

CITY OF OCEANSIDE

PROFESSIONAL SERVICES AGREEMENT

PROJECT: LIFELINE COMMUNITY SERVICES-WE RISE

THIS AGREEMENT, dated July 1, 2026 for identification purposes, is made and entered into by and between the CITY OF OCEANSIDE, a municipal corporation, hereinafter designated as "CITY", and NORTH COUNTY LIFELINE DBA LIFELINE COMMUNITY SERVICES, hereinafter designated as "CONSULTANT."

NOW THEREFORE, THE PARTIES MUTUALLY AGREE AS FOLLOWS:

1. SCOPE OF WORK. The project is more particularly described as follows:

CONSULTANT will operate the *We Rise* Substance Use Disorder (SUD) program for a minimum of forty (40) middle- and high-school youth at Oceanside Community Centers (Libby Lake, Chavez, Crown Heights, and John Landes) from July 1, 2026, through June 30, 2027 as described in the Scope of Work attached hereto and incorporated herein as Attachment A;

CONSULTANT will conduct outreach, recruitment, and engagement through social media, print materials, and partnerships with youth organizations and Community Center staff working in Opportunity neighborhoods to secure referrals ;

CONSULTANT will conduct screenings/assessments using tools appropriate for youth, such as: ASSIST-Y; SASSI-A3; PHQ-A; and GAD 7;

CONSULTANT will determine the level of service (low, medium, high) needed and develop an individualized treatment plan for each youth with a SUD counselor;

CONSULTANT will create a personalized discharge and maintenance plan for program graduates that includes follow-up check-ins and relapse planning;

CONSULTANT will facilitate SUD Intervention group and individual therapy scheduled at times and locations accessible to youth;

CONSULTANT will provide a minimum of four (4) Prevention community workshops on such topics as: Substance Use 101; Youth Focus; Parent/Caregiver Focus: Communication and Warning Signs; Women Focused; and Crossover with Gang Affiliation;

CONSULTANT will submit monthly invoices for authorized grant expenses to the Grant Coordinator with supporting documentation for any expenses claimed by the 15th of the following month;

CONSULTANT will submit a quarterly report to the Grant Coordinator with information about the participants including: number of youth attending; demographics (age, race/ethnicity, income levels, etc.); projects/activities/field trips; surveys/testimonials; partner referrals, and any successes or barriers to program implementation, due no later than the 15th of following month;

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CONSULTANT and its participants agree to participate in all Youth Services evaluation requirements and activities;
CONSULTANT will attend monthly OCSP meetings;

2. **INDEPENDENT CONTRACTOR.** CONSULTANT'S relationship to the CITY shall be that of an independent contractor. CONSULTANT shall have no authority, express or implied, to act on behalf of the CITY as an agent, or to bind the CITY to any obligation whatsoever, unless specifically authorized in writing by the CITY. CONSULTANT shall be solely responsible for the performance of its employees, agents, and subcontractors under this Agreement, including the training of each employee regarding the rights and responsibilities of an employer and employee for any potential discrimination or harassment claim under state or federal law. CONSULTANT shall report to the CITY any and all employees, agents, and consultants performing work in connection with this project, and all shall be subject to the approval of the CITY.

3. **WORKERS' COMPENSATION.** Pursuant to Labor Code section 1861, the CONSULTANT hereby certifies that the CONSULTANT is aware of the provisions of Section 3700 of the Labor Code which require every employer to be insured against liability for Workers' Compensation or to undertake self-insurance in accordance with the provisions of that Code, and the CONSULTANT will comply with such provisions, and provide certification of such compliance as a part of this Agreement.

4. **LIABILITY INSURANCE.**
 - 4.1. CONSULTANT shall, throughout the duration of this Agreement maintain comprehensive general liability and property damage insurance, or commercial general liability insurance, covering all operations of CONSULTANT, its agents and employees, performed in connection with this Agreement including but not limited to premises and automobile.

 - 4.2. CONSULTANT shall maintain liability insurance in the following minimum limits:

Comprehensive General Liability Insurance
(bodily injury and property damage)

Combined Single Limit Per Occurrence	\$ 2,000,000
General Aggregate	\$ 4,000,000*

Commercial General Liability Insurance
(bodily injury and property damage)

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General limit per occurrence	\$ 2,000,000
General limit project specific aggregate	\$ 4,000,000
<u>Automobile Liability Insurance</u>	\$ 2,000,000

*General aggregate per year, or part thereof, with respect to losses or other acts or omissions of CONSULTANT under this Agreement.

CONSULTANT is required to carry Sexual Misconduct coverage on their general liability insurance when working with youth under the age of eighteen (18)

- 4.3** If coverage is provided through a Commercial General Liability Insurance policy, a minimum of 50% of each of the aggregate limits shall remain available at all times. If over 50% of any aggregate limit has been paid or reserved, the CITY may require additional coverage to be purchased by the CONSULTANT to restore the required limits. The CONSULTANT shall also notify the CITY promptly of all losses or claims over \$25,000 resulting from work performed under this contract, or any loss or claim against the CONSULTANT resulting from any of the CONSULTANT'S work.
- 4.4** All insurance companies affording coverage to the CONSULTANT for the purposes of this Section shall add the City of Oceanside as "additional insured" under the designated insurance policy for all work performed under this agreement. Insurance coverage provided to the City as additional insured shall be primary insurance and other insurance maintained by the City of Oceanside, its officers, agents, and employees shall be excess only and not contributing with insurance provided pursuant to this Section.
- 4.5** All insurance companies affording coverage to the CONSULTANT pursuant to this agreement shall be insurance organizations admitted by the Insurance Commissioner of the State of California to transact business of insurance in the state or be rated as A-X or higher by A.M. Best.
- 4.6** CONSULTANT shall provide thirty (30) days written notice to the CITY should any policy required by this Agreement be cancelled before the expiration date. For the purposes of this notice requirement, any material change in the policy prior to the expiration shall be considered a cancellation.
- 4.7** CONSULTANT shall provide evidence of compliance with the insurance requirements listed above by providing, at minimum, a Certificate of Insurance and applicable endorsements, in a form satisfactory to the City Attorney, concurrently with the submittal of this Agreement.

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- 4.8** CONSULTANT shall provide a substitute Certificate of Insurance no later than thirty (30) days prior to the policy expiration date. Failure by the CONSULTANT to provide such a substitution and extend the policy expiration date shall be considered a default by CONSULTANT and may subject the CONSULTANT to a suspension or termination of work under the Agreement.
- 4.9** Maintenance of insurance by the CONSULTANT as specified in this Agreement shall in no way be interpreted as relieving the CONSULTANT of any responsibility whatsoever and the CONSULTANT may carry, at its own expense, such additional insurance as it deems necessary.

CONSULTANT shall provide evidence of compliance with these insurance requirements by providing a Certificate of Insurance.

- 5. CONSULTANT'S INDEMNIFICATION OF CITY.** To the greatest extent allowed by law, CONSULTANT shall indemnify and hold harmless the CITY and its officers, agents and employees against all claims for damages to persons or property arising out of CONSULTANT's work, including the negligent acts, errors or omissions or wrongful acts or conduct of the CONSULTANT, or its employees, agents, subcontractors, or others in connection with the execution of the work covered by this Agreement, except for those claims arising from the willful misconduct, sole negligence or active negligence of the CITY, its officers, agents, or employees. CONSULTANT'S indemnification shall include any and all costs, expenses, attorneys' fees, expert fees and liability assessed against or incurred by the CITY, its officers, agents, or employees in defending against such claims or lawsuits, whether the same proceed to judgment or not. Further, CONSULTANT at its own expense shall, upon written request by the CITY, defend any such suit or action brought against the CITY, its officers, agents, or employees resulting or arising from the conduct, tortious acts or omissions of the CONSULTANT.

CONSULTANT'S indemnification of CITY shall not be limited by any prior or subsequent declaration by the CONSULTANT.

- 6. COMPENSATION.** CONSULTANT'S compensation for all work performed in accordance with this Agreement, shall not exceed the total contract price of One-hundred-fifty-Thousand Dollars as described in the Program Budget attached hereto and incorporated herein as Attachment B. CONSULTANT agrees to submit all invoices for payment no later than the fifteenth (15th) of the following month.

No work shall be performed by CONSULTANT in excess of the total contract price without prior written approval of the CITY. CONSULTANT shall obtain approval by the CITY prior to performing any work that results in incidental expenses to CITY.

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7. **TIMING REQUIREMENTS.** Time is of the essence in the performance of work under this Agreement and the timing requirements shall be strictly adhered to unless otherwise modified in writing. All work shall be completed in every detail to the satisfaction of the CITY by June 30, 2027. All final reports shall be submitted no later than thirty (30) days after end of term or July 30, 2027.
8. **ENTIRE AGREEMENT.** This Agreement comprises the entire integrated understanding between CITY and CONSULTANT concerning the work to be performed for this project and supersedes all prior negotiations, representations, or agreements.
9. **INTERPRETATION OF THE AGREEMENT.** The interpretation, validity and enforcement of the Agreement shall be governed by and construed under the laws of the State of California. The Agreement does not limit any other rights or remedies available to CITY.

The CONSULTANT shall be responsible for complying with all local, state, and federal laws whether or not said laws are expressly stated or referred to herein.

Should any provision herein be found or deemed to be invalid, the Agreement shall be construed as not containing such provision, and all other provisions, which are otherwise lawful, shall remain in full force and effect, and to this end the provisions of this Agreement are severable.

10. **AGREEMENT MODIFICATION.** This Agreement may not be modified orally or in any manner other than by an agreement in writing signed by the parties hereto.

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- 11. **TERMINATION OF AGREEMENT.** Either party may terminate this Agreement by providing thirty (30) days' written notice to the other party. If any portion of the work is terminated or abandoned by the CITY, then the CITY shall pay CONSULTANT for any work completed up to and including the date of termination or abandonment of this Agreement. The CITY shall be required to compensate CONSULTANT only for work performed in accordance with the Agreement up to and including the date of termination.

- 12. **SIGNATURES.** The individuals executing this Agreement represent and warrant that they have the right, power, legal capacity and authority to enter into and to execute this Agreement on behalf of the respective legal entities of the CONSULTANT and the CITY.

IN WITNESS WHEREOF, the parties hereto for themselves, their heirs, executors, administrators, successors, and assigns do hereby agree to the full performance of the covenants herein contained and have caused this Professional Services Agreement to be executed by setting hereunto their signatures on the dates set forth below.

NORTH COUNTY LIFELINE DBA
LIFELINE COMMUNITY SERVICES

CITY OF OCEANSIDE

By: _____
Lisette O. Islas/CEO

By: _____
Jonathan Borrego/City Manager

By: _____
Name/Title

APPROVED AS TO FORM:

Employer ID No.

City Attorney

NOTARY ACKNOWLEDGMENTS OF CONSULTANT MUST BE ATTACHED.

SCOPE OF WORK

Organization: North County Lifeline DBA Lifeline Community Services

Program: We Rise

Primary Contact: Alberta Saavadra

Funding Source: Opioid Settlement Funding

Contract Term: July 1, 2026-June 30, 2027

Narrative:

In 2024, Lifeline was awarded funding through the City of Oceanside's Opioid Settlement Funding to provide SUD prevention, intervention, and treatment services to Oceanside middle and students in grades 6-12, parents/caregivers, and community members. To achieve this, Lifeline began We Rise, specifically developed for the City of Oceanside to address SUD prevention, intervention, and treatment with services such as evidence-based prevention programs focused on SUD and targeting middle and high school students, SUD community education, intervention services, and SUD screening and referrals. We Rise workshops are provided to parents/caregivers, youth, and the community on Substance Use among youth, warning signs, education, etc. The program is open to all residents of Oceanside with a focus on Oceanside's Opportunity Neighborhoods.

The Program:

We Rise intervention/treatment services will be provided to middle and high school youth, and We Rise prevention services are targeted towards Oceanside middle and high school students in grades 6-12, parents/caregivers, and community members with a special focus on Oceanside's Opportunity Neighborhoods. Through June 30, 2027, Lifeline anticipates serving a minimum 40 middle and high school youth with We Rise intervention/treatment services and 75-100 individuals with We Rise prevention workshops and services.

Intervention/treatment services will utilize motivational interviewing, an evidence-based approach, which is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion.

We Rise Prevention services will be provided in the form of community workshops. Workshops will raise awareness about the dangers and consequences of drug use, signs of drug use, and options for treatment while empowering individuals by giving them the tools and confidence to identify changes that need to be made in their community or life, creating a sense of support for the community, and demonstrating that the City of Oceanside cares.

From July 1, 2026, through June 30, 2027, Lifeline will provide a minimum of four workshops (minimum one per quarter). Each workshop will be 90 minutes long and is provided in a PowerPoint presentation format with interactive dialogue throughout, with psychoeducational, visual examples provided, and followed by a question and answer (Q&A) session. Workshops will be tailored to the audience (such as Substance Use 101 for those needing a general introduction; Youth Focus; Parent/Caregiver Focus, such as how to talk to your kids, look out for warning signs; Women Focused; Crossover with Gang Affiliation; etc.), and custom presentations can be created based on certain topic areas. Partners and guest speakers (individuals with lived experience who can give testimonials) will be brought in as needed. Presentations may include coordination with a subject matter expert, leveraging their specialized knowledge to enhance the depth of the content

Lifeline will work with the staff at the various Resource Centers to conduct outreach to the targeted neighborhoods. Lifeline currently has staff co-located at Oceanside Resource Center throughout the week, allowing the community easier access to resources and referrals. Outreach will also be conducted through our relationships with the members of the Oceanside Community Safety Partnership, Oceanside Unified School District, Oceanside Police Department, and other organizations that serve youth in the targeted neighborhoods.

Prevention workshops will typically last for 90 minutes, depending on the topic, and be provided in person at an accessible location (Oceanside resource centers, Lifeline locations, and/or schools, depending on spaces available). Workshops may be provided virtually if that is a preference or need of the community.

Goals/Metrics

We Rise Treatment Services will provide screening, referral, and/or enrollment into SUD/mental health services. Services have been outlined below as phases of treatment. These phases provide a general guideline for how services are delivered.

1. Screening/Assessment

Clients will begin treatment services with a screening/assessment. Every client will complete the ASSIST-Y and SASSI assessments during their screening/assessment appointment.

- ASSIST-Y (Alcohol, Smoking and Substance Involvement Screening Test)—The ASSIST-Y, adapted from the ASSIST developed by the World Health Organization, is a brief, evidence-informed screening instrument designed to identify substance use and related risks among adolescents. The tool assesses lifetime and recent (past three months) use of substances including alcohol, tobacco, cannabis, and other drugs, generating substance-specific risk scores that categorize individuals into low, moderate, or high-risk levels. ASSIST-Y is designed for use in clinical, school, and community-based settings, enabling early detection of risky substance use behaviors and facilitating timely, developmentally appropriate interventions. Its structured

format supports consistent screening practices, while its brevity makes it feasible for integration into routine care without significant burden on providers or youth. By identifying risk levels early, ASSIST-Y helps guide targeted responses ranging from prevention education and brief interventions to referral for specialized treatment. Its implementation supports improved health outcomes by promoting early intervention, reducing progression to substance use disorders, and enhancing coordination of care for at-risk youth populations.

- **SASSI-A3 (Adolescent Substance Abuse Subtle Screening Inventory)**—The SASSI-A3 is a standardized, evidence-based psychological screening instrument designed to identify adolescents (ages 12–18) who may have a high probability of a substance use disorder. Unlike traditional self-report tools, the SASSI-A3 incorporates both face-valid items (direct questions about substance use) and subtle items that detect underlying patterns associated with substance misuse, even when respondents may be unwilling or unable to disclose use accurately.

The tool can be administered efficiently in clinical, school, and juvenile justice settings and provides a binary classification (high probability vs. low probability of substance use disorder) along with clinically relevant scale profiles that inform further assessment and intervention planning. Its design helps reduce the impact of denial, defensiveness, or social desirability bias, making it particularly valuable in high-risk or mandated populations. Use of the SASSI-A3 supports early identification and intervention, enabling providers to tailor prevention strategies, brief interventions, or referrals to specialized treatment services. Incorporating this tool into screening protocols enhances the accuracy of substance use detection, improves care coordination, and contributes to better behavioral health outcomes for adolescents.

Clients will also be assessed with the PHQ-9 and the GAD-7 to further assess mental health needs. If the client scores high with these assessment tools, a referral will be made for mental health needs, internally or externally, based on need.

- **Patient Health Questionnaire 9 (PHQ-9) or PHQ-9 modified for Adolescents (PHQ-A)**—The PHQ-9 is a widely used screening tool to assess the severity of depression symptoms in adults and would be used only for juvenile clients who are legally adults, and the PHQ-A is adapted for youth aged 11-17.

- **Generalized Anxiety Disorder 7 (GAD 7)**—The GAD-7 is a brief, 7-item self-report questionnaire used to screen for and measure the severity of Generalized Anxiety Disorder (GAD), asking how often a person was bothered by anxiety symptoms in the last two weeks.

Once a client has been assessed, they will fall into low, medium, or high levels of service. Each level has been outlined below with a brief overview of the modality used and frequency of service. If, during treatment, a client increases or decreases substance use, they may move up or down a treatment level. Each client will have a personalized treatment plan created in partnership with their SUD Counselor. Lifeline’s SUD treatment services focus on evidence-

based behavioral therapies, and referrals for addiction medication are provided when appropriate.

- **Low: Seeking Safety—Seeking Safety** focuses on coping skills and addresses PTSD and substance abuse concurrently in the treatment. It helps clients to attain safety in their relations, thinking, behavior, and emotions, as well as to focus on ideals to counteract the loss of ideals in both PTSD and substance abuse. It is proven effective as a coping skills therapy to help people attain safety from trauma and/or substance abuse. It is highly effective in engaging resistant youth with a history of trauma and substance abuse, helping them to achieve a level of self-awareness and begin changing behaviors that create additional trauma in their lives. Positive client movement may be seen in as little as one session.

- o For first-time users with minimal use (3-4 times a month) and first-time offenders with a substance use concern.

- o Clients will meet with their SUD Counselor once a week for approximately 10 sessions (3-6 months), with the option for virtual.

- **Medium: CBI – SU/SA Youth—Cognitive Behavioral Interventions for Substance Abuse (CBI-SU formerly CBI-SA)**, a curriculum for individuals and groups with moderate to high needs. Lifeline will use the specific adolescent version. Based in Motivational Interviewing with this approach through the University of Cincinnati's Correction Institute by Dr. Edward Latessa this manualized treatment relies on a cognitive behavioral approach to teach participants strategies for avoiding

substance abuse, and places heavy emphasis on skill-building activities to assist with cognitive, social, emotional, and coping skill development. CBI-SU is also designed for criminal justice populations.

- o For clients who are using three to four times a week.

- o Clients will engage in two groups a week and 1:1 with their SUD Counselor twice a month or as needed, 20-26 sessions (6-9 months), option for virtual.

- o Random Drug Testing: at-home testing provided to parent/caregiver, monthly.

- **High: CBI-SA Youth—same method as for medium use but with heightened engagement.**

- o For clients who are using five or more times a week or daily.

- o Clients will engage in three groups a week and 1:1 with their SUD Counselor once a week or as needed, 26-39 sessions (9-12 months), option for virtual.

- o Random Drug Testing: at-home testing provided to parent/caregiver, monthly.

When a client is ready to graduate from services, they will receive a comprehensive resource guide and individualized information to support ongoing recovery and relapse prevention. Each client has a relapse/maintenance plan created in partnership with their SUD Counselor. This includes referrals to community-based supports, peer recovery resources, and other relevant services tailored to the client's needs. Following discharge, Lifeline will conduct follow-up check-ins with clients at intervals determined by the level and intensity of treatment received (up to six months). These post-discharge contacts are designed to reinforce recovery goals, identify emerging needs, and provide timely support or re-engagement in services if necessary.

This continuity of care approach promotes sustained recovery, reduces the risk of relapse, and strengthens long-term outcomes for clients.

- Low Level: check-ins up to two months after completion.
- Medium Level: check-ins up to four months after completion.
- High Level: check-ins up to six months after completion.

Intervention/Treatment Services Objectives:

- Provide screening/assessment to a minimum of 40 youth.
- Provide at least one referral to each youth in treatment.
- Provide group sessions (number of sessions attended will vary based on level of care).
- Provide individual sessions (number of sessions attended will vary based on level of care).

Goals for clients participating in treatment services are a decrease in substance use, improved relationships with family and school, improved academics and attendance in school, and/or successful program completion. These will be measured by self-reports; self-reports from parent(s)/caregiver(s); and when appropriate, we speak with their school to get updates. We Rise will follow up with clients for up to six months post-discharge to assess that they are no longer in need of further support. Follow-ups will be made via phone, email, or text.

Prevention Objectives:

- Provide a minimum of four prevention workshops (minimum one every quarter) to a total of 75-100 Oceanside residents.
- Provide referrals to treatment or other services as needed.
- Solicit feedback from attendees on SUD topics that would be of additional interest.

Intervention/Treatment Outcomes:

- 85% of participants will show a decrease in substance use
- 85% will demonstrate an increase in one or more of the following areas social/familial relationships, cooperation/engagement at home, academic performance, and/or school attendance.
- 75% will successfully complete the program.

We Rise Prevention Outcomes:

- 90% of attendees will show an increase in knowledge on the topics presented.
- 90% will report learning something new.

Lifeline will participate in the monthly Oceanside Community Safety Partnership meetings and any independent evaluation processes contracted by the City so that meaningful data can be collected and disseminated to Oceanside Residents, City Leadership, and State or Federal departments when appropriate. Lifeline will submit quarterly program reports, quarterly

financial reports, and an annual program report and annual financial report, as well as track data per the requirements of the RFP. Lifeline staff regularly attend collaborative community meetings such as the San Diego County Substance Use and Overdose Prevention Task Force and the San Dieguito Alliance North County Prevention Coalition

City of Oceanside - North County Lifeline

Program Budget

Agency: North County Lifeline
Program: We Rise
Contract Period: July 1, 2026 through June 30, 2027

Program Award

Contract Budget

Budget Line Item

Operations

We Rise	\$ 150,000.00
Total:	\$ 150,000.00

*A detailed budget will be provided before 7/1/2026

