Marlo Simmons Appointed Interim Behavioral Health Services Director

The Behavioral Health Services (BHS) section is pleased to announce the appointment of Marlo Simmons, MPH as Acting Director of SFHN Behavioral Health Services, effective February 17, 2020. Ms. Simmons will take over this leadership role from Irene Sung, MD who has announced her retirement after 22 years of service in the Department of Public Health.

Marlo Simmons currently serves as Deputy Director of Behavioral Health Services and Director of Transitional Aged Youth (TAY) System of Care. As Deputy Director, Ms. Simmons has provided operational oversight of BHS as we have started our work on organizational transformation and growth. Most recently, Marlo has emerged as a leader whose vision for how the DPH best serves people with complex mental health and substance use challenges is clear and compelling, and her vision is aligned synchronistically with the transformational work we have embarked upon with Mental Health San Francisco.

Marlo began her DPH career in 2006 as the Department’s Adolescent Health Coordinator. She joined the BHS team in 2009 as the Prevention and Early Intervention Coordinator for the Mental Health Services Act (MHSA). She went on to become the MHSA Director in 2011 and was appointed Deputy Director for BHS in 2015. Marlo has a Master of Public Health from Boston University and a BS in Community Health Education from San Francisco State University. She has proven herself to be a mission-driven leader and innovative problem solver. She is committed to improving services and outcomes for our clients, addressing inequities in our systems and institutional racism, and cares deeply about the well-being of our staff.

We also express profound gratitude to Dr. Irene Sung for her service as she nears her retirement. In her current role of Acting Director of BHS, she has led the BHS section through major changes and navigated challenges with grace, wisdom, and compassion. A trusted and experienced leader in Behavioral Health, Irene has helped BHS begin implementing many of the principles and specific projects included in the Mental Health San Francisco legislation. Her dedication to serving San Franciscans with the most complex mental health challenges has been the foundation of her career of service, always leaning in to find a better way to serve those most in need, and for that, BHS and the DPH are eternally grateful.

During this time of discovery and transformation, SFHN Behavioral Health Services will benefit from the experience, vision, and dedication of Marlo Simmons and her team of BHS executive
leaders. We look forward to working with Marlo and BHS leadership during this exciting time of transformation and growth for the DPH. Congratulations, Marlo!

**Dr. Irene Sung, Interim BHS Director, Honored by the Health Commission**

On February 4, the San Francisco Health Commission approved a resolution Honoring Irene Sung, MD, Interim Director of the Behavioral Health Services (BHS) Division. A variety of colleagues from BHS and the larger Department of Public Health (DPH) joined the Health Commission Meeting where Director of Health, Grant Colfax, presented Irene with the resolution. Below is an excerpt.

“WHEREAS, Irene Sung, MD has served the City and County of San Francisco as a leader and clinician in the Department of Public Health’s Behavioral Health Services for 22 years; and

WHEREAS, Dr. Sung has modeled reflective leadership, encouraging those around her in every position to participate in improving client care, the functioning of BHS, and the larger SFDPH System of Care; and

WHEREAS, Dr. Sung leaves a legacy of servant leadership, community collaboration, equity and diversity; while honoring the guiding principle of recovery and wellness that values clients’ lived experience and resilience; and

WHEREAS, Dr. Sung brought a diverse group of clinicians together, creating a medical community that serves as collaborators while fostering communication across programs in a shared vision of caring for the most vulnerable in our city; and

WHEREAS, Irene modeled a collaborative and inclusive leadership style which leveraged the talents of the BHS workforce to respond to evolving behavioral health needs of San Franciscans; and

WHEREAS, Irene Sung has a special ability to bring diverse groups of people together and honor each individual’s unique contributions while respecting differing viewpoints; and

WHEREAS, Irene fostered meaningful relationships with providers, staff, and clients through her genuine nature and powerful ability to connect with the larger community; and
WHEREAS, Irene Sung has served as an encouraging, supportive mentor to the countless staff that she has taught and supervised; and

WHEREAS, Dr. Sung led Behavioral Health Services (BHS) with a social justice and equity lens that embodies the core principles of Trauma Informed System through establishing an environment of compassion, empowerment and resilience for both clients and employees of BHS; and

WHEREAS, Irene Sung leaned in to take the reins of Behavioral Health Services as Acting Director in order to steer us on a clear path forward during a time of enormous change and upheaval;

NOW, THEREFORE, BE IT RESOLVED, that the San Francisco Health Commission honors Irene Sung for her many years of outstanding service and wishes her well in all future endeavors."

Please join us in congratulating Dr. Irene Sung!

Dr. Joy DeGruy Coming to DPH Black History Month Celebration

Each year, multiple teams of the Department of Public Health collaborate to plan a Black History Month celebration. On Friday, February 28, the San Francisco Department of Public Health (DPH) Black History Planning Committee will host "Self-Care for African Americans: Taking Care of Ourselves to Take Care of our Communities" at Laguna Honda Hospital. The Human Service Agency (HSA) Family and Children's Service Division, San Francisco Mental Health Education Fund (SFMHEF), and Mental Health Services Act (MHSA) are co-sponsoring this event.

This Black History Month commemoration is a full-day event with a series of self-care workshops for staff, stakeholders, and community members. Internationally acclaimed researcher and educator, Dr. Joy DeGruy, will give the keynote address. Dr. DeGruy will lead a conversation on the struggle for survival in the face of oppression and racism, highlighting its impact on mental health and health care. In her address, Dr. DeGruy will also share creative and effective strategies for resiliency and wellness.

The Mental Health Services Act is one of the many DPH teams supporting this event, and invites everyone to attend. Tickets are $20 (plus an Eventbrite processing fee). Click here to purchase tickets for the celebration. For more information, contact Helynna Brooke at helynna.brooke@sfdph.org or (415) 255-3473.
San Francisco Department of Public Health
Black History Month Committee & Human Service Agency
Family & Children’s Service Division

Self Care for African Americans: Taking Care of Ourselves to Take Care of Our Communities

Please join us for a presentation by the acclaimed speaker Dr. Joy DeGruy who will help us with strategies for resiliency in the face of racism, oppression, and its impact on our health.

Dr. Joy DeGruy

February 28, 2020
8:00AM - 5:00PM

Laguna Honda Hospital and Rehabilitation Center
Gerald Simon Theater 375 Laguna Honda Blvd.
San Francisco, CA 94116

$20.00 plus processing fee (Lunch included)
https://sfdph-hsa-blackhistoryevent2020.eventbrite.com

There will be no parking on the campus: you are encouraged to use public transportation please see the Muni website for transit details. https://www.sfmta.com/
Our Black/African-American Child and Youth clients and their Stories

What are the CANS stories of our Black/African-American children, youth, and their families?

Reflecting on the Child and Adolescent Needs and Strengths (CANS) Assessment of our Black/African-American clients from 2010 to 2019, we have gleaned that:

1. **Cultural Identity** as a centerpiece or useful Strength is more frequently occurring (95.7%) compared to other groups (i.e., Asian, Latinx, Native American, Native Hawaiian or Other Pacific Islander, and White). This indicates that many African-American and other Black youth have a strong sense of their cultural identity and are connected to others who support their identity. For younger children (ages 0 through 5), **Curiosity** as a Strength is more frequently occurring compared to other race/ethnic groups.

2. **Cultural Stress** is experienced by almost half (48.9%) of our Black/African-American clients. This experience of cultural stress is primarily influenced by a client’s race/ethnicity and socio-economic status.

3. Black/African-American children and youth, ages 6 through 20, have the highest needs in **Anger Control, Oppositional Behaviors**, and **Attachment Difficulties** compared to other groups. They are also the second highest in **Adjustment to Trauma** and **Depression** needs, closely following Latinx youth.

4. In terms of Risk behaviors, African-American and other Black children and youth have the highest prevalence of **Intentional Misbehaviors** compared to other race/ethnic groups.

How do these stories inform our practice?

1. It is necessary to encourage Black/African-American children and youth to develop a positive sense of cultural or racial identity as a means to foster resilience and strength. Programs and providers can integrate culturally relevant protective factors (i.e., racial socialization) using interventions such as EMBRace (Anderson, 2018).

2. Case conceptualization should consider how externalizing behaviors (i.e., angry, oppositional) among many marginalized African American youth may be a
manifestation of entrenched internalizing problems (i.e., trauma, depression), or a response to structurally embedded stressors and inequities within the home, school, and community.

3. Apply or integrate **culturally-adapted interventions** (see review by Jones, 2018).

For practice improvement resources contact Ritchie Rubio at ritchie.rubio@sfdph.org. For CANS data-related questions contact Petra Jerman at petra.jerman@sfdph.org.

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### Drug Court Treatment Center Graduate Reflects on the Program

Drug Court Treatment Center (DCTC) celebrated the graduation of four clients this month! One client in particular had experienced homelessness and substance use disorder during the four years prior to joining DCTC. Over the course of fifteen months of treatment, the client worked hard to successfully complete the program.

When asked what the client would tell others in similar situations, they recommend that people, "**Give Drug Court a try. You have to be motivated to come and you will be working on yourself every day. I'm now sober and I like working. I have a new car and feel that I deserve what I have. I used to think that it was impossible to graduate. I only wish I had started my recovery process sooner.**"

At the DCTC Graduation Ceremony, the client expressed appreciation for Case Manager, Janis Crumb, with a rose. "**I appreciate Janis, my Case Manager, for her communication, for keeping me on track.**" In the coming year, the client plans to take classes at City College of San Francisco, save money from their newfound employment, and remain excited about future possibilities. "**I'm happier in life. Life is busy, but it's also relaxing. I'm happy!**"

Assisted Outpatient Treatment (AOT) works to engage clients who have frequent hospitalizations and/or incarcerations due to their mental health issues, are decompensating in the community, and are refusing services. Call (415) 255-3936 for more information, to schedule group information sessions, or to discuss specific cases.
Diverse Representation of BHS Workforce Attends “Unlearning Racism” Training

On January 31, the Office of Equity, Social Justice, and Multicultural Education (OESM) launched the first training of a six-part series entitled, “Unlearning Racism to Transform Behavioral Health Practice.” This is one of many learning opportunities organized by the OESM Training Unit to support the BHS workforce in rendering culturally responsive care and implementing culturally competent programs. The goal of this series is to increase foundational knowledge of the impacts of racism and intersecting oppressions on behavioral health disparities, focusing on African American and other Black communities.

Ninety attendees participated in the session led by Professor Jason Seals, Department Chair of Ethnic Studies at Merritt College. The half-day training consisted of presentations, small and large group discussions, and interactive activities. A diversity of BHS staff and stakeholders were engaged in the training, including:

- Graduate School Interns from the Behavioral Health Services Internship Program,
- BHS Racial Equity Champions,
- BHS Program and Administrative Staff,
- Licensed Marriage and Family Therapists (LMFT) and Associate Marriage and Family Therapists (AMFT),
- Licensed Clinical Social Workers (LCSW) and Associate Social Workers (ASW),
- Psychologists (PsyD),
- Pharmacists (PharmD),
- Certified Alcohol and Drug Educators (CAADE),
- Nurse Practitioners (RN) and Registered Nurses (RN),
- Medical Doctors (MD), and
- On-Site Support Service Providers of the Department of Homelessness and Supportive Housing

In addition to building the capacity of the BHS workforce, the training was helpful for other County stakeholders who work to address the intersecting life needs of people with behavioral health challenges. One social worker who supports BHS clients living in permanent supportive housing shared that “(the training) was truly amazing! These types of trainings are exactly what the County needs.”

To register for future “Unlearning Racism” trainings, visit [www.sfdph.org/training](http://www.sfdph.org/training) and click on “Behavioral Health Services”. For questions on this series or any training opportunity offered by OESM, please email [BHS-OESM@sfdph.org](mailto:BHS-OESM@sfdph.org).
BHS Training Series: Unlearning Racism to Transform Behavioral Health Practice

Part 2 | The Politics of Black Identity
Thursday, February 27 | 1:00 P.M. to 4:15 P.M.
West Bay Conference Center, 1290 Fillmore St, SF

This six-part series provides a foundational knowledge of the impacts of racism and intersecting oppressions on behavioral health disparities. It will increase the capacity of attendees to provide culturally-responsive services for African American and other Black communities. This understanding is crucial to reducing health care disparities and informs best practices for improving health outcomes among all marginalized communities.

Who should attend: Physicians, Pharmacists, Psychologists, licensed behavioral health providers, BHS administrative staff, BHS management, front desk staff, administrative staff (civil service and contracted), and BHS, DPH, and other CCSF Racial Equity Champions

Trainers: Deen Hasaan & Professor Jason Seals

Objectives:
1. Understand and address the social and political complexities of Black identities and apply three social constructs that effect collective wellness.
2. Utilize Black identity models created to support racial and cultural connectedness with the purpose of developing cultural knowledge and practice cultural humility.
3. Analyze the impact of structural whiteness on Blackness and practice three strategies to disrupt anti-blackness.

Attendance at previous trainings in this series is encouraged but not required.
2020 BHS Pharmacy Services Manual

The Behavioral Health Services (BHS) Pharmacy is pleased to share information on the updated 2020 BHS Pharmacy Services Manual. This document is updated annually, and is meant to provide support BHS providers in medication-related services. The 2020 BHS Pharmacy Services Manual is filled with helpful resources to support medication safety and access.

How to Obtain a Copy

The 2020 Pharmacy Manual is available in both an electronic and hard copy.

- The digital version can be found on the BHS website under the Medication Resources section
- Hardcopies will be distributed directly to clinics. To request additional copies, please email Edmund Carnecer at Edmund.Carnecer@sfdph.org with your address and number of copies you would like to receive.

Helpful Highlights of the BHS Pharmacy Services Manual

- For laboratories, there is a helpful Labcorp locations map on page 28
- For a quick reference for what is on formulary, check out the Psychiatric Medication Formularies Comparison Table on page 15 (updated Dec 2019)
- The color of the cover for 2020 is indigo purple; Please dispose of the light blue 2019 copies

New Features of the 2020 BHS Pharmacy Services Manual

- Chain pharmacies with multiple locations, (i.e., Walgreens and CVS), are now arranged alphabetically by address street names (with corresponding cross streets) for easier access to pharmacy-specific information by prescribers
- Consult Section VII: Medication Resources, which include the updated policies and guidelines approved by Medication Use Improvement Committee (MUIC) in 2019, with guidelines for:
  - Safer Prescribing of Antipsychotics Medications
  - Approaches to Cannabis Use Disorder Medication-Assisted Treatment
  - Adult Blood Pressure Monitoring
  - Safer User of Psychotropic Medications, and
  - Naloxone Law

For any questions on the 2020 Manual, please contact Pharmacy Director, David Smith, at david.e.smith@sfdph.org.

PSC-35 Client-Level Report: Providing Therapeutic Feedback to Caregivers or Parents

The Pediatric Symptom Checklist (PSC) is a 35-item caregiver/parent psychosocial screen designed to facilitate the recognition of cognitive, emotional, and behavioral problems so that appropriate interventions can be initiated as early as possible. The checklist was introduced in the Children, Youth, and Families System of Care on October 1, 2018. The PSC-35 form is available in six threshold languages on the BHS website, and the PSC-35 has been integrated into Avatar.
A Client-Level Report for the PSC-35 is now available in Avatar. When clinical staff ask a caregiver/parent to complete the PSC-35, staff are now able to generate and print out a summary report that can be shared with the caregiver/parent. A Tools to Improve Practice (TIP) Sheet is available to guide clinical staff in accessing the report in Avatar, understanding the report and using it with caregivers/parents in a therapeutic manner. The TIP Sheet has been informed by the growing field of Therapeutic Assessment (TA), that recommends collaborating with clients in interpreting or reflecting on assessment results and planning for appropriate interventions.

For consultations and/or questions on the PSC-35 or the Client-Level Report, please reach out to Petra Jerman at petra.jerman@sfdph.org or Ritchie Rubie at ritchie.rubio@sfdph.org.
# Black/African American Health Initiative

Black African American Health Initiative  
Equity Learning Series for February 2020

<table>
<thead>
<tr>
<th>Date/ Time</th>
<th>Location</th>
<th>Discussion</th>
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| February 4, 2020 | Behavioral Health Services 1380 Howard Room 424 | Martin Luther King: The New Phase of Civil Rights Struggle  
“We must face the fact that we still have much to do in the area of race relations.”  
We’ve seen that progress a great deal here in our Southland But we must not allow this progress to cause us to engage in a superficial, dangerous optimism. The plant of freedom has grown only a bud and not yet a flower. |
| Noon to 1:30     | Laguna Honda Hospital Room A3219 | The Awakening of Colin Kaepernick  
In 2016 San Francisco 49er quarterback Colin Kaepernick sat during the playing of the national anthem prior to the game, rather than stand as is customary, as a protest against racial injustice and systematic oppression in the country. The following week, and throughout the regular season, Kaepernick knelt during the anthem. The protests received highly polarized reactions, with some praising him and his stand against racism and others denouncing the protests as disrespectful to the armed forces. |
| February 18, 2020| 25 Van Ness Room 330-A             | Angela Davis: How Does Change Happen?  
From radical rebel to university professor, Angela Davis has dedicated her life to social activism. In this talk, Angela Davis reflects on her successes and shares her insights on the strategies for change that have made -- and will make -- history. |
| Noon to 1:30     | 25 Van Ness Room 610 | Health Equity Currents  
Topic(s) TBD  |
| February 27, 2020| ZSFG Community Wellness Room Building 5 Second floor | Black Lives/Black Lungs  
Among all racial and ethnic groups in the United States, the black community has carried the greatest burden from tobacco-related diseases. Black Lives / Black Lungs is dedicated to investigating the successful targeting of the black community with menthol products. |

For additional information email: BAAHI@sfdph.org
A National Black HIV / AIDS Awareness Day Event

UJIMA 2020
Shattering Stigma Through Black Intergenerational Dialogue

25 Van Ness Ave - Suite 610, San Francisco
February 7th, 2020 | 5-8pm

A discussion & panel about the Black experience, HIV, and stigma through an intergenerational lens.

Free Food and Refreshments
Free HIV and STI Screenings
For more info contact Vincent Fuqua
vincent.fuqua@SFDPH.org
628-206-7644

Sponsored by:
San Francisco Department of Public Health - Black/African American Health Initiative
San Francisco Department of Public Health - Community Health Equity & Promotion
San Francisco Human Rights Commission | Shanti | Black Brothers Esteem

February 2020
### Upcoming Trainings

For registration and information, visit [www.sfdph.org/training](http://www.sfdph.org/training) and click on “Behavioral Health Services.” Future trainings will be posted once registration is open.

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<thead>
<tr>
<th>February 2020</th>
<th>Time</th>
<th>Training</th>
<th>Location</th>
<th>Trainer</th>
<th>CE’s Offered</th>
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<tbody>
<tr>
<td><strong>Friday 2/6</strong></td>
<td>9:00 AM – 4:30 PM</td>
<td>Cultural Humility People, Principles, and Practices in Behavioral Health</td>
<td>1290 Fillmore Street</td>
<td>Leanna W. Lewis, LCSW</td>
<td>Pending 6 CE’s (PhD. PsyD, LMFT, LCSW, LPCC)</td>
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<tr>
<td><strong>Thursday 2/27</strong></td>
<td>1:00 PM – 4:15 PM</td>
<td>Unlearning Racism to Transform Behavioral Health Practice Part 2</td>
<td>1290 Fillmore Street</td>
<td>Jason Seals and Deen Tyler</td>
<td>3 CME/CE (MD/DO, Nurses, Pharm, PhD, PsyD, LMFT, LCSW, LPCC)</td>
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<th>March 2020</th>
<th>Time</th>
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<tr>
<td><strong>Tuesday 3/3</strong></td>
<td>12:00 PM – 1:00 PM</td>
<td>San Francisco Drug Use, Patterns and Trends: What the Clinician Needs to Know</td>
<td>Online Webinar</td>
<td>Phillip Coffin, MD, MIA, FACP, Director of Substance Use Research, SFDPH</td>
<td>None</td>
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<tr>
<td><strong>Wednesday 3/11</strong></td>
<td>9:00 AM – 4:30 PM</td>
<td>Trauma-Sensitive Mindfulness</td>
<td>7 Hills Conference Center, San Francisco State University</td>
<td>David Treleaven, PhD</td>
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<td><strong>Thursday 3/19</strong></td>
<td>9:30 AM – 12:45 PM</td>
<td>Unlearning Racism to Transform Behavioral Health Practice Part 3</td>
<td>1290 Fillmore Street</td>
<td>Dr. Ifa Flannery</td>
<td>3 CME/CE (MD/DO, Nurses, Pharm, PhD, PsyD, LMFT, LCSW, LPCC)</td>
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<td><strong>Friday 3/27</strong></td>
<td>9:30 AM – 12:45 PM</td>
<td>Unlearning Racism to Transform Behavioral Health Practice Part 4</td>
<td>1290 Fillmore Street</td>
<td>Jason Seals</td>
<td>Pending 3 CE’s (PhD. PsyD, LMFT, LCSW, LPCC)</td>
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<tr>
<td><strong>Wednesday 4/1</strong></td>
<td>9:00 AM – 4:30 PM</td>
<td>Law and Ethics Update 2020</td>
<td>TBA</td>
<td>Daniel Taube, JD, PhD</td>
<td>Pending 6 CE’s (PhD. PsyD, LMFT, LCSW, LPCC)</td>
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<td><strong>Monday 4/6</strong></td>
<td>9:00 AM – 4:30 PM</td>
<td>Acceptance and Commitment Therapy (ACT) for Coping with Trauma</td>
<td>TBA</td>
<td>Robyn Walser, PhD</td>
<td>Pending 6 CE’s (PhD. PsyD, LMFT, LCSW, LPCC)</td>
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<th>Trainer</th>
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<tr>
<td><strong>Wednesday 5/20</strong></td>
<td>9:30 AM – 12:45 PM</td>
<td>Unlearning Racism to Transform Behavioral Health Practice Part 5</td>
<td>1290 Fillmore Street</td>
<td>Jason Seals</td>
<td>3 CME/CE (MD/DO, Nurses, Pharm, PhD, PsyD, LMFT, LCSW, LPCC)</td>
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