



Mayor Edwin M. Lee

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## **Monthly Director's Report** **JANUARY 2016**

### 1. **SAMHSA**



## Mobile Resources To Support Behavioral Health Download Free Apps From SAMHSA



This New Year, resolve to promote positive behavioral health in your community. SAMHSA has resources that can help address some of the toughest mental health and substance use challenges, including suicide prevention, bullying prevention, behavioral health following a disaster, and underage drinking prevention.

- **Suicide Safe** helps health care providers integrate suicide prevention strategies into their practice and address suicide risk among their patients.
- **KnowBullying** provides information and guidance on ways to prevent bullying and build resilience in children. A great tool for parents and educators, KnowBullying is meant for kids ages 3 to 18.

- **SAMHSA Disaster App** provides responders with access to critical resources—like Psychological First Aid and Responder Self-Care—and SAMHSA's Behavioral Health Treatment Services Locator to help responders provide support to survivors after a disaster.
- **Talk. They Hear You** is an interactive game that can help parents and caregivers prepare for one of the more important conversations they may ever have with children—underage drinking.

[Learn More and Download SAMHSA's Free Mobile Apps](#)

## **2. CONTINUING EDUCATION UPDATE**

In May of 2015 the system of care was informed that Behavioral Health Services was working with the American Psychological Association (APA) to become a Continuing Education Sponsor. At this time, we are pleased to announce that The San Francisco Health Network has been approved to sponsor continuing education for psychologists. The San Francisco Health Network has offered a wide range of trainings to a breadth of professional disciplines and we look forward to offering continuing education opportunities to psychologists within our system of care. The Continuing Education Committee is now working with the Ambulatory Care's Office of Workforce Development to ensure that future trainings meet the standards required by APA and we hope to begin offering trainings that meet these requirements in Spring 2016. As a reminder, trainings are now being offered at no cost to staff within the Department of Public Health, as well as Community Based Organizations. A big thank you to the Office of Workforce Development and the Continuing Education Committee (Michael Barbee, Farah Farahmand, Joseph Turner, Angelica Almeida)! Please feel free to contact Angelica with any questions (415-255-3722, [angelica.almeida@sfdph.org](mailto:angelica.almeida@sfdph.org)).

## **3. CHILDREN, YOUTH, AND FAMILIES (CYF)**

### Chinatown Child Development Center

The Chinatown Child Development Center continues to participate in the Asian Against Violence monthly meetings. CCDC, in collaboration with API Legal Outreach, Asian Women's Shelter, Cameron House, Chinese Hospital and Richmond Area Multi-Services, Inc. (RAMS) continues to work together to prevent family/domestic violence and abuse in San Francisco's Asian community through culturally competent and linguistically appropriate community education and awareness forums.

During the month of December, the Chinatown Child Development Center continued with the annual tradition of hosting the agency's holiday party for 100+ children and families served throughout the year.

The festive event this year was sponsored by the San Francisco Police Department and Ng Hing Kee Book Stores, San Francisco. Sponsors and donors brought many beautiful smiles to the children's faces this year as they passed out bottomless barrels of toys, games, books, puzzles and Holiday Happiness baskets to low income children and their families. CCDC was also fortunate to have honored retirees to help and to participate in the traditional festivities.

#### Comprehensive Child Crisis Services

Since the completion of all-staff training on Trauma-Informed Care, our Child Crisis team consistently engages in delivering trauma-informed interventions to clients and families in crisis through stabilization, intensive case management, therapy, and family work. In the month of December, we were very busy with crisis evaluations and instrumental in providing support and Trauma-Informed Care to the Bayview community who were enraged after several individuals' witnessed the police shoot a young man with mental health concerns. In efforts to increase outreach and support to the community we celebrated the holiday season with the spirit of giving. Staff collected toys, clothes, and essentials from donors and distributed them to the children and families in need throughout different communities.

#### Family Mosaic Project

Family Mosaic Project put on a celebration for clients and their families in the month of December. The children were able to take pictures with Santa Claus, make ornaments, decorate cookies and enjoy hot chocolate. We also had spirit week for staff. Each day had a different theme (hat day, plaid day, ugly Christmas sweater day) and at the end of the week we took a group picture.

#### Foster Care Mental Health Program

In December, FCMH said goodbye to our dedicated case management team, all of whom were contract employees. While the transition was hard, we are now welcoming new team members, Joyvelle Henderson and Crystal Holmes. They are working under the supervision of Dr. Kathleen Hamill and will be linking all children and families to behavioral health service, as needed. Soon, they will be joined by two more Health Worker IIs who will complete the team. Selina Low, LCSW, rejoins our team as a City and County employee. She will be providing CANS screening and consultation to HSA. Congratulations to Selina!

#### LEGACY

On December 1, 2015, LEGACY's TAP group worked in conjunction with the Mayor's Office to perform at the kick-off of My Brother's and Sister's Keeper, which is a Citywide alliance that seeks to advance a coherent cradle-to-college-and-career strategy that improves the life course outcomes of underserved youth of color. This alliance focuses on The City's most underserved young people to ensure that they can reach their full potential, regardless of who they are, where they come from, or the circumstances into which they are born.

Also on December 1<sup>st</sup>, LEGACY hosted the 2<sup>nd</sup> CYF Consumer Advisory Board meeting. The CAB consists of consumers and their family members from six CYF outpatient clinics. On December 9<sup>th</sup>, LEGACY hosted the annual visit from the State's External Quality Review Organization (EQRO).

In conjunction with the Family Giving Tree, our staff provided a memorable holiday season; distributing gifts to our clients' children, many of whom are economically depressed.

#### Mission Family Center

Mission Family Center (MFC) continued working with First Impressions to enhance our waiting room, collecting surveys, voting on carpet samples and submitting inspirational quotes for our waiting room walls. Four MFC staff (Claudia Diaz, LCSW, Rosa Lutrario, LCSW, Demetra Paras, PhD and Robán San Miguel, LCSW) participated in the second CYF-wide Community Advisory Board (CAB) and received positive feedback from our parent and youth representatives.

MFC staff and clients also participated in the EQRO process which was noteworthy in that it fell the week after the CAB meeting requiring a "above and beyond the call of duty" commitment by our clients. Mr. Jaime Arcila, MFT coordinated with the SF Sheriff's Department in collecting toys for MFC clients. Augusto Guerra, Sr. Clerk; Josefina Juarez, LCSW and Rosa Lutrario, LCSW helped Jaime and the officers unload and organize the toys for MFC caregivers to select and gift to their children. Our Child Psychiatry Fellow, Dr. Anjam Bahl also donated a number of presents for adolescents including beautiful journals to add to the assortment. A big thank you to Jaime and the Sherriff's Department and to Dr. Bahl on behalf of all our MFC families!

#### Southeast Child Family Therapy Center

Southeast Child/Family Therapy Center is constantly striving to improve our services to meet the needs of the diverse populations that we serve. In order to do so, we have applied to participate in the NNED Learn 2016. NNED is the National Network to Eliminate Disparities in Behavioral Health. In 2014, we were chosen to participate and were trained in the PLAAY model to work with African American boys, a program we provided in 2015. This month, we completed a joint application with Mission Family Center to be trained in a program to serve Latino families called Familia Adelante: A Multi-risk Reduction Behavioral Health Intervention for Latino youth and families. We are proposing a CYF/CBHS collaborative approach in order to have a larger impact on providing culturally tailored and relevant services in the city. We expect to hear good news back from NNED by the end of the month.

Southeast is happy to Welcome back Dr. Dawn Sung, public psychiatry fellow after her maternity leave. Congratulations on a healthy delivery of a beautiful baby girl! Our psychiatry hours are now filled and we will continue to serve the many children and youth seeking child psychiatry in the Southeast sector of SF. We would like to recognize and thank the psychiatrists at Child Crisis Services who helped cover the psychiatry needs of our clients when we were short staffed. A big shout out to Dr. Karen Finch, Dr. Craig Schiltz, Dr. Bonnie Taylor, Dr. Violette Hong, Dr. Stephen Wu (who helped coordinate) and our very own Dr. Lisa Inman! Thanks for holding it together!

#### **4. SPOTLIGHT ON AOT**

Since its start in November 2015, Assisted Outpatient Treatment (AOT) has been working hard to engage individuals that have been referred to the program. San Francisco's implementation of AOT is unique and the first county in California to have a Care Team that includes clinical staff, a peer specialist, and a family liaison. Given the progressive nature of this program, we wanted to take some time to highlight these positions.

Reflecting on his role with AOT, our family liaison noted, “Since we started our program my role here has been very rewarding. Talking with the family members and giving them support and resources in their community lets me know that the program is working. You see when I was helping a family member in my life I didn’t have this kind of help. I was out there all alone.” There has been a great deal of positive feedback about the support offered to families, including that family members feel hopeful for the first time in many years.

We look forward to continuing to offer support to families and share feedback from our peer specialist in next month’s report! Additional information about the program can be found at [www.sfdph.org/aot](http://www.sfdph.org/aot) or by calling 415-255-3936.

**Tell us your clinic story and we will add it to the upcoming Director’s Reports**

*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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