



London N. Breed
Acting Mayor

Behavioral Health Services Monthly Director's Report December 2017

1. MESSAGE FROM SFPD DIRECTOR ON THE PASSING OF SAN FRANCISCO MAYOR LEE

It is with great sadness that Susan Ehrlich and I inform you that Mayor Edwin M Lee died early this morning at Zuckerberg San Francisco General Hospital. Please join me in sending heartfelt condolences to his family and loved ones.

Mayor Lee was a dedicated, compassionate leader who truly cared about our city and always worked on its behalf. He was a champion of many health department programs and a tremendous supporter of the work that all of you do every day. He often visited patients at Zuckerberg San Francisco General Hospital, spent time at Laguna Honda Hospital and visited our clinics throughout the city. He was a world leader in the fight against HIV/AIDS, funding San Francisco's efforts even in the face of federal cuts. Most recently, I worked closely with Mayor Lee on the issues of homelessness, mental health and substance use. He cared deeply about the people impacted by these problems and sought humane and lasting solutions. I appreciated his open mindedness, his thoughtfulness and his determination to make progress.

Effective immediately, Board of Supervisors President London Breed is mayor.

Mayor Lee touched the city in many ways. Before joining city government, he served as a civil rights attorney, representing low-income tenants in Chinatown. He held many city positions over the past 20 years, including Director of the Human Rights Commission, Director of the Department of Public Works, City Administrator, Interim Mayor and finally Mayor. Throughout it all, his devotion to his family, and his friendly manner never wavered. He was a positive person, and it was an honor to work for him. Mayor Lee arrived at Zuckerberg San Francisco General Hospital shortly after 10pm on Monday, Dec 11. He was in critical condition, and we attempted life-saving measures for several hours. He died at 1:11am on the morning of Tuesday, Dec 12. We expect the medical examiner to determine the cause of death. His family has asked that no further medical information be released at this time.

Please take a moment today to think about a good memory of Mayor Lee. Be kind to one another, and to our patients and clients, as the city mourns this loss. Take heart in the fact that the Mayor supported and admired your work.

Barbara A. Garcia, Director of Health (December 12, 2017)

2. BEHAVIORAL HEALTH SERVICES PHARMACY SERVICES

For this end-of-the year report, BHS Pharmacy would like to take the time to highlight some of the medication use improvement achievements for 2017. Links are included so that everyone can get to the new guidelines posted on the SFDPH-BHS webpage. Thank you for all of your support in improving the safety of medication use!

Nasal Naloxone

Opioid overdoses are on the rise around the country. Naloxone (narcan) is an opioid reversal agent that can save lives. The Medication Use Improvement Committee (MUIC) added nasal naloxone to the BHS formulary in early 2017, and developed recommendations for take-home naloxone.

Here is the link:

<https://www.sfdph.org/dph/files/CBHSdocs/RecommendationsforTake-homeNaloxone.pdf>

Naloxone for opioid overdose is available to anyone (clients, staff and the public) at BHS Pharmacy located at 1380 Howard Street, Room 130. California law allows for trained pharmacists to furnish naloxone without a prescription. Please call 415-255-3659 if you would like more information. We hope that increasing the availability of naloxone will prevent opioid overdose deaths among our BHS clients and throughout the entire city.

Laboratory Results – Electronic in Avatar and Consumer Portal

Beginning in June 2017, we began receiving electronic laboratory results (from Labcorp) in Avatar. Prescribers order and review labs in OrderConnect. Adult *mental health* clients can view their lab results in the Consumer Portal (unless the lab type is blocked by regulations such as HIV, drug screening results). Lab results are available to clinicians in the Laboratory Results widget in the Medical Console.

Safer Antidepressant Prescribing Guideline

Adult ADHD Medication Treatment Guideline

MUIC formed multidisciplinary subcommittees to update the BHS Safer Antidepressant Prescribing and the Adult ADHD Medication Treatment Guidelines. The updated guidelines now include sections for special considerations in children, older adults, pregnancy, and breastfeeding. There is a section about herbal supplements used to treat depression. The ADHD guidelines include a self-report tool, a symptom tracking tool, and a controlled medication agreement.

Here are the links:

<https://www.sfdph.org/dph/files/CBHSdocs/SaferPrescribingAntidepressantsGuidelines.pdf>

<https://www.sfdph.org/dph/files/CBHSdocs/GuidelineForEvaluationAndTreatmentOf-ADHD-InAdults.pdf>

Medication-Assisted Treatment of Opioid Use Disorders Guidelines

A multidisciplinary subcommittee developed a guideline addressing the use of medications in opioid use disorder treatment; treatment with co-occurring mental illness, chronic pain or HIV; and local resources and treatment centers.

Here is the link:

<https://www.sfdph.org/dph/files/CBHSdocs/MedicationApproachestoOpioidUseDisorder.pdf>

3. ADULT & OLDER-ADULT (AOA) SYSTEMS OF CARE UPDATE

Some updates from Sunset Mental Health Clinic's Wellness & Recovery Team

Sunset Mental Health's Wellness and Recovery Team has a lot of exciting news to share with you all! There are three new additions to the team: two Peer Counselors and a new Wellness coordinator. BHS would like to welcome our new Wellness coordinator Mikaela Merchant and our two new peer counselors Michael Marcheselli and Mark Ostergard. Sunset Mental Health Clinic's Tai-Chi group has been extended for 6 more months as the group continues to engage further & grow. BHS would like to thank Cheryl Penn, Nutritionist from Ocean Park Health Center, which lent her expertise on diet and nutrition as a part of the Independent Living Skills series. Also, BHS would like to recognize SFDPH dental department for donating supplies for the 1st Dental Day. At this event, consumers that have not been engaged with dental services in the last year were linked with dental services. The gardening group has been busy with making potted plants for sale at various venues for the upcoming holidays. The walking group at Sunset Mental Health clinic are now using pedometers and checking blood pressure to become more aware of our health goals. The holiday support group has brought some cheer to our consumers with tree decorating, caroling, packing hygiene bags for the less fortunate and an outing to SF Union Square.

As we begin a new year there is much to look forward to. The SF Food Bank is coming in to present their new curriculum around diabetes education. Sunset Mental Health Clinic will begin another Wellness & Recovery Action Plan (WRAP) series, a highly successful personalized recovery plan for our consumers. As Sunset Mental Health Clinic repeats facilitating successful groups, staff collaboratively are also looking at developing and implementing new groups that fit consumer's needs and wants.

4. FORENSIC/JUSTICE INVOLVED BEHAVIORAL HEALTH SERVICES

Spotlight on Drug Court Treatment Center

The San Francisco Drug Court was established in 1995 to connect criminal defendants who suffer from substantial substance use or dependence to treatment services as an alternative to incarceration. Drug Court is a collaboration of the Superior Court, Department of Public Health, Office of the Public Defender, Office of the District Attorney, Sheriff's Department, and the Adult Probation Department. SF Drug Court Treatment Center (DCTC) staff work with the Drug Court to find appropriate dispositions to criminal charges, provide rigorous case management including recovery support, outpatient treatment and assistance to community resources and services. In the past few months, many of the staff at DCTC have transitioned from being managed under a contract with health *RIGHT* 360 to becoming civil servants with the Department of Public Health. The DCTC team brings a wealth of experience and knowledge to best serve the needs of a diverse and challenging population while balancing it with the structure and requirements of the various agencies collaborating in the Forensic and Justice Involved programs. Many of the DCTC staff are in recovery and bring their own stories of struggle and perseverance, resilience & success to share with others and serve as a source of inspiration to clients as well as to their colleagues.

BHS would like to take an opportunity to introduce you to the DCTC Team:

Jeannie Killmer has been providing administrative support to DCTC since 2001. She has previously worked at various corporate organizations but found much more meaning and pride in working with the client population here at DCTC. Her positive spirit & can do attitude provides much support to her colleagues and she is very attentive to the needs to the clients, especially when it comes to celebrating their graduation from SF Drug Court.

Julio Gomez has been the Toxicology Screening Specialist at DCTC since 2014. Prior to joining DCTC, Julio worked at Latino Commission of Alameda County for over a decade as a Peer Advisor and then as Counselor. In addition, Julio has many years of experience working at residential and outpatient programs. Julio has been in recovery since 2001.

Siotha King came to DCTC with a wealth of personal and professional experiences. For the past 10 years, she was a Care Manager at SF Homeless Outreach Team. Previously she has worked at Baker Places as an Assistant Program Director and at Walden House as Manager in the SISTERS Program in the San Francisco County Jail. Siotha has completed the Alcohol and Drug Studies at City College of San Francisco (CCSF) and is now studying for the Certification exam. Siotha is currently in recovery and has 18 years clean & sober.

Claudia Escobar has almost 20 years of experience as a Case Manager. She started out at Milestones Human Services as a Case Manager in 1998, obtained her Drug and Alcohol Studies certificate in 2002, and worked at Conard House as Case Manager and Mental Health Specialist in 2003. Claudia has been at DCTC since 2005 where she conducts assessments, placement and referrals, and provides individual and group counseling. Her bilingual skills and understanding of the Hispanic community and other diverse groups have made her a strong source of support to the clients who need assistance, not only with their recovery, but also with understanding of the various legal issues, cultural differences and challenges of being in the United States.

Janis Crumb has been a DPH civil servant for the past 18 yrs. Prior to joining DCTC as a Case Manager, Janis was working at Zuckerberg San Francisco General Hospital, and assisted patients with their hospital bills, financial assistance, insurance inquiries, as well as referring patients to community resources. Janis has her certification in the Alcohol & Other Drug Studies and has been working part-time at a residential treatment facility working mainly with marginally housed women, many of who are expectant moms, with a variety of different stressors and needs. Janis has just celebrated 25 years of sobriety in November 11, 2017.

Raymond Santiago, MSW is the Assistant Program Coordinator of DCTC where he has worked for 12 years. Raymond has worked with the Forensics population for 15 years where he initially started at Riker's Island Correctional facility in NYC. His experience consists of working with individuals who struggle with chronic substance abuse problems, working with the LGBTQ with an agency that focused with the individuals living with HIV/AIDS. His career began in working with children who were wards of the state and children with special needs.

Linda H. Wu, LCSW joined the SF Department of Public Health in April 2011 as a Psychiatric Social Worker at Potrero Hill Health Center. Prior to joining DCTC as Program Coordinator, Linda served as Lead Behavioral Health Clinician at Larkin St Youth Clinic where she provided therapy, case management, referrals to resources and services, and crisis intervention to dually diagnosed clients. In addition, she provided clinical consultations to behavioral health staff, medical staff, and community partners as well as provided individual and group supervision to clinical and non-clinical staff. Her

professional background includes work with diverse populations and settings; including outpatient and inpatient mental health clinics, primary care clinics, school based services, residential treatment facilities, and home based services. Linda has published on several occasions and was a presenter at the Adolescent Health Working Group 13th Annual Teen and Young Adult Provider Gathering and Conference.

Welcome to the Department of Public Health, Behavioral Health Services!



Spotlight on Promoting Recovery and Wellness for the Prevention of Recidivism (PRSPR):

San Francisco has been chosen as a recipient of an additional Board of State and Community Corrections (BSCC) grant to implement a Proposition 47 program, which is being called Promoting Recovery and Services for the Prevention of Recidivism (PRSPR). This program is designed to work with individuals who have been charged with, convicted of, or arrested for a criminal offense with a goal of reducing recidivism and improving the health and housing status of participants. This grant is funding 32 Substance Use Disorder residential treatment beds, as well as 5 detox beds, at Salvation Army's Harbor Lights Program. The program will also provide peer support to individuals as they complete the program through Richmond Area Multi Services (RAMS)-Division of Peer Based- Services. Additionally, this program will serve Transitional Age Youth (TAY) by supporting the outreach of TAY participants and development of TAY specific Substance Use Disorders curriculum through Felton Institute. BHS is happy to announce that the **program** launched at the end of November 2017 and is now accepting referrals through the Treatment Access Program (TAP), Offender Treatment Program (OTP), Law Enforcement Assisted Diversion (LEAD), and Jail Behavioral Health Services.

Past issues of the CBHS Monthly Director's Report are available at:

<http://www.sfdph.org/dph/comupg/oservices/mentalHlth/CBHS/CBHSdirRpts.asp>

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