



Memorandum

TO: MAYOR LICCARDO

FROM: Councilmember Sylvia Arenas

SUBJECT: BUDGET DOCUMENT

DATE: 5/25/21

Approved *Sylvia Arenas*

Date *5/27/2021*

RECOMMENDATION

That the following recommendation be enacted.

Proposal

Program/Project Title: Partnership with District 8 school Districts for Social Emotional COVID Impact Program for parents.

Amount of City Funding Required: \$100,000

This change is:

One-time Ongoing

Cost Estimate Number (if applicable):

Proposal Description, including the reason for the need and anticipated outcomes (Please describe how the proposal will affect services for San José residents, community groups, businesses, etc.):

“Children and adolescents may be highly exposed to biopsychosocial stressors generated by the pandemic and once population's containment measures to reduce virus spread are required, they could be potentially affected by the disruption in daily life routine as a result of social isolation and their unseasoned ability to conceive and comprehend the short- and long-term consequences of this outbreak ([Spinelli et al., 2020](#); [Crescentini et al., 2020](#)).”

On the other side of the same coin there are psychosocial stressors on parents that need to be addressed for the sake of their children’s well-being. Parents need opportunities to participate in a network of support so that they can increase their coping skills that in turn will help children increase their own skills and well-being.

In a separate budget document, I have proposed that the City of San Jose bring the Wellness Center model approach for the children participating in our programs and services. We must be able to coordinate with our local school districts to provide support to parents and families that are typically

overlooked due to the lack of focus on parents. District 8 has a desert of nonprofits that are integrated in the school system, specifically Title 1 schools in Evergreen school district and this request would assist in closing the gaps in services for children and parents.

Evergreen Elementary School District is specifically excluded from the Tier 1 and 2 services of the County Behavioral Health's School Link Services – which is focused on prevention and early intervention, such as parenting workshops and therapeutic groups.

This budget document proposes dedicating \$100,000 from the essential services reserve to establish partnerships with the Evergreen School District to collaboratively provide Triple P workshops through their Parent University framework to enhance support to parents.

First 5's expertise in Triple P parenting (train the trainers) workshops shows that one two-day workshop for 20 participants can be accomplished for \$22,925. With even minimal matching funds from the district, more than 100 educators or para-educators could be trained -- and thousands of students and parents each year can benefit from only a \$100,000 investment from the city.

Now is the moment to make that investment in the well-being of our students and families. I request \$100,000 from the essential services reserve to build this partnership with Evergreen Elementary district, with the hope and expectation that Evergreen, First 5 and the County's Behavioral Health teams will invest their time and resources as well towards an outcome that is exponentially bigger than our seed funds.

Funding Source

- Essential Services Reserve: \$100,000
- Other (Please specify program/project/fund):

Department or Organization Contact

Please list the contact information for the individual that certified cost estimates contained within your recommendation:

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