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PRESS RELEASE

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For Immediate Release

Citrus Counseling Services Uses Inland Empire Community Foundation Grant to Increase Service Access to Veterans and Grow Local Workforce

The Inland Empire Community Foundation (IECF) awarded Citrus Counseling Services (CCS) a \$10,000 Rohn Rookstool Veterans Fund grant. This grant will partially fund the Gain Access Promptly For Immediate and Long-term Resilience (GAP FILR) project. GAP FILR provides the community better access to care and increases the mental health therapist workforce size and diversity. Managed by IECF, the Rohn Rookstool Veterans Fund will increase service access to veterans who reside in San Bernardino County.

Project Information:

Redlands, CA July 29, 2022 - Roger Uminski II, CEO, at CCS announced to his board that the Inland Empire Community Foundation awarded a Rohn Rookstool Veterans Fund grant to CCS. These funds will be used to partially fund the Gain Access Promptly For Immediate and Long-term Resilience (GAP FILR) project.

People want to reduce their anxiety, manage stress, improve relationships, handle grief, and deal with trauma. Most have a health insurance plan that covers mental health. Health plans may only place licensed therapists in their networks. This is a medically underserved area. So, people with health insurance are not able to find available therapists in their health plan's network. The GAP FILR project provides immediate access to care with pre-licensed therapists under an experienced clinician's supervision. These pre-licensed therapists gain the experience needed to become licensed, and join health plan networks.

This grant will be used to provide services to veterans who reside in San Bernardino County. CCS uses funds from other grants, contracts, and donations to serve other GAP FILR project populations.

The 2019 Kaiser Community Health Needs Assessment for the San Bernardino County Area reports that poor mental health is higher in this service area than the state of California and the southern California region. The California Healthcare Foundation 2018 report on clinician supply in California documents that the Inland Empire is woefully underserved. CCS is dedicated to increasing the local therapist workforce and diversity. We are a practicum site for Master's Level students from Loma Linda University, Cal Baptist University, University of Redlands, Cal State San Bernardino, Azusa Pacific University, and others. We hire many as Associate Therapists who practice under a licensed therapist's supervision for two years to gain the experience required to qualify for their license exam. It then takes 6-9 months for them to complete the insurance company panel processes to see patients with insurance.

About Citrus Counseling Services, Inc.

Citrus Counseling Services (CCS) is a community-based non-profit mental health agency providing counseling and mental health services throughout the Inland Empire since 1978. CCS was started through five partnering faith communities as Christian Counseling Service of the East Valley, Inc. Over 30 congregations, community non-profits, and schools continue to support CCS. Our mission is to provide comprehensive mental health services and bridge clients to community services.

CCS provides mental health therapeutic services that focus on the relational well-being of clients of all ages. All services are based on best practice standards and employ evidence-based models. CCS is uniquely equipped to provide treatment for families with very young (ages 0-8) children. Treatment may incorporate occupational and speech therapy. We operate the first and only Trauma Recover Center in San Bernardino County to provide victims of violent crime basic needs, unique supports/benefits, and specialized therapeutic services. CCS provides counseling, assessments, treatment, and program eligibility screening. There are psychoeducational classes tailored to specific needs (i.e., parenting education, domestic violence, anger management), NCTI Curriculum-based training programs for Youth, and Trauma services.

About Inland Empire Community Foundation

Founded in 1941, the Inland Empire Community Foundation is the oldest and largest community foundation in Inland Southern California. We partner with individuals, families and corporations to build a culture of philanthropy. Since inception, we have given out over \$127 million in grants and scholarships. For more information visit the IECF's website at www.iegives.org. Be a part of our conversation on Facebook, Instagram, Twitter and LinkedIn.

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