ADOPTED MINUTES
Mental Health Board Meeting
Wednesday, February 15, 2017
City Hall, 2nd Floor, Room 278
One Carlton B. Goodlett Place
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, PhD, Secretary; Terry Bohrer, RN, MSW, CLNC; Judy Zalazar Drummond; Angela Pon; Toni Parks; Gene Porfido; Richard Slota, MA; Harriette Stevens, EdD; Marylyn Tesconi; Njon Weinroth; Idell Wilson; and Benny Wong, LCSW.

BOARD MEMBERS ON LEAVE: Wendy James; and Virginia S. Lewis, MA, LCSW.

BOARD MEMBERS ABSENT:

OTHERS PRESENT: Helynna Brooke (MHB Executive Director); Loy M. Proffitt (Administrative Manager); Kavoos Ghana Bassiri, LMFT, LPCC, CGP, Director of Behavioral Health Services; Angelica Almeida, Ph.D., Assisted Outpatient Treatment (AOT); and seven additional members of the public.

CALL TO ORDER

Ms. Chien called the meeting of the Mental Health Board to order at 6:35 PM.
ROLL CALL

Ms. Brooke called the roll.

AGENDA CHANGES

None.

ITEM 1.0 REPORT FROM BEHAVIORAL HEALTH SERVICES DIRECTOR (See Attachment A)

The full director’s report can be viewed at the end of the minutes or on the internet http://www.sfdph.org/dph/comupg/oservices/mentalHlth/CBHS/CBHSdirRpts.asp

1.1 Discussion regarding Behavioral Health Services Department Report, a report on the activities and operations of Behavioral Health Services (BHS), including budget, planning, policy, and programs and services.

Mr. Bassiri visited all the clinics in the Behavioral Health Services System. He also met with the Client Council group. He shared that the month of May is dedicated as Mental Health Awareness month. He urged board members to think about opportunities for programs and services. He encouraged board members, including the public, to attend the May 11, 2017 Crisis Intervention Team (CIT) Award Ceremony.

1.2 Public Comment

No public comments.

ITEM 2.0 MENTAL HEALTH SERVICE ACT UPDATES AND PUBLIC HEARINGS

2.1 Mental Health Services Act Updates:

Mr. Bassiri. He and the executive team are working on new MHSA ideas for San Francisco.

2.2 Public Comment

No public comments.

ITEM 3.0 ACTION ITEMS

3.1 Public comment

No public comments.

3.2 Proposed Resolution: Be it resolved that the minutes for the Mental Health Board meeting of January 18, 2017 be approved as submitted.

Unanimously approved.

Item 4.0 ELECTION OF OFFICERS

4.1 Public Comment.

No public comments.

4.2 Report from Nominating Committee.
Ms. Bohrer chaired the Nominating Committee and read out the names of the candidates nominated by the committee. They are Dr. Harriette Stevens and Ulash Thakore-Dunlap for Co-Chairs, Idell Wilson for Vice Chair and Gene Porfido for Secretary. She said that additional nominees can be taken from the floor.

No additional members were nominated.

4.3 Election of Officers.

Dr. Stevens shared her vision statement. She said, “Good evening, everyone. I appreciate your consideration and confidence in me to serve as Co-Chair of the San Francisco Mental Health Board.

During the last two years, I have had the privilege of serving on the Board and have gained:

- Invaluable experience learning more about the design and delivery of effective behavioral health services.
- Insight into ways to expand the Board’s work in helping programs address
  - Behavioral health issues, such as stigma; youth wellness and adverse experiences, including trauma that often affects our children in San Francisco’s most challenging neighborhoods; and,
  - Issues related to the growing number of older adults in San Francisco struggling with mental health problems and homelessness.

My vision for the board: If I am elected, I will be honored to work with my Co-Chair, Ulash to continue to

- Advance the Board’s mission on behalf of the citizens we are designed to serve.
- Advocate for high-quality programs and services in our city and county.
- Work with the Board to help assure that San Francisco remains in the forefront of the behavioral health arena.”

Ms. Dunlap is committed to the board goals. She is very involved in committees to gain different community perspectives. She wants to reduce the stigma of mental illness. She has worked with many undocumented children. She is very excited to work with children and adolescents.

Ms. Wilson shared that it has been a pleasure to serve on the board. She would like to keep San Francisco legacies in San Francisco. She wanted to keep the name, the people and the diversity in San Francisco.

Mr. Porfido has helped people who have gone through mistakes and drug problems and mental health issues. He was grateful to be a nominee.

The nominated board members were elected unanimously to each position.

- **Co-Chairs:** Dr. Harriette Stevens and Ulash Thakore-Dunlap
- **Vice Chair:** Idell Wilson
- **Secretary:** Eugene Porfido
ITEM 5.0 PRESENTATION: PRESENTATION: REVIEW OF BOARD ACCOMPLISHMENTS FOR 2016 AND STRATEGIC PLAN FOR 2017, DR. HARRIETTE STEVENS; ASSISTED OUTPATIENT TREATMENT (AOT) UPDATE, DR. ANGELICA ALMEIDA; CRISIS INTERVENTION TEAM TRAINING UPDATE, DR. DAVID ELLIOTT LEWIS.

5.1 Discussion: Review of Board Accomplishments for 2016 and Strategic Plan for 2017, Dr. Harriette Stevens; Assisted Outpatient Treatment (AOT) Update, Dr. Angelica Almeida; Crisis Intervention Team Training Update, Dr. David Elliott Lewis.

Ms. Chien said “We will begin with Dr. Harriette Stevens, presenting the review of the Mental Health Board Accomplishments for 2016 and Strategic Plan for 2017 which was postponed to this meeting from the January meeting. After that, Dr. Angelica Almeida, Director of Assisted Outpatient Treatment (AOT) will provide an update, and finally, Dr. David Elliott Lewis will provide a Crisis Intervention Team Training Update.”

Dr. Stevens’ presentation is at the end of the minutes.

Dr. Almeida’s presentation on Assisted Outpatient Treatment (AOT) is at the end of the minutes.

Dr. Lewis shared that the San Francisco Police Department (SFPD) operated on 20-year-old guidelines. Now, the SFPD is getting CIT training based on new protocols. Mayor Lee encouraged the DPH clinicians to collaborate with SFPD. Changes in the use of force are coming up. CIT is no longer a voluntary but a mandatory.

1.2 Public comment

None.

ITEM 6.0 REPORTS

6.1 Report from the Executive Director of the Mental Health Board. Discussion regarding upcoming events, conferences, or activities that may be of interest to board members; Mental Health Board budget issues and update on staff work on board projects

Ms. Brooke shared the following:

- Black History Event 2/24/2017
- SFMHEF Meeting and dinner Wednesday 2/22/2017
- Her vacation as a delegate to the UN convention in New York and a visit to Germany between 3/8 – 3/28/17
- Annual Report Committee chaired by Richard Slota will be meeting shortly.
- Other committees

6.1a Presentation of Certificates of Appreciation for retiring Board Members by Idell Wilson to Kara Ka Wah Chien, David Elliott Lewis, Virginia Lewis, Wendy James.

Presentations were made to Kara Ka Wah Chien and David Elliott Lewis. Virginia Lewis and Wendy James were ill so they will be presented with their certificates at the next meeting.
The Certificates of Appreciation for the four board members are at the end of the minutes.

6.2 Report of the Chair of the Board and the Executive Committee.
The next Executive Committee meeting is Tuesday, February 21st, 2017 at 10:00 AM at 1380 Howard Street, Room 226. All board members, as well as members of the public, are welcome to attend. She was pleased that Judy Drummond came to our last meeting. The new executive team may keep the same meeting time or may change it. It could even go back to being in the evening as it was for years.

6.3 People or Issues Highlighted by MHB: Suggestions of people and/or programs that the board believes should be acknowledged or highlighted by the Mental Health Board.
Item tabled

6.4 Report by members of the Board on their activities on behalf of the Board
Item tabled

6.5 New business - Suggestions for future agenda items to be referred to the Executive Committee
Item tabled

6.6 Public Comment

7.0 PUBLIC COMMENT
No comments.

Adjournment
Adjourned at: 8:40 PM
1. **CULTURAL COMPETENCE AND MENTAL HEALTH NORTHERN REGION SUMMIT FEATURES LOCAL PRESENTATION**

California Institute for Behavioral Health Solutions (CIBHS) has accepted a presentation, submitted by Daniel Hill of Felton/FSA, on Curry Senior Center's Reaching Isolated Older Adults Program (funded by the San Francisco Mental Health Services Act). The presentation will be part of the Cultural Competence and Mental Health Northern Region Summit, taking place in Santa Rosa, on March 15, 2017. Juan Ibarra of Quality Management provided technical assistance and supported Daniel's application.

The theme for the summit is supporting community defined practices which CIBHS defines as “a set of practices that communities have used and determined to yield positive results as determined by community consensus over time and which may or may not have been measured empirically but have reached a level of acceptance by the community.” The summit will highlight community defined and cultural specific practices, applied in diverse communities across California, to reduce stigma and increase access to mental health services and treatment.

If you have any questions, please contact Juan Ibarra, MHSA Program Evaluator, from Quality Management at juan.ibarra@sfdph.org.

2. **NEWS FROM SUBSTANCE USE SERVICES**

A very productive prevention services provider meeting was held on January 13th, to help design a strategic plan for the next five years of primary prevention services under the Substance Abuse Prevention grant.

Our DPH Health Officer, Dr. Tomás Aragón led off the event with an inspirational call to work on racial and ethnic disparities in health by using a lifecourse approach, which is more than focusing on an illness, rather takes into account public health effects of toxic stress and life trauma from infancy onward. Our gratitude to the many prevention services providers who work on these public health issues, and who spent the day with us, sharing their hopes, concerns and challenges.
3. CONSUMER WEBSITE (Portal) UPDATES

The BHS Portal and Client Engagement Workgroups have been very active and busy with a goal to provide Portal access to all mental health adult (18 years and older) consumers starting in May 2017!

What is the Portal? The Portal is a secure consumer website where clients can view their health record, which supports consumer empowerment, wellness and recovery. BHS consumers have asked for this since 2011.

Does our Portal have a name? Yes, the Behavioral Health Services Portal name is sfHealthConnect.

What is happening with the pilot? Adult consumers can now register for sfHealthConnect at the South of Market MH and Sunset MH pilot clinics. As of February 8, 2017 we have 50 consumers registered onto sfHealthConnect. Clinic staff are working out roles and workflows to support consumers for the Portal.

Is there a portal webpage? YES!

You can get onto the sfHealthConnect webpage via the CBHS webpage, clicking the link “BHS Consumer Portal,” OR

Going directly to the public webpage “sfph.org/sfhealthconnect”.
Clicking the “Documents” section brings you to information about the Portal including a user manual and FAQs developed by the Client Engagement Workgroup.
Here is the Portal PIN document (it is also translated to threshold languages)

Questions about sfHealthConnect? Or if you would like to be involved in planning, please contact: Gloria Wilder at gloria.wilder@sfdph.org, Giovanni Herrera at Giovanni.herrera@sfdph.org, or Marisol Harper at Marisol.harper@sfdph.org
4. **ASSISTED OUTPATIENT TREATMENT (AOT)**

Assisted Outpatient Treatment (AOT) is honored to have been recognized in the Mayor Ed Lee’s State of the City Address on January 26, 2017. At the address a family member (see below) who made a referral to AOT was present and we would like to share a small portion of the piece she wrote for the event:

Before I made the first call to the AOT program, there were challenges that both my loved one (not taking care of himself or taking his medications) and family faced (not understanding the severity of his mental illness and worrying about if he was safe). Since, AOT has worked with him and obtained a court order for him to participate in treatment, there has been a tremendous improvement. The AOT program is unique, it offers resources to my brother and to my family. They are a team of outstanding people who come together to help my family member integrate into the community, they do not see his illness as an obstacle on his path to recovery. They have the right tools to support my brother to move forward in life…. Finally, the impact AOT has on my loved one and family comes from a place of compassion, dedication, and emotional support. Knowing that there is a team that is consistently outreaching him and looking out for him has brought us comfort. Most importantly, the AOT team taught us to know that our expectations of loved ones needs to be at a slower pace, progress is always step forward than where we were yesterday. There should be more programs throughout the nation like this because it really does work.

As always, if you would like more information about AOT, please visit our webpage at [www.sfdph.org/aot](http://www.sfdph.org/aot). If you would like to make a referral to AOT, please contact us at 415-255-3936.

5. **NEWS FROM SUBSTANCE USE SERVICES**

Our DPH Health Officer, Dr. Tomás Aragón led off the event with an inspirational call to work on racial and ethnic disparities in health by using a lifecourse approach, which is more than focusing on an illness, rather takes into account public health effects of toxic stress and life trauma from infancy onward. Our gratitude to the many prevention services providers who work on these public health issues, and who spent the day with us, sharing their hopes, concerns and challenges.

Dr. Martin will be attending the advisory council meetings for the Substance Abuse Mental Health Services Administration (SAMHSA) in Rockville, Maryland next week. It should be an interesting meeting, considering the changes in federal leadership, and passage of the bipartisan CURES act, which adds an assistant secretary of mental health to HHS as well as a chief medical officer.
6. CHILDREN, YOUTH AND FAMILIES (CYF)

LEGACY
During the month of January LEGACY started two groups; Medicinal Drumming Group and Support for Families, both hosted here at LEGACY.

January’s Family Support Night. The speaker was from San Francisco Housing Development Corporation (SFHDC) and the topic was financial planning. Out next Family Support Night will be February 27th and it will be centered around Black History Month.

On January 21st, LEGACY participated in the Black Family Day Brunch and Resource Fair held at Willie Brown Middle School.

Southeast Child/Family Therapy Center
Our psychology interns, Jennifer Ho and Diane Slap, have completed a social skills group at Visitacion Valley Elementary School. The school is very excited about the success of the first group and school staff are requesting a 2.0 version of the group, which will likely start in April.

We will be providing another round of five weeks of the FUERTE curriculum, focused on Newcomer Youth at Thurgood Marshall High School beginning this month. This will be a joint collaboration between Southeast Child/Family Therapy Center and Mission Family Center, as the facilitators will be Roberto Meneses, HW2 from SE and Josefina Juarez, LCSW from MFC.

We are excited to announce that Joy Gamble, MFT, is starting an 8-week group at our Silver Avenue site for clients who have significant problems with anxiety. The group will increase understanding about anxiety in general, and will be able to address clients’ particular anxiety challenges. The group is skills-based with engaging activities to reinforce learning. There will be a parent/caregiver component to provide tools for caregivers to manage their own anxieties and to be able to support their children applying the skills they are learning.

We are celebrating Black History Month by engaging clients from each site in a joint art activity, commemorating Black Lives. We will also be having two celebrations with families at our Silver Avenue site on February 21st and 28th.

Chinatown Child Development Center
Chinatown Child Development Center celebrated both the New Year and the Lunar New Year in January, wishing everyone a prosperous, safe, healthy, and happy year of the Rooster! We continue to offer outpatient services to our clients at school sites and at the clinic. Starting this month, CCDC launched a parent support group facilitated by Jenny Chan, LCSW and Becky Yu, MHRS, to provide parents with support and skills to help manage their children with behavioral health needs. The group will run for 12 weeks, using some of the lessons and structure from the Incredible Years training, which was well-received by the group participants. To achieve practice improvement and in preparation for the upcoming audit, we conducted a peer review chart session with all clinical staff to make sure we are meeting the current standards of charting and documentation. The CCDC staff are sad to say goodbye to Grace Fung, MFT, who has been with us for the last 10 years, will be transferring to Crisis Services to work with children and adults in Crisis. We hosted a farewell party for Grace to thank her for the years of service and dedication to the clients and families in the community.
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

To receive this Monthly Report via e-mail, please e-mail vita.ogans@sfdph.org
San Francisco Mental Health Board Presentation: Board Member Introductions & 2016 Accomplishments

To the Behavioral Health Services Director
Kavoos Ghane Bassiri
City Hall, Room 278, San Francisco, CA
February 15, 2017
6:30 pm – 8:30 pm
MHB Board Chair, Kara Chien
1. Overview of Board’s Accomplishments: Harriette Stevens

◆ Committee Updates / Presentations
  • Barriers to Access to Services: Harriette Stevens
  • Community Violence: Ulash Thakore-Dunlap
  • Barriers to People Who Are Homeless: Gene Porfido
Agenda

2. Resolutions: Judy Drummond

3. Program Reviews in 2016: Marylyn Tesconi

4. Visits to Supervisors: Idell Wilson

5. Board Responsibilities, Sunshine, and Board Protocol: Njon Weinroth, Wendy James
6. Turning Resolutions into Action Plans, Mobile Wellness Vans: 
   David Elliott Lewis

7. New Ideas for 2017: Kara Chien, Angela Pon

8. Development of Priorities and Committee’s for 2017: 
   Terry Bohrer, Toni Parks, Idell Wilson
January 20th Meeting: Board in Action
Overview of Board’s Accomplishments in 2016: Committee Updates and Presentations
MHB Retreat: Committee Updates / Presentations

Committee 1: Barriers to Access to Services
Breaking Barriers to Access to Behavioral Health 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.
Board Presentation: Cecile O’Connor
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.
Deborah Sherwood, PhD, Director of Quality Management, BHS; Irene Sung, MD, Medical Director, BHS
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.
MHB Retreat: *Updates / Presentations*

**Committee 2: Community Violence**

- Presentation #1
- Presentation #2
Presentation #1

**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.
MHB Presentation

Stephanie Felder, Executive Director Comprehensive Crisis Services
Presentation #2

**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
MHB Retreat: Updates /Presentation

July 20, 2016

Street Violence Intervention Program (SVIP) presentation: Rico Hamilton, SVIP Program Manager; Ulash Thakore-Dunlap, MHB board member.
Taking a Different Approach to Wellness, San Francisco

- The SVIP program is part of the street violence response team that is composed of several departments.
- Neighborhoods served: Bayview Hunters Point, Potrero Hill, Mission District, Visitacion Valley, Western Addition, South of Market, and the Tenderloin.

August 19, 2015

Board recess period
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.
MHB Retreat: *Updates / Presentations*

Committee 3: *Barriers for people who are homeless*
Neighborhood Resource Center: Barriers and Challenges for People who are Homeless:

Laura Guzman, Director, Mission Neighborhood Resource Center

- 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.
Barriers and Challenges to Accessing Behavioral Health Services for People who are Homeless: Jason Blantz, Psychiatric Nurse Practitioner, San Francisco Homeless Outreach Team (HOT)

- 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: Cassandra Perkins, Tom Waddell Clinic

- 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: *Updates / Presentations*

**December 03, 2016 Presentation:** Board working retreat at Hotel Whitcomb, San Francisco, CA.
May 18, 2016: Board Meeting & Commendations
Presentation: *Commendation of Five Extraordinary Programs*

◆ **Citywide Case Management Programs, May 18, 2016**

Helynna Brooke, Executive Director, MHB; David Fariello, Executive Director, Citywide; Kara Chien, Chair, MHB
Presentation: Commendation of Five Extraordinary Programs

◆ San Francisco Homeless Outreach Team: May 18, 2016

Dr. Barry Zevin, Director; Jason Blantz, Nurse Practioner; Peter Callejo-Black, Volunteer; Gene Porfido, MHB Board
Presentation: Commendation of Five Extraordinary Programs

◆ LEGACY Program: May 18, 2016

Winnie Kwong, Family Specialist; Bonnie Friedman, Executive Director; Yvette Hernandez, Family Specialist; Monique El-Amin, Family Involvement Coordinator; Jennifer Hubbart, Family Specialist
Presentation: Commendation of Five Extraordinary Programs

◆ Richmond Area Multi-Services: May 18, 2016

Kavoos Bassiri, Executive Director of RAMS and the next director of BHS; Dr. Flora Chan, Angela Tang, Director of Operations, and Miguel Leyva
Presentation: Commendation of Five Extraordinary Programs

◆ Stonewall Project: May 18, 2016

Michael Siever, PhD, Founder, Stonewall Project’ Mike Discepola, 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.

February 17, 2016 Resolution: The Mental Health Board commends the Behavioral Health Services Client Council for its exceptional work.
MHB Board Meeting: February 17, 2017

The Board and Client Council Members: Fancher Larson, Anna Tong, Victor Gresser
MHB Retreat: Resolutions

Commendation for Jo Robinson
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; Ulash Thakore-Dunlap
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: 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: Programs Reviewed

- 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
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 Bohrer**
2016 MHB Board Retreat

Kara, MHB; and Ken Epstein, Director, Children, Youth and Families for Behavioral Health Services
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 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
ACE Conference

Helynna Brooke, Dr. Nadine Burke-Harris, Ulash Thakore-Dunlap, Harriette Stevens
2016 MHB Retreat

Board Responsibilities, Sunshine & Board Protocol:

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

Development of Priorities & Committees for 2017
1 Senior Issues Committee

- Resource Directory
- Homeless (behavioral health/substance use)
- Custody
- Long-term indigent care

2 Youth Committee

- Wrap around services: summer and winter vacation periods
- Resource Directory for families (family therapy, resources, etc.)
3 Continuum of Care Committee
- Advocacy Mobile Wellness Van
- Substance use treatment: we house, safe needle, clinic, etc.
- Department of Public Health Mega Request of Proposals (RFP’s)

4 Mobile Wellness Van Committee
- Develop detailed proposal for creating a Mobile Wellness Van
Questions or comments are welcomed!

Thank You!
Richard Slota, Ulash Thakore-Dunlap, Harriette Stevens, Helynna Brooke, Idell Wilson, Kara Chien
Assisted Outpatient Treatment (AOT)
History in San Francisco

- Assembly Bill 1421 was passed in California in 2002
- Welfare and Institutions Code 5345-5349.5
- Mayor Lee’s CARE Task Force
- Board of Supervisors (July, 2014)
- Implementation Committee
- Stakeholder Trainings
- Implementation of AOT (November 2, 2015)
<table>
<thead>
<tr>
<th>What is AOT?</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Commonly known as “Laura’s Law”</td>
</tr>
<tr>
<td>• Must be adopted by a county</td>
</tr>
<tr>
<td>• Court ordered outpatient treatment for individuals with severe mental illness</td>
</tr>
<tr>
<td>• Does not allow for forced treatment or forced medications</td>
</tr>
<tr>
<td>• Designed to assist individuals with severe and persistent mental illness who are not engaged in treatment, are deteriorating, and have a history of poor treatment compliance</td>
</tr>
<tr>
<td>• Goal of reducing hospitalization, incarceration, and victimization</td>
</tr>
</tbody>
</table>
Counties with AOT

- Alameda County
- Contra Costa County
- El Dorado County
- Kern County
- Los Angeles County
- Mendocino County
- Nevada County
- Orange County

- Placer County
- San Diego County
- San Francisco County
- San Luis Obispo
- San Mateo County
- Shasta County
- Yolo County
- Ventura County
San Francisco’s AOT

• Multiple opportunities to engage in voluntary services

• AOT Care Team
  • Community based, mobile, multidisciplinary, mental health team

• Consists of:
  • Director (Psychologist)
  • Peer Specialist
  • Family Liaison
AOT Treatment

- Individualized treatment plan
  - Takes into account the client’s preferences, unique needs, available services, and AOT determination of appropriate level of care
  - Dynamic and flexible

- Field based services

- Focused on recovery and wellness

- Full Service Partnership through UCSF/ZSFG Department of Psychiatry
  - Individuals where court petition has been filed
  - Some linkage services

- Goal of linking to long term care post AOT services
AOT Treatment

<table>
<thead>
<tr>
<th>Services are:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• client centered</td>
</tr>
<tr>
<td>• community based</td>
</tr>
<tr>
<td>• least restrictive</td>
</tr>
<tr>
<td>• integrative</td>
</tr>
<tr>
<td>• client directed and utilize principles of psychosocial rehabilitation and recovery</td>
</tr>
<tr>
<td>• culturally/linguistically competent and diverse</td>
</tr>
<tr>
<td>• gender specific</td>
</tr>
<tr>
<td>• trauma informed</td>
</tr>
<tr>
<td>• ADA compliant</td>
</tr>
</tbody>
</table>
## Services may include:

<table>
<thead>
<tr>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>• coordination and access to medications</td>
</tr>
<tr>
<td>• housing assistance</td>
</tr>
<tr>
<td>• assistance with accessing primary care</td>
</tr>
<tr>
<td>• vocational rehabilitation</td>
</tr>
<tr>
<td>• assistance with accessing educational resources</td>
</tr>
<tr>
<td>• substance abuse treatment</td>
</tr>
<tr>
<td>• cognitive remediation</td>
</tr>
<tr>
<td>• veteran specific resources</td>
</tr>
<tr>
<td>• older adult specific resources</td>
</tr>
<tr>
<td>• TAY specific resources</td>
</tr>
<tr>
<td>• family support</td>
</tr>
<tr>
<td>• peer support</td>
</tr>
<tr>
<td>• life skills training</td>
</tr>
<tr>
<td>• evidence based practices</td>
</tr>
</tbody>
</table>
AOT Year One Calls

Number of Calls

- Information Only: 106
- Referrals: 108

November 2, 2015 - November 1, 2016
Number of Court Orders

March: 2
April: 1
May: 1
June: 0
July: 1
August: 0
September: 0
October: 2

November 2, 2015 - November 1, 2016
Referral Source

Family, 48%

Mental Health Provider, 39%

Adult Living with RI, 4%

Parole, 1%

Non Qualified Requesting Party, 8%

Total = 108 referrals

November 2, 2015 - November 1, 2016
Location of Referral

Total = 108 referrals

- San Francisco County, 74%
- Alameda County, 3%
- Contra Costa County, 4%
- San Mateo County, 1%
- Solano County, 2%
- Sonoma County, 1%
- Santa Clara County, 1%
- Unknown Location, 3%
- Out of State, 9%

November 2, 2015 - November 1, 2016
Gender of Referrals

- **Unknown**: 2%
- **Male**: 58% (65% seen, 60% with Court Petitions)
- **Female**: 40% (35% seen, 40% with Court Petitions)

Individuals Referred (n=108)  Individuals Seen (n=52)  Individuals with Court Petitions (n=5)

November 2, 2015 - November 1, 2016
Age of Referrals

November 2, 2015 - November 1, 2016

- Individuals Referred (n=108)
  - 18-25: 11% (15%)
  - 26-35: 27% (31%)
  - 36-45: 31% (31%)
  - 46-55: 22% (40%)
  - 56-65: 4% (5%)
  - 65+: 1%
  - Unknown: 4%

- Individuals Seen (n=52)
  - 18-25: 23% (22%)

- Individuals With Court Petitions (n=5)
  - 26-35: 60%
Ethnicity of Referrals

- **White**: 34% (46% referred, 60% seen)
- **African American/Black**: 19% (20% referred, 24% seen)
- **Latino/a**: 10% (10% referred, 20% seen)
- **Asian/Pacific Islander**: 15% (10% referred, 15% seen)
- **Filipino/a**: 8% (20% referred, 20% seen)
- **Multiple**: 5% (4% referred, 4% seen)
- **Unknown**: 2% (4% referred, 4% seen)

*Individuals Referred (n=108)  Individuals Seen (n=52)  Individuals With Court Petitions (n=5)*

November 2, 2015 - November 1, 2016
Preliminary Outcomes

- **Average Length of Time Working with AOT**
  - 124 days

- **Average Number of Weekly Contacts**
  - 2 per individual

- 40% individuals had a history of homelessness in the last 36 months

- 60% of individuals accepted voluntary services

- **Feedback from Participants**
  - 100% of individuals surveyed reported feeling hopeful about their future

- **Feedback from Families**
  - Increased awareness of services in San Francisco
  - Frustrations regarding confidentiality and limitations of the law
Preliminary Outcomes

- **Psychiatric Emergency Contacts**
  - Average of 7 contacts with PES in the 36 months prior to engagement
  - Statistically significant reduction ($p<.05$)

- **Psychiatric Hospitalization**
  - Average of 3 inpatient hospitalizations in the 36 months prior to engagement
  - Average of 24 total days on an inpatient unit in the 36 months prior to engagement
  - No significant difference in number of hospitalizations or number of days spent on an inpatient unit

- **Incarceration**
  - Average of 2 incarcerations in the 36 months prior to engagement
  - Average of 44 total days incarcerated in the 36 months prior to engagement
  - Trend towards significant reduction in jail contacts, but no significant difference on days incarcerated
Next Steps

- **Hiring**
  - 2932 Senior Behavioral Health Clinician

- **Annual Report**
  - Quantitative Data
  - Qualitative Data

- **Long Term Evaluation**
  - Three year report to assess efficacy
  - External consultant

- **Development of Best Practices for Engagement**
The Mental Health Board of San Francisco
honors

Kara Ka Wah Chien, JD

For serving on the Mental Health Board for six years, and serving two years as Chair;

For being an exceptional leader and model for new board members who have come on the board during your tenure, leading by consensus;

For making sure that all members of the Mental Health Board and members of the public have a voice;

For your wonderful sense of humor, compassion, and empathy that has consistently helped keep our meetings amiable even when members disagree;

For always saying a gracious thank you to presenters to the Mental Health Board;

For bringing your experience to the board of being a San Francisco public defender supporting people with mental illness, your knowledge of services, and your vast network;

For advocating strongly to the Board of Supervisors about the needs of the mentally ill, for an increased budget for mental health services, as well as Police and Sheriff’s budgets to include crisis intervention training;

For initiating the idea of roaming Wellness Vans to underserved communities and neighborhoods in which youth are unable to seek help in nearby neighborhoods;

For your active involvement with the executive team of Behavioral Health Services and keeping the Mental Health Board informed about the integrated healthcare system;

For your consistent support and encouragement of the Mental Health Board staff.

Ulash Thakore-Dunlap, Vice Chair                                          David Elliott Lewis, Secretary
Mental Health Board
February 15, 2017
The Mental Health Board of San Francisco
honors

David Elliott Lewis, PhD

For dedicating the past six years in service to the Mental Health Board and serving two years as Co-Chair and two years as Secretary;

For being such a powerful advocate for using peers with lived experience to help people in crisis and throughout their journey;

For being a leader in the community process of developing a new Crisis Intervention Team formation and training for the San Francisco Police Department;

For your work as a trainer for the Crisis Intervention Team for the SFPD;

For assisting the police department in creating improved police relations with people with mental illness, and assisting the police department in developing new use of force policies;

For generously providing extraordinary photographs of board members for the website and documenting meetings with beautiful photographs for the past six years;

For your commitment to being an activist voice for people with severe mental illness;

For attending City events, Supervisor meetings, and community gatherings to represent the board.

Kara Ka Wah Chien, Chair
Mental Health Board
February 15, 2017
The Mental Health Board of San Francisco honors

**Virginia Lewis, LCSW**

For dedicating the past six years in service to the Mental Health Board and serving two years as Secretary;

For your commitment to being a political activist voice for people with severe mental illness:

For your passionate advocacy to the support needed by family members;

For your championship for collaborating with private psychiatrists and psychologists to meet the shortage of psychiatric care;

For bringing your work with the Physician Organizing Committee to keep the board informed about hospital care services and patient’s rights.

For generously offering your clinical background to share knowledge about how programs deliver services to people;

For conducting numerous program reviews and submitting detailed reports;

For attending City events, Supervisor meetings, and community gatherings to represent the board;

For your compassion and empathy for consumers and family members.

Kara Ka Wah Chien, Chair
Mental Health Board
February 15, 2017
The Mental Health Board of San Francisco honors

Christine “Wendy” James

For dedicating the past six years in service to the Mental Health Board and serving as Vice Chair for two years;

For gifting the board with your warm sense of humor, your compassion, and your wise words;

For bringing your lived experience to board discussions and numerous program reviews;

For passionately advocating for consumers, family members and underserved communities in San Francisco, especially the elderly;

For tirelessly advocating for health equity and culturally affirming services and programs;

For vigorously promoting mental health needs for seniors that resulted in the board forming the Senior Committee at the 2016 retreat;

For being a voice for those who are not able to speak for themselves;

For attending City events, Supervisor meetings, and community gatherings to represent the board;

For being an educator at community events about behavioral health programs and services, challenges and barriers older adults face in San Francisco.

For your wonderful sense of humor, compassion, and empathy for others.

________________________________

Kara Ka Wah Chien, Chair
Mental Health Board
February 15, 2017