



City of Lawrence

2015 Social Service Funding Application – Non-Alcohol Funds

SECTION 1. APPLICANT INFORMATION

Legal Name of Agency: Headquarters Counseling Center, Inc.
Name of Program for Which Funding is Requested: Community Suicide Intervention Training
Primary Contact Information (must be available by phone 5/23/14 and 5/30/14 from 8 a.m. to 12:00 p.m.)
Contact Name and Title: Steve Lopes, Executive Director
Address: 211 East 8th Street, Suite C, Lawrence, KS 66044
Telephone: 785-841-9900 Fax: n/a
Email: steve@headquarterscounselingcenter.org

SECTION 2. REQUEST INFORMATION

- A. Amount of funds requested from the City for this program for calendar year 2015: \$31,000
- B. Will these funds be used for capital outlay (equipment or facilities?)
If so, please describe: **No**
- C. Will these funds be used to leverage other funds? **Yes**
If so, how: **Headquarters will use this funding to help demonstrate local public support for the program. It will also assist Headquarters in seeking additional funding from outside Douglas County. Additionally Headquarters will utilize the trainers as a potential revenue stream by training in other communities around the state on a fee-for-service schedule.**
- D. Did you receive City funding for this program in 2014? **No**
If so, list the amount and source for funding (i.e. General Fund, Alcohol Fund, etc.):
1. How would any reduction in city funding in 2015 impact your agency? **n/a**
2. If you are requesting an increase in funding over 2014, please explain why and exactly how the additional funds will be used: **To provide ASIST training required by the National Suicide Prevention Lifeline for all counselors.**

SECTION 3. PROGRAM BUDGET INFORMATION

- A. Provide a detailed budget for the proposed program using the following categories: personnel (list each staff position individually and note if new or existing), fringe benefits, travel, office space, supplies, equipment, other.

For each of three volunteer training sessions per year (Spring, Summer, Fall, 2015):

Two trainers @\$1500 each (100 hours x \$15/hr.) x 3= \$9,000
One ASIST trainer \$2500 (trainer fees, supplies, travel, etc.) x 3= \$7,500
Materials \$1500 (food, paper, equipment, binders, etc) x 3= \$4,500
Certification two additional local Headquarters- based ASIST trainers: @ \$5,000 each= \$10,000

Total: \$31,000

Trainers are contracted on an hourly basis without defined benefits.

- B. What percent of 2015 program costs are being requested from the City? **80%**
- C. Provide a list of all anticipated sources of funding and funding amount for this program in 2015:

Requests to SAMSA grant, United Way, Douglas County Foundation. In the past the DC Foundation grants have subsidized ASIST training costs for community participants at \$200/ participant.

SECTION 4. STATEMENT OF PROBLEM / NEED TO BE ADDRESSED BY PROGRAM

Provide a brief statement of the problem or need your agency proposes to address with the requested funding and/or the impact of not funding this program. The statement should include characteristics of the client population that will be served by this program. If possible, include statistical data to document this need.

“Over the past decade, the suicide rate increased 16.3%, from 10.4 per 100,000 population (age adjusted) in 2000 to 12.1 in 2010. Suicide rates varied by factors such as race/ethnicity and age; for example, the rate for the American Indian or Alaska Native population was twice as high as that for the black non-Hispanic population, the racial/ethnic group with the lowest suicide rate. In 2011, 8.2% of adolescents aged 12 to 17 reported having had a major depressive episode (MDE) in the past 12 months. The rate of MDE for females was more than 2½ times that for males.”

Source: <http://healthypeople.gov/2020/LHI/mentalHealth.aspx?tab=data>

Headquarters Counseling Center (HQCC) has provided free crisis intervention training for hundreds of community members over many years. Many former clients continue to access our services many years later, making Lawrence a suicide-safer community. Any and all of this success is due to our highly trained counselors past and present.

After our trainee candidates pass a high-standard selection process, including an hour-long self-revealing interview, they qualify for our intense 100 hour training regimen incorporating research-based best practices. Trainees are thoroughly vetted before becoming certified to assist persons in crisis. Headquarters training is highly regarded and unique among crisis centers. The university of Kansas Psychology department regularly recommends our training to students interesting in a counseling career.

But Headquarters, Inc, like many not for profits is facing a decline in voluntarism. According to the United States Department of Labor, Economic News Release, “Volunteering in the United States, 2013”:

“The volunteer rate declined by 1.1 percentage points to 25.4 percent for the year ending in September 2013, the U.S. Bureau of Labor Statistics reported today. About 62.6 million people volunteered through or for an organization at least once between September 2012 and September 2013. The volunteer rate in 2013 was the lowest it has been since the supplement was first administered in 2002.”

Source: <http://www.bls.gov/news.release/volun.nr0.html>

Subsequently, HQCC will use this funding to recruit and retain more trainers of crisis counselors at a time of a diminishing pool of volunteers and higher client need. We will also be better able to provide additional ASIST training to community health care and emergency services providers.

- A. How was the need for this program determined?

As noted above, many more persons are considering suicide. Some could be dissuaded if more trained counselors were available to intervene. And the evidence is overwhelming that intervention works.

- B. Why should this problem/need be addressed by the City?

The services provided by Headquarters counselors save Lawrence and Douglas County emergency services tens of thousands of dollars in unnecessary 911 suicide attempt calls. Headquarters provides not only a vital safety net for vulnerable citizens, but also emotional and survivor support, adding value to our caring community.

- C. How does the program align with the Community Health Plan (see page one)?

Goal: To create a community that values positive mental and behavioral health and encourages

everyone to seek help when they need it by promoting prevention and responding to mental health needs.

Source: <http://ldchealth.org/information/about-the-community/community-health-improvement-plan/mental-health/>

Ultimately, Headquarters trained staff SAVE LIVES and more trained counselors create a safer community.

SECTION 5. DESCRIPTION OF PROGRAM SERVICES

- A. Provide a brief description of the service you will provide and explain how it will respond to the need you identified in Section 4. The description should include how many clients will be served, and should describe as specifically as possible the interaction that will take place between the provider and the user of the service.

Our Volunteer Counselor Training is based on best practices developed by American Association of Suicidology, and since 2012 has included Applied Suicide Intervention Skills Training (ASIST) developed by Living Works. Throughout our history, Headquarters staff has trained many Douglas County residents in this quality crisis intervention counseling.

The Douglas County Foundation has underwritten Headquarters-sponsored ASIST suicide intervention training tuition for trainees from LMH, Bert Nash, USD 497, Heartland, Health Care Access and other community organizations. ASIST certification is required of all counselors responding to National Suicide Prevention Lifeline (NSPL) calls at an expense borne by the respective call center. ¹

Headquarters has provided a safety net for Lawrence residents since 1969, and continues to be the leader in suicide prevention for the entire state of Kansas since 2001. Until recent drastic funding cuts, we provided free counseling services 24/7. We are the only agency in Douglas County and in the state of Kansas that is a free, confidential, safe place to seek non-judgmental counseling on a variety of topics. In 2013, we responded to over 26,000 calls to the center.

Headquarters was forced to reduce its hours in November 2013, less than a month after the Kansas Department of Health and Environment (KDHE) released staggering statistics that suicides increased by 30.5% from 2012 to 2013 ². The State of Kansas also instituted the ninth largest funding reduction to mental health care services of any other state between 2009 and 2011. ³

The need for Headquarters' services is more important than ever before, with decreased state funding for mental health coupled with dramatic rises in suicide. In today's tight economic times with many social service agencies competing for dwindling financial support from donors, our funding has been significantly decreased. We need help to keep the phone lines open for the desperate in our community to reach out for assistance.

In addition, according to the latest crisis center survey, of 152 centers nationwide, *65% are government funded*.⁴ In addition, the former Headquarters all-volunteer model is used by only 2% of the crisis centers, with 40% having paid staff only, and 58% having both paid and volunteers. ⁵ (nota bene: Headquarters currently has a mix of paid and volunteer counselors with plans to increase compensated staff.)

Headquarters Counseling Center needs sustained government support for the vital service we provide.

¹ Living Works, "Applied Suicide Intervention Skills Training (ASIST)" [http://livingworks.net/page/Applied Suicide Intervention Skills Training \(ASIST\)](http://livingworks.net/page/Applied%20Suicide%20Intervention%20Skills%20Training%20(ASIST))

² Kansas Department of Health and Environment, "Annual Summary of Vital Statistics, 2012" Sept 2013 http://www.kdheks.gov/hci/as/2012/AS_2012.pdf

³ National Alliance on Mental Illness, "State Mental Health Cuts: The Continuing Crisis" Nov 2011 <http://www.nami.org/ContentManagement/ContentDisplay.cfm?ContentFileID=147763>

⁴ Substance Abuse and Mental Health Administration (SAMSA), "Crisis Center Survey 2011", www.samsa.gov, p.3.

⁵ *Ibid.*, p.5

- B. What other agencies in the community are providing similar types of services.

Headquarters staff trained ASIST to other community agencies and our trained counselors provide a unique service to our community.

What efforts have you made to avoid duplication or coordinate services with those agencies?

We are the first responders who connect persons at risk with resources but we also coordinate with other area social service agencies especially for our overnight service.

SECTION 6. PROGRAM OBJECTIVES

Please provide three specific program objectives for 2015. Objectives should demonstrate the purpose of the program and measure the amount of service delivered or the effectiveness of the services delivered. A time frame and numerical goal should also be included. Examples include, "75% of clients receiving job training will retain their job one year after being hired," "increased fundraising efforts will result in a 15% increase in donations in 2015," "credit counseling services will be provided to 600 clients in 2015," etc.

- 1. In 2015, HQ will conduct three training sessions (Spring, Summer, Fall) for 45 highly-trained crisis intervention counselors.**
- 2. In 2015, HQ will recruit and train two additional ASIST trainers.**
- 3. In 2015, these 45 trained counselors will respond to approximately ten calls/hour for each of their 300 hour shift commitments and of the 135,000 calls, approximately 50,000 will be from persons at risk.**

Applicants will be expected to report their progress toward meeting these objectives in their six-month and annual reports to the City.