



March 2, 2023

Friends Foundation for the Aging
Sharon Hoskins, Executive Director
PO Box 1081
Langhorne, PA. 19047

Dear Susan,

Thank you for the invitation to submit this proposal to the Friends Foundation for the Aging to support Jewish Family and Children's Service of Greater Philadelphia's (JFCS) Mobile Mental Health program. We look forward to continuing our longstanding partnership with the Foundation as we support underserved older adults in our community. We too envision a world where older adults have dignity and self-determination, are valued and respected, and have adequate resources, housing, healthcare, support, and community.

Executive Summary:

JFCS' Mobile Mental Health program aims to reduce barriers to seeking mental health services caused by both stigma and mobility/access concerns. Many older adults struggle with stigma associated with mental health concerns, often leading them to report symptoms of mental health conditions as physical complaints or to avoid treatment altogether. As a result, many older adults lack the support they need to navigate life transitions, including loss of social networks or loved ones, declining health, and their own end-of-life care and support. COVID-19 and its impact on the physical and mental health of older adults as well as the loss of peers and family to the virus has only intensified the need for services. JFCS is respectfully requesting \$30,000 from the Friends Foundation on Aging to support our Mobile Mental Health program, bolstering the mental health safety net for low-income, older adults through the provision of evidence-based, in-home mental health interventions and group-based supports (virtually or in person).

Project Details:

Through our programs, JFCS supports older adults to safely age-in-place as vital members of their communities with dignity and independence. The program eligibility is open to anyone who resides in the 5 county area (Montgomery, Bucks, Delaware, Philadelphia, and Chester) and is 60+. Through JFCS' in-home medical health program, in-home mental health counseling, care management and coordination, subsidized home and chore care, transportation assistance, food access programs and home repair services, we annually impact approximately 1,000 older adults. Our Mobile Mental Health program was established as loved ones of older adults reached out to inquire about mental health services for home-bound family members. JFCS' Mobile Mental Health program eliminates barriers to seeking mental health services by offering mental health counseling in the comfort and safety of clients' homes, as well as linkages to wrap around supports through partner agencies, as determined by the client and provider. We are the only organization in the Philadelphia region providing in-home mental health services to low-income, home-bound older adults.

Jewish Family and Children's Service of Greater Philadelphia

The Barbara and Harvey Brodsky Enrichment Center
345 Montgomery Avenue | Bala Cynwyd, PA | 19004

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JFCS partners with the Jewish Federation of Greater Philadelphia

The Mobile Mental Health program is a one-on-one, in-home model delivered by JFCS' Mobile Therapist (LCSW) and utilizes evidenced-based assessment tools and therapeutic modalities including, but not limited to, Cognitive Behavioral Therapy, Motivational Interviewing, Integrated Psychotherapy, and Marital and Couples Counseling. The recommended type of service would be dependent on the goal(s) set by the participant and the needs identified by the JFCS provider during the assessment process or an outside medical provider through a referral process. To holistically support clients' health and well-being, the therapist also monitors each client's overall health and in-home living conditions to identify issues that may arise and provides referrals to JFCS care managers or other health providers, as needed.

Clients qualify for mobile therapy based on their physical or mental health limitations that demonstrate the need for home-based services. Typically, services are offered on a weekly or bi-weekly basis. JFCS therapists track individual clients' progress toward mental health goals during each session and re-evaluate goals and treatment options as needed. Participants are screened and assessed using the following tools:

- Counseling Initial Assessment: Developed by JFCS, the assessment is a bio-psycho-social tool to understand symptoms and assess the needs of the individual. This tool guides the development of the individualized treatment plan and is administered at the initial session.
- Person-Centered Treatment Plan: Developed by JFCS as a tool to guide treatment and as evidence of need for service and is updated at least quarterly to reflect participant progress, remaining needs, and changes in general condition.
- Counseling Progress Note: Ongoing documentation as evidence of services provided related to the person's progress in treatment, completed within 7 days of each service.
- PROMIS Health Measures Tools-Emotional Distress for Anxiety: Evidenced-based tool that assesses for emotional distress related to anxiety and anxiety disorders. Administered at the initial assessment, quarterly during treatment, and at the time of discharge.
- PROMIS Health Measures Tools-Emotional Distress for Depression: Evidenced-based tool that assesses for emotional distress related to depression and depression disorders. Administered at the initial assessment, quarterly during treatment, and at the time of discharge.
- ACORN (a collaborative outcome resource network): A two-minute survey tool clients complete before each session. It is used to evaluate therapeutic alliance and relationship to increase the value of mental health services.

Group-based mobile therapy will be offered in closed groups of up to 10 clients for 6-8 weekly sessions. The groups will primarily be offered virtually, as accessibility for clients not living in supportive housing may prove challenging. The topics of the groups will be based on current needs of the aging populations, including but not limited to anxiety, loneliness, grief and loss, and depression, and topics relevant to particular populations, such as LGBTQ older adult issues. Therapeutic groups will be led by JFCS' mobile therapist.

Outputs over the course of the grant period include the following:

- 50 individual clients will be provided with individual therapeutic services.
- 40-50 individual clients will participate in 8 therapeutic groups, with a total of 5 to 7 participants per group.

WJFCS anticipates the following outcomes:

- 100% of clients will increase their access to mental health support services.
- 100% of clients will experience increased interpersonal engagement through regular interactions with a skilled mental health professional.
- 100% of clients will be connected to other/additional resources as needed and as determined by the JFCS staff.
- 70% of clients will report maintaining or improving their overall mental health, addressing issues such as anxiety and depression.

JFCS focuses on the sustainability of all our programs. Over two years ago, JFCS began working with Community Behavioral Health (CBH) to add one-on-one and group based therapeutic supports to the Long-Term Support Services Benefit Package through the Medicare waiver process, allowing for cost coverage. JFCS also drafted and proposed the associated staff criteria/qualifications needed to bill Medicare for home-based support services delivered to qualifying clients. We are pleased to report that, after several delays due to COVID-19, the waiver process is nearly complete and JFCS is in the last stages of finalizing a contract with CBH to become a credentialed, in-network CBH provider allowing us to bill for mobile mental health individual and some group-based services. However, additional support from Foundations and individuals will always be needed for a comprehensive program.

How is your organization addressing DEI:

JFCS understands that to build a social safety net that appropriately and intentionally responds to the needs of those who seek its support, an organization must first do the hard work of looking at, and if necessary, dismantling and rebuilding their own systems of practice. For the last two years, JFCS has looked at its own internal systems – from leadership to programming – holding hard conversations and making the internal changes necessary to best address the needs of the communities it currently and hopes to serve. A core component of JFCS’ mission is to cultivate and support a person-centered culture. Central to this is our service delivery model, which utilizes person-centered, trauma-informed (PCTI) principles, meaning we are always working to ensure that internal practices are sensitive to all staff and clients, understanding that anyone may have experienced trauma in their lives.

In 2020, JFCS launched an internal Diversity, Equity, and Inclusion (DEI) initiative, establishing DEI committees at the organizational and board levels. Our staff led DEI committee is focused on broadening the diversity of our leadership and making critical adjustments to how the organization designs and implements programs. At the board level, members have focused on recruitment practices and on how the board can better reflect community stakeholders, including current and former clients, low-income individuals, people living with disabilities, and caregivers of older adults.

JFCS brought in outside facilitators to offer training on topics, including DEI terminology and implementing DEI at all organizational levels. Out of these intentional and earnest discussions, the agency leadership incorporated DEI goals into JFCS’ 2021-2024 Strategic Plan and broadened its services to reach communities in which the organization traditionally has had a limited presence. Moving forward, staff and board DEI committees have continued the work initiated through these trainings through the development and monitoring of internal benchmarks around the organization’s DEI strategy and holding organizational leadership accountable.

For JFCS’ therapeutic and care management programs, this commitment to meeting the goals of the agency’s DEI initiative led to an internal review of how JFCS programs were administered and where adjustments could and should be made. For example, program staff reviewed program implementation approaches through the following processes: input based on care management staff trainings, care

management staff and client feedback, client focus groups, and a review of best practices from organizations with similar programs.

JFCS has further sought out opportunities to join the conversation around racial and social justice with other national and community-based stakeholders. At the national level, JFCS is a member of the Network of Jewish Human Service Agencies (NJHSA), a membership association of more than 150 non-profit human service agencies, and now sits on NJHSA’s DEI committee. We are also members of the American Society on Aging (ASA), providing us with access to training on equity in mental health for the aging, and participate in regular discussions with our Mental Health Network partners on decolonizing and expanding the reach of mental health services.

How does the project align with FFA values:

The Quaker philosophy that guides the Friends Foundation for the Aging, embracing simplicity, peace, integrity, community, equity, and stewardship are not that different from the Jewish philosophy that is at the foundation of JFCS. JFCS strives to live our Jewish values and ethics, which includes serving all people, especially those most in need in our community. We pursue excellence as a leading service provider, using a trauma informed and person-centered approach with respect and compassion at its core. We are further dedicated to creating an organizational culture that reflects both the JFCS legacy and foundational purpose and the diversity of cultures and lived experiences of the community we serve. As a Jewish organization, our values motivate this work. We believe deeply in recognizing the dignity in each individual (B’tzelim Elohim), repairing the world through direct action (Tikkun Olum), and creating a community where all are welcome, can contribute, and be heard (Kehillah).

Through our Mobile Mental Health program, we are working toward a shared vision of a world where older adults are valued and respected and have access to adequate resources. Consistent with the Foundation’s guiding principles, these services are available to all, with particular attention to the Philadelphia region’s low-income and underserved older adult population; services are integrated into the fabric of JFCS so that older adult participants have access to our suite of services; for those service not available through JFCS, we work in collaboration with other providers in order to leverage resources for maximum results; and we continually solicit feedback from participants on their own treatment plans and the larger program in order to ensure their continued engagement and effective services. We welcome the continued engagement of the Friends Foundation for the Aging and hope that you will continue to support our essential programming for older adults in Greater Philadelphia.

Sincerely,



Courtney Owen
Program Officer
cowen@jfcsphilly.org

Attachments:

- Program Budget
- IRS Determination Letter

JFCS Mobile Mental Health Program
Proposed Program Budget
4/1/2023-3/31/2024



Revenue	Program Budget		FFA Grant Use
Insurance and Fees	35,000.00		
In Kind	41,919.00		
Friends Foundation for the Aging	30,000.00		\$30,000
Contributions	30,000.00		
Total	136,919.00		\$30,000
Program Director 5%	3,723.00		
Mobile Therapist	56,720.00		\$14,180
Mobile Therapist	26,520.00		\$5,304
Benefits 30%	26,089.00		\$5,845
Occupancy	2,221.00		293
Insurance	5,856.00		
Communication	600		
Printing/Marketing	155.00		
Mileage	2000		1000
Overhead 10%	13,035.00		\$3,378
Total	136,919.00		\$30,000
Net	-		-

Internal Revenue Service

Date: July 11, 2006

JEWISH FAMILY AND CHILDRENS SERVICE
OF GREATER PHILADELPHIA
2100 ARCH ST FL 5
PHILADELPHIA PA 19103-1300

Department of the Treasury
P. O. Box 2508
Cincinnati, OH 45201

Person to Contact:
Patricia Sims #31-04345
Customer Service Representative
Toll-free Telephone Number:
877-829-5500
Federal Identification Number:
23-1352026

Dear Sir or Madam:

This is in response to your request of July 11, 2006, regarding your organization's tax-exempt status.

In April 1942 we issued a determination that recognized your organization as exempt from federal income tax. Our records indicate that your organization is currently exempt under section 501(c)(3) of the Internal Revenue Code.

Our records indicate that you (organization) is also classified as a public charity under sections 509(a)(1) and 170(b)(1)(A)(vi) of the Internal Revenue Code.

Our records indicate that contributions to your organization are deductible under section 170 of the Code and that you are qualified to receive tax deductible bequests, devises, transfers or gifts under section 2055, 2106 or 2522 of the Internal Revenue Code.

If you have any questions, please call US at the telephone number shown in the heading of this letter.

Sincerely,



Janna K. Skufca, Director, TE/GE
Customer Account Services

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