



Behavioral Health Services - *Communications*



“Race, redemption, and healing –
that’s *my thing*”
~ Bebe Moore Campbell (1950-2006) ~

Living in a [racism pandemic](#) has highlighted the need to be more racially-sensitive, especially as we celebrate [National Minority Mental Health Month](#), designated by the US House of Representatives in 2008 to enhance public awareness of mental illness among minorities. However, [Mental Health America](#) (MHA) suggested replacing it with [Black, Indigenous, People of Color \(BIPOC\) Mental Health Month](#). As MHA noted, “The

continued use of ‘minority or marginalized’ sets up BIPOC communities in terms of their quantity instead of their quality...using ‘minority’ and ‘majority’ emphasizes the power differential...it can make BIPOC feel ‘minority’ as synonymous with inferiority.”

Beyond a celebration, this month invites reflection and action in response to the dual impact of the COVID-19 crisis; and ongoing racial injustices on our BIPOC clients and communities. Many of them are suffering from [racial trauma](#) or [race-based traumatic stress](#) (RBTS), which includes physical and psychological symptoms that BIPOC individually and collectively experience after being exposed to stressful experiences of racism (Carter, 2007). These experiences might be overt, vicarious, indirect, and/or intergenerationally-transmitted. As one narrative from one of our Black/African-American youth clients highlights, “my family history includes significant relational loss, abandonment, trauma, and experiences of oppression and injustice...poverty, chronic unemployment, and community violence have been experienced for at least two generations.”

Thus, this month is a reminder for us to strengthen our work with culturally- as well as racially-responsive [interventions](#) that help our BIPOC clients [heal racial trauma](#) - and we should make these efforts “*our thing*.”

Feel free to reach out to Ritchie Rubio Ph.D., CYF Director of Practice Improvement and Analytics, at: ritchie.rubio@sfdph.org



Whatever it Takes, Wherever it Takes: Providing Low Threshold Behavioral Health Services to San Franciscans

Behavioral Health Services has been working closely with our partners within the Department of Public Health, [Department of Homelessness and Supportive Housing](#), and [Human Services Agency](#) to develop a model to provide mobile behavioral health services to individuals at the Shelter in Place (SIP) sites. The Shelter in Place sites have provided an important opportunity to engage individuals in behavioral health services who may not know how to access [traditional clinic-based services](#), including individuals identified through Mental Health Reform efforts.

This model includes a layered approach with increased intensity of services; including a core DPH Behavioral Health team, led by Forensic and Justice Involved Behavioral Health Services, to assess/triage individuals into the appropriate level of care. This includes peer support, mobile behavioral health support at designated sites with high needs, and intensive linkage and care coordination into specialty mental health services. We want to thank [Richmond Area Multi Services \(RAMS\)](#), the [Harm Reduction Therapy Center \(HRTC\)](#), and [Zuckerberg San Francisco General Hospital Division of Citywide Case Management](#) for working closely with us to quickly redirect resources to this effort. This *whatever it takes* and *wherever it takes* approach is an important addition to our system of care and symbolizes an important shift in the effort to provide low threshold behavioral health services to San Franciscans.



Behavioral Health Services (BHS) Shelter In Place (SIP) Hotels Dashboard

Updated June 22, 2020



*In 2019, the Mental Health Reform effort identified 4,000 people experiencing homelessness with a history of both psychosis and substance use disorder

For more information please contact BHS Forensic and Justice Involved Behavioral Health Services Director: angelica.almeida@sfdph.org



Elevating Virtual Connections: BHS Staff and Community Wellness Events

In the month of June 2020, Behavioral Health Services (BHS) collaborated with Sal Nuñez, Ph.D., City College of SF, to provide two online wellness experiences for staff and community, with overwhelmingly positive participant response. On June 26, fifty employees from across BHS attended [Drumming for Staff Wellness](#) and reported the webinar to be a very moving integration of stories, discussion and medicinal drumming.

On June 30, [Sugerencias Para Su Bienestar Y Salud](#), a Latinx Community Wellness online event facilitated in Spanish by Sal Nuñez and Solymer Solá Negrón, AMFT, Instituto Familiar de la Raza (IFR), was hosted on the [IFR](#) Facebook page by the SF Emergency Operations Center (EOC) in collaboration with BHS and [HealSF](#). The event, with 992 reaches and 448 views on Facebook Live, included COVID-19 tips, breathing exercises, music, song and guided reflections, alongside a “very informative conversational flow between the two presenters,” which as described by one participant, “added so much dimension to the experience, creating a beautiful space for learning and wellness.”

SUGERENCIAS PARA SU BIENESTAR Y SALUD

Facilitadores:
Sal Nuñez, Ph.D., LMFT, BHS
Consultant/City College of SF
Solymer Solá Negrón, AMFT, Instituto Familiar de la Raza

Martes 30 de Junio, 2020 de
9:00AM a 10:30AM

Unase a nuestra charla donde
compartiremos sugerencias para su
bienestar y salud mental.

[https://www.facebook.com/
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INSTITUTO FAMILIAR DE LA RAZA, INC. San Francisco Health Network Behavioral Health Services

For more information please contact the BHS Training Unit at: michelle.meier@sfdph.org



TAY SOC Program Spotlight: 3rd Street Youth Center & Clinic



3rd Street was founded in 2005 to address the rampant violent racism against black youth in Bayview Hunters Point and across San Francisco by carving safe passages into adulthood for youth at risk of poverty, poor health, homelessness and death. Their fight for racial equality happens at many levels including housing supports, youth development programs--like Health Core which helped over 100 black women begin careers in allied health, and their medical clinic, to ensure timely access to equitable healthcare.

3rd Street is a key partner to city agencies acting as a critical multi-service hub for the Southeast sector. During COVID-19 response, 3rd Street has continually stepped up to safely engage and provide services to local and displaced residents.

In providing essential low-barrier access to mental health services for TAY, 3rd Street has maintained strong client engagement through telehealth group and individual therapy and 1:1 in-person when needed. For housing services, a dedicated case management team offers in-person services daily to San Francisco youth. So far during COVID, they've gotten 12+ youth off the streets into hotel rooms temporarily and then on average weekly, transitioning four youth into permanent homes!



Their CSA/food-pantry program, *3rd StrEATS*, has further increased access for youth and families. To keep from risking exposure, staff and volunteers deliver food bags directly to youths' homes throughout the Bay Area. *3rd Street Leadership Academy*, a Bayview Hunters Point youth, ages 16-24, civic engagement group, recently filled bottles donated from a local brewery with hand sanitizer and passed these out with 175 face masks to residents!

If you feel inspired to learn more, donate or join 3rd Street's many efforts to combat the effects of racism, please contact joi@3rdstyouth.org.



Program Highlights and Staff Shout Outs: BHS Substance Use Disorder (SUD)

Low Threshold Access to Buprenorphine

One of the SUD strategic priorities is to expand the low threshold access to [buprenorphine](#) that was pioneered by the [DPH Street Medicine Team](#). Tele-health provider [Bright Heart Health](#), the first online opioid treatment program, will work with [Glide](#) and eventually with other harm reduction providers to reach people who use drugs, but who have not been engaged by traditional treatment services. Although the COVID-19 pandemic makes it hard to set exact dates, we expect this service to go live in the very near future.

Dr. David Pating, MD

BHS addiction psychiatrist, Dr. David Pating, has worked ceaselessly since the shelter in place order to support residential programs during COVID-19. Residential treatment and residential step down, as well as opioid treatment programs, were designated essential services, and have remained available throughout the crisis. Since COVID testing has become more available, each residential program is developing a way to test staff and residents. This testing is expected to shorten the observation/containment time for new residents and support the admission process. Aggregate living settings such as these are especially high risk, and Dr. Pating has been a huge resource to programs in developing safety procedures.

Erik Dubon

Shout out to Erik Dubon, who has remained the backbone of the BHS SUD team. Erik is our project manager and has worked at BHS many years. He is not telecommuting, and if you meander the fourth-floor halls at 1380 Howard Street, you may see him at work.

Laurel Snead and Furu (Lisa) Ouyang

We thank Laurel Snead and Furu (Lisa) Ouyang for their service during deployment to the Department Operations Center (DOC). They are both back with us, just in time to provided critical support in the upcoming months. The [External Quality Review Organization \(EQRO\)](#) yearly visit is in mid-August and will be a test of desk reviews and virtual meetings.

Dr. Judith Martin, MD

As a member of the BHS Executive Committee, Dr. Judy's shepherding of the SUD team has provided strategic direction while single-handedly bringing Opiate Treatment Programs up to speed, including petitioning the state for exemptions for highly regulated methadone clinics, and negotiating for tele-health with the budget office.

For more information please contact BHS SUD Director Dr. Martin at: judith.martin@sfdph.org



Frontline Workers Counseling Project (FWCP): Chinatown North Beach Mental Health

As a result of the COVID-19 shelter in place, Chinatown North Beach Mental Health (CTNBMH) staff struggled to ensure their clients' wellbeing in the absence of in-person contact, while also experiencing personal impacts of the pandemic, deployment stressors, fear and burnout. Staff missed lunchtime conversations and not being able to share their difficulties and triumphs by stepping into each other's offices on a regular basis. In response, the CTNBMH psychosocial staff formed a process group to help each other face personal and professional challenges related to changes brought on by COVID-19, with hopes of building a stronger and more connected clinical team during this difficult time. The weekly group, started in June by CTNBMH Dr. Anna Fiskin, MD, meets by videoconferencing and is facilitated by Lee Slome Ph.D. and Francisco Gonzalez MD, supervising analysts at the [Psychoanalytic Institute of Northern California](#), who have kindly volunteered their time and skill through the [Frontline Workers Counseling Project \(FWCP\)](#).



FWCP is an initiative that helps connect Bay Area frontline and essential workers with free, confidential counseling. Over 450 licensed professional psychotherapists in the Bay Area have volunteered to offer free services through the FWCP, representing a wide range of personal and professional backgrounds, including psychologists, licensed clinical social workers, psychiatrists, and marriage and family therapists. If you are interested in seeking individual services or starting your own group, please email contact@fwcp.org.

For additional front line worker resources please visit [Heal San Francisco](#) and/or contact the [BHS Clearinghouse Line for Civil Service and Contractor Staff](#).



Program Highlights and Staff Shout Outs: Forensic and Justice Involved Behavioral Health Services

SF Drug Court

This month's [Drug Court](#) Graduation includes 4 graduating program clients. Two of the graduates emigrated to the US with minimal support systems in place and developed addictions to various substances such as heroin, cocaine, and alcohol. As a result of program and community resources and strong support systems, both clients have now maintained abstinence for over 6 months. One other graduate has obtained housing and is now working part-time at the residential treatment facility they attended in the early part of treatment and is pursuing a career as a drug and alcohol counselor. What made this month's graduation more significant than previous ones, is our client's ability to utilize their coping skills, seek support from DCTC and their chosen families during the COVID crisis with limited available programming and resources. We are very proud of our 4 graduates this month and proud of our collaborative court team to keep the wheels turning while maintaining physical distance.

Congratulations

Sylvia Guatemala, MSW, is retiring from the [Community Justice Center \(CJC\)](#) after more than 10 years working with the program. Sylvia was one of the original Case Managers hired when CJC began in 2009. Sylvia has worked in social services as a case manager for more than 20 years after coming to SF from El Salvador. She has focused her career on working with monolingual Spanish speaking and other underserved populations in the Forensic setting, helping to change lives and empower people in the community. Sylvia plans on spending time with family, especially her son in North Carolina, during her retirement. We congratulate her on her retirement and wish her all the best as she embarks on this next chapter of her life.

Welcome

This month, we welcome **Dana Schnell** to [555 Polk Street](#). Dana is a Peer Support Specialist and is a graduate of the [RAMS Peer Certificate Entry and Advanced Level Courses](#). He has experience co-facilitating peer-based groups and is interested in broadening his professional development here with the BHS Forensics Team. Dana looks forward to using his "lived experienced to help people through the court system to get their lives back."

For more information please contact BHS Forensic and Justice Involved Behavioral Health Services Director at: angelica.almeida@sfdph.org



COVID-19 Trans Community Resource Fair

On June 24th the Trans Pilot Project in cooperation with the [Trans Activists for Justice and Accountability \(TAJA\) Coalition](#) hosted *The COVID-19 Resource Fair*, an online forum for the Trans community with a focus on resources available during the COVID-19 shelter in place.

The Trans Pilot Project, funded by the [SE Mental Health Services Act \(MHSA\)](#) provides outreach, support and resources to Transgender women of color. TAJA's Coalition is driven by the leadership of trans women of color and its mission is to stop the genocide of trans women of color.

The on-line event was well attended. Presentations were made by the following agencies: [St. James Infirmary](#), the Pacific Health Institute, [SF Community Health Center](#), [Our Trans Home](#), the Transgender Pilot Program, and [EL/LA Para Trans Latinas](#) (both in English and in Spanish). In addition, there were performances by Carolyn Henry, Carla Clynes, Adriana Roy, and Kipper.

Many thanks to Akira Jackson and Bionka Stevens for putting together such a fabulous and informative event for the community.



For more information contact Tracey Helton at: tracey.helton@sfdph.org



Behavioral Health Services' Training Unit Update



The following training materials and recordings have been uploaded to the [BHS COVID-19 Google Drive](#) and [BHS Training Unit Vimeo Site](#)

- Information for Opioid Treatment Programs Regarding COVID-19 | Judith Martin, MD
- Telecare for Opioid Use Disorders | David Kan, MD
- Staff Wellness (Part 1) | Nia Hamilton-Ibu, LCSW
- Telehealth for SFDPH Behavioral Health Services: Essential Elements and Tips for Treatment | Hamilton Holt, MD
- Keeping You and Your Family Safe from COVID-19 | David Pating, MD and Michelle Truong, RN
- Law and Ethics for Public Entity Healthcare Providers (with a COVID-19 Update) | Linda Garrett, JD
- Culturally-Adapted Suicide Prevention in Age of COVID-19 | Brandon Hoeflein, MS
- Staff Wellness (Part 2) with a Focus on Sleep | Nia Hamilton-Ibu, LCSW
- Revitalizing Interrupted Lives: Treating Trauma with Acceptance and Commitment Therapy | Robyn Walser, PhD (only available until July 10)
- Making Zoom Sessions Trauma-informed, Engaging, & Playful for CYF Clients | Ritchie Rubio, PhD
- Drumming for Staff Wellness | Sal Nunez, PhD
- Latinx Community Wellness: Sugerencias para su Bienestar y Salud | Sal Nunez, PhD y Solymar Sola Negron, AMFT (in Spanish)
- *Coming soon:* Improving Skills and Systems to Implement The ASAM Criteria | David Mee-Lee, MD

If you have feedback including future training suggestions, please contact Michelle Meier, LCSW, BHS Training and Internship Manager at: Michelle.Meier@sfdph.org



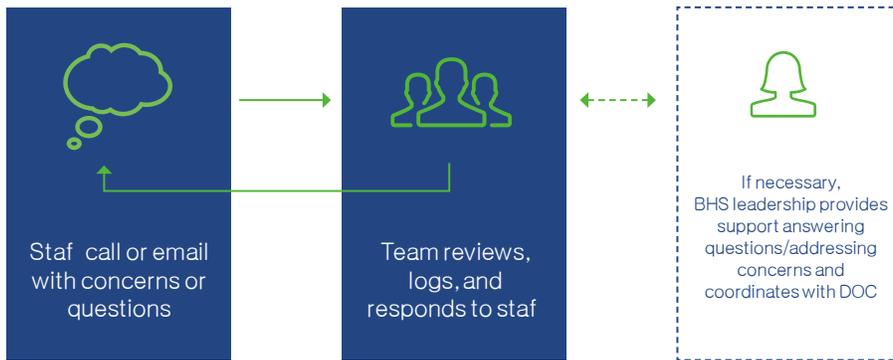
July 2020 Trainings

	Time	Training	Trainer	CE's Offered
Wed 7/1	10:00am – 11:30am	Staying Focused and Aligning with Clients Around Long-term Recovery Goals	Rick Goscha, PhD Elizabeth Morrison, LCSW	Pending
Wed 7/1	5:00pm – 6:00pm	COVID, White Power, and the Unseeing of Race Again	Kimberle Crenshaw Camara Phyllis Jones Keeanga-Yamahtta Taylor Barbara Arnwine Jonathan Metzl	N/A
Tue 7/7	9:00am – 10:30am	BAAHI Equity Learning Series: A Call for Reparations	Nikole Hannah-Jones Gavin Morrow-Hall	N/A
Tue 7/7	4:00pm – 5:30pm	Use the Power You Have: A Brown Woman's Guide to Politics and Political Change	Kimberle Crenshaw Pramila Jayapal	N/A
Wed 7/8	10:00am – 11:30am	Recognizing and Countering Implicit Bias by Changing Practices in Telehealth	Adele James, MA Elizabeth Morrison, LCSW	Pending
Thu 7/9 7/23	3:00pm – 4:30pm	Supporting & Learning about the MH Needs of LGBTQIA+ Community during COVID-19 Webinar Series	Joe Ramirez Joshua Arce Naomi Wright Adriana Duran	N/A
Tue 7/14	12:00pm – 1:30pm	BAAHI Equity Learning Series: How White Identity Permeates Policy Making Contact Gavin.Morrow-Hall@sfdph.org for Zoom link	Jonathan Metzl Jonathan Capeheart Gavin Morrow-Hall	N/A
Wed 7/15	10:00am – 11:30am	Panel Presentation: Effective Telehealth When Working with Communities of Color	Gloria Morrow, PhD Maria Rea, LMFT Ritchie Rubio, PhD	Pending
Thu 7/16	12:00pm – 1:30pm	BAAHI Equity Learning Series: Equity Currents Contact Gavin.Morrow-Hall@sfdph.org for Zoom link	Gavin Morrow-Hall TBD	N/A
Thu 7/16 7/23	1:30pm – 4:45pm	Documenting Clinical Decisions in Drug Medi-Cal Organized Delivery System (DMC-ODS)	Stan Taubman, PhD, LCSW	3 CE available for LMFTs, LCSWs, LPCCs, and drug counselors
Fri 7/17	1:30pm – 4:45pm	Trauma-Informed Healthcare in COVID-19 and Racism Pandemics	Leigh Kimburg, MD	3 CME/CE (MD/DO, RN, Pharm, PhD, PsyD, LMFT, LCSW, LPCC, CCAPP)
Tue 7/21	9:00am – 10:30am	Conversation on Race and Privilege Contact Gavin.Morrow-Hall@sfdph.org for Zoom link	Angela Davis Jane Elliott Gavin Morrow-Hall	N/A
Wed 7/29	10:30am – 11:30am	Panel Presentation: Lessons Learned from the Front Lines on Client Outreach During COVID-19	Karen Lancaster, SF-FIRST (Fully Integrated Recovery Services Team) ICM Provider Team	N/A
Thu 7/30	12:00pm – 2:00pm	Health Disparities among Black Americans with Substance Use Disorders: How Do We Make a Difference?	Nzinga Harrison, MD	2 CME/CE (MD/DO, RN, Pharm, PhD, PsyD, LMFT, LCSW, LPCC, CCAPP)
Thu 7/30	12:00pm – 1:30pm	BAAHI Equity Learning Series: Race, Police, and Pandemic Contact Gavin.Morrow-Hall@sfdph.org for Zoom link	Gavin Morrow-Hall TBD	N/A
TBD	TBD	Staff Wellness Virtual- link to be posted on www.sfdph.org/training	TBD	N/A
TBD	TBD	Community Wellness COVID-19 Tips and Guidance Virtual- link to be posted on www.sfdph.org/training (Will be held in Spanish)	TBD	N/A



Do you have general questions about being a Disaster Service Worker (DSW) or are you currently deployed and have concerns you need help getting answers for?

The BHS Clearinghouse team is available to support you regarding your deployment needs.



415-255-3427



bhsclearinghouse@sfdph.org



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