



Mayor Mark Farrell

## Behavioral Health Services Monthly Director's Report May 2018

### 1. MENTAL HEALTH SERVICES ACT (MHSA)

Behavioral Health Services – Mental Health Services Act program Receives 2018 Achievement Award from the National Association of Counties

The National Association of Counties (NACo) has granted the City and County of San Francisco a 2018 Achievement Award for its 'Population-focused: Mental Health Promotion and Early Intervention program' in the category of health.

The Population-focused program is a service category under the Mental Health Services Act of the San Francisco Department of Public Health- Behavioral Health Services. The Population-focused programs partners with and provides services to unserved, underserved and socially excluded communities by honoring their histories, experiences, and their cultural practices towards wellness. The Population-focused programs architecturally stand on five key service modalities: (i) Outreach and Engagement; (ii) Screening and Assessment; (iii) Wellness Promotion; (iv) Individual/Group Therapeutic Services; and (v) Service Linkage.



NACo awards honor innovative, effective county government programs that enhance services for residents.

Congratulations to San Francisco and Department of Public Health - Behavioral Health Services.

### May is Mental Health Awareness Month

Our Mental Health Services Act (MHSA) Statewide partner, California Mental Health Services Authority, has developed toolkits in recognition of Mental Health Awareness Month, which is in the month of May. The following is the link to the 2018 toolkit, including files to share via email, social media and by printing. You can also download the toolkit on the [Each Mind Matters Resource Center](#).

What you can find in the toolkit:

- Ribbon Wall Activity Materials including a ribbon wall template and instruction poster.
- Message cards and web banners.
- Additional materials such as social media posts and email templates will be added to the toolkit soon!

In recognition of this important cause and in an effort to raise awareness, BHS has put together some activities that you can be part of.

Attached with this Report are the following:

- Calendar of Activities for Mental Health Awareness Month
- May 10, Lighting of City Hall in Lime Green (official color of mental health awareness)
- Peer Panel Forum: A discussion with RAMS, Mental Health Association of San Francisco, and National Alliance on Mental Illness.

We hope you can be part of some or all of these activities.

If you are interested in promotional materials like ribbons, pins, stickers and other items to promote awareness, please email Heather Haney at [Heather.Haney@sfdph.org](mailto:Heather.Haney@sfdph.org).

### **Community Mental Health Academy**

San Francisco Health Network's Mental Health Service Act (MHSA) program has again invested in a very high impact mental health workforce development program that places San Francisco community members on a trajectory to careers in the public behavioral health sector. In February 2018 MHSA launched its successful *Community Mental Health Academy* with the City's HOPE SF (initiative that seeks to transform four of the city's most distressed public housing into vibrant, thriving communities through holistic revitalization) Peer Health Leaders and their Coordinators (supervisors) who provide critical outreach and resource sharing with the residents of all HOPE SF -- Alice Griffith, Hunters View, Potrero Hill and Sunnyside -- sites. In this academic setting, (10) Peer Health Leaders and (4) Coordinators learn about self-care, community mental health, trauma-informed care and basic counseling skills (e.g., how to communicate more effectively by being supportive, asking open-ended questions and understanding the seven domains of wellness). For more information about the Community Mental Health Academy, please contact MHSA Program Manager Kim Ganade at [Kimberly.Ganade@sfdph.org](mailto:Kimberly.Ganade@sfdph.org).

### **Mental Health Services Act Director Receives an Award**

Imo Momoh, Director of the Mental Health Services Act program, was recognized by California State University, East Bay, with a 40 Under 40 award, class of 2018. Imo was one of 40 alumni selected for this honor for the significant contributions they are making toward improving and uplifting their professions, personal endeavors and communities in which they serve and live.

## **2. CHILDREN, YOUTH AND FAMILIES (CYF) SYSTEMS OF CARE**

### **Spotlight on Southeast Child & Family Therapy Center, L.E.G.A.C.Y., Project 500, and Chinatown Child Development Program**

BHS would like to take this opportunity to celebrate some of our interns at Southeast Child & Family Therapy Center this past academic year, as they prepare for their next endeavor. From the *Mayor's Youth*

*Works* internship program, we had two exemplary and dedicated high school interns, Mary Grace Eton and Jennifer Aguilar. They both learned the day to day tasks of working at a mental health clinic and have provided positive feedback about their experience. We appreciated our timely conversations about the importance of mental health issues and the impact on their respective peer groups, family and community at large. From USF counseling program, we appreciate Jordan Matulis for her excellent work with our diverse families and participation in Co-leading a Girls Empowerment group. She has extended her internships until July and will embark on her next journey as a Ph.D. student in Fall 2018. We wish her all the best. Ashley is also our intern from RAMS Hire-Ability and is placed at the Blanken Avenue site, learning about day-to-day tasks, participating and supporting group activities.

BHS also welcomes Karla Avila, our bilingual Spanish-speaking Clerk stationed at the Silver Avenue site. Karla has a passion for working with children and is a great asset to this Center. BHS also says farewell to Adan Wong, our clerk stationed at Mission Street site as he has taken a position with City College of San Francisco. BHS thanks him for his professionalism and respectful nature when working with our diverse families, we will miss him and wish him the best.

L.E.G.A.C.Y. concluded its 6-week Girls Empowerment Group at College Track. Also ending in April was the Cantonese Speaking Support Group, and the program is still working with Visitation Valley Strong Families, hosting a 12-week, Cantonese, Triple P course. L.E.G.A.C.Y. staff was able to participate in two community outreach events, tabling at John O'Connell High School for the Support for Families with Disabilities Fair and at the Cesar Chavez Street Fair. During each event, staff promoted services the program and BHS offers, while learning about other local community resources. L.E.G.A.C.Y. hosted another successful Family Support Night, and after eating dinner, families were able to receive information from Environmental Protection Agency (EPA) regarding mold and less toxic cleaning supplies.

At Project 500, BHS started a "Social Connections" group for the families. This will include a different theme each week to support families in building connections with one another and building knowledge around child development, mental health, relationship health, financial health, and more. At P500, we have supported planning of a training in Risk Assessment for home visiting nurses and CalWORKs' P500 staff and Co-created & co-presented training in Reflective Practice with the UCSF Infant-Parent Program for field nurses and CalWORKs' P500 staff.

In April 2018, Chinatown Child Development Center (CCDC) staff spoke to the stigma of mental health and care of one's emotional well-being with monolingual Chinese families living in Single Room Occupancy housing (SRO's) in San Francisco's Chinatown district. This free event was held at the Willie Woo Woo playground auditorium in collaboration with the San Francisco YMCA. Discussion topics included how to use effective parenting styles and how to increase your child's self-esteem and emotional well-being. Additionally, age appropriate developmental guidelines and milestones were also highlighted for caregivers, with the intention of reducing high and unrealistic expectations for the child, resulting in higher self-esteem, self-confidence and overall positive well-being in children.

CCDC staff participated in the Family Wellness Day at the San Francisco YMCA on April 7, 2018. Staff presented event attendees with information on outpatient mental health services available at the Center, in addition to informing participants of Center's mission of promoting social-emotional well-being of children, youth and their families. This was a free event for the residents in the San Francisco community. Free Health services were also available, these included medication consultation, blood pressure monitoring, blood glucose monitoring and medication therapy management (MTM). The event was well attended & received, and was sponsored by APA Family Support Services, First 5 San Francisco, and APIFIRN.

### **3. FORENSIC/JUSTICE INVOLVED BEHAVIORAL HEALTH SERVICES**

#### **Spotlight on the Drug Court Treatment Center**

Every calendar year, Drug Court Treatment Center (DCTC) holds 4 graduations for clients who are able to complete the program. In order to graduate, clients must have 6 months of clean and sober living, consistent attendance and engagement with their treatment providers and case managers, and have a completed a recovery aftercare plan with established support systems. Successful completion of Drug Court Treatment Center may result in early termination of probation, reduced charges, or case dismissal. So far in 2018, DCTC has held 2 graduations (January and April) where 100% of graduates who had used substances daily, were drug free at the time of graduation. 66% of graduates initially had no income and 100% had legal sources of income at graduation, with 88% of graduates employed. 44% of graduates were homeless at program entry and exited the program with stable housing. One of the key components of the Drug Court graduation is to have an Alumni speaker give a speech about their experiences at DCTC and their life after DCTC. Our last Alumni took several attempts before reaching his goals of sobriety from heroin, cocaine, methamphetamines, and marijuana. Throughout the course of his residential treatment, our Alumni was able to attend classes at City College, start an internship run by the Sheriff's Department, and successfully completed Drug Court. Post Drug Court, our Alumni remained in school, independently housed, and will graduate on May 24<sup>th</sup> from City College with two Associate of Science degrees. Per our Alumni, "I don't think I will be here today doing all of this without the help of Drug Court." Many thanks to all our community partners in Collaborative Courts for allowing our clients to have the opportunity to engage in treatment and successfully find their path towards recovery!

### **4. BHS PHARMACY**

#### **Fighting the Opioid Epidemic**

In the United States unintentional deaths from opioid overdoses have risen to epidemic proportions. BHS Pharmacy furnishes naloxone, which reverses opioid overdoses at our pharmacy at 1380 Howard. In partnership with DPH's Population Health Division, the pharmacy team is helping to furnish naloxone to CCSF Public Safety workers to prevent overdose deaths in San Francisco. So far, BHS Pharmacy has furnished naloxone kits to over 170 San Francisco County public safety workers.

Buprenorphine prescribed for the treatment of opioid use disorder can be dispensed in a community pharmacy setting. BHS Pharmacy provides buprenorphine dispensing in an innovative model, with integrated services to support our clients' road to wellness and recovery. Clients come from different care settings including primary care, the Street Medicine team, after release from jail or BHS providers. Pharmacy services are coordinated with the client's care team with a goal to stabilize the client to graduate to a non-specialty community pharmacy. Pharmacy care includes client education, medication regimen review including review of CURES (Controlled Medications Utilization Report), and case conferencing/coordination with providers. Based on the client's individualized care plan, the pharmacy in partnership with the OBIC clinic, provides: observed dosing, urine drug screens, breathalyzer, as well as naloxone furnishing and smoking cessation treatment.

Based on BHS Pharmacy activities, Dr. Jennifer Behan, BHS Pharmacist, presented "Expanded Buprenorphine Services through a Community Pharmacist Integrated Treatment Model" for ASAM (American Society of Addiction Medicine) at the 49<sup>th</sup> Annual Conference April 12-15 in San Diego, CA. (See Attached)



San Francisco Dept. of Public Health (SFDPH)  
 &  
 Behavioral Health Services (BHS)  
 Presents  
 May is Mental Health Awareness Month 2018



FREE EVENTS

DATE	DAY of WEEK	TIME	EVENT	LOCATION
MAY 10	THURSDAY	10.00AM-12.00PM	<b>Asain Pacific American Mental Health Day</b> Celebrate mental Wellness with speaker Elaine Peng	Milton Marks Auditorium State Building 455 Golden Gate Ave
MAY 10	THURSDAY	@ Sunset	<b>City Hall Lit Green</b> In honor of Mental Health Awareness Month City Hall will be lit lime green	San Francisco City Hall 1 Carlton B Goodlett Pl
MAY 15	TUESDAY	9.00AM- 1.00PM	<b>Vocational Summit</b> information, resources	San Francisco Main Library Latino Room 100 Larkin ST @ Grove
May 21	MONDAY	1.30PM-3.30PM	<b>Peer Panel</b> Informational session with representatives from 3 Peer agencies	San Francisco Main Library Latino Room 100 Larkin ST @ Grove
May 25	FRIDAY	1.00PM-3.00PM	<b>Art Show</b> Closing Day Celebration (Art will be on display from May 1 to May 31)	Rams Peer Wellness Center 1282 Market Street

For more information please contact Heather Haney at (415) 255-3778 or heather.haney@sfdph.org.

For interpreter or ADA accomodation request, please contact Heather a week in advance.

Sponsored by San Francisco Department of Public Health (SFDPH), Behavioral Health Services (BHS), Mental Health Service Act (MHSA)



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

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