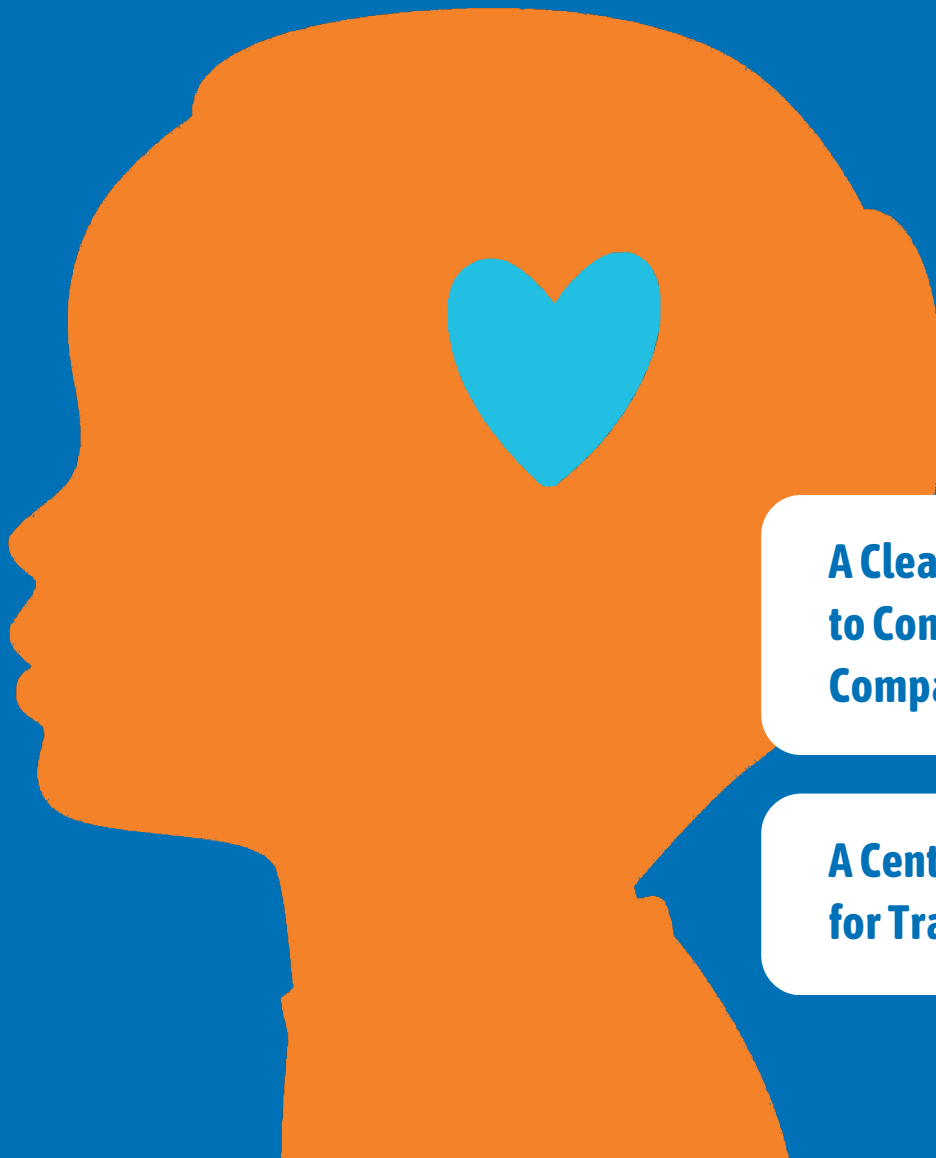




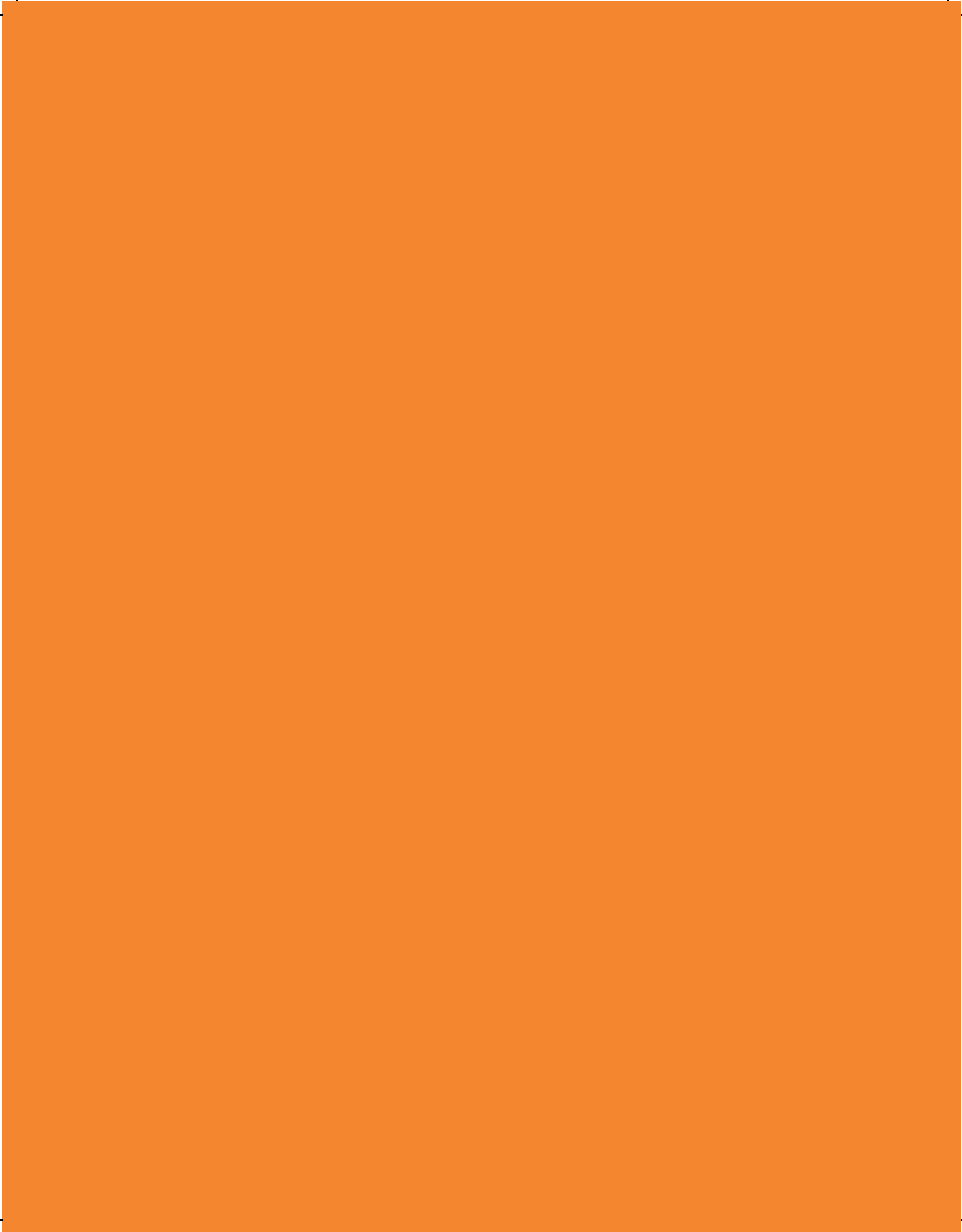
UNLOCKING HOPE: INVESTING IN THE PROMISE OF EVERY CHILD

**A Proposal to Expand Edgewood Center's
OUTPATIENT MENTAL HEALTH SERVICES**



**A Clear Pathway
to Comprehensive,
Compassionate Care**

**A Center of Expertise
for Training**





“There is no health without mental health.”

— David Satcher, Former U.S. Surgeon General

Mental Health Outpatient Expansion

Increasing Our Capacity to Serve and Train

For nearly two hundred years, Edgewood has been a beacon of hope for children and families in the Bay Area. For generations, we have been meeting the greatest needs of our community.

Today, our children are facing a mental health crisis.

Edgewood is well poised to expand its mental health outpatient services and train more expert providers. We need your help to ensure we have the resources to put our plan in motion.



At least
66%
of children with mental
health clinical care needs
do not receive treatment.

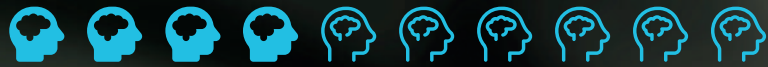
— California State Government

The prevalence of
children suffering from
extreme mental health issues
is profound and alarming.

According to the CDC, in 2024

Around

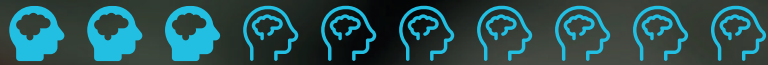
4 in 10



(40%) high school students felt persistently sad or hopeless.

Nearly

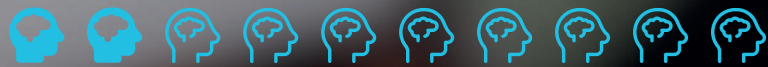
1 in 3



(29%) experienced poor mental health in the past 30 days.

Around

1 in 5



(20%) seriously considered attempting suicide.

Nearly

1 in 10



(9%) attempted suicide.

Despite these grim statistics, most children in crisis are not getting the care they need.



“Half of all mental health disorders in adulthood start by age fourteen, but most cases are undetected and untreated.”

— World Health Organization, Adolescent Mental Health

Children’s mental health is just as important as their physical health, and in fact, their mental health very much influences their physical health. Mental health concerns in youth are often directly correlated with health and behavioral risks like increased risk of drug use, exposure to violence, and high-risk sexual behaviors that can lead to disease and unintended pregnancy.

Children's mental health impacts everything, including **how they learn, how they interact with others, how they regulate emotion, their quality of life, and ultimately how productive they are in society.**

"An important step. Both my son and I were nervous, not knowing what to expect; but the care and compassion far exceeded any of my fears. Thank you so much."

— Edgewood Caregiver



It is imperative we do more for our children.
Edgewood Center wants to do more
and we need your help.

GOALS FOR EXPANSION



1

Serve 250+ More Children and Families Annually

The need for mental health services for children in the Bay Area is vast. Currently, the outpatient mental health therapy team at Edgewood Center provides individual and family therapy to approximately 80 patients through SF Medi-Cal and San Francisco Unified School District. We are well-positioned to serve more children with an infusion of resources to build our team and transform our dated spaces into healing sanctuaries.

2

Increase Access for Families in Need

Many children are not receiving care because they do not qualify for Medi-Cal and are unable to pay out of pocket. Expanding our mental health outpatient services to include commercial insurance is critical for families and Edgewood. Currently, Edgewood is heavily reliant on state and county contracts for income. These sources of funding are unpredictable and do not cover the true cost of care. Reliance on these funding sources also decreases our ability to be flexible and innovative and creates a heavy administrative burden on staff.



3

Increase the Number of Professionals We are Training in the Mental Health Field

A 2018 report published by UCSF predicted that, by 2028, demand for psychologists and other therapists would be 40% greater than supply. This report was published before the pandemic made the need exponentially greater. For youth, the shortage is even more severe. According to the American Academy of Child and Adolescent Psychiatry, nearly one-third of California's 58 counties do not have a single child or adolescent psychiatrist.



Outpatient Mental Health Expansion Budget

1

APA-Accredited Clinical Psychology Training Program

\$ 1,650,000

Provides training fellowships for three pre-doctoral and two post-doctoral fellows for three years, as well as their supervision from a licensed psychologist on Edgewood's staff. Inclusive of expenses required to achieve APA accreditation by 2027.

2

Child and Family Mental Health Access Fund

\$ 1,000,000

Provides financial assistance, on a sliding scale basis, to children and families in need of mental health services. These are families that do not qualify for public insurance and have limited private insurance coverage.

3

Capital Renovation of Pine Cottage-One Time Investment

\$ 3,000,000

Provides funding for the complete interior renovation of Pine Cottage and necessary landscaping. This significant upgrade will house the primary clinical site for outpatient mental health services to accommodate increased client flow for individual, family, and group therapy sessions. The space is being designed to create a warm and welcoming environment, and to meet ADA and Joint Commission compliance standards.

TOTAL

\$ 5,650,000

American Psychological Association (APA) Accredited Clinical Psychology Training Program

\$1,650,000

According to the Association of American Medical Colleges (AAMC), more than 150 million people live in federally designated mental health professional shortage areas. Within a few years, the country will be short between 14,280 and 31,109 psychiatrists, and psychologists, social workers, and others will be overextended as well, experts say.

Edgewood has been a critical training site for UCSF's Child Psychiatry Training and Fellowship program for over 20 years. A key goal of our expansion is to increase the number of diverse mental health providers. Helping to fuel this effort is Edgewood's recent integration of San Francisco's Psychological Services Center (SFPSC), which has added doctoral-level psychology trainees and post-doctoral therapists on our

campus. Integrating SFPSC has also increased our clinical capacity for psychological assessments and has strengthened our connection to surrounding schools in the area. A fully integrated, accredited clinical training program in our outpatient services clinic will ensure trainees have robust professional development opportunities. It will also increase our capacity to serve.



Key Investments Include:

- **Achieving American Psychological Association (APA) Professional Accreditation by 2027:**
APA Accreditation assures the public that our program has clearly defined training aims that meet professional and scientific standards that support the successful, ethical, and skillful delivery of psychological service. It also ensures our program has met rigorous standards that verify our ability to prepare graduates to provide outstanding, evidence-based clinical service. Accreditation also expands the candidate training pool we attract, thereby increasing our ability to select diverse trainees.

\$150K	One Time Application Fee
\$150K	Additional Clinical Psychologist*
\$195K	APA Project Leader and Administrative Support

**Accreditation requires an additional Clinical Psychologist on staff.*

- **5 Training Fellowships:** Provides training fellowships for three pre-doctoral and two post-doctoral fellows for three years, as well as their supervision from a licensed psychologist on Edgewood's staff. We aim to recruit and retain a pool of diverse trainees.

\$495K	3 pre-doctoral Fellows over 3 Years
\$420K	2 post-doctoral fellows over 3 years
\$240K	Director of Clinical Training (% of Salary over 3 Years)

Child and Family Mental Health Access Fund

\$1,000,000

Access to mental health care is essential.

A major barrier to accessing mental health care is its cost. In today's world, many families are forced to make a choice between caring for their mental health and other basic necessities. By alleviating financial burdens, we know patients are more likely to seek preventive care and early interventions.

The Child and Family Mental Health Access Fund is critical to ensuring Edgewood can provide access to mental health care for children and families that do not qualify for public insurance and have limited private insurance coverage. Covering the true cost of care, even with insurance, is impossible for many families. This fund will provide

financial assistance, on a sliding scale basis, to children and families that need our help.

Insurance often fails children with mental health needs for several reasons, including:

1. Limited Coverage: Many insurance plans have restricted coverage for mental health services compared to physical health services. This includes limitations on the number of therapy sessions. Also, many specific treatments are not covered.

2. High Out-of-Pocket Costs: Even when services are covered, high co-pays or deductibles can make mental health care unaffordable for families, leading them to forgo necessary treatment.

What Does Mental Health Care Cost?

The average cost of caring for a patient's mental health can be out of reach for most families, consider:

A typical course of short-term outpatient mental health treatment is 12 weeks. Therapy for chronic or developmental issues can last a lifetime.

On average, insurance reimbursement rates for therapy sessions can range from approximately \$50 to \$150 per hour. This means families must pay 50-75% of the cost of their care out of pocket and that is after they meet their deductibles. Many, if not most, families cannot afford care.



\$3.6K

Cost of three months of outpatient mental health care for a specific stressor that is often situational.



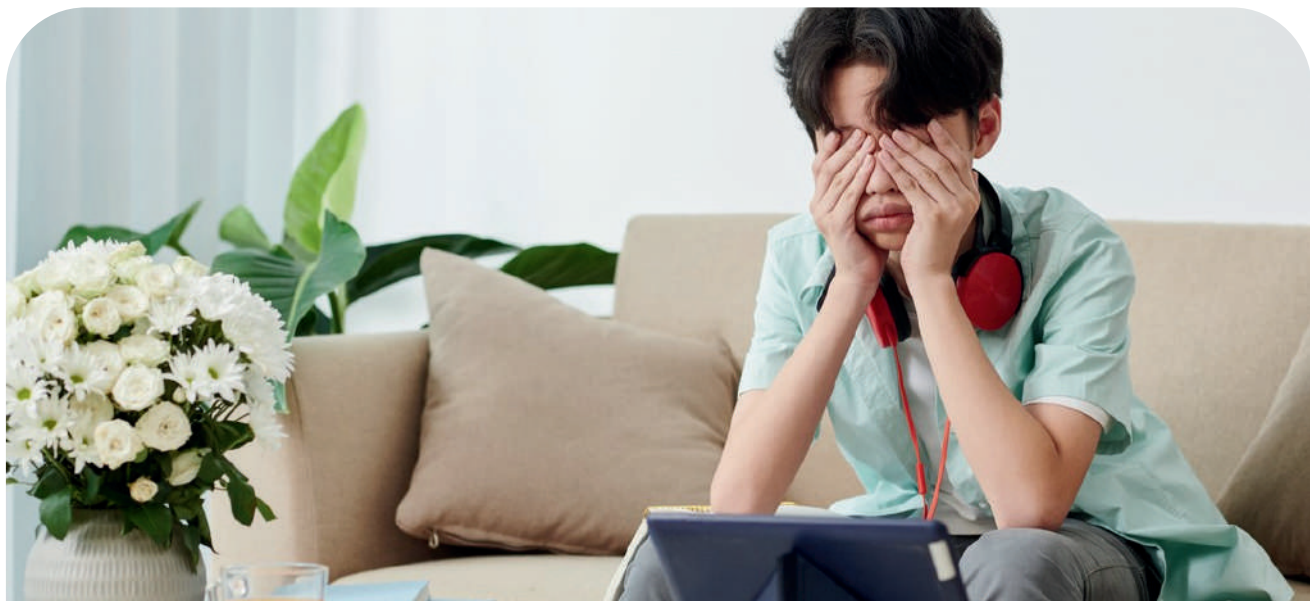
\$22K

Cost of annual outpatient mental health care for one-hour weekly therapy for a mild to moderate mental health concern.



\$46K

Cost of annual treatment for a chronic/severe/developmental disorder.



Renovation of Pine Cottage

Creating a Welcoming and Healing Sanctuary for Patients

\$3,000,000

Edgewood is fortunate to have a beautiful 7-acre campus. And it's 100 years old! Many of our buildings are antiquated and in need of a complete overhaul. Pine Cottage—which is one of these in dire need of modernization and upgrades—is the site that has been selected for our outpatient mental health expansion clinic. It will accommodate increased patient flow for individual, family, and group therapy sessions.

We know that creating a physical environment that aligns with patients' needs and preferences can significantly impact their mental well-being and help those receiving treatment feel more grounded, focused, and at peace. In April

2023, the NIH published a qualitative study, conducted at Kaiser Permanente San Jose in Northern California, that examined patients' perspectives regarding the impact of physical environments on outpatient mental health. The study confirmed that environments are impactful to patients' recovery and specifically noted sensory design elements, including colors, sounds, and textures, as well as a need to feel safe, calm, in control, self-aware, and creative. As such, we are working closely with designers and architects to carefully consider key dimensions of design success critical to supporting and facilitating our patients' mental health recovery and healing.





Pine Cottage has many iterations to its history. In its earliest days, Pine Cottage was originally a dormitory for orphaned children. It was then transformed into a space that met strict state regulations, giving it a very institutionalized feel. It later served as an elementary school. Today, transforming Pine Cottage from what it once was to a modern space that reflects current best practice and models of care in a family-friendly environment is essential and will include:

- Complete gut and renovation of interior space
- Noise mitigation through soundproofing of walls and ceilings
- Repairing windows to ensure energy efficiency
- Equipping clinical spaces with state-of-the-art technology to support teaching and professional training
- Outdoor landscaping to connect the space with its natural environment
- Improved structural engineering to ensure American Disabilities Act (ADA) and Joint Commission compliance

The space in which patients receive mental health treatment has been found to influence how patients perceive their emotional well-being. It influences not only how they heal, but how they speak about their healing experience with other members of our community.



Why Invest in Edgewood Center?

Edgewood has a longstanding history of providing quality outpatient mental health therapy services to children and families in San Francisco.

We have earned the **Joint Commission's Gold Seal of Approval Accreditation** for our programs, based on a review process of 1500 elements of performance for behavioral health care. This accreditation is a tangible affirmation of our commitment to providing safe, high-quality care for our children and families.

Edgewood's outpatient mental health therapy program is distinctive in that it offers a **full range of mental health care for children and families**, covering a wide spectrum of acute and ongoing mental health care

needs. Edgewood serves its clients as they embark on their unique journey, providing comprehensive mental health care aimed at healing, growth, and empowerment.

Through **careful assessments** and intake processes, we determine which services are best to meet the unique needs of each client. Our deeply passionate, welcoming, and inclusive staff offer a **highly personalized experience**, connecting clients with additional resources like coaching, educational classes, and partner community resources.



We meet our clients wherever they are — literally — with individual and family therapy in our clinic, in the community, via telehealth, or at a client's home or school. We flex to meet the needs of our clients — wherever and whenever they need us.

We are highly collaborative. We work with other providers, teachers, school nurses, and families to ensure that there is a clear understanding of a child's needs and the proper support across the board as care is thoughtfully coordinated and delivered by experts in the field.



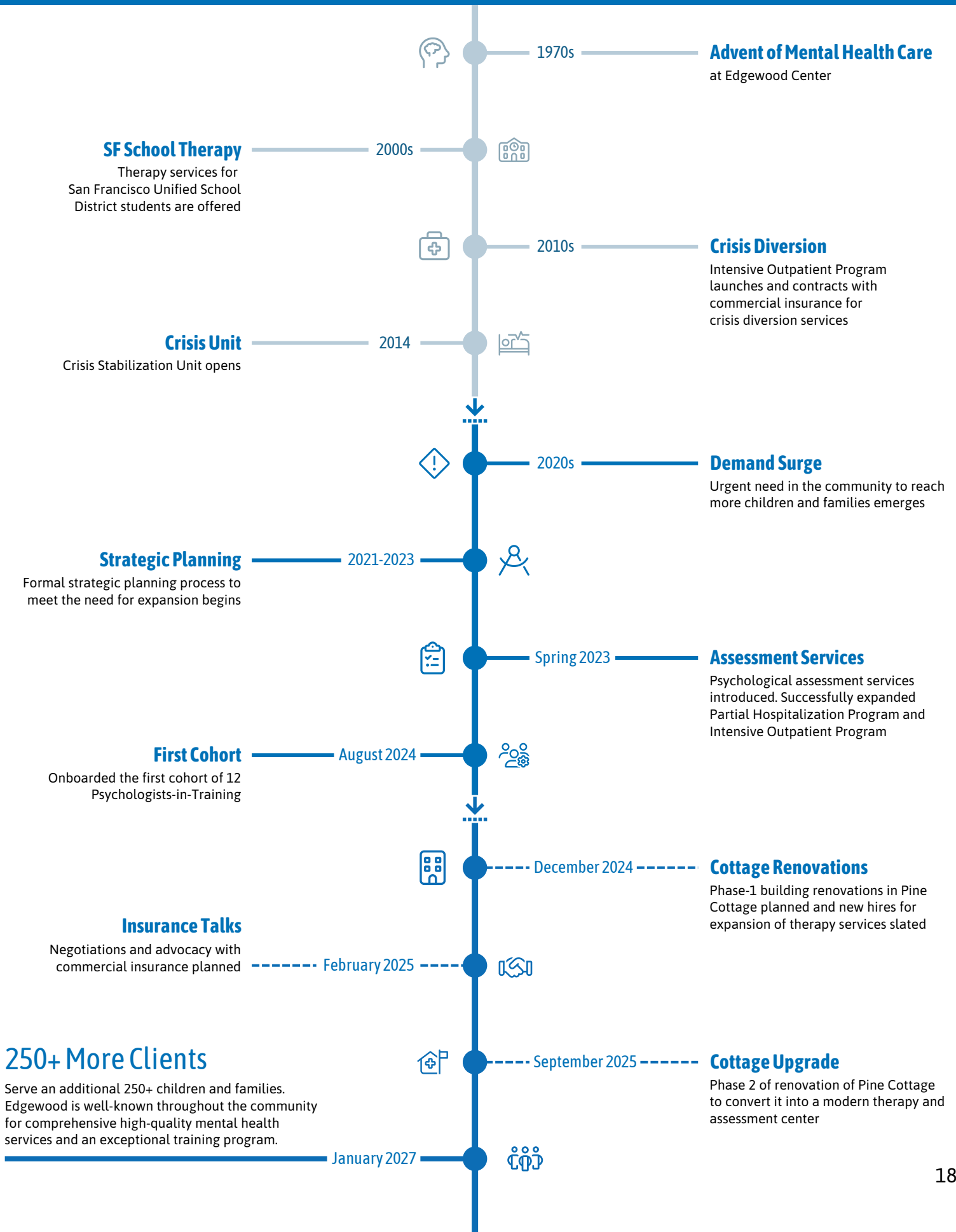
We utilize evidence-informed models of care. Our care is solution-focused, based on current best practices, and employs evidence-informed mental health treatments.



We are family-centered. We believe family involvement is central to the mental health care and treatment of children. We support the needs of the whole family.



KEY DATES RELATED TO MENTAL HEALTH SERVICES & EXPANSION





“ I was a patient [at Edgewood] in April 2021, and—because of the connections and people I met there—it led me to the path of work I do now. I am now 19, working with youth and being the guidance that youth need. Edgewood taught me the importance of that. Thank you for changing my life for the better and thank you to all the counselors there for believing in me. You're the reason why I'm here now. ”

— Clover Marie Alejandro

Invest in Hope.

Help Children and Families Thrive

Through expert and compassionate care, Edgewood gives children and families the knowledge and tools to face life's challenges and heal trauma. Together, we can unlock the potential in every child, support families, and build a stronger, more vibrant community.

Please join us.

Your generosity will change lives.

Lynn Dolce



Chief Executive Officer

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Kristen Barbarics



Chief Advancement Officer

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The first part of the paper discusses the importance of the research and the objectives of the study. It highlights the need for a comprehensive understanding of the subject matter and the role of the researcher in this process. The second part of the paper presents the methodology used in the study, including the data collection methods and the analysis techniques. The third part of the paper discusses the results of the study and the conclusions drawn from the findings. The final part of the paper provides a summary of the key points and offers suggestions for future research.

The research was conducted in a systematic and rigorous manner, following the principles of scientific inquiry. The data was collected from a representative sample of the population, and the analysis was performed using advanced statistical techniques. The results of the study are presented in a clear and concise manner, allowing for a thorough understanding of the findings. The conclusions drawn from the study are based on the evidence presented and are supported by the data.

The study has several limitations, which are discussed in the paper. These limitations include the sample size, the duration of the study, and the potential for bias. Despite these limitations, the study provides valuable insights into the subject matter and contributes to the existing body of knowledge. The findings of the study have important implications for practice and policy, and they provide a foundation for further research in this area.

In conclusion, the study has successfully achieved its objectives and has provided a comprehensive understanding of the subject matter. The findings of the study are significant and have important implications for practice and policy. The study also identifies areas for further research and provides suggestions for future studies. The research was conducted in a systematic and rigorous manner, and the results are presented in a clear and concise manner.



edgewood[™]

Platinum
Transparency
2024

Candid.

We have earned the highest possible rating from Candid. The Platinum Seal of Transparency means that Edgewood has shared clear and important information with the public about our goals, strategies, capabilities, achievements, fiscal responsibility, and progress indicators.



We proudly hold The Gold Seal of Approval from The Joint Commission, reflecting our commitment to the highest national standards for safety, quality, and continuous improvement. This accreditation highlights our dedication to providing exceptional care in a safe, supportive environment for all we serve.