental health navigators. The program addresses the youth mental health crisis while providing participants with professional credentials, higher education credits, and living stipends.

Role: Members serve one-to-two-year projects acting as trusted guides, connecting teens with vital mental health resources.

Focus: Navigators help youth process stressors related to social media, digital overload, and emerging technologies.

Benefits for Members: Participants earn specialized training, certifications (such as Community Health Worker credentials), higher education credits, and hands-on experience in public health

Thank you!