



UPSTREAM RESOLUTION of ALIGNMENT
Aligning COTS – Committee on the Shelterless – Practices and Activities
With the Upstream Investments Initiative

RESOLUTION of COTS – Committee on the Shelterless

WHEREAS, the County of Sonoma is sponsoring a community-wide strategic initiative called Upstream Investments with the following mission: to facilitate the implementation of prevention-focused policies and interventions that increase equality and reduce monetary and societal costs for all residents of Sonoma County.

WHEREAS, the Upstream Investments vision for all residents of Sonoma County is that poverty is eliminated and all people have an equal opportunity for quality education and good health in nurturing home and community environments.

WHEREAS, the Upstream Investments Initiative is designed to target the following factors:

Social and economic factors

Poverty and racial/ethnic disparities
Community conditions
Public opinion, public policy, and laws

Family and individual factors

Family dysfunction
Negative peer influences
Early antisocial behavior

WHEREAS, the Upstream Investments Initiative seeks to promote four community goals:

1. The whole community is engaged in supporting the healthy development of children.
2. Community members have access to education and training and are adequately prepared for the challenges of the future.
3. All community members are well sheltered, safe, and socially supported.
4. Sonoma County has a thriving diverse economy that produces economic security for all.

WHEREAS, the Upstream Investments Initiative seeks to expand funding for Model Upstream Programs and also seeks to promote organizational practices that support the Upstream Vision.

WHEREAS, the Upstream Investments Strategic Initiative promotes the implementation of outcomes-based practices including Evidence-Based Practices, Promising Practices, and Emerging Practices.

WHEREAS, Twenty-two indicators of success will inform the community about the success of Upstream Investments:

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| 1. Reduced child maltreatment | 3. Reduced youth drug use |
| 2. Reduced youth binge drinking | 4. Reduced youth depression |

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| 5. Reduced youth tobacco use | 14. Reduced homelessness |
| 6. Reduced teen births | 15. Reduced juvenile arrests |
| 7. Reduced obesity | 16. Reduced adult arrests |
| 8. Improved pre-school attendance | 17. Reduced domestic violence |
| 9. Improved 3 rd grade reading | 18. Reduced gang membership |
| 10. Improved 3 rd grade math | 19. Improved youth connectedness |
| 11. Improved high school completion | 20. Reduced poverty |
| 12. Improved higher education | 21. Reduced unemployment |
| 13. Improved housing affordability | 22. Improved health insurance rates |

NOW, THEREFORE, BE IT RESOLVED that COTS – Committee on the Shelterless – shares the Upstream Investments mission, goals, commitment to improving the indicators of success, and vision and has aligned its organizational practices with the Upstream Investments Initiative as follows:

The mission and goals of COTS – Committee on the Shelterless – including its family transitional housing programs are aligned with the Upstream Investments Initiative’s goals Indicators of Success, as well as through an agency wide commitment to research and evidence based practices that contribute to positive results in these impact areas. COTS uses the following generally recognized evidence-based and research-based practices:

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| • Cognitive Behavioral Therapy (CBT) | • Mindfulness-Based Cognitive Therapy |
| • Motivational Interviewing (MI) | • Brief Strategic Therapy |
| • Positive Parenting Program (Triple P) | • Girls Circle |
| • Therapeutic Communities | • Case Management |
| • Recovery-Oriented Systems of Care | |

COTS will submit, at a minimum this year, our Triple P program to the Upstream Investments portfolio and currently allocates in excess of \$551,000 to support the Family Transitional Housing program, the Children’s Programs, including Kids First and Triple P, and the Center for Post-Trauma Wellness. Taken together, these programs utilize all of the strategies listed above to strengthen families and individuals, increase their resilience, provide them with stress and coping skills, recovery skills, mental and physical health support and ultimately, long term stability in housing.

Approved and adopted the 4th day of October, 2011. I, the undersigned, hereby certify that the foregoing Resolution was duly adopted by the COTS Executive Committee.

Following Roll Call Vote: Ayes: 3 Nos: 0 Absent: 1


 President of COTS Board of Directors