



November 9, 2022

To: Westcare Pacific Islands
Aja Ramos, LCSW
Senior Vice President

From: Mary A. Y. Okada, Ed.D.
President

Subject: **Notification of Bid Award**

Bid Description: Wellness Counseling Services

Bid No: GCC-FB-23-001

This is to advise that the above bid has been evaluated in detail and Westcare Pacific Islands bid is deemed responsive, and responsible. The bid price is deemed fair and reasonable and will be awarded as follows:

Bid Price	
Description	Total Bid Price
Individual Counseling Services (15 clients/12 1 hr sessions) \$130/hr	\$23,400.00
Professional Consultation Services(16 clients/1 hr sessions) \$100	\$1,600.00
Outreach and Advocacy Services	\$3,500.00
Total Cost:	\$28,500.00

Prior to the issuance of the purchase order to proceed, please submit the list of workers (full name and date of birth) that will be assigned to the campus so that they are cleared from the sex offender registry.

The services will commence in November 2022 upon receipt of the purchase order. GCC will contact you when the purchase order is ready for pick up.

Please confirm and acknowledge receipt of this notification of bid award by email: materialsmanagement@guamcc.edu ASAP or by Thursday, November 10, 2022. Please include the following information in your acknowledgement: Vendor name, vendor address, Representative name and date of acknowledgement.

We appreciate your participation in the bid process.

BERLYN CULMAN

29 Nov 2022

Sincerely,

Mary A. Y. Okada, Ed.D.
President

GUAMCOMMUNITYCOLLEGE

Email: materialsmanagement@guamcc.edu | Phone: (671) 735-5540 ext 5541 or 5547 | www.guamcc.edu
Location: 1 Sesame Street, Mangilao, Guam



School of Technology & Student Services

GCC Bid No: GCC-FB-23-001

Description of Services: UPLIFT COUNSELING SCOPE OF WORK

Service Requirements: Guam Community College is soliciting the service of a company to provide counseling services that support and promote student and employee mental health and wellness.

Description of Work: The contractor shall provide the following:

- 1) Individual Counseling Services
 - a. Services provided by a licensed mental health counselor.
 - b. Services to be able to be offered on-campus, virtually, or contractor's main office. (Based on the individual need of the client).
- 2) Professional Consultation Services
 - a. Services to include referrals to community resources & crisis support services.
- 3) Outreach & Advocacy Services
 - a. Virtual and in-person mental health related trainings and wellness related presentations.
 - b. Participation in GCC outreach events and collaboration with student/employee groups.

Company background and References: Please include your company background information and at least (3) three references (name, email, and phone #) that your company provided similar services within the last five (5) years.

Cost: Cost of service provided per client on an hourly basis.

Performance Period: Contract shall be for a period commencing on the date of award until June 30, 2023 upon approval by the Guam Community College.



Bidder:

WestCare Pacific Islands, Inc.
Uplift Counseling Services
222 Chalan Santo Papa,
Hagatna, GU 96910
(671) 472-0218

Bid Number:

GCC-FB-23-001

Performance Period:

11/1/2022 – 06/30/2023

Administrative Contact: Aja Ramos, Senior Vice President

PROJECT NARRATIVE

Company Background:

WestCare Pacific Islands (WPI) focuses all its collective efforts toward “uplifting the human spirit” in everything we do. WPI is committed to providing culturally competent and person-centered services to the most vulnerable populations in our community. WPI offers a broad array of programs that address gaps in services aligned with our mission. WestCare Pacific Islands is a subsidiary of WestCare Foundation (WestCare), a national nonprofit network founded in 1973 that includes behavioral health and human services organizations operating in 18 states and 3 U.S. territories serving high-risk communities and at-risk individuals. WPI is a nonprofit 501(c)(3) behavioral health agency with an established history of providing mental health and substance use counseling, homeless prevention and emergency services, youth prevention education, and HIV prevention and intervention services in Guam since 2009. WPI has successfully run its local behavioral health program, Uplift Counseling Services (Uplift), since 2017. Uplift provides counseling for substance use and mental health disorders, including evidence-based assessments, outpatient and intensive outpatient treatment, and individual and group therapy. WPI’s Community Advisory Council (CAC) was created in 2009 and is made up of a diverse cross-sector of partners and key community leaders who share in the efforts to uplift the local community by increasing access to quality behavioral health services. WPI moves with the spirit of “inafa’ maolek” guiding the work we do and bringing new resources to the islands through funding, training, and community awareness.

Uplift Counseling Services, employs a holistic approach to help individuals navigate their journey in the healing and recovery process. Our vision is to deliver compassionate, meaningful, and culturally sensitive care that empowers individuals and their families to overcome barriers and significant life challenges. In 2020, Uplift earned national accreditation through a rigorous survey with the Commission on Accreditation of Rehabilitative Facilities (CARF). This accreditation certified that the program processes and counseling approaches are on par with national and international standards. Since the inception of the Uplift Counseling Services program in 2017, WPI has provided behavioral health treatment for 198 participants. A strong partner in the community, Uplift has provided treatment services for populations funded by multiple contracts including US Probation, the Judiciary of Guam, GEDA, Guam Community College, Bureau of Prisons and private insurance companies. Most recently, Uplift has leveraged its experience to expand its programming under the federal agency SAMHSA with the awarding of the Grant to Benefit Homeless Individuals. These collective efforts have added critical behavioral health services to Guam’s infrastructure and continuum of care.

In October 2021, Uplift was afforded the opportunity to provide behavioral health counseling services for GCC students, faculty, and staff under a purchase order contract between GCC and WPI. During the project periods of October 1, 2021, through March 30, 2022, and April 1, 2022, to present, Uplift provided direct counseling services for 24 students and staff. Uplift also completed four (4) trainings and outreaches that highlighted increasing skills and awareness related to mental wellness. Uplift looks forward to continuing to build upon this foundation and strengthening our partnership with GCC through this bid response.

Statement of Qualification:

Uplift is staffed by a cadre of Masters level, Licensed and License-eligible treatment providers. Their combination of qualifications are unique in that their expertise spans both mental health and substance use, thus their capacity to serve complex symptoms is high. Each clinician delivers interventions that are researched and shown to be effective in recovery from behavioral health challenges. They utilize standardized assessments that are industry recognized to guide diagnosis and treatment of both substance use and mental health disorders. Applying these evidence-based approaches in their practice, the Uplift team provides counseling to individuals seeking support in personal growth, relationship difficulties, major life changes, family issues, stress, anxiety, depression, and substance use. Services to clients also include appropriate linkages and referrals to supports within the community. Counseling services are available to individuals, couples, families, and groups. Uplift also provides training and consultation to various groups of professionals and consumers in the community.

Staff available for this project include:

Lavina Camacho, Behavioral Health Administrator: Mrs. Camacho serves as the Behavioral Health Administrator for Uplift Counseling Services. Ms. Camacho is a graduate of the University of Guam where she received her Bachelor of Arts in Psychology with a minor in Sociology. She also holds a Master of Science in Psychology with a specialization in Counseling from Capella University. Prior to joining WestCare Pacific Islands in 2020, Ms. Camacho was employed with the Guam Behavioral Health and Wellness Center and the Department of Public Health and Social Services. She has over 18 years of combined experience of social work, wraparound care coordination, and counseling in the behavioral health field working with early childhood, adolescent, young adults, and family systems. She is also a Licensed Professional Counselor and Marriage and Family Therapist and Master of Addiction Counseling.

Beverlyn Coleman, Clinical Director: Ms. Beverlyn Coleman is the Clinical Program Director for WPI's youth behavioral health program Malak Na Na'ani. Beverlyn earned her Masters of Arts in Mental Health Counseling from the University of Guam. She has over 10 years of clinical experience with at-risk youth, young adults, and children with disabilities in Guam and throughout the U.S. A veteran and a native daughter of Guahan, Beverlyn lends her expertise in mental health counseling to foster a brighter future for every person she serves. She is a Clinician with a specialization in youth and young adult mental health and wellness and trauma treatment.

Description of Work:*Individual Counseling Services*

Uplift Counseling Services aims to provide holistic and comprehensive services, infused with a sensitivity for cultural values and traditions, for the GCC student and staff population. Staffed by qualified mental health and substance use treatment professionals, Uplift Counseling Services will use its collective expertise to provide individual mental health counseling services which include assessment, treatment, and referral for students and staff seeking services. These counseling sessions will be delivered through multiple methods, including in-person, virtually, or a hybrid of both approaches, if deemed appropriate. Based on the preference of the individual, sessions can occur both on campus and/or at Uplift's counseling center located in Tamuning. Uplift will also work with its network of community partners to create linkages to resources for its participants to help increase their quality of life.

Following industry standard practices, upon referral, each participant will be screened and assessed to identify their specific barriers and motivators for seeking treatment. A treatment plan will then be created, led by the voice of the client, which establishes goals for their counseling journey. This individualized plan of care will lead the therapeutic strategies carried out by our Clinicians that can address issues such as trauma, anxiety, and depression to name a few. Under this contract, Uplift will service up to 15 clients who will receive up to 12 sessions at \$130.00 per an individual session. Clients will have the option to continue based on their progress in meeting their wellness goals. Through individual sessions, participants will receive the care they need and increase their capacity for coping with life's most difficult challenges. Crisis support, referrals, and screenings for suicide, depression and anxiety will also be provided as needed.

Uplift's counselors are trained in and utilize evidence-based practices, which have been scientifically supported in their effectiveness in treating a range of complex behavioral challenges. These models include:

Cognitive Behavioral Therapy (CBT): is a form of psychological treatment that has been demonstrated to be effective for a range of problems including depression, anxiety disorders, alcohol and drug use problems, marital problems, eating disorders and severe mental illness. Numerous research studies suggest that CBT leads to significant improvement in functioning and quality of life. In many studies, CBT has been demonstrated to be as effective as, or more effective than, other forms of psychological therapy or psychiatric medications.

Motivational Interviewing (MI): is a method of interacting with participants to enhance motivation for change. This style is directive yet participant-centered and involves expressing empathy through reflective listening, communicating respect for and acceptance of participants and their feelings, establishing a nonjudgmental relationship, and helping the individual recognize discrepancies between their goals and their behaviors to motivate participation in treatment and change behaviors. MI was selected due to its person-centered, respectful clinical approach that has been demonstrated to reduce ambivalence and encourage the concept of self-empowerment. MI has demonstrated positive outcomes in substance use disorders, trauma, and recovery.

Outreach and Advocacy

Uplift Counseling Services, as part of its scope of work will provide virtual and/or in-person presentations to students and staff on topics related to wellness such as stress management, coping skills, effective communication, trauma-informed care, strengthening resiliency, signs and symptoms of anxiety and depression, and navigating life changes. Working directly with the designated GCC point of contact, Uplift will coordinate four (4), 90 minute presentations at \$73.00 per an hour during the contract period. These efforts will be initiated by GCC working closely with the Uplift contract administrator. In addition, at the request of GCC, Uplift will work closely with the GCC point of contact to attend and participate in outreach events on campus and in the community where GCC is leading or participating. Uplift, through the GCC point of contact, will collaborate with students and employee groups/associations. The GCC point of contact will work as the primary liaison with the campus staff and community to identify these opportunities for outreach and advocacy. Uplift staff will respond immediately to these opportunities and coordinate regular check-ins with the GCC point of contact to review the progress of these efforts. Uplift will provide marketing materials including flyers, brochures, tabletop displays and/or presentations to raise awareness of the available services. In addition, Uplift will leverage social media engagement through WestCare Pacific Island's digital presence across multiple platforms to spread broader awareness of the available services through GCC under this contract.

Professional Consultation Services

To support its work with participants, Uplift will create linkages to a diverse range of partners to facilitate connections to the community for the students and staff of GCC. At the request of GCC staff, Uplift will provide 16 hourly consultation services where needed at \$100.00 per an hour. Consultation services will connect staff to appropriate community resources and provide education on how to navigate these systems to better access care for students and staff. Uplift will assist them in knowing "where to turn" for supports outside our service scope that will address their identified needs. In addition, Uplift can make direct referrals and provide a "warm hand-off" to any student or staff who need and qualify for services under WestCare Pacific Islands' service array to include program such as:

Supportive Services for Veteran Families: Housing crisis stabilization services for veterans which include homeless prevention, rapid rehousing, and subsidized permanent housing.

Hatsa: Comprehensive homeless recovery program which includes homeless prevention services, mental health and substance use counseling, and food pantry.

Malak Na Ha'ani: Trauma-treatment focused on individual, group and family counseling for youth ages 11-17.

STEER: HIV and Hepatitis C testing and prevention education

Youth Prevention Programs: substance use prevention and sexual risk avoidance workshops and summer camps.

Path to Freedom: Employment readiness and job placement program for veterans who are homeless.