



Mayor Edwin M. Lee

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Monthly Director's Report **March 2016**

1. SOUTH VAN NESS SERVICES – A LESSON IN POSITIVITY & PERSERVERANCE

On February 9, 2016 the staff at South Van Ness Adult Behavioral Health Services had the honor of hosting Jo Robinson and the Executive Team for a visit. One of the most helpful aspects of the visit was how well each member of the Executive Team listened to our achievements and successes. The Executive Team was responsive to our concerns and frustrations as well, however when our team debriefed the meeting, staff members reported that they felt heard, acknowledged, valued and appreciated.

During the visit, one of our staff members explained that we begin each of our staff meetings with three minutes of silent mediation followed by the reciting of the following guidelines:

Group members agree to:

1. Show compassion for ourselves and each other.
2. Listen before responding.
3. Listen before giving solutions.
4. Assume that we all come with good intentions and motivation to grow as a team.
5. Pause, breathe and reflect when we observe something that needs to be addressed.

Our staff member went on to say, that we try as a team to observe these guidelines not only during our staff meetings, but also during our interactions throughout the day.

These guidelines help us interact with each other with respect and kindness. Furthermore, these guidelines inform how we resolve problems and accomplish our goals as a team. When we observe these guidelines, we are a stronger team.

When Jo Robinson led the Executive Team Meeting at our clinic, she set the tone for listening that made this such a successful meeting. Jo listened before responding and so did her team. Jo listened before she gave solutions and so did her team. Jo showed compassion for each member of our team and thanked us for the work that we do every day. Her facilitation of this meeting exemplified some of her greatest leadership skills of listening intently, caring deeply and offering compassionate solutions. On behalf of South Van Ness Adult Behavioral Health Services, thank you for your leadership, Jo. We will miss you so much!

2. FACES FOR THE FUTURE & THE SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH

The FACES for the Future program at SFUSD's John O'Connell (High School is preparing students for entry into the health and mental health professions by incorporating best practices in adolescent care, innovative pedagogy and community engagement. The program addresses the diverse needs of young people who are interested in health/mental health careers and prepares them to meet the challenges of impending health/mental health workforce shortages and worsening health disparities.

On March 7, 2016, thirty-five O'Connell High School students were recognized in a Blue Coat Ceremony for their 1) completion of the FACES for the Future "boot camp" training; and 2) entry into SFDPH internships. Some of the SFDPH internship placements will be at Laguna Honda Hospital's Social Services and Nursing Departments; Population Health Division's Environmental Health Unit and Community Health Equity and Promotion Branch; and San Francisco General Hospital's Department of Psychiatry Inpatient and Department of Family and Medicine.

For more information about the FACES for the Future Coalition, visit <http://facesforthefuture.org/>.

3. ASSISTED OUTPATIENT TREATMENT (AOT) UPDATE

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. The AOT Care Team is happy to report that we have had early success in the program and would like to share a story from our first case:

The AOT Care Team's first referral, a white male young adult referred by a family member, had multiple previous psychiatric crises, psychiatric hospitalizations and incarcerations where he received mental health treatment in the last five years. Prior to the referral to AOT, Mr. X had been homeless, refusing mental health services, and had not been successfully engaged in treatment. Given the intensive outreach conducted by the AOT Team over the course of 3 months, as well as the support he received from loved ones and providers, Mr. X accepted voluntary services and is now independently housed and continues to be engaged in regular contact with a mental health provider.

We look forward to continuing to work with individuals referred to our program and support their families/support systems. Additional information about the program can be found at www.sfdph.org/aot or by calling 415-255-3936.

4. **RAMS MARCH LEADERSHIP ACADEMY**

Please see the attached flyer for the RAMS March “Leadership Academy” training, designed to support and educate peers who provide services in the behavioral and public health fields.

(Attachment 1)

5. **MENTAL HEALTH**
friendly COMMUNITIES
Building Mental Health Friendly Communities
...one congregation at a time

Announces:
Mental Health 101

A training to designed to enhance the skills of Faith Leaders to better support the mental health needs of African Americans in

San Francisco County

(Attachment 2)

6. **DPH’s SOCIAL WORKER (and DONUT SHOP OWNER) IMMIGRATION STORY IS TOLD IN ROBERT RIUTTA’S MOVIE, *D Shop***

Sam Eath, LCSW, is a social work at DPH’s Chinatown Child Development Center story was told at the CAAMFEST on March 12 at the Roxie Theater. In the movie, *Donut Shop*, Sam shares his story of loss and perseverance during and after the Khmer Rouge genocide. Sam Eath recounts his youth on a poor Cambodian farm, his struggle to get educated, how he became a doctor and then, after the rise of the Khmer Rouge, how he ended up the owner of a donut shop in the Bay Area. Against the current immigration debates, it is an important reminder that we may never truly understand the struggles that lead people out of their homes and into foreign lands.

Congratulations Sam and thank you for all of the work that you do for San Francisco’s children, youth and their families.

7. CHILDREN, YOUTH & FAMILIES (CYF)

Family Mosaic Project

Family Mosaic Project is working with a non-profit organization, Splashes of Hope, to paint murals at our agency. The murals will be in our family therapy room, our hallway and our common room. Staff, clients and volunteers from Salesforce came by on the 25th of this month to help paint and support this project.

Founded in 1996, Splashes of Hope is a 501(c)3 nonprofit organization dedicated to creating art to transform spaces, enrich environments and facilitate worldwide. This positive impact inspires others to join our mission.

See more at <http://splashesofhope.org/about/#sthash.E2FT1Y9.dpuf>

Family Mosaic Project will continue to work on this project until the end of March. The Mural Dedication Ceremony will take place on March 29th from 11A – 12:30P.



Mission Family Center

February was a busy month for Mission Family Center (MFC). We continued to host the Unaccompanied Minors Behavioral Health Treatment Providers Group, as well as the Intensive Family Therapy Community Reflecting Team – a DPH/UCSF collaborative effort. First Impressions started work on our waiting room renovations; MFC refined our agency goals that were initiated during last year's retreat; and one or more MFC staff participated in the SFHN Quality Improvement Academy; the Black History Month conference; and in the Racial Humility training with Dr. Kenneth Hardy. A very productive month!

Southeast Child & Family Therapy Center

Ines Betancourt, LCSW was promoted to Program Director, after serving as Interim Director since February, 2015. She just recently had her 27th anniversary of working at Southeast Child/Family Therapy Center. She began as a clinician providing direct outpatient therapeutic services to children, youth and families for 9 years. She then was promoted to Assistant Program Director for 17 years, during which time Southeast went from one clinic site to 3 sites. Now, Southeast will begin the search for a new Assistant Director to support us in providing quality innovative services to the people of the Southeast sector of San Francisco.

We would like to welcome two new staff to our team. Colleen Wong is an MFT who has experience working in the Chinese speaking community. She will be working for us 20 hours a week, providing outpatient therapy, including working during our most popular Saturday clinic. We also are happy to announce that we have hired a Spanish speaking Health Worker, Roberto Meneses. He will be working both at our Silver Avenue and Blanken Avenue sites, making sure to make our families feel welcome upon entering into our clinic and helping our clinic flow more efficiently. He will also be co-facilitating a 12-week Seeking Safety group for traumatized parents together with Joy Gamble, LMFT which will be starting this month.

Southeast is also happy to report that we were chosen to participate in the annual National Network to Eliminate Disparities NNED Learn conference. Three staff from Southeast (Lucia Hammond, Vilma Entrenas, and Ines Betancourt), a clinician from Mission Family Center (Rosa Lutrario) and Farah Farahmand (from CYF) will be trained in Familia Adelante, an evidenced based practice for working with Latino families. We plan to run the 12-week group this summer to Latino parents. More to follow!

LEGACY

February was a busy month for LEGACY. Our Long Term Planning meeting was held on February 19th at Sigmund Stern Grove. We clarified our mission and worked on improving our team work through communication skills. In February, we completed another Medicinal Drumming group and began our Empowering Girls Group. Our Family Support Night Theme of Black History Month was very well received with the presentation of the life of the inspiring Robert Smalls, a former slave who commandeered a ship to freedom and later became a South Carolina State Congressman who instituted public education. Our Youth Development Team has been hard at work with the Trauma Informed Systems trainings.

Chinatown Child Development Center

Chinatown YMCA Chinese New Year Run of the Fire Monkey, 2016

Enthusiastically, the Chinatown Child Development Center (CCDC) staff and clients participated in the 5K Chinatown YMCA Chinese New Year Run/Walk. All participants and staff reported to CCDC at 7:15AM on February 28, 2016! This year, 40 participants including event organizers, Dr. Peter Ng, Thuy Nguyen-Smith, LCSW & Diana L. Wong, Psy.D., LMFT and Nancy Lim-Yee, LCSW were a part of this annual event. A hosted hot breakfast was served to all after the event. The Chinese New Year Run is an annual fundraiser benefitting the Chinatown YMCA's Physical Education Program (PEP) and Community Center, which serves 1,600 youth and families in Chinatown with wellness and community programs each week.

The Asian and Pacific Islander Health Parity Coalition (APIHPC) meets monthly at the Chinatown Child Development Center. During the meeting, Coalition members highlighted the much needed outreach efforts to the Laotian, Cambodian, Vietnamese, Filipino and Samoan communities on all health related issues, including mental health. Through funding by the Mental Health Services Act, RAMS Inc., facilitates the community mental health project.

The Chinatown Child Development Center continues to participate in the Asians Against Violence monthly meeting. 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. A recent Networking Luncheon was planned on February 26, 2016 at Cal State University, East Bay to recruit new members and to promote AAV's mission to our Bay Area Community.

8. TRACEY HELTON MITCHELL – AN AUTHOR AMONG US

Our very own Tracey Helton Mitchell has become a celebrated author. In her Memoir "The Big Fix: Hope after Heroin, she describes her recovery after a decade of drug abuse and hard living on our streets of San Francisco's Tenderloin. We are very proud of this accomplishment. Tracey is currently the manager of the Hummingbird Peer Respite and the Peer Lead Transgender Services.

Congratulations Tracey!

9. TAY (Transition Age Youth) WELCOMES NEW DIRECTOR

Welcome Heather Weisbrod!

We are excited to announce that Heather Weisbrod, LCSW, just joined Behavioral Health Services as the Director of the Transitional Age Youth (TAY) Clinic. The TAY Clinic, located at 755 South Van Ness, provides Full Service Partnership (FSP) and Intensive Case Management (ICM) services to young people ages 18-24. Heather comes to us from Castro Mission Health Center and Dimensions Youth Clinic where she provided mental health services in an integrated primary care setting, with a special focus on transgender health and working with LGBTQ youth. Prior to beginning work with SFDPH she worked with transitional age youth at Larkin Street Youth Services and Huckleberry Youth Programs.

Welcome Heather!

Heather can be reached at 415-642-4507 for any questions about the TAY FSP/ICM program. TAY FSP/ICM referrals can also be faxed to 415-695-6961.

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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