

Attachment B

SPIRIT CENTER PROGRAMS:

SPIRIT Center is open five days a week, Tuesday through Saturday 10am-3pm for people seeking support with issues related to mental health and/or recovery. About 90% of those seeking services are unhoused. Our entirely Peer-run Center offers one-on-one Peer Support to individuals and hosts a variety of support groups and classes. These include Diagnosis with Dignity, Depression and Anxiety, Women's Group and Men's Group. Additionally, Spirit has recently added two groups to assist the unhoused: Steps to Home (formerly Housing Circle) and Resiliency & Relationships. The goal is to create pathways towards connection and creativity, in a way that meets each individual's interests and stage of growth. There is a variety of planned activities throughout the week. Some of these include Peer Music, Beading for Wellness, Creative Expressions, and Gentle Yoga. Participants may also get their hands dirty tending our organic garden.

The Emergency Department Program (EDP) Crisis team serves clients in crisis at the Crisis Stabilization Unit (CSU) and Emergency Room at Sierra Memorial Hospital. The program offers a valuable peer perspective to assist the client in present moment of current crisis, increase rates of warm handoff referrals between the CSU and SPIRIT. The program strengthens transitions between crisis services and community-based programs such as mental health outpatient clinics, case management services and reduces re-hospitalization rates among intensive service recipients. EDP Crisis Supporters continue to fill the gap and provide the bridge post-hospitalization to gently guide clients through follow-ups, into one or more of the appropriate long-term recovery focused programs. The SPIRIT Crisis Peer team is on-call, seven days a week from 11am -7pm. Overall the EDP Crisis services improve client care, reduce the frequency, cost, and length of stay of emergency visits and to shift vital Nevada County Behavioral Health resources away from Emergency Care into effective community-based long-term solutions.

The Housing Resiliency Program is designed to upgrade and expand our existing homeless day services at the SPIRIT Center by providing healthy lunches, and an active food pantry, daily hot showers and laundry. This better accommodates the Nevada County vulnerable population and builds resiliency to lessen the impact on the homeless. Through successful advocacy and collaboration with Nevada County agencies, the SPIRIT Housing Team can assist in the process of housing our participants. Advocacy calls and in-person contacts are made on behalf of our participants. In assessing our participants' immediate and future goals, we guide them to create a plan for housing. The Team also provides support in filling out applications and connecting participants to jobs available in our community. The Housing and Resiliency Specialists offer continual support to the newly hired, improving their employment stability.

	SPiRiT - Original Use Permit (2003)	SPiRiT - 2018 (no revised CUP required)	2023
Program Statement:	Drop-in Center providing peer support and empowerment to folks with mental illness or emotional challenges	Same	Drop-in Center providing peer support and empowerment to participants experiencing mental health challenges, and/or experiencing homelessness
	Managed and developed by peer staff and volunteers	Same	Same
	Services include 1-1 support, peer support training, advocacy training, volunteer opportunities, vocational skills, recreation activities and referral services	Same	Services include one-on-one support, peer support training, advocacy training, volunteer opportunities, vocational skills, recreation activities and housing resiliency and housing case management
	Hours - 9-4 Tuesday-Saturday	Same	Hours (open to participants) 10-3 Tuesday-Saturday
	Adults 18 and over - max 25 per day	Adults 18 and over - 40 max per day	Adults 18 and over - 30-40 people at a time - discussion point
Staffing Plan:	3 peer counselors	Same (average per day, varies)	1 manager, 4 peer supporters, 1 housing resiliency specialist
	1 Behavioral Health III staff member		1 ECM staff member
		Volunteers (# varies, usually about 2-4)	1 Peer supporter volunteer
Program Plan:	Drop-in peer counseling	Same	Drop-in Center providing peer support and empowerment to participants experiencing mental health challenges, and/or experiencing homelessness
	bag lunch 12-1	Food items in pantry available(collaboration with FBNC, IFM), kitchen available for participants Tue-Sat 10am-2pm w/ supervision- Pending Approval with Env Health	Food items in pantry available(collaboration with FBNC, IFM), kitchen available for participants Tue-Sat 10am-2pm - Lunch on Wednesdays from Briar Patch
	Staff/Team meetings	Same	Same
	Peer Counseling Class (16-week, twice/year)	Same	Same
	Support Groups	Same	See attached calendar
	Open recreation	Activities - Garden Program	Activities - Walking path, Garden Program
	Dual Diagnosis/Co-Occurring Support Group	Same	Diagnosis with Dignity
	Art Class	Same	
	Movement, Exercise and music	Same	Yoga
	Movie Time	N/A	
		No Clothes closet, no tents or sleeping gear	No Clothes closet, no tents or sleeping gear
		Showers	Showers
		Laundry	Laundry
		Work Release Program-Nevada County Probation collaboration Maximum 2 participants	NC Probation changed program, renamed "Community Service" now
		Emergency Department Program (collaboration with SNMH, Sierra Wellness Group, the CSU (NCBH)	Emergency Department Program (collaboration with SNMH, Sierra Wellness Group, the CSU (NCBH)
		-ED staff 5 staff members use a small office in the house-one at a time, rotating	-ED staff 5 staff members use a small office in the house-one at a time, rotating
			Housing Resiliency Program:
			- 2 staff members provide housing case management through support groups, one-on-ones and collaboration with other agencies for our unhoused participants

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SPIRIT PEER EMPOWERMENT CENTER

276 Gates Place Grass Valley- spiritpeerempowermentcenter.org 530-274-1431

Open Tuesday through Saturday 10:00 am – 3:00 pm *Updated 11/17/2022*

Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:30-11:30 Women's Group (Shawn and Christy) A fellowship of Women joined in communication and connection.</p> <p>11:30-12:30 Yoga and Meditation (Gayatri) Active and Restorative yoga and mindfulness practice, guiding you back to your center.</p> <p>1:00-2:00 Managing Emotion (Crissy and Shawn) 12 week program, covering the basics of a very active brain and how to take control of high levels of emotion</p>	<p>10:30-11:30 Rocks, Stones and Crystals (Tate) We will look at the healing power of rocks, stones, and crystals.</p> <p>12:00-1:00 Diagnosis with Dignity (Mary and Crissy) For individuals that are struggling with the ups and downs of their mental health.</p> <p>1:00-2:00 Grief Recovery Method (Gayatri) A 12-week program to experience grieving our losses in a setting of Peers that allows completion of our grief.</p>	<p>10:30-11:30 Steps to Home (Ellie) Discuss various housing options and needs, with support navigating rental applications and the housing process.</p> <p>12:30-1:00 Creative Writing (Crissy) A constructive weekly workshop to support writing of all skill levels.</p> <p>1:00-2:00 Men's Group (Michael) Men's support and resource group</p>	<p>10:30-11:30 Anxiety and Depression (Renee) For anyone experiencing anxiety and depression to share experiences and tools, and learn some new ones, too!</p> <p>12:00-1:00 Diversity Group (Crissy) Exploring our cultural and personal diversity</p> <p>1:00-2:00 WRAP and Relations Resiliency (Gayatri and Rocio) Creating a guide to healthy lives. Moving towards a place of health and healing in family, work and personal relations.</p>	<p>10:00-12:00 Beading for Wellness (Judy) Support each other in our journey, while producing beautiful jewelry together.</p> <p>1:00-2:45 Creative Expressions (Renee) A group where people come together to produce art in a variety of mediums.</p>

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SPIRIT Peer Empowerment Center

276 Gates Place
Grass Valley, CA 95945 530-274-1431

POLICY Street Parking for Participants

Parking on the street in close proximity to SPIRIT Center is intended for Participants who come to SPIRIT to receive services.

Anyone using a parking space and not coming in to receive services will be approached by staff and asked to come inside and be a Participant.

If a person remains in their car for an unusual length of time, they will be asked to leave.

Additionally, there is no street parking between 5:00 p.m. and 8:00 a.m. and on Sundays and Mondays at any time.

Anyone who is non-compliant will not be eligible for services for 30 days.



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POLICY Daily Maximum Capacity

Per our Conditional Use Permit, SPIRIT Center is allowed occupancy of 40 individuals at any one time. This is Treated as a "Rolling Capacity".

After 30 people have entered the building, Staff monitors for individuals who have checked out. Time is noted on the Daily Sign-In Sheet.

As people leave others may be let in. Having the rolling amount lower than the allowed amount ensures that occupancy does not exceed 40 at any one time.