



Behavioral Health Services – *Monthly Communications Report*

BHS Transition Age Youth (TAY) System of Care Launches TAY Outpatient Plus Program!

After time planning but then delays due to addressing the COVID pandemic, TAY System of Care is excited to share that the BHS TAY Clinic at 755 South Van Ness, which offers TAY FSP and Linkage programming, is now launching a new TAY Outpatient Plus program! Anchored in providing culturally responsive and trauma informed care, the TAY Outpatient Plus will provide advocacy, support and service access for Transition Age Youth (TAY) to lead them toward a path of recovery, wellness and healing.

The TAY Outpatient Plus (TOP) is a specialty mental health clinic that is dedicated to serving and providing the highest quality of developmentally appropriate therapeutic care for Transitional Age Youth (16-24). Services are catered to this population to support and meet the specific developmental growth needs of TAY. In addition to serving TAY that meet criteria for specialty mental health services, one clinician will focus on TAY that have co-occurring disorders which also includes a developmental disability. TOP will provide therapy, medication management, case management, peer counseling support, behavioral health groups and dedicated professional staff that are committed to serving the TAY population to ensure their health, wellbeing, and stability.

As TOP is beginning its launch early this year, as part of its phase one implementation, TOP is initially taking clients from the TAY linkage Collaborative to transition TAY into services at TOP. We are also happy to welcome new and wonderfully skilled behavioral health clinicians, Dong Bui and Nolly Ayele, as part of TOP's program staff and to our TAY System of Care!



TOP will also continue to work in collaboration with community partners as it builds out to enhance service delivery for the TAY community. We look forward to sharing more about the TAY Outpatient Plus as it continues its roll out!

For info about TAY Outpatient Plus, contact the Behavioral Health TAY Linkage line at 415-642-4525.

For info about the TAY System of Care, contact TAY SOC Director Kali Cheung (kali.cheung@sfdph.org).



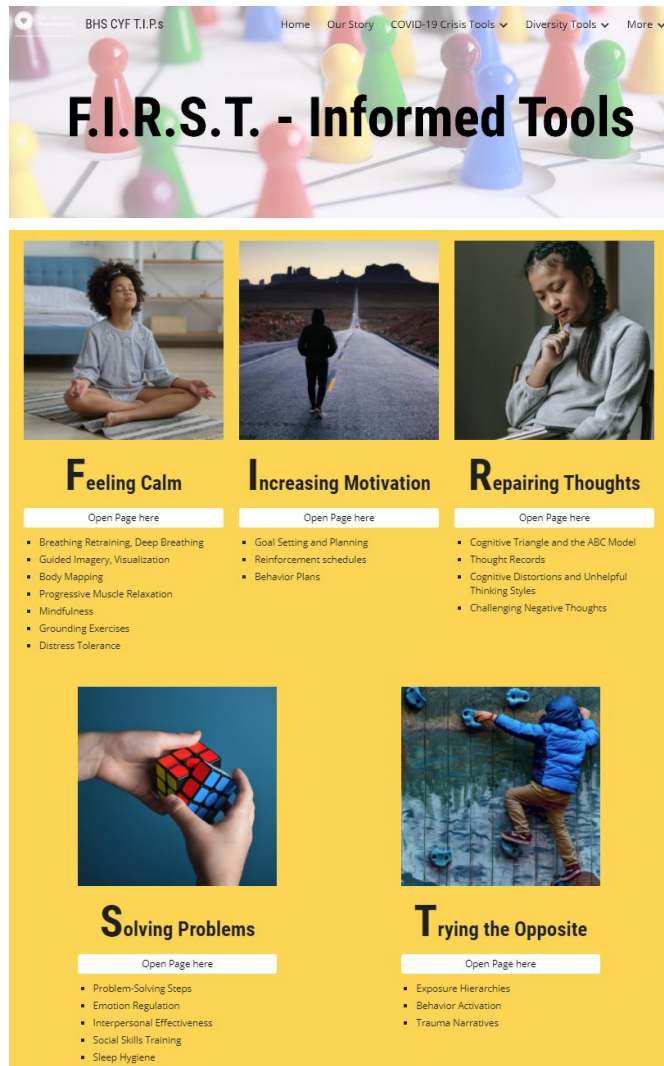
Children, Youth, and Families (CYF) TIPs Website as an Avenue for Principle-Guided Practice

A new section in our [CYF Tools to Improve Practice \(T.I.P.s\)](#) website has been developed to support behavioral health providers in integrating evidence-based elements of treatment into their clinical work with clients. This page was organized according to and informed by the [F.I.R.S.T. model](#) (Weisz & Bearman, 2020), a principle-guided approach to psychotherapy with children and youth.

A review of the youth psychotherapy research motivated the FIRST proponents to identify five core principles of evidence-based practice with youth. These principles have been proven effective to intervene with problems and disorders, such as anxiety, depression, trauma, and conduct problems; and each has shown significant effects when used as stand-alone interventions (Weisz et al., 2004). This principle-guided model joins other approaches that have been identified as transdiagnostic treatment or modular approaches to intervention. These five core principles include: *Feeling Calm*, *Increasing Motivation*, *Repairing Thoughts*, *Solving Problems*, and *Trying the Opposite*.

Our current CYF clients, open in our EHR Avatar for EPSDT Specialty Mental Health Treatment, are predominantly Black, Indigenous, and People of Color (BIPOC).

For clients who have identified their race/ethnicity: **41% are Latinx**, **25% are Black/African-American**, and **18% are Asian** (BHS Tableau dashboards; Bleecker, 2021). Given this context, it is essential to think of evidence-based practice in terms of how the American Psychological Association (2006) has redefined it: “the integration of the best available research with clinical expertise *in the context of client characteristics, culture, and preferences.*” As such, though we may routinely use evidence-based elements in our clinical work, we also need to deliberately integrate culturally-adapted and culturally-responsive practices. To this end, please check out our new page on [F.I.R.S.T.-Informed Tools](#) in conjunction with our [Diversity Tools](#). Feel free to reach out to Ritchie Rubio of CYF (ritchie.rubio@sfdph.org) for questions and/or consult.



The BHS Staff Wellness Retreat Program is Back!



We are very excited to announce that we are re-launching our Staff Wellness Retreat Program! Our Behavioral Health Services staff have shown tremendous resilience and strength throughout the Covid-19 pandemic and during a time of heightened political unrest. While these times have been difficult for all of us, our Black, Indigenous and People of Color (BIPOC) staff have been disproportionately impacted; all while continuing to endure the racism that plagues our communities and institutions. With the re-launching of this program, we hope to offer a day of healing and wellness that is tailored to each clinic's needs.

Your clinic directors are tasked with requesting a staff wellness retreat for your clinic from our BHS Office of Equity and Workforce Development Staff Wellness Coordinator, Rosa Serpas (rosa.serpas@sfdph.org). Please note that at this time, the program is available only to civil service behavioral health staff.



South of Market Mental Health 2019 Staff Wellness Retreat



BHS CME Program Awarded Accreditation with Commendation

Behavioral Health Services (BHS) has been awarded Accreditation with Commendation as a provider of continuing medical education (CME) for physicians by the California Medical Association and the Accreditation Council for Continuing Medical Education (ACCME). BHS received a six-year accreditation—the longest term that the ACCME offers.

ACCME offers their highest level of recognition “to encourage and reward accredited CME providers for implementing best practices in pedagogy, engagement, evaluation, change management, focusing on generating meaningful outcomes.” It “recognize(s) the achievements of organizations that advance interprofessional collaborative practice, address public health priorities, create behavioral change, show leadership, leverage educational technology, and demonstrate the impact of education on healthcare professionals and patients.” Only 20% of those who apply for Accreditation with Commendation receive it.

A panel of physicians reviewed the achievements of BHS and recognized its work in education as part of its successfully integrating telehealth, addressing educational needs during the COVID-19 pandemic, addressing racism in behavioral health, promoting leadership skills, and integrating education into quality improvement projects.

BHS was awarded an initial accreditation two years ago and it has allowed BHS to offer more programs and offer continuing education credit to, in addition to physicians, nurses, pharmacists, psychologists, licensed behavioral health clinicians and alcohol and drug abuse counselors.

The Medical Education Committee is made up of Ana Gonzalez, DO; Hamilton Holt, MD; Lisa Inman, MD; Judith Martin, MD; Yifang Qian, MD; and Stephen Wu, MD; and Michael Barack (SUD Training Officer), without whom this outstanding achievement would not have been possible.

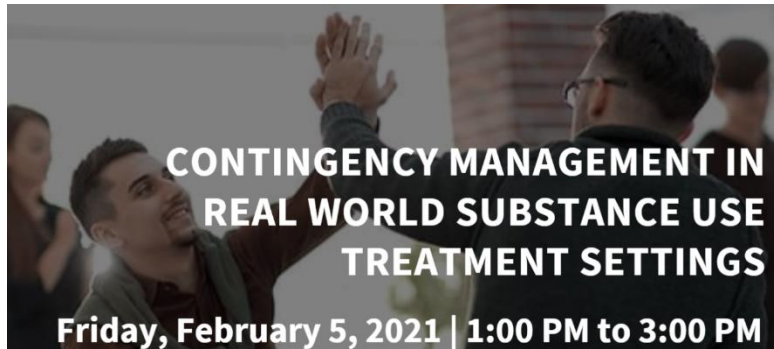




New BHS Webinar Recording Available Online

[Contingency Management in Real World Substance Use Treatment Settings](#)

Recorded 2/05/21



Training Description:

Contingency Management (CM) is an evidence-based behavioral therapy that uses positive reinforcement (rewards) to encourage desired behaviors. CM has been shown to be effective in treating methamphetamine use and other substance use disorders. This webinar provides an overview of the therapeutic principles and practices of, as well as the evidence for, contingency management in the treatment of substance use disorders. Presenters from three different settings review their experience in integrating CM into their programs.

Learning objectives:

1. Describe the evidence for contingency management in substance use treatment.
2. Identify ways that contingency management can be optimized to your setting.
3. Identify obstacles to implementing contingency management and ways that other providers have addressed them.

Trainers:

- **Rick Andrews**, Associate Director, Contingency Management, San Francisco AIDS Foundation
- **Brittany A. Banis, APCC**, UCSF/ZSFG Opiate Treatment Outpatient Program
- **Valerie A. Gruber, PhD, MPH**, Clinical Professor, Dept. of Psychiatry, UCSF
- **Sarah Leyde, MD**, Internal Medicine and Addiction Medicine, University of Washington

All archived BHS Training Webinars are available on the [BHS Training Unit Google Drive](#).

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



March Training Calendar

	Time	Training	Location	Trainer	CE's Offered
Wed 3/3	9:00 am – 10:30 am	BAAHI Equity Learning Series: "Fund: The Story of Ella Baker"	https://us02web.zoom.us/j/84461211663	Gavin Morrow-Hall	N/A
Wed 3/3	10:00 am – 12:00 pm	Unpacking Overdose	https://www.eventbrite.com/e/unpacking-overdose-hrti-sfdph-online-training-tickets-142793490173	Kristen Marshall & Frances Fu, NHRC	2 CE available for LMFTs, LCSWs, LPCCs, and drug counselors
Tue 3/9	9:00 am – 10:30 am	BAAHI Equity Learning Series: An interview with Coretta Scott King	https://us02web.zoom.us/j/84461211663	Gavin Morrow-Hall	N/A
Tue 3/16	10:00 am – 12:00 pm	Coping with Grief: Overdose Death + COVID	https://www.eventbrite.com/e/coping-with-grief-overdose-death-covid-hrti-sfdph-online-training-tickets-142794858265	Kristen Marshall & Frances Fu, NHRC	2 CE available for LMFTs, LCSWs, LPCCs, and drug counselors
Thu 3/18	12:00 pm – 1:30 pm	BAAHI Equity Learning Series: "The Devil You Know: A Black Power Manifesto"	https://us02web.zoom.us/j/84461211663	Gavin Morrow-Hall	N/A
Thu 3/18	8:30 am – 11:45 am	Stimulant Use Disorders and Their Impact on Brain and Behavior: Best Practices and Approaches for Effective Treatment & Recovery	https://ucla.zoom.us/j/84461211663	Thomas E. Freese, PhD Beth Rutkowski, MPH, UCLA Integrated Substance Abuse Programs	3 CME/CE (MD/DO, RN, Pharm, PhD. PsyD, LMFT, LCSW, LPCC, CCAPP)
Mon 3/22 3/29	9:00 am – 12:00 pm	Skills for Emotionally Dysregulated Youth: Training to promote safety and stabilization for complex youth during the COVID-19 crisis and using telehealth (Part 1 & Part 2)	https://sfdph.zoom.us/j/84461211663 You must attend both parts to receive credit	Sabrina Darrow, PhD	6 CME/CE (MD/DO, RN, Pharm, PhD. PsyD, LMFT, LCSW, LPCC, CCAPP)
Wed 3/24 3/31	1:00 pm – 4:00 pm	Understanding and Addressing Suicide: Part 1 & Part 2	https://sfdph.webex.com/join/join.html?MTID=ee077a1341c3a2e4369607369aed57dc7 You must attend both parts to receive credit	Kristin Dempsey, EdD, LMFT, LPCC	Pending
Thu 3/25	9:00 am – 10:30 am	BAAHI Equity Learning Series: Nikole Hannah-Jones Modern Day Segregation	https://us02web.zoom.us/j/84461211663	Gavin Morrow-Hall	N/A
Tue 3/30	12:00 pm – 1:30 pm	BAAHI Equity Learning Series: Equity Currents TBD	https://us02web.zoom.us/j/84461211663	Gavin Morrow-Hall	N/A



New FJIBHS Staff for SIP Hotel Sites!

Remi Bean recently joined FJIBHS in January. In their new role, Remi is our first non-deployed, full-time staff person who has been assigned to assist with providing behavioral health linkage services at the SIP hotel sites. Upon joining our team, Remi has hit the ground running, doing site visits, assessing referred clients to determine their mental health needs, and working with partners to assist clients with linkage to mental health and housing services.

Remi is glad to be back with DPH after working in a group therapy practice for the past couple of years. They've been privileged to work in transgender healthcare and trauma recovery and love helping clients identify and connect to their strengths and resources. In their off-hours they're a karaoke DJ and host a virtual drag show. Please join us in welcoming them to our team!





New BHS Drug Court Treatment Center Staff!

I'd like to e-introduce **Sheila Solis** who is our new DCTC Case Manager starting Monday 1/11/21. Sheila comes to DCTC experienced with SUD treatment, ASAM LOC determinations, in-custody assessment experience, and a wealth of clinical knowledge with trauma informed perspective. Please review her professional bio below.

Sheila Solis, ASW, is joining DPH BHS Drug Court Treatment Center (DCTC) as a Behavioral Health Clinician. Sheila graduated from UC Berkeley with a Master's in Social Welfare and is registered with the Board of Behavioral Sciences. She completed her clinical training at UCSF/ZSFG Trauma Recovery Center and Haight Ashbury Free Clinic. Her social work experience has focused on assessment, diagnosis, and treatment for trauma, substance abuse, and dual diagnosis populations. For the past nine years, she has worked in community mental health and is joining DCTC after two years of substance abuse work at Health Right 360 in San Francisco. Sheila is excited to join the team and help empower clients through a strengths-based and trauma informed approach.





New Staff in Quality Management!

Please welcome **Trena Mukherjee** and **Allan Flores** who joined the BHS Quality Management unit recently. They will be providing support to the Mental Health Services Act (MHSA) team by monitoring program outcomes data for contracted programs, including Full-Service Partnerships, advising, designing and conducting evaluation of Innovations (pilot) programs and other MHSA programs as needed.



Trena joined QM in September, having recently moved to San Francisco from New York City, where she was completing a DrPH in Epidemiology from Columbia University. Before that, she was awarded a Fulbright to evaluate a hepatitis C intervention within harm reduction settings in Malaysia. Trena brings nearly a decade of research experience at the intersection of mental health, substance use, criminal justice, and health equity, and has co-led several projects that promote integrative healthcare for people who use drugs and/or are living with HIV in the US, Southeast Asia, Eastern Europe, Central Asia and Eastern Africa. Outside of work, Trena enjoys perfecting her sourdough recipe, scuba diving, and taking her dog to Funston.

Hello, my name is Allan Flores, and I am excited to join QM's team of epidemiologists. Prior to this position, I was living in the United Kingdom. I studied abroad in Scotland as an undergrad and loved it so much that I decided to get my MSc in Biostatistics there and stay afterwards. I have been living in the UK for the past 3.5 years, working as a biostatistician on a psychosis research team. Before moving abroad, I was working as an HIV navigator for SFDPH which inspired me to pursue a career in epidemiology. Outside of work, I love to run and ran multiple marathons and half-marathons in Europe while living abroad.





In Loving Memory of

Jill Reed

10/09/1959 – 2/14/2021



On Sunday 2/14/2021, Jill Reed, LMFT at Salvation Army, passed on from this life to the next. Jill was more than a therapist, more than a director and more than a colleague. She was a daughter, a wife, a mother, a sister, a confidant, a friend, and a woman of faith. She loved and honored her family and would often share stories of their time together. Her daughter, Kim, was the apple of her eye. They were best friends, who's relationship was one to admire. The other love of her life was her beloved Maltese, Mocha, whom Jill recently provided a little sister for, Ms. Roxie. Jill loved her babies and any other pet she came across.

Jill's mission in life was to provide and care for those in need. She gave therapy services to youth in group homes, met with clients in her private practice and directed the Harbor Light Center, since 2016. She exceeded the expectations of any professional. She had a true servant's heart. Jill took on projects and task with excitement and bore the demands of being a program director, with dignity and grace. Monday – Friday, she could be found on the Harbor Light campus, making herself available. At every Harbor Light graduation, Jill would lead the program's theme song, We Are Family. She adorned us with her joy and great dance moves. Jill enjoyed esteeming and celebrating the successes of others. She was a great problem-solver, who had the wonderful gift of bringing calmness to any situation. She could captivate an audience with her stories, which not only had therapeutic value, but quite often, were just good old-fashion fun. Jill had a great sense of humor, coupled with a sweet, irresistible laugh. It never felt like a day in the office with Jill, it was a home away from home, and she was the essence of HLC. Jill kept a sign on her desk, which displayed one of her favorite scriptures:

“But none of these things move me, neither count I my life dear unto myself, so that I might finish my course with joy, and the ministry, which I have received of the Lord Jesus, to testify the gospel of the grace of God.” Acts 20:24

Jill Reed, you are extremely loved and missed. With the grace of God, you have finished your course. Job well done.