Kara Ka Wah Chien, JD, Chair  
Ulash Thakore-Dunlap, MFT, Vice Chair  
David Elliott Lewis, PhD, Secretary  
Terezie "Terry" Bohrer, RN, MSW, CLNC  
Judy Zalazar Drummond  
Mark Farrell, Board of Supervisors  
Wendy James  
Virginia S. Lewis, LCSW  
Toni Parks  
Angela Pon  
Gene Porfido  
Richard Slota, MA  
Harriette Stallworth Stevens, EdD  
Marylyn L. Tesconi  
Njon Weinroth  
Idell Wilson  
Benny Wong, LCSW

**ADOPTED NOTES**  
Mental Health Board Meeting  
Wednesday, December 03, 2016  
Hotel Whitcomb  
Ghirardelli Room  
San Francisco, CA  
6:30 PM – 8:30 PM

**BOARD MEMBERS PRESENT:** Kara Chien, JD, Chair; Ulash Thakore-Dunlap, MFT, Vice Chair; David Elliott Lewis, Ph.D., Secretary; Terry Bohrer, RN, MSW, CLNC; Judy Zalazar Drummond; Wendy James; Virginia S. Lewis, MA, LCSW; Toni Parks; Angela Pon; Gene Porfido; Richard Slota, MA; Harriette Stevens, EdD; Marylyn Tesconi; Njon Weinroth; Idell Wilson; and Benny Wong, LCSW.

**BOARD MEMBERS ON LEAVE:**

**BOARD MEMBERS ABSENT:** Supervisor Mark Farrell.

**OTHERS PRESENT:** Helynna Brooke (MHB Executive Director); Loy M. Proffitt (Administrative Manager); and no additional members of the public.

**CALL TO ORDER**

Ms. Chien called the meeting of the Mental Health Board to order at 9:40 AM.
ROLL CALL
Ms. Brooke called the roll.

AGENDA CHANGES
none

Ms. Chien suggested board members reflect back on 2016 events. She said that the PowerPoint presentation for this board retreat is attached at the end of the minutes.

ITEM 1.0 GETTING TO KNOW YOU ICEBREAKER.
1.1 Getting To Know You Icebreaker
Ms. Thakore-Dunlap and Ms. Drummond co-led the spider-web metaphor activity. Each participant standing in a circle received the ball of yarn from a person across from them. Holding the yard to form a vertex, each member took turns and sharing their personal strengths. Then each member verbalized how their strength has contributed to their work with the Mental Health Board.

ITEM 2.0 OVERVIEW OF BOARD’S ACCOMPLISHMENTS
Three committee chairpersons shared their committee accomplishments: Identifying barriers to Behavioral Health Services Committee, Dr. Stevens; Impact of Community Violence on Behavioral Health Committee, Ms. Thakore-Dunlap; Access to Behavioral Health Services For People Who Are Homeless Committee, Mr. Porfido; respectively.

Other board members took a turn to share various board activities in 2016 from performing program reviews, meeting the board of supervisors, passing resolutions, to commending five extraordinary programs and services in Behavioral Health Services.

2.2 Public Comment
No public comments.

ITEM 3.0 board responsibilities, Sunshine and board protocols
Brief overview of the California legislative mandate for Mental Health Board duties and responsibilities; Robert’s Rules of Order.

Mr. Weinroth and Ms. James led the discussion on the board responsibilities according to the State of California and San Francisco County and City ordinances.

3.1 Public Comment
No public comments.

ITEM 4.0 TURNING RESOLUTIONS INTO ACTION PLANS, MOBILE WELLNESS VAN DISCUSSION
Dr. David Elliott Lewis shared that he would like to see the unanimously approved Mobile Wellness Vans resolution materialized into action for San Francisco. He volunteered to chair the Mobile Wellness Vans Committee in 2017.
The committee members are Ms. Drummond, Ms. Pon, Mr. Slota, Ms. Thakore-Dunlap, Ms. Tesconi, Mr. Weinroth, and Mr. Wong.

4.1 Public comment
No public comments.

ITEM 5.0 NEW IDEAS FOR 2017

Discussion about needs, priorities and goals for San Francisco Behavioral Health Services and specific areas the Mental Health Board will focus on for 2017.

Ms. Pon led the New Ideas for 2017 discussion & board members came up with three general new ideas.

1. Expand peer support
2. Vulnerable populations need basic wrap around services such as shelter, supportive housing, nutritional food, long-term care, outreach to depressed shut-in seniors, after-school services for teens, and transportation to appointments.
3. Educating the public about behavioral health stigma

5.1 Public comment
No public comments.

ITEM 6.0 DEVELOPMENT OF PRIORITIES AND COMMITTEES FOR 2017

Discussion and development of key priorities for the year and committee selection to develop agenda items.

Ms. Bohrer started the Development of Key Priorities for the Year and Committee for 2017 discussion with a review of a proposed Strategic Plan for 2017. She proposed that the focus be objectively driven rather than goal driven.

Ms. Chien suggested a major theme that could unify multiple ideas/issues/priorities and allow flexibility for the board to explore these ideas/issues/priorities both in-depth and in breadth for 2017. For example, she would like to see the continuum of care as a major theme. This would allow the board the flexibility to explore the ideas/issues/priorities like “warm hand-offs” for individuals discharged from jail in order to receive behavioral health services. Discharged clients from the jail system would receive services and treatment from the community based providers in a timely fashion. There should not be a long wait period to connect them to their case managers in the community, housing and social services, and treatment needs. In addition, under the big umbrella of “continuum of care,” she would like to include cultural competency in the delivery of the care services -- that services and treatment have to be delivered in a culturally affirmative manner.

Ms. Chien and Ms. Drummond suggested the board become more pro-actively involved at the policy level with department of the public health officials during the 2017 mega RFP (request for proposals) for adult and older services.
Ms. Chien would like to see that adult and older adult services providers demonstrate their flexible policies in their submitted mega RFP’s for treatment on demand in order to ensure clients with dual diagnosis simultaneously obtain mental health services and substance use disorder care timely and holistically. For example, in an on-demand treatment situation, a client with dual diagnosis should receive immediate treatment for both mental health and substance abuse conditions either within the same clinic or linked to a substance use disorder partnership program.

She would like to see improvement in providing treatment for walk-in clients be available in a 24/7 program.

Ms. Virginia S. Lewis suggested that the DPH can ameliorate psychiatrist shortages by utilizing private psychiatric practitioners.

Ms. Chien and Ms. Bohrer suggested board members consider a two-year goal and action plan to ensure adequate time for accomplishing the board’s goals.

The board agreed to form four committees in 2017 with the following chairpersons to develop goals.

1. **Continuum Of Care Committee** will be chaired by Dr. Harriette Stevens
2. **Senior Committee** will be chaired by Mr. Gene Porfido
3. **YOUTH & Transitional Age Youth (TAY)** will be chaired by Ms. Ulash Thakore-Dunlap
4. **Mobile Wellness Vans Committee** will be initially chaired by Dr. David Elliott Lewis

### 6.1 Public comment

No public comments.

### 7.0 CLOSING

Ms. Virginia S. Lewis closed out the meeting and shared that she will term out in January 2017. However, she will remain a strong advocate for behavioral health services.

She started in the field of ecology. She did work with Assisted Outpatient Treatment. She became a political activist when she became involved with the Physician Organizing Committee.

### 7.1 Public comment

No public comments.

Adjourned at: 4:00 PM

*No votes will be taken on any at the Retreat. All issues arising at the Retreat which require a vote of the Board will be placed on the agenda for the regular meeting of the Board on January 20, 2017. For further information, please call the office at 415-255-3474.*
San Francisco Mental Health Board (MHB)

Annual Retreat
Hotel Whitcomb, San Francisco, CA
December 3, 2016
9:00 am – 4:00 pm
San Francisco Mental Health Board (MHB)

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December 3, 2016
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MHB 2016 Retreat: AGENDA

9:00  Breakfast

9:30  Welcome: Kara Chien

9:45  Icebreaker: Ulash Thakore-Dunlap, Judy Drummond

10:00 Overview of Board's Accomplishments: Harriette Stevens

- Committee Updates / Presentations
  - Barriers to Access to Services: Harriette
  - Community Violence: Ulash
  - Barriers to People Who Are Homeless: Gene Porfido

10:15  Overview of Board's Accomplishments: Harriette Stevens

10:50  Break

Agenda

10:15

- Resolutions: Judy Drummond
- Program Reviews in 2016: Marilyn Tesconi
- Visits to Supervisors: Idell Wilson
- Other Board Activities: Richard Slota
- What did you like the most this year: Benny Wong
Agenda

11:00 Board Responsibilities, Sunshine, and Board Protocol: Njon Weinroth, Wendy James

11:30 Turning Resolutions into Action Plans, Mobile Wellness Vans: David Elliott Lewis

12:00 New Ideas for 2017: Kara Chien, Angela Pon

Agenda

1:00 Lunch

2:00 Development of Priorities and Committee’s for 2017: Terry Boher, Toni Parks, Idell Wilson

3:45 Closing: Virginia Lewis

January 20th Meeting: Board in Action

MHB Retreat 2016

10:00 Overview of Board’s Accomplishments in 2016: Committee Updates and Presentations
Committee 1: Barriers to Access to Services

Board members shared personal and professional mental health experiences and noted:

- People with mental illness are at risk of eviction from supportive housing.
- Community clinics do not have on-demand treatment for walk-ins.
- A shortage of psychiatrists and licensed bilingual social workers.

Challenges and Barriers to Crisis Services: Cecile O’Connor, RN, founder and former director, Dore Urgent Care.

- Psychiatric crisis care should not be based on the medical model, but a partnership model.
- Deploy a multi-disciplinarian team in a recreational vehicle (RV) to offer mobile crisis care and crisis prevention.
How Does Quality Improvement Monitor Access to Behavioral Health Services? Deborah Sherwood, Ph.D., Director of Quality Management, Behavioral Health Services, San Francisco Department of Public Health.

- From an episode occurring to first psychiatric service, the average time is 15.43 days for all services, and 34.85 days for children's services.

Committee 2: Community Violence
- Presentation #1
- Presentation #2

Changes in San Francisco Police Department Use of Force Policies: David Elliott Lewis, PhD, MHB Board Member
- De-escalation techniques are a part of the passing score.
Behavioral Health Services Response to Community Violence and Homicides: Stephanie Felder, Program Director, Crisis Response Network.

Comprehensive Crisis Services are comprised of three integrated crisis programs: Mobile Crisis, Child Crisis, and Crisis Response Team (CRT).

- Mobile Crisis team responds to calls from concerned citizens, law enforcement, and others throughout the City for adults.
- Child Crisis team also does 5150 assessment and intervention for children under the age of eighteen.
Community Response to Neighborhood Violence:

- Terence Patterson, EdD, ABPP
- Adrian Williams, Executive Director, The Village Project Western Addition Wellness Coalition
- Abner Boles, PhD, Project Director and Board President, African American Healing Alliance.

The percentage of homeless women with post-traumatic stress disorder (PTSD) ranges from 60% – 90%. Most have a history of childhood sexual trauma.

More on-demand treatment beds and better services are needed for Hispanic and African American populations.

Currently, there about 6,600 homeless residents in San Francisco.

HOT is integrated with shelters to coordinate care for homeless residents.

The new HOT medical team needs more mental healthcare staff.
Challenges For People Who Are Homeless in Accessing Behavioral Health Services:

- People who are homeless become invisible and voiceless, struggle with substance use, are at risk for their personal safety, and often have untreated mental illness.

MHB Retreat: Presentation
September 21, 2016

MHB Retreat: Updates / Presentations

- December 03, 2016 Presentation: Board working retreat at Hotel Whitcomb, San Francisco, CA.

Commendations of Five Extraordinary Programs

- Citywide Case Management Programs, May 18, 2016

Helena Brooks, Executive Director; MHB; David Karafili, Executive Director; Citywide; Kara Chen, Chair, MHB
Presentation: Commendation of Five Extraordinary Programs

San Francisco Homeless Outreach Team: May 18, 2016

Dr. Barry Zevin, Director; Jason Blantz, Nurse Practitioner; Peter Callejo-Black, Volunteer; Gene Porfido, MHB Board

LEGACY Program: May 18, 2016

Winnie Kwong, Family Specialist; Bonnie Friedman, Executive Director; Yvette Hernandez, Family Specialist; Monique DiAnna, Family Involvement Coordinator; Jennifer Hubbar, Family Specialist

Richmond Area Multi-Services: May 18, 2016

Kouroos Bozorgi, Executive Director of RAMS and the next director of BHS; Dr. Flora Chan, Angela Tang, Director of Operations, and Miguel Leyva

Stonewall Project: May 18, 2016

Michael Saver, PhD, Founder; Mike Discipola, MA, Stonewall Director, Substance Health Services; Robert Holum, LMFT, Director, Clinical Internship Programs
Presentation: Commendation of An Extraordinary Person

The Board also acknowledged its Executive Director, Helynna Brooke.

MHB Retreat: Resolutions

- January 20, 2016 Resolution: Be it resolved that the following Mental Health Board Goals and Priorities for 2016 be approved as submitted.
  - Increasing access to behavioral health services for people who are homeless.
  - Identifying barriers to behavioral health services.
  - Determining impact of community and societal violence on behavioral health.

MHB Board Meeting: February 17, 2017

The Board and Client Council Members: Fancher Larson, Anna Tong, Victor Gresser.

MHB Retreat: Resolutions

- February 17, 2016 Resolution: The Mental Health Board commends the Behavioral Health Services Client Council for its exceptional work.
April 20, 2016 Resolution: Be it resolved that the Mental Health Board commends Jo Robinson for her years of dedicated service to the City and County of San Francisco, the Department of Public Health and Behavioral Health Services.

June 15, 2016 Resolution: Be it resolved that the Mental Health Board of San Francisco advocates increased funding to provide 24-hour/7 days a week comprehensive mobile crisis intervention services for the people of San Francisco, commencing in Fiscal Year 2016-2017.
September 21, 2016: The Mental Health Board Commends the Street Violence Intervention Program for its Exceptional Work With Youth.

Kara Chien, Arturo Carrillo, Executive Director; Rico Hamilton, Program Manager; Usash Thakore-Dunlop

September 21, 2016 Resolution: The Mental Health Board advocates funding for five Wellness Mobile vehicles with sufficient staffing for FY 2017-2018 for underserved neighborhoods.

November 16, 2016 Resolution: Be it resolved that the Mental Health Board advocates adequate funding for Crisis Intervention Training for the San Francisco Sheriff Department in FY 2017-2018.

Edwin Batongbacal
November 16, 2016 Resolution: The Mental Health Board urges the Mayor and Board of Supervisors to allocate sufficient funds for the SF Police Department’s CIT training in FY 2017-2018.

MHB Retreat: **Resolutions**

- BAART Community Healthcare, Turk Street Methadone Maintenance: Njon Weinroth
- Felton Institute: Older Adult Full Service Partnership: Terry Bohrer & Wendy James
- Conard House, Part 2: Terry & Virginia Lewis
- Richmond Area Multi-Services (RAMS): Kara Chien
- Sunset Mental Health Services: Benny Wong

MHB Retreat: **Programs Reviewed**

- Programs Reviewed, cont’d.
  - Stonewall Project: Njon Weinroth
  - Westside Methadone Maintenance and Detox: Benny Wong
  - Westside Community Crisis and Outpatient Clinic: Terry Bohrer & Toni Parks
  - Progress Foundation Cortland House: Harriette Stevens
  - Progress Foundation Clay Street House: Terry

Programs Reviewed, cont’d.

- Southeast Mission Geriatric Services: Richard Slota
- Jelani Family Services and Jelani House: Ulash Thakore-Dunlap & Marylyn Tesconi
- Mental Health Rehabilitation Center: Terry Bohrer & Judy Drummond
- Curry Senior Center: David Elliott Lewis
MHB Retreat: Visits to Supervisors

- Scheduling and meeting with supervisors.

MHB Retreat: Visits with Supervisors

- Helynna Brooke and Idell Wilson

MHB Retreat: Visits with Supervisors

- Ulash Thakore Dunlap: Supervisor Tang
- Benny Wong and Richard Slota: Aide to Supervisor Campos
- Richard Slota: Supervisor Peskin
- David Elliott Lewis, Toni Parks, Ulash Thakore-Dunlap: Supervisor Weiner
- Idell Wilson: Supervisors Jane Kim, London Breed, Scott Weiner, John Avalos, Norman Yee, Malia Cohen

2016 MHB Board Retreat

- Kara, MHB, and Ken Epstein, Director, Children, Youth and Families for Behavioral Health Services
Ms. Bohrer attended the California Association of Local Behavioral Health Boards/Commissions in San Diego.

Dr. David Elliott Lewis participated in: CIT training with the SF Police Department, a CIT mental health working group, a Shoot/No Shoot Use of Force committee, and the MHSA-SF Advisory Council.

Mr. Weinroth reviewed a methadone clinic program and met with Dr. Judith Martin, Director of Substance Abuse Services.

Dr. Lewis, Toni Parks and Ulash Thakore-Dunlap met with Supervisor Weiner to share the 2016 MHB goals and to encourage CIT funding support.

Ms. Parks and Dr. Lewis attended the work group that re‐envisions the jail replacement project.

Dr. Stevens attended the Black History Event with Dr. Kenneth Hardy and Dr. Joy DeGruy along with Wendy James, Idell Wilson, Kara Chien, and Ulash Thakore-Dunlap.

Dr. David Elliott Lewis, Ms. Parks, and Ms. Chien attended the monthly re‐envisions jail replacement project meeting.

Ms. Parks reported her attendance at two meetings: Tobacco Treatment and San Francisco MHSA Advisory Committee.

Ms. Chien reported on Orange County’s Behavioral Health Court and its substance abuse program.

Dr. Stevens shared attending the Millennial Health Forum that focused on the needs of Millennials, particularly low-income and minority groups.
May 18, 2016: Board Meeting & Awards

Mr. Weinroth attended an inspirational conference on the changing landscape of service delivery.

Ms. Bohrer represented the board at the CA Behavioral Health Boards/Commissions Conference.

Dr. Lewis and Ms. Bohrer provided CIT training to the Police Department.

Ms. James recently taught for the National Alliance for the Mentally Ill (NAMI): Peer-to-Peer program.

MHB Retreat: Other Board Activities

May 2016

Ms. Bohrer provided training about mental health boards.

Dr. Lewis and Ms. Bohrer attended the CIT Award Ceremony that honored 15 SFPD officers.

Ms. James attended the MHSA Advisory meeting which tries to engage people in mental health care.

Dr. Stevens met with the Executive Director of the Senior Disability Network (SDN).

MHB Retreat: Other Board Activities

June 2016

MHB Retreat: Other Board Activities

July 2016

Dr. Lewis attended the jail re-envision group meeting where he made a plea for:
- more meaningful employment opportunities for consumers,
- more respite centers, and
- for a well-designed, welcoming facility.
**MHB Board Meeting: September 21, 2016**

- Ms. Parks attended the Mayor’s Office of Homelessness event that included HOME Match services. People struggling with rent or mortgage can take in roommates for a lower amount.
- Mr. Wong met with Supervisor Campos’s aide and learned that homelessness was one of the supervisor’s priorities. He and Mr. Slota also reviewed South-East Mission’s Geriatric program.

**MHB Retreat: Other Board Activities**

**September 2016**

- Ms. Parks attended the Mayor’s Office of Homelessness event that included HOME Match services. People struggling with rent or mortgage can take in roommates for a lower amount.
- Mr. Wong met with Supervisor Campos’s aide and learned that homelessness was one of the supervisor’s priorities. He and Mr. Slota also reviewed South-East Mission’s Geriatric program.

**MHB Retreat: Other Board Activities**

**September, cont’d.**

- Ms. Drummond recently participated in the Out-of-Darkness Walk; and also helped people living in the Tenderloin with computer training.
- Dr. David Elliott Lewis visited the recently opened RAMS Market Wellness Program.

**MHB Retreat: Other Board Activities**

**October 2016**

- Dr. Lewis reviewed the Senior Curry Center program.
- Ms. Chien shared that Dr. Lewis recently trained about 50 of her staff on crisis de-escalation.
- Ms. Thakore-Dunlap met with Supervisor Katy Tang, who wanted more details about the innovative mobile wellness vans.
Ms. Drummond recently attended the Police Accountability Summit where she shared the Board’s resolution on mobile vans.

Ms. Bohrer and Ms. Drummond completed a program review of the Mental Health Rehabilitation Center.

Dr. Stevens shared that she conducted an ACCESS test line call.

Dr. Stevens shared that she, Ms. Thakore-Dunlap, Ms. Wilson, Ms. Chien, Mr. Slota, and Ms. Brooke participated in the Adverse Childhood Experiences Conference in San Francisco.

Ms. Parks reported that she was a speaker at a high school in Fremont, CA.
2016 MHB Retreat

What did you like the most this year?

MHB Board Retreat 2016

Kara Chien, MHB Board Chair

2016 MHB Retreat

11:00 Board Responsibilities, Sunshine & Board Protocol:

- California mandate for mental health board’s duties, responsibilities.
- Board protocol.

Planning at the MHB Board Retreat: 2015
2016 MHB Retreat

Turning Resolutions into Action Plans, Mobile Wellness Vans

2016 MHB Retreat


2016 MHB Retreat

Development of Priorities & Committees for 2017

3:45  Closing:  Virginia

Thank you!!