



**SACRAMENTO REGIONAL TRANSIT DISTRICT
SB 1561 OVERSIGHT COMMITTEE MEETING
A G E N D A**

**Friday, July 10, 2009
9:00 A.M. – 11:00 A.M.
REGIONAL TRANSIT AUDITORIUM
1400 29TH STREET, SACRAMENTO
(29th Street Light Rail Station/Bus 30, 36, 38, 50E, 67, 68)**

ROLL CALL — Tim Brown, Linda Budge, Christina DeMoss-Giffin, Ryan Loofbourrow, Susan Stieber

BUSINESS

1. Motion: Approval of Action Summary – SB 1561 Oversight Committee Meeting of June 5, 2009
2. Information: Discussion of training curriculum (Sakauye)
Training Outline – Attachment A (Sakauye)
3. Information: Discussion of Draft Promotional Material (Selenis)
4. Information: Resources List – Attachment A (Sakauye)

PUBLIC ADDRESSES COMMITTEE ON MATTERS NOT ON THE AGENDA*

ADJOURN

***NOTICE TO THE PUBLIC**

Sacramento Regional Transit District encourages participation in the meetings of this Committee. At each open meeting, members of the public shall be provided with an opportunity to directly address the Committee on items of interest to the public that are within the subject matter jurisdiction of the Committee. Please fill out a speaker card and give it to the RT Staff if you wish to address the Committee.

This agenda may be amended up to 72 hours prior to the meeting being held. An agenda, in final form, is located by the front door of Regional Transit's building at 1400 – 29th Street.

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**SACRAMENTO REGIONAL TRANSIT DISTRICT
SB 1561 OVERSIGHT COMMITTEE
MEETING MINUTES
June 5, 2009**

ROLL CALL: Roll Call was taken at 9:08 a.m.

PRESENT: Tim Brown, Linda Budge, Christina DeMoss-Giffin, Ryan Loofbourrow and Susan Stieber.

BUSINESS

1. Motion: Action Summary - SB 1561 Oversight Committee Meeting of May 15, 2009
2. Information: Training Outline – Homeless, Mentally Ill and Youth (Sakaue)
3. Information: Discussion of training curriculum (Sakaue)

ACTION: APPROVED – Christina DeMoss-Giffin moved; Ryan Loofbourrow seconded approval of the Action Summary. Motion was carried by voice vote. ABSTAIN: Linda Budge due to absence at May 15th meeting.

Mark Sakaue provided a document* to be placed into the record called: 1) Youth Resources (DRAFT 6-2-09)

Tim Brown stated his willingness to lead the training pertaining to the Homeless and Mental Health portion depending on frequency and training dates.

Lisa DeMello announced tentative dates of training to be held at the RT Auditorium. Tentative dates are:

July 9, 2009 12:30pm-4:30pm

July 14, 2009 9:00am-1:00pm or 12:30pm-4:30pm

July 21, 2009 9:00am-1:00pm or 12:30pm-4:30pm

The finalized list of training dates will be e-mailed to the Committee Members.

Mark Sakaue stated that the budget cuts portion of the Training Outline will be removed.

Christina DeMoss-Giffin volunteered to update the resources list on a regular basis.

Linda Budge requested to have St. John's Shelter Program for Women & Children and Volunteers of America added to the resources list.

Tim Brown recommended that Mary House be added to the resources list.

Linda Budge requested that a discussion on dress and behavior be added to the training.

Michael Young will look into amount of open spaces available on the trains and buses on a consistent and long-term basis for the resources list to be displayed.

Linda Budge requested the following verbiage be added to the top of the resources list:

- In case of an Emergency, Dial 911
- For General Questions and Information on Homeless, Mentally Ill and Youth, Dial 211

Tim Brown requested to have the term Abortion removed from the Youth Resources (DRAFT 6-2-09) list.

Susan Stieber requested that a list of myths and facts about Mental Illness be added to the training.

Mark Sakauye stated that the Training Outline will be updated with the requested adjustments and will be e-mailed to the Committee Members.

Susan Stieber will provide the list of training dates to the Representative from Janssen Pharmaceuticals for the Virtual Hallucinations program. The Representative will either provide a DVD of the program for use during training or will physically attend the training on the specified dates and do a presentation.

PUBLIC ADDRESSES COMMITTEE ON MATTERS NOT ON THE AGENDA

No members of the public were present at the meeting.

ADJOURN

*Handout

As there was no further business to be conducted, the meeting was adjourned at 9:47 a.m.



Senate Bill 1561 Training Outline Homeless, Mentally Ill and Youth

HOMELESS

- Overview
- Categories
 - Poverty
- Demographics
- Myths and Facts
- Scenarios
- Referral Services
 - Resources (Loaves & Fishes)
 - ◆ Provide to public referral brochures (similar to pocket size bus schedules)
 - ◆ Referral brochures will need updating every 3 to 6 months
- Question and Answer

MENTAL ILLNESS

- Overview
- Categories
 - Symptoms / Behaviors of Mental Illness
- Demographics
- Myths and Facts
- Virtual Hallucination Video
- Scenarios
- Referral Services
- Question and Answer

YOUTH

The Youth Development Network (YDN) is a non-profit organization that can cover multiple topics for the youth portion of the training. They can provide a Train-the-Trainer course for a minimal fee of approximately \$60 to \$120 per hour. Speaker to be determined (YDN and/or WIND Youth Program).

- Overview
- Categories
 - Current youth culture
 - Dress and behavior
 - Who are our youths?
 - What are our assumptions about our youth?
 - What are the youths' assumptions about us?
 - How does this affect our interaction?
 - Keep emotional and physical safety
 - How to build relationships
 - Youth development strategies
 - Active listener / Provide positive feedback
 - Focus group
 - Runaways
 - ◆ WIND Youth Program
- Demographics
- Scenarios
- Referral Services
- Question and Answer

AGENDA ITEM #3

Information: Discussion of Draft Promotional Material

Resources List (DRAFT 7-7-09)

* In case of an emergency, dial 911

* For general questions and information on homeless, mentally ill and youth, dial 211.

Employment Opportunities

Sacramento Employment and Training Agency (916) 263-3800

925 Del Paso Boulevard
Sacramento, CA 95815

Call and ask for a Youth Specialist at a Sacramento Works One Stop Career Center near you. Career center provides assistance for teens with job placement, resume writing, completing applications, interview preparation and job search.

Homeless/Runaway Services

Wind Youth Center (916) 561-2424

710 Dixie Ave, Sacramento, CA 95815

Help for homeless and runaway teenagers living on the streets, in abandoned buildings, in camps, etc. Provides hot meals, shower, laundry facilities and emergency clothing.

Pregnancy

The Birthing Project (916) 442-2229

1900 T Street, Sacramento, CA 95814

Comprehensive peri-natal and women's health care, case management, assistance with completing Medi-Cal applications, child birth instruction and support, teen pregnancy prevention, and family planning.

Services of Women's Health Specialists

(916) 451-0621

1750 Wright Street, Suite 1
Sacramento, CA 95825

Confidential birth control and counseling services.

Health Insurance

Cover the Kids 1-866-850-4321

1331 Garden Hwy, Sacramento, CA 95833

See if you qualify for programs including: Medi-Cal, Healthy Families, Kaiser Permanente's Child Health Plan, Healthy Kids, Access for Infants and Mothers (AIM) Program.
(Ages 0-19)

Volunteer Opportunities

Volunteer Center of Sacramento

(916) 567-3100

1111 Howe Ave # 600, Sacramento, CA 95825

Visit the website www.volunteersac.org or call to learn about youth and adult volunteer opportunities.

Hands on Sacramento

(916) 447-7063 ext. 344

909 12th Street, Suite 200
Sacramento, CA 95814

www.handsonsacto.org is a website that lists numerous youth and adult volunteer opportunities in Sacramento.

Mentoring Programs

Sacramento Mentoring Partnership

(916) 576-3300 ext. 326

Call and ask for a mentoring program that fits your needs. You may have to leave a message, so remember to leave your name and phone number on the voicemail.

Violence Prevention/Intervention

WEAVE (916) 920-2952 or

(866) 920-2952 (Toll Free)

1900 K Street, Sacramento, CA 95811

Provides crisis intervention services to teens who have experienced dating violence, sexual assault, and domestic violence.

Suicide Prevention Hotline

California Suicide and Crisis Hotlines

1-800-784-2433 or (916) 368-3111

Drug and Alcohol Rehabilitation Services

Mental Health Services

Academic Programs

Sacramento County Community Resource Line 211

or (916) 498-1000

24 hour information and referral services for Sacramento County. Call and explain your needs and an operator will assist you.

Hot Lines / Emergency

Alcoholics Anonymous 24 hr. **(916) 454-1100**

Suicide Prevention Hotline 24 hr. **(916) 368-3111**

Auburn 1-530-885-2300, Lincoln 645-8866,
Roseville 773-3111

If Intoxicated, NON EMERGENCY CALLS

(916) 264-5471

Police wagon will pick up and deliver to VOA Detox

Infoline Sacramento

(916) 498-1000 or 211

California Youth Crisis Line 1-800-843-5200
 I & R (www.youthcrisisline.org) for all of California.
 RE: Counseling & medical services, shelters, crisis centers, AIDS testing and transportation info.

Nat. Runaway Switchboard 1-800-621-4000
 Crisis intervention, Independent intervention. Message center for kids & adults
 (Confidential – 24 hrs.)

Rape Crisis Line (WEAVE) 24 hr.
(916) 920-2952
 Domestic Violence & Sexual Assault

Red Cross 24 hr. **(916) 368-3131**
 Emergency and Disaster Only **1-800-540-2000**

24-HR Multilingual Help Line **(916) 428-3271**
 Safe Haven for Asian Pacific Islander women & children impacted by domestic violence. Safe Shelter. Woman to Work Program. Business line (916) 868-7820.

Outreach Services

Loaves & Fishes

12th & North C Streets
 Administration (General Info) **(916) 446-0874**
 Jail Visitation **(916) 447-9472**
 Page Friendship guest at **(916) 443-9499**
 (Service Center)
 Clean & Sober **(916) 498-0331**
 Mustard Seed School **(916) 447-3626**
 Genesis (Mental Health) **(916) 669-1536**
 Legal Clinic (SSI-SSA) **(916) 498-0349**
 Tues., Wed., Thurs.

Free Clothing

Sacramento Food Bank **(916) 456-1980**
 3333 Third Avenue (at Broadway)
 Food Closet, M-F, 10 AM–1:30 PM, must have ID + SS#
 Bag Lunch every Sunday 10 AM – 1:30 PM
 Clothes Closet 10 AM – 1:30 PM, Mon-Fri. (except Holidays)
 Mother/Baby Program–10 AM – 1:30 PM, Mon-Thurs.

Union Gospel Mission **(916) 456-1980**
 400 Bannon St.
 Clothing for men 9-11 AM & 1-2:45 PM, Mon thru Thurs.
 Utility Assist by appointment only.

Shelter Programs

Diogenes House **(916) 363-0063**
 24 hr. Line **1-800-339-7177**
 Boys and Girls 12-17, Runaways, Trans Living 12-17
 Family / Individual, D & A Counseling & Pregnancy
 Counseling for 12-17
 Anger management – any age

Family Promise **(916) 443-3107**

Home Start – Roseville, Families Only! **782-6667**
 Transitional Housing Only – Not a shelter

Sacramento Area Emergency **(916) 455-2160**
Housing Center 24 hr
 2925 34th St. (also a Food Closet at this address M-F)
 Family Shelter-Families, single fathers w/ children
 Women's Refuge – Single women, no children
 Call for screening / space availability **455-0415**

Salvation Army Shelter **(916) 442-0331**
 12th & North B Street
 1 PM (M-F) bed sign-up – Women only
 1 PM (M-F) bed sign-up – Men only
 Dinner, breakfast & clothing for residents
 UTILITY ASSISTANCE & food boxes **442-0303**
 Thrift Shop **448-0890**

Shelter Plus Care – Non-Emergency **(916) 874-4304**
 Subsidized housing program for those with Mental
 Illness, Substance Abuse, HIV +/- Aids
 Case Managers must contact

St. John's Shelter **(916) 453-1482**
 4410 Power Inn Road
 Women and Children, 90-day max stay
 Call for Intakes – 7 days a week
 Meals and showers provided for our guests.
 No boys over 14 yrs. D&A & Mental Health Counseling,
 Parenting Classes

VOA Winter Overflow **(916) 442-3691**
 9-3 PM sign-up Men/Women/Children
 Bused from back of Friendship Park (L&F) after dinner
 Intakes between 3 & 5 PM Nov. 1 – March 31

Travelers Aid Society **(916) 399-9646**
 2251 Florin Road #130
 Assistance for Emergency Housing
 Homeless Families ONLY, call first for appt.
 M-F, 9-12 & 1-4, Attendants on duty after 5:30 PM

Union Gospel Mission **(916) 447-3268**
 400 Bannon St.
 6:30-6:45 PM. Bed sign-up – Men ONLY
 Showers/Shaves 9-11 AM & 1-3 PM, M-Th, 9-11 Fri.
 6 A.M. breakfast for residents

Volunteers of America
Office 8am-4:30pm (916) 442-3691
"Aid in Kind" 443-4688

Mental Health Services

Guest House (El Hogar) (916) 440-1500
1400 No. A St., Bldg. A
Homeless Mental Health Clinic
M-F – Must be there at 8:00 a.m. to get appt.
Mental Health Evaluation, Medication if needed.
Housing Referrals for Mentally ill, GA referrals,
SSI application, Referrals to Alcohol & Drug Counseling

Sacramento County Mental Health
2150 Stockton Blvd. (at T) (916) 875-1000
Crisis Line (916) 732-3637
Will evaluate for voluntary psychiatric care
In-Patient Care Facility, Drop-in, 24 Hr.

TLCS Residential Intake Office 440-1500 (x 2)
1400 North A Street, Building A
Walk-ins 8-11am

Counseling Centers

The Effort – Counseling (Aquarian) 368-3080
8233 N.E. Stockton Blvd.
M-Thurs. 9AM-8:30PM / Fri. 9AM-5PM
Adults, Youth, Chemical dep., abuse. Scale Fee
A & D Counseling, Group Counseling, HIV test by appt.

Francis House (916) 443-2646
1422 C St.
(25 numbers are handed out per shift, arrive early to get a #)
Mon.-Weds. 9AM & 12:30PM, / Thurs-Fri. 12:30PM
Resource Counseling, local bus tickets, Grey
Hound/Return to Res. Vouchers, CA ID's & Birth Cert.,
LifeWorks Employ.

Sacramento Self-Help Housing (916) 341-0593
Various Locations – Housing Referrals & shared housing

Hot Meals

Glory Bound Ministries (916) 452-7078
4527 Parker Ave.
6PM FRI. – 10AM SUN. – 5PM SUN.

Loaves & Fishes (916) 446-0874
1321 No. C (at 12th)
For Meals: Mon-Fri 11:30-1 PM, Sat & Sun 11:00-12:30
(Tickets 7 a.m.-12:30 pm at Friendship Park)

St. Ignatius Loyola Parish
3235 Arden Way (916) 482-9666 ext. 1
Meals served 6-7PM on the 4th & 5th Wed. of month

St. Philomenes (916) 481-6757
2428 Bell St. (at El Camino) Tue. 6:00-7:00PM
Meal is served in School Gym at 2320 El Camino

St. Lawrence Church (916) 332-4777
4325 Don Julio Blvd., North High. Thurs. 5-6 PM

Williams Memorial Cogie (916) 453-9033
4995 ML King Jr. Blvd.
Food giveaway every other Fri. 11AM. All people served.

St. Vincent DePaul (916) 781-3303
Roseville Hot Meals Tue., Weds., Thurs. &
Sat. 12-1:30pm / Sun 2:30-4pm
At 141 Riverside. Clothes vouchers M-F 10-3pm / Food
Locker Sat. & Sun. 2:30 – 4pm at 503 Giuseppe Court,
Suite 8
For Placer Co. Residents Tue., Weds., Thurs., Fri. &
Sat. 9:00-11:30am

Union Gospel Mission (916) 447-3268
400 Bannon St. (North B St. at 12th)
Church Services 7:30 (required), Dinner following 7
days, Sunday Services 11am, w/lunch following

Day Shelters / Hospitality Centers

Friendship Park (L&F) (916) 443-7378
No. C at 12th Street
Men & Women Drop-in 7am – 2:45pm M-F,
Coffee & Food 7-8:30am M-F
Showers M, W, F 7am-2pm, Tu & Th 7am-10:30am
Laundry Vouchers M-F, 9am
Haircut Vouchers M-F Page Guest at 443-9499

Mary House (L&F) (Homeless) (916) 446-4961
1321 No. C St. (at 12th) #32
Women and Children, 8:00am – 3pm
Breakfast 8-9am, M-Fri. Lunch 11:30-1:00, M-F
Showers & Laundry Vouchers available to members,
Mailing Address. Well Child Clinic on Tues.
Anger Management & Parenting Classes

Union Gospel Mission (916) 447-3268
400 Bannon Street
All Services 9-11 & 1-3 M-Th. 9-11 on F & S
Showers, Shaves. Also provides Mail Address Service,
& Clothes Closet (ID required. Men Clothes only-call)

Wellspring Women's Center (916) 454-9688
3414 4th Avenue
M-F, 7:30-11:30AM, Hospitality Center for Mothers &
Children Breakfast served. Classes in Poetry & Creative
Writing on Mon. afternoons, Computers-beg. Tu-Fr. 9-
11am

United Christian Center (916) 372-8980
110 6th Street, West Sacramento
Yolo residents only, M-Th, 8:30am-1:30pm. Showers & Laundry 11-1:30. Food Locker-Wed. Some clothing available. Transitional family housing at 110 6th St. West Sac. (Ext. 114 Sharon Wagoner)

Food Closets/Food Banks

Central Downtown Food Basket (916) 761-5624
1701 L St.
St. John's Lutheran Church at Goethe Hall
Groceries & USDA (814 & 816 zip) on Thurs. only, available 4x per month, 9am – until food runs out.

River City Community Services (916) 446-2627
1322 27th St. (between Capital & N Streets)
M-F 11:30-3PM Once every 30 days
ID required for all family members; Medi-Cal cards best.
Serves all of Sacramento County

St. Mathews Church (916) 927-0115
2300 Edison Avenue
Food-Tues & Thurs, 10 to 11:30 AM
Only 95821 Zip Code-Clothing-Sat 9AM to 10 AM

Sacramento Food Bank (916) 456-1980
3333 Third Avenue (at Broadway)
M-F 10AM-1:30PM
Every Sun 12-1:30PM, ID required (SS card OK), Proof of Address. Serves specific Zip Codes (call).
Also Clothes Closet 10AM to 1:30PM
& Mother Baby Program Mon., Tues., Wed., Thurs.
10AM to 1:30PM

Sierra Arden Food Closet (916) 483-1942
890 Morse Avenue (Zips 95825 & 95864)
T-F 10-11:45 AM

WIC – Women, Infants, and Children Nutrition Program (916) 326-5830
915 Broadway (call for other locations)
Pregnant women and mothers with infants & children.
M, Tu, Th, Fr 8:15AM - 4:15PM & Wed. 8:15AM - 6 PM
Call for Apt., MediCal Form, proof of income, address & picture ID required.

Rancho Cordova Community Food Locker (916) 364-8973
10497 Coloma Rd. (St. John Vianny Church)
M, W, F 9:30 AM-1:30 PM. Serves 95670, 742, 655, 683, 826, 827 & 830. Once every 30 Days, SS ID required
Also homeless – no cooking bags

First United Methodist Church (916) 446-5025
2100 J Street 8AM – 3PM
Meal Served on 3rd Tuesday each month 5-6:30PM

Detox Centers

The Effort Detox Center (916) 691-3417
7586 Stockton
Alcohol Residential Detox Facility. Detox for Adults from Opiates or Stimulants. Call first – waiting list, 14 day Detox period - \$1,650 or County Beds

Volunteers of America The Drop In Center (Detox) (916) 448-1236
700 North 5th Street
Drinking Adults, Alcoholics only
24 Hour Sleep Off Center, Screened
72-hr. Sobriety for Recovery Home
Comprehensive Alcohol Treatment Center

Alcohol & Drug Services (916) 874-9754
Sacramento County Dept of Health & Human Services
4875 Broadway Ste. #129 – M-F, 8-11 AM & 12:30-4 PM
Assessment for Alcohol & Drug Treatment
Proof of Sac. County residence required.

Medical Care

Birthing Project Clinic (916) 558-4800
1900 T Street M-Fr., 8-5 PM, Family Planning & Pre-Natal Care. Spanish Spoken

Capital Health Clinic (916) 874-5303
1500 C Street (at 15th) Walk-in – first 9 people only
Adults ages 21-65, no I.D. required, M-F 8-5, CIMSP only

The Effort Medical Clinic (916) 325-5556
(AQUARIAN) 1820 J St.
Adults, children, M-F 5-8:30 PM Drop-in. General Health Care, Confidential HIV testing. Call after 3 PM for Tests. Physicals anytime – Scale Fees, Medi-Cal Appts. Only

Mercy Clinic (L&F) (916) 446-3345
1321 No. C St. (at 12th) **General Med Care**
No I.D. required, M-F 7:30-NOON & 1-3:30 PM for people without SSI/Medical who are homeless. Sign-ups in Friendship Park, 7:30-11:30AM – Walk-ins OK 1-3:30PM

Primary Care Center (916) 874-9670
Enter at 4600 Broadway
General Health 7AM-5PM, M-Fri. for homeless 21-65 yrs old
HIV Testing – Call for Appt. (916) 874-7720

Oak Park Clinic (916) 875-2995
3415 Martin Luther King Blvd.
Medical Thurs. Only 8-5 PM & child clinic for 95816, 17, 18, 20 / HIV Testing – (Walk In) (916) 874-7720

Women's Health Specialists (916) 451-0621
1750 Wright St., Suite 1
Free and low cost reproductive health services, birth control, HIV/STD testing & referrals for women & men. Walk-in or apt. Tues. – Sat. 9AM-5:30PM

Dental Care

Sacramento Dental Clinic (916) 874-8300
1500 C Street (at 15th) Suite A
Adults-Emergency Dental at 7:40 AM & 12:30 PM
After Screening Appointments, M-F 7:40AM-5:00PM,
No walk in patients

AIDS

AIDS Education & Prevention (916) 874-7720
1500 C Street Wed.-Thurs. Only
By appointment only – Testing Only

Breaking Barriers (916) 447-2437
2020 V Street
Works with HIV +/- AIDS, Homeless & Breast Cancer
M-F, 9AM-5PM Sat. from 12:00-3:00PM

Cares (Treats HIV & AIDS) (916) 443-3299
1500 – 21st Street

Miscellaneous Services

Centro Guadalupe (916) 443-5367
730 S Street

Multi services for Latino community.
Rental and Util. Assist., Bilingual, Jobs, Etc., Immigration Program – Fee Involved

Dept. of Human Assistance (Welfare)

Sacramento County

28th & R (Call for assistance and locations)
General Info. & Medical (916) 874-2072
Medical – M-F, 7:30AM-5PM 874-2256
Homeless Assistance (Food Stamps) 874-2063
Hand Imaging 874-3800

Veteran's Service Office (916) 874-6811

2007 – 19th St.
Walk-in M-F 8am-4pm / Phone clients – M-F 8am-5pm.
Assists veterans with counseling, claim development, Advocacy, benefit entitlement, etc.

Employment Development Dept.

2901 50th St (at Broadway) **1-800-300-5616**
M-F 8am-5pm
Job Services, Career Centers (Downtown)
-Old Marshall School – 2718 G Street
-Broadway – 801 Broadway
(For one nearest you call 263-3800)

Legal Services of N. Calif. (916) 551-2150
515 – 12th Street (at E) M-F 8:30-12, 1-5
Problems with public benefits/Landlord/Tenant; Call for appt.

Senior Legal Hotline (916) 551-2140
2862 Arden Way, Suite 200
Free legal services for disabled, HICAP, M-F, 9-4.
(Closed Noon-1pm) No landlord/tenant assistance.

Social Security Office (916) 381-9410
8351 Folsom Blvd.
M-F 9:30 AM – 4:30 PM
National Line 1-800-772-1213

Immigration (530) 742-6942

Welfare Rights (916) 736-0616
1901 Alhambra Blvd. (2nd Floor)
M-F 9:00-5:00 CalWORKs, Food Stamps, Medi-Cal representation at hearings

Women's Empowerment Program

1400 N. C Street
Open M-F 8:30-4:30pm **(916) 669-2307**
8 wk program for homeless women to develop job readiness skills & personal strength.