

SAN FRANCISCO BEHAVIORAL HEALTH COMMISSION



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London N. Breed**

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DRAFT MINUTES

Behavioral Health Commission
Meeting Wednesday, February 19, 2020
1380 Howard Street
4th Floor, Room 424
6:00 PM – 8:00 PM

BOARD MEMBERS PRESENT: Marylyn Tesconi, Chair; Carletta Jackson-Lane, JD, Vice-Chair; Judy Z. Drummond, MA, Secretary; Terry Bohrer, RN, MSW, CLNC; Arthur Curry; Marcus Dancer; Judith Klain, MPH; Gregory Ledbetter; Toni Parks; Richelle Slota, MA; Ulash Thakore-Dunlap, MFT; Harriette Stevens, EdD; Idell Wilson; and Andrew Mullan (on behalf of Supervisor Catherine Stefani).

BOARD MEMBERS ON LEAVE: Judith Klain, MPH

BOARD MEMBERS ABSENT: None

OTHERS PRESENT: Helynna Brooke (Executive Director); Loy M. Proffitt (Assistant Director); Hali Hammer, MD, Department of Public Health (DPH), Director of Ambulatory Care for the DPH and SFHN; Marlo Simmons, MPH, Acting Director, Behavioral Health Services (BHC); Theresa Yu, LMFT, Acting Director MHSA (San Francisco Mental Health Services Act); Supervisor Matt Haney, MA, JD, LLM; Abigail Rivamonte Mesa, Supervisor Haney's aide; Virginia S. Lewis, LCSW, former commissioner; David Elliott Lewis, Ph.D., former commissioner, MHA-SF (Mental Health Association); Liza Murawski; Winship Hillier; and [one](#) additional member of the public.

Commissioner Tesconi called the meeting to order at [6:00 PM](#).

Roll Call

Ms. Brooke called the roll.

ITEM 1.0 PRESENTATION: MENTAL HEALTH SF: SUPERVISOR MATT HANEY: A PLAN TO TRANSFORM THE MENTAL HEALTH AND SUBSTANCE USE SYSTEM FOR PEOPLE MOST IN NEED OF SERVICES.

1.1 Presentation: Mental Health SF: Supervisor Matt Haney: A plan to transform the mental health and substance use system for people most in need of services

Supervisor Haney thanked the Behavioral Health Commission for its work, and he appreciates our service in helping the system be more connected and responsive.

Mental Health SF (MHSF) was developed by working with the Department of Public Health (DPH) staff and front line workers. It was co-sponsored by Supervisor Ronen. The goal is coordination, so there are adequate staff and treatment for people with mental health issues. The key is 24/7 access to services, other than SFGH, and more robust care across the system. The service center will be a framework for a system that will work for everyone. A rapid response team will be created with trained staff, rather than using police officers. There is a commitment to Mayor Breed and the DPH.

The Implementation group will be selected by the Rules Committee of the Board of Supervisors. The program will need an additional \$100 million to the budget for DPH. The Mayor, Supervisors Haney, and Ronen are committed to obtaining the dollars for the program. There is a gross receipt tax on the ballot, and 100% of the dollars raised will go to MHSF. A public health bond will raise money to build out mental health services.

The Implementation Group will have relationships with the Behavioral Health Commission, and BHC will be part of informing the group about mental health, and they will also communicate with and inform the BHC. We can do better to provide access for people that works better for everyone.

Supervisor Haney is the representative for District 6. He feels that our City has the capacity to do more. Mental Health SF will provide the framework, the vision, the purpose, and funding.

The Supervisor asked Dr. Hali Hammer to provide more information about the collaboration with DPH.

Dr. Hammer introduced Marlo Simmons. She was appointed the Acting Director of Behavioral Health Services. Prior to that, she was the Deputy Director, and one of the things she did in this role was to oversee the Transitional Youth Program. Before being Deputy Director, she was the Director of the Mental Health Services Act (MHSA) plan and program implementation.

Please see the full February 2020 director's report for more of Ms. Simmons accomplishments

DPH will manage the continuum of care from prevention to outpatient services to locked facilities. Dr. Anton Niguise Bland, the Director of Mental Health reform, has put forth ideas for the center. He is identifying gaps in services and the need to fill the gaps. He is looking at all the ways we can improve services. There is a Statewide Health Care reform plan to provide more integration of mental health, substance use disorders, primary care, and dental care.

Do we build new programs or use the Behavioral Health Access Center and expand its hours to 24/7. We may also extend the hours of the pharmacy.

Supervisor Haney said the next steps are convening the Implementation group and figuring out a detailed timeline for creating the MH SF Center at Zuckerberg San Francisco General Hospital, and the programs provided. We need to be thinking outside of the box.

Commissioner Drummond said Commissioners visit programs and write summaries of the visits. There is no affordable housing for therapists, and civil service takes such a long time to hire staff. People can't afford to live and work here in San Francisco.

Supervisor Haney responded that MHSF will have a real conversation regarding how we staff the program. We will need hundreds of new staff. There needs to be a hiring pipeline for jobs and training opportunities. Pay and housing costs were discussed, and they talked about the need for pay to be increased, and they are thinking about more affordable housing.

Commissioner Slota asked what we can do about housing and empty investor-owned places.

Supervisor Haney responded that we are at a crisis level with staffing.

Commissioner Jackson-Lane said there is workgroup for re-visioning jails. She asked what are the clusters that will be part of the Implementation group.

Supervisor Haney said that other departments will provide information to the committee. Everything won't be just be decided by the twelve people on the committee. We are re-envisioning the jail, and it has to be part of the discussion. 850 Bryant will be closed, and we need lots of additional services for these people who are incarcerated.

Commissioner Jackson-Lane said that chronic homelessness has serious effects. Women and children are affected. Community-Based Organizations should be at the table.

Supervisor Haney said that the workgroup will be staffed by DPH.

Dr. Hammer, we will look at how new services will meet the needs of a growing population of families and women with children. There are not enough services that welcome families.

Commissioner Ledbetter asked how the crisis response team would be different than what we have now. What about the concept of a vehicle that travels around providing services for people.

Supervisor Haney said that Dr. David Elliot Lewis helped with suggestions about having a van – Mobile Wellness Van. In Oregon, there is a van 24/7 to respond. We have Mobile Crisis now, but it is not 24/7 and not always able to respond right away. Emergency Medical Services (EMS) is more of a stabilization model rather than linking to services. We need to move towards effective care at the time it is needed.

Commissioner Bohrer said there should be at least one BHC commissioner on the Implementation group. She has concerns about seniors in shelters and the conditions there.

Supervisor Haney believes a BHC member should be in the group. He will look at ongoing groups and communication.

Commissioner Dr. Stevens asked whether there would be any peers included in the 12 person working group.

Supervisor Haney said there will be two clients.

Commissioner Dr. Stevens asked if there would be one client each for mental health and substance use disorder.

Supervisor Haney would support one of each.

1.2 Public Comment

Dr. David Elliott Lewis said there are often no clients in the Behavioral Health Access Center (BHAC) at 1380 Howard Street. He feels there should be a sign on the building.

Supervisor Haney said the philosophy of MHSF is that people will be pulled into the center. It will be welcoming, engaging, and responding to people. It comes from stigma, and the entire system needs to respond. We need to find out how to get people to a place as quickly as possible.

Ms. Virginia S. Lewis said there had been numerous audits, and even the Grand Jury has been critical of services. She asked about accountability. Often people are on committees to develop programs, but accountability isn't considered. Another suggestion she may be paying student loans in exchange for working for the City.

Supervisor Haney said we need to rethink how we deal with staffing, such as forgiving debt and other incentives. The working group members need support. There is often no data collection included in the legislation. The BHS audit identified money gaps, and MHSF built on that.

Ms. Murawski suggested that supportive housing residents only pay 30% of their income. This is true of some residences but not all in the City. She added that in June 2019, BHS submitted a resolution about the accountability of supportive housing. She feels we need to look at what is happening systemically.

Supervisor Haney said that he has been working to ensure that no one in supportive housing pays more than 30% of their income. He is introducing legislation in March 2020. It will cost the City \$9 million. It is inequitable what people pay.

ITEM 2.0 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.

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

Dr. Hammer mentioned earlier that Marlo Simmons is the Acting Director of BHS. There will also be a Client Services Director that will be distinct from the planned new Director of BHS. The department recently celebrated Dr. Irene Sung's retirement. She was the Medical Director for BHS. The Black History event is coming up on February 28th with Dr. Joy DeGruy presenting the entire day. She is the author of Post Traumatic Slave Syndrome.

The Quality Management team is working on the annual State audit happening in May. There are plans for a Methadone Sobering Center in the spring in the Tenderloin. There is interest in developing similar centers in other communities. It would be a safe place for sobering for people. The Tenderloin is the epicenter of methamphetamine activity.

Commissioner Bohrer said that she heard that the clinicians working with the Crisis Intervention Team dropped from five to two and a half.

Dr. Hammer said that recruitment and retention is a challenge. One whole domain with MHSF is regarding staff focusing on mental health clinicians, although there are also gaps in a lot of other staff positions.

Mr. Mullen shared that the new Department of Human Resources (DHR) Director Micki Callahan proposed ways to improve the process. (<https://sfdhr.org/meet-team>)

Commissioner Drummond said that everyone needs dental care. Very many methamphetamine users lose their teeth.

Dr. Hammer said that five dental services are in clinics now. The Tom Waddell program is in a new building and will have a dental clinic.

2.2 Public Comment

Dr. David Elliott Lewis thanked Dr. Hammer for the support for establishing the methamphetamine center. We need to stand up to NIMBYs; people who feel programs shouldn't be in their neighborhood.

Mr. Hillier shared that there are 2,500 people who are subjected to involuntary treatment.

Dr. Hammer said that there is a justice involve person working on it.

A Member of the Public mentioned that the California Public Employers Labor Relations Association (CALPELRA) awarded HR Director Callahan with the 2019 Moving Forward Award. (<https://sfdhr.org/highlights>)

ITEM 3.0 MENTAL HEALTH SERVICE ACT UPDATES AND PUBLIC HEARINGS

For discussion

The passage of Proposition 63 (now known as the [Mental Health Services Act](#) or MHSA) in November 2004, provides increased annual funding to support county mental health programs. The Act addresses a broad continuum of prevention, early intervention and service needs and the necessary infrastructure, technology and training elements that will effectively support this system. This Act imposes a 1% income tax on personal income in excess of \$1 million. One of the requirements of the Act is that the county must provide annual updates as well as hearings for changes in the way the county implements the funding.

3.1 Mental Health Services Act Updates

Please see the director's report.

Ms. Yu is the acting Director of the Mental Health Services Act, while Director Jessica Brown is on maternity leave. She shared that the recent audit focused exclusively on MHSA. They reviewed 500 documents and contracts and visited nine programs. The auditors interviewed staff and clients about best practices. They were impressed with our community planning process, where we held (FY 18-19) 23 meetings. They found ten areas needing improvement. They were in administration and the grievance process. BHS will get the formal findings in 60 days. They are now in the 30 day review period, which ends March 9th. They will present the three-year plan to BHC. There is an RFQ (Request for Qualifications) coming out for vocational contracts. UCSF, the Citywide Horticulture program, and the Slice of Life cafe are current programs. Richmond Area Multi-Services (RAMS) has an IT training program and a janitorial program.

Commissioner Dr. Stevens if worker related programs are in existence.

Ms. Yu responded affirmatively.

Commissioner Wilson asked if MHSA programs got feedback from clients.

Ms. Yu said that there are client satisfaction surveys.

3.2 Public Comment

Ms. Virginia S. Lewis, if there are deliverables regarding the number of people employed by these programs.

Ms. Yu said they will report these numbers when they present the new plan to the BHC.

Ms. Simmons shared that programs provide pre-job readiness, and others are training in specific skills and then focusing on job placement. There is a 90 day follow up on people. 500 clients are served a year.

Ms. Yu mentioned the First Impressions program that re-designs and decorates program facilities.

Ms. Murawski wants client council trainings. She is also concerned about seniors and people who are incarcerated. Training is needed at all different staffing levels.

Dr. David Elliott Lewis said he is not feeling that we are not getting enough forthright information on what is spent on services.

ITEM 4.0 ACTION ITEMS

For discussion and action

4.1 Public comment

Mr. Hillier encouraged BHC commissioners to review the minutes. The proposed resolution that he submitted to the Commission that was passed in November 2019 was substandard. He had suggested changes that were approved by the voting but were not reflected in the minutes.

4.2 RESOLUTION: Be it resolved that the minutes for the Behavioral Health Commission meeting of 15 January 2020 be approved as submitted.

The resolution unanimously approved.

ITEM 5.0 ELECTION OF OFFICERS

5.1 Public Comment

5.2 Report from Nominating Committee

5.3 Election of Co-Chair

5.4 Proposed Resolution: Be it resolved that the nominee for Co-Chair be approved.

Commissioner's Carletta Jackson-Lane and Richelle Slota were nominated to run for Co-Chair. The Commissioners voted and resulted in a tie, so the voting is tabled until the next meeting.

ITEM 6.0 REPORTS

For discussion

6.1 Report from Executive Director of the Mental Health Board

Ms. Brooke informed Commissioners about the Black History Event on Friday, 28 February 2020, at Laguna Honda and the 2019 Data Note Book. She shared some links about Supervisor Haney MHSF presentation.

1. 12/10/2019 [Mental Health SF Legislation Approved Unanimously by Board of Supervisors](#)
2. 2/27/2020 [Mayor London Breed and Supervisor Matt Haney Announce Legislation to Authorize New Overdose Prevention Programs](#)

6.2 Report from Co-Chairs of the Board and the Executive Committee

Commissioner Tesconi announced that the next Executive Committee meeting is Monday, March 2, 2020, at 4:00 PM at 1380 Howard Street, Mental Health Board office, Room 226.

6.3 Reports from Committees

No reports.

6.4 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.

No person was mentioned.

6.5 Report by members of the Board on their activities on behalf of the Board

Commissioner Jackson-Lane attended the kick-off of Black History month at City Hall. She met with Mayor Breed and the Mayor's aide. The Mayor is committed to a member of the BHC being on the Implementation Committee of BHC.

Commissioner Drummond interviewed Benson Nadell, Program Director Ombudsman Program Felton Institute, on her radio station "Connecting the Dots" at KPOO 89.5 FM. He is a brilliant man with expertise in mental health.

Commissioner Ledbetter was recently hired by the Senior Disability Action (SDA) group to do outreach with seniors with mobility challenges and isolated seniors.

Commissioner Bohrer said that the Coalition of Homelessness has put together a document regarding the needs of people with mental illness who are homeless.

6.6 New business - Suggestions for future agenda items to be referred to the Executive Committee

Commissioner Bohrer suggested evaluation of the Commission using the State guidelines. She also suggested that commissioners take sections of the MHSA plan to read. The MHB (BHC) is mentioned a lot in the plan. She suggested that ten minutes specifically about MHSA programs might be presented at regular board meetings.

Ms. Simmons suggested a different program could be talked about at each meeting.

Commissioner Drummond would like more issues presented.

Commissioner Bohrer would like to hear about some of the problems.

6.7 Public comment.

Mr. Hiller shared his complaints about the BHC Bylaws. He also shared that at the December 2019 retreat, it was said that we would get information from the courts. The SF superior Court is not compliant, and they do not report the numbers of people subjected to involuntary commitment.

Ms. Murawski asked about the Commission doing more program reviews of buildings.

7.0 Public Comment

No public comments.

Adjournment

The meeting adjourned at 8:20 PM.



Behavioral Health Services - *Communications*

Marlo Simmons Appointed Interim Behavioral Health Services Director



The Behavioral Health Services (BHS) section is pleased to announce the appointment of Marlo Simmons, MPH as Acting Director of SFHN Behavioral Health Services, effective February 17, 2020. Ms. Simmons will take over this leadership role from Irene Sung, MD who has announced her retirement after 22 years of service in the Department of Public Health.

Marlo Simmons currently serves as Deputy Director of Behavioral Health Services and Director of Transitional Aged Youth (TAY) System of Care. As Deputy Director, Ms. Simmons has provided operational oversight of BHS as we have started our work on organizational transformation and growth. Most recently, Marlo has emerged as a leader whose vision for how the DPH best serves people with complex mental health and

substance use challenges is clear and compelling, and her vision is aligned synchronistically with the transformational work we have embarked upon with Mental Health San Francisco.

Marlo began her DPH career in 2006 as the Department's Adolescent Health Coordinator. She joined the BHS team in 2009 as the Prevention and Early Intervention Coordinator for the Mental Health Services Act (MHSA). She went on to become the MHSA Director in 2011 and was appointed Deputy Director for BHS in 2015. Marlo has a Master of Public Health from Boston University and a BS in Community Health Education from San Francisco State University. She has proven herself to be a mission-driven leader and innovative problem solver. She is committed to improving services and outcomes for our clients, addressing inequities in our systems and institutional racism, and cares deeply about the well-being of our staff.

We also express profound gratitude to Dr. Irene Sung for her service as she nears her retirement. In her current role of Acting Director of BHS, she has led the BHS section through major changes and navigated challenges with grace, wisdom, and compassion. A trusted and experienced leader in Behavioral Health, Irene has helped BHS begin implementing many of the principles and specific projects included in the Mental Health San Francisco legislation. Her dedication to serving San Franciscans with the most complex mental health challenges has been the foundation of her career of service, always leaning in to find a better way to serve those most in need, and for that, BHS and the DPH are eternally grateful.

During this time of discovery and transformation, SFHN Behavioral Health Services will benefit from the experience, vision, and dedication of Marlo Simmons and her team of BHS executive

leaders. We look forward to working with Marlo and BHS leadership during this exciting time of transformation and growth for the DPH. Congratulations, Marlo!

Dr. Irene Sung, Interim BHS Director, Honored by the Health Commission

On February 4, the San Francisco Health Commission approved a resolution Honoring Irene Sung, MD, Interim Director of the Behavioral Health Services (BHS) Division. A variety of colleagues from BHS and the larger Department of Public Health (DPH) joined the Health Commission Meeting where Director of Health, Grant Colfax, presented Irene with the resolution. Below is an excerpt.



Colleagues gather to celebrate Irene Sung, MD after Grant Colfax, MD, MPH presents a resolution from the Health Commission

“WHEREAS, Irene Sung, MD has served the City and County of San Francisco as a leader and clinician in the Department of Public Health’s Behavioral Health Services for 22 years; and

WHEREAS, Dr. Sung has modeled reflective leadership, encouraging those around her in every position to participate in improving client care, the functioning of BHS, and the larger SFDPH System of Care; and

WHEREAS, Dr. Sung leaves a legacy of servant leadership, community collaboration, equity and diversity; while honoring the guiding principle of recovery and wellness that values clients’ lived experience and resilience; and

WHEREAS, Dr. Sung brought a diverse group of clinicians together, creating a medical community that serves as collaborators while fostering communication across programs in a shared vision of caring for the most vulnerable in our city; and

WHEREAS, Irene modeled a collaborative and inclusive leadership style which leveraged the talents of the BHS workforce to respond to evolving behavioral health needs of San Franciscans; and

WHEREAS, Irene Sung has a special ability to bring diverse groups of people together and honor each individual’s unique contributions while respecting differing viewpoints; and

WHEREAS, Irene fostered meaningful relationships with providers, staff, and clients through her genuine nature and powerful ability to connect with the larger community; and

WHEREAS, Irene Sung has served as an encouraging, supportive mentor to the countless staff that she has taught and supervised; and

WHEREAS, Dr. Sung led Behavioral Health Services (BHS) with a social justice and equity lens that embodies the core principles of Trauma Informed System through establishing an environment of compassion, empowerment and resilience for both clients and employees of BHS; and

WHEREAS, Irene Sung leaned in to take the reins of Behavioral Health Services as Acting Director in order to steer us on a clear path forward during a time of enormous change and upheaval;

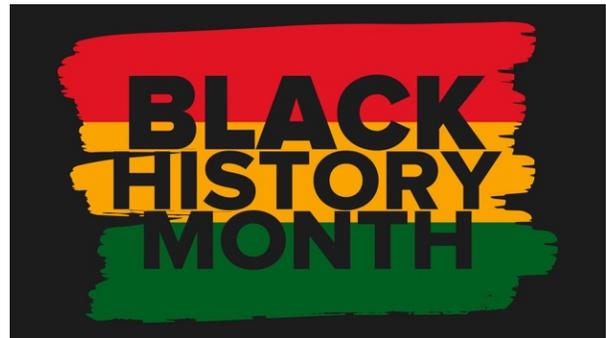
NOW, THEREFORE, BE IT RESOLVED, that the San Francisco Health Commission honors Irene Sung for her many years of outstanding service and wishes her well in all future endeavors.”

Please join us in congratulating Dr. Irene Sung!

Dr. Joy DeGruy Coming to DPH Black History Month Celebration

Each year, multiple teams of the Department of Public Health collaborate to plan a Black History Month celebration. On Friday, February 28, the San Francisco Department of Public Health (DPH) Black History Planning Committee will host “Self-Care for African Americans: Taking Care of Ourselves to Take Care of our Communities” at Laguna Honda Hospital. The Human Service Agency (HSA) Family and Children’s Service Division, San Francisco Mental Health Education Fund (SFMHEF), and Mental Health Services Act (MHSA) are co-sponsoring this event.

This Black History Month commemoration is a full-day event with a series of self-care workshops for staff, stakeholders, and community members. Internationally acclaimed researcher and educator, Dr. Joy DeGruy, will give the keynote address. Dr. DeGruy will lead a conversation on the struggle for survival in the face of oppression and racism, highlighting its impact on mental health and health care. In her address, Dr. DeGruy will also share creative and effective strategies for resiliency and wellness.



The Mental Health Services Act is one of the many DPH teams supporting this event, and invites everyone to attend. Tickets are \$20 (plus an Eventbrite processing fee). [Click here](#) to purchase tickers for the celebration. For more information, contact Helynna Brooke at helynna.brooke@sfdph.org or (415) 255-3473.



San Francisco Department of Public Health
Black History Month Committee & Human Service Agency
Family & Children's Service Division

Self Care for African Americans: Taking Care of Ourselves to Take Care of
Our Communities

Please join us for a presentation by the acclaimed speaker Dr. Joy DeGruy who will help us with strategies for resiliency in the face of racism, oppression, and its impact on our health.



Dr. Joy DeGruy

February 28, 2020

8:00AM - 5:00PM

Laguna Honda Hospital and Rehabilitation Center
Gerald Simon Theater 375 Laguna Honda Blvd.
San Francisco, CA 94116



\$20.00 plus processing fee (Lunch included)

<https://sfdph-hsa-blackhistoryevent2020.eventbrite.com>

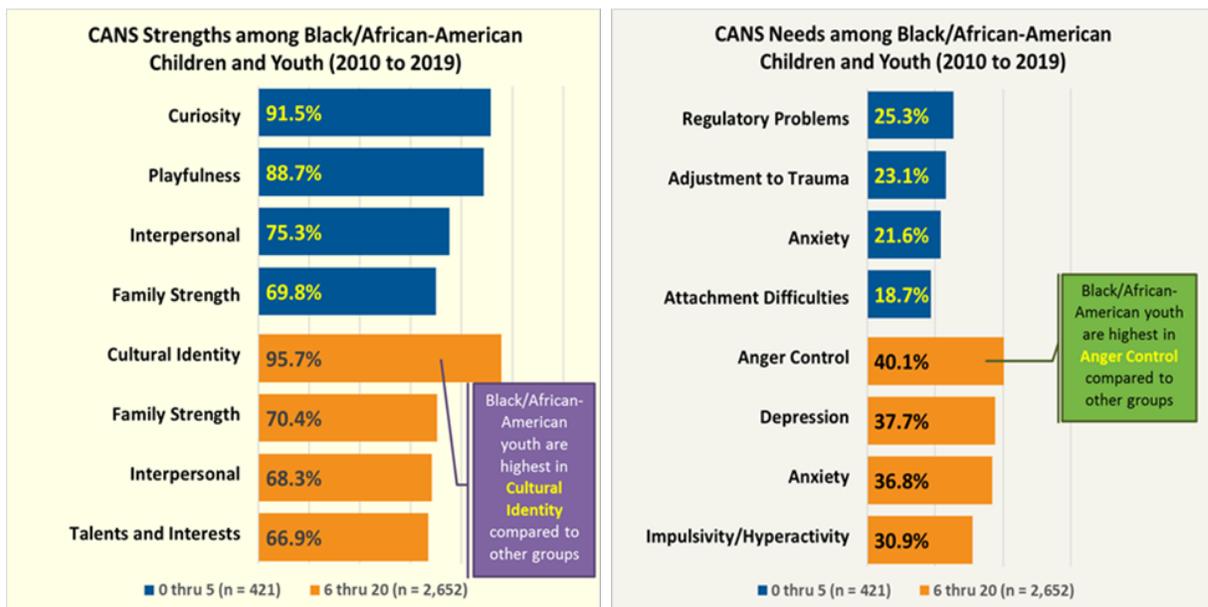
There will be no parking on the campus: you are encouraged to use public transportation please see the Muni website for transit details. <https://www.sfmta.com/>

Our Black/African-American Child and Youth clients and their Stories

What are the CANS stories of our Black/African-American children, youth, and their families?

Reflecting on the Child and Adolescent Needs and Strengths (CANS) Assessment of our Black/African-American clients from 2010 to 2019, we have gleaned that:

1. **Cultural Identity** as a centerpiece or useful Strength is more frequently occurring (95.7%) compared to other groups (i.e., Asian, Latinx, Native American, Native Hawaiian or Other Pacific Islander, and White). This indicates that many African-American and other Black youth have a strong sense of their cultural identity and are connected to others who support their identity. For younger children (ages 0 through 5), **Curiosity** as a Strength is more frequently occurring compared to other race/ethnic groups.
2. **Cultural Stress** is experienced by almost half (48.9%) of our Black/African-American clients. This experience of cultural stress is primarily influenced by a client's race/ethnicity and socio-economic status.
3. Black/African-American children and youth, ages 6 through 20, have the highest needs in **Anger Control**, **Oppositional Behaviors**, and **Attachment Difficulties** compared to other groups. They are also the second highest in **Adjustment to Trauma** and **Depression** needs, closely following Latinx youth.
4. In terms of Risk behaviors, African-American and other Black children and youth have the highest prevalence of **Intentional Misbehaviors** compared to other race/ethnic groups.



Notes: For Strengths, number is % of clients with a strength (0 or 1) rating. For Needs, number is % of clients with an actionable (2 or 3) rating.

How do these stories inform our practice?

1. It is necessary to encourage Black/African-American children and youth to develop a **positive sense of cultural or racial identity** as a means to foster resilience and strength. Programs and providers can integrate culturally relevant protective factors (i.e., **racial socialization**) using interventions such as [EMBRace](#) (Anderson, 2018).
2. Case conceptualization should consider how externalizing behaviors (i.e., angry, oppositional) among many marginalized African American youth may be a

manifestation of entrenched internalizing problems (i.e., trauma, depression), or a response to structurally embedded stressors and inequities within the home, school, and community.

3. Apply or integrate **culturally-adapted interventions** (see review by [Jones](#), 2018).

For practice improvement resources contact Ritchie Rubio at ritchie.rubio@sfdph.org. For CANS data-related questions contact Petra Jerman at petra.jerman@sfdph.org.



Drug Court Treatment Center Graduate Reflects on the Program



Drug Court Treatment Center (DCTC) celebrated the graduation of four clients this month! One client in particular had experienced homelessness and substance use disorder during the four years prior to joining DCTC. Over the course of fifteen months of treatment, the client worked hard to successfully complete the program.

When asked what the client would tell others in similar situations, they recommend that people, *"Give Drug Court a try. You have to be motivated to come and you will be working on yourself every day. I'm now sober and I like working. I have a new car and feel that I deserve what I have. I used to think that it was impossible to graduate. I only wish I had started my recovery process sooner."*

At the DCTC Graduation Ceremony, the client expressed appreciation for Case Manager, Janis Crumb, with a rose. *"I appreciate Janis, my Case Manager, for her communication, for keeping me on track."* In the coming year, the client plans to take classes at City College of San Francisco, save money from their newfound employment, and remain excited about future possibilities. *"I'm happier in life. Life is busy, but it's also relaxing. I'm happy!"*

Assisted Outpatient Treatment (AOT) works to engage clients who have frequent hospitalizations and/or incarcerations due to their mental health issues, are decompensating in the community, and are refusing services. Call (415) 255-3936 for more information, to schedule group information sessions, or to discuss specific cases.

Diverse Representation of BHS Workforce Attends “Unlearning Racism” Training



On January 31, the Office of Equity, Social Justice, and Multicultural Education (OESM) launched the first training of a six-part series entitled, “Unlearning Racism to Transform Behavioral Health Practice.” This is one of many learning opportunities organized

by the OESM Training Unit to support the BHS workforce in rendering culturally responsive care and implementing culturally competent programs. The goal of this series is to increase foundational knowledge of the impacts of racism and intersecting oppressions on behavioral health disparities, focusing on African American and other Black communities.

Ninety attendees participated in the session led by Professor Jason Seals, Department Chair of Ethnic Studies at Merritt College. The half-day training consisted of presentations, small and large group discussions, and interactive activities. A diversity of BHS staff and stakeholders were engaged in the training, including:

- Graduate School Interns from the Behavioral Health Services Internship Program,
- BHS Racial Equity Champions,
- BHS Program and Administrative Staff,
- Licensed Marriage and Family Therapists (LMFT) and Associate Marriage and Family Therapists (AMFT),
- Licensed Clinical Social Workers (LCSW) and Associate Social Workers (ASW),
- Psychologists (PsyD),
- Pharmacists (PharmD),
- Certified Alcohol and Drug Educators (CAADE),
- Nurse Practitioners (RN) and Registered Nurses (RN),
- Medical Doctors (MD), and
- On-Site Support Service Providers of the Department of Homelessness and Supportive Housing

In addition to building the capacity of the BHS workforce, the training was helpful for other County stakeholders who work to address the intersecting life needs of people with behavioral health challenges. One social worker who supports BHS clients living in permanent supportive housing shared that “(the training) was truly amazing! These types of trainings are exactly what the County needs.”

To register for future “Unlearning Racism” trainings, visit www.sfdph.org/training and click on “Behavioral Health Services”. For questions on this series or any training opportunity offered by OESM, please email BHS-OESM@sfdph.org.



San Francisco
Health Network

Office of Equity,
Social Justice, and
Multicultural Education

SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH

BHS Training Series: Unlearning Racism to Transform Behavioral Health Practice

Part 2 | The Politics of Black Identity

Thursday, February 27 | 1:00 P.M. to 4:15 P.M.
West Bay Conference Center, 1290 Fillmore St, SF

This six-part series provides a foundational knowledge of the impacts of racism and intersecting oppressions on behavioral health disparities. It will increase the capacity of attendees to provide cultural-responsive services for African American and other Black communities. This understanding is crucial to reducing health care disparities and informs best practices for improving health outcomes among all marginalized communities.

Who should attend: Physicians, Pharmacists, Psychologists, licensed behavioral health providers, BHS administrative staff, BHS management, front desk staff, administrative staff (civil service and contracted), and BHS, DPH, and other CCSF Racial Equity Champions

Trainers: Deen Hasaan & Professor Jason Seals

Objectives:

1. Understand and address the social and political complexities of Black identities and apply three social constructs that effect collective wellness.
2. Utilize Black identity models created to support racial and cultural connectedness with the purpose of developing cultural knowledge and practice cultural humility.
3. Analyze the impact of structural whiteness on Blackness and practice three strategies to disrupt anti-blackness.

Attendance at previous trainings in this series is encouraged but not required.

Trainings in this series

West Bay Conference Center
1290 Fillmore Street

Thurs., March 19, 2020

9:30 A.M. to 12:45 P.M.

Women and Misogyny

Fri., March 27, 2020

9:30 A.M. to 12:45 P.M.

Wellness and African American Culture

Tues., April 28, 2020

1:00 P.M. to 4:15 P.M.

Classism and Low-Income Communities

Wed., May 20, 2020

9:30 A.M. to 12:45 P.M.

Colorism and Anti-Blackness

CREDIT

The San Francisco Department of Public Health, Behavioral Health Services is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. The San Francisco Department of Public Health, Behavioral Health Services designates this live activity for a maximum of 3 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. In addition to physicians, CE credit is also available for pharmacists, psychologists, nurses, physician assistants, and licensed behavioral health professionals.

Register online at
www.sfdph.org/training

Click Behavioral Health Services.

ADA Accommodations can be requested by contacting the BHS Training Unit
(michael.barack@sfdph.org)

2020 BHS Pharmacy Services Manual

The Behavioral Health Services (BHS) Pharmacy is pleased to share information on the updated 2020 BHS Pharmacy Services Manual. This document is updated annually, and is meant to provide support BHS providers in medication-related services. The 2020 BHS Pharmacy Services Manual is filled with helpful resources to support medication safety and access.



How to Obtain a Copy

The 2020 Pharmacy Manual is available in both an electronic and hard copy.

- The [digital version](#) can be found on the BHS website under the **Medication Resources** section
- Hardcopies will be distributed directly to clinics. To request additional copies, please email Edmund Carnecer at Edmund.Carnecer@sfdph.org with your address and number of copies you would like to receive.

Helpful Highlights of the BHS Pharmacy Services Manual

- For laboratories, there is a helpful Labcorp locations map on page 28
- For a quick reference for what is on formulary, check out the Psychiatric Medication Formularies Comparison Table on page 15 (updated Dec 2019)
- The color of the cover for 2020 is indigo purple; Please dispose of the light blue 2019 copies

New Features of the 2020 BHS Pharmacy Services Manual

- Chain pharmacies with multiple locations, (i.e., Walgreens and CVS), are now arranged alphabetically by address street names (with corresponding cross streets) for easier access to pharmacy-specific information by prescribers
- Consult Section VII: Medication Resources, which include the updated policies and guidelines approved by Medication Use Improvement Committee (MUIC) in 2019, with guidelines for:
 - Safer Prescribing of Antipsychotics Medications
 - Approaches to Cannabis Use Disorder Medication-Assisted Treatment
 - Adult Blood Pressure Monitoring
 - Safer User of Psychotropic Medications, and
 - Naloxone Law

For any questions on the 2020 Manual, please contact Pharmacy Director, David Smith, at david.e.smith@sfdph.org.

PSC-35 Client-Level Report: Providing Therapeutic Feedback to Caregivers or Parents

The [Pediatric Symptom Checklist \(PSC\)](#) is a 35-item caregiver/parent psychosocial screen designed to facilitate the recognition of cognitive, emotional, and behavioral problems so that appropriate interventions can be initiated as early as possible. The checklist was introduced in the Children, Youth, and Families System of Care on October 1, 2018. The [PSC-35 form](#) is available in six threshold languages on the BHS website, and the PSC-35 has been integrated into Avatar.

A Client-Level Report for the PSC-35 is now available in Avatar. When clinical staff ask a caregiver/parent to complete the PSC-35, staff are now able to generate and print out a summary report that can be shared with the caregiver/parent. A [Tools to Improve Practice \(TIP\) Sheet](#) is available to guide clinical staff in accessing the report in Avatar, understanding the report and using it with caregivers/parents in a therapeutic manner. The TIP Sheet has been informed by the growing field of Therapeutic Assessment (TA), that recommends collaborating with clients in interpreting or reflecting on assessment results and planning for appropriate interventions.

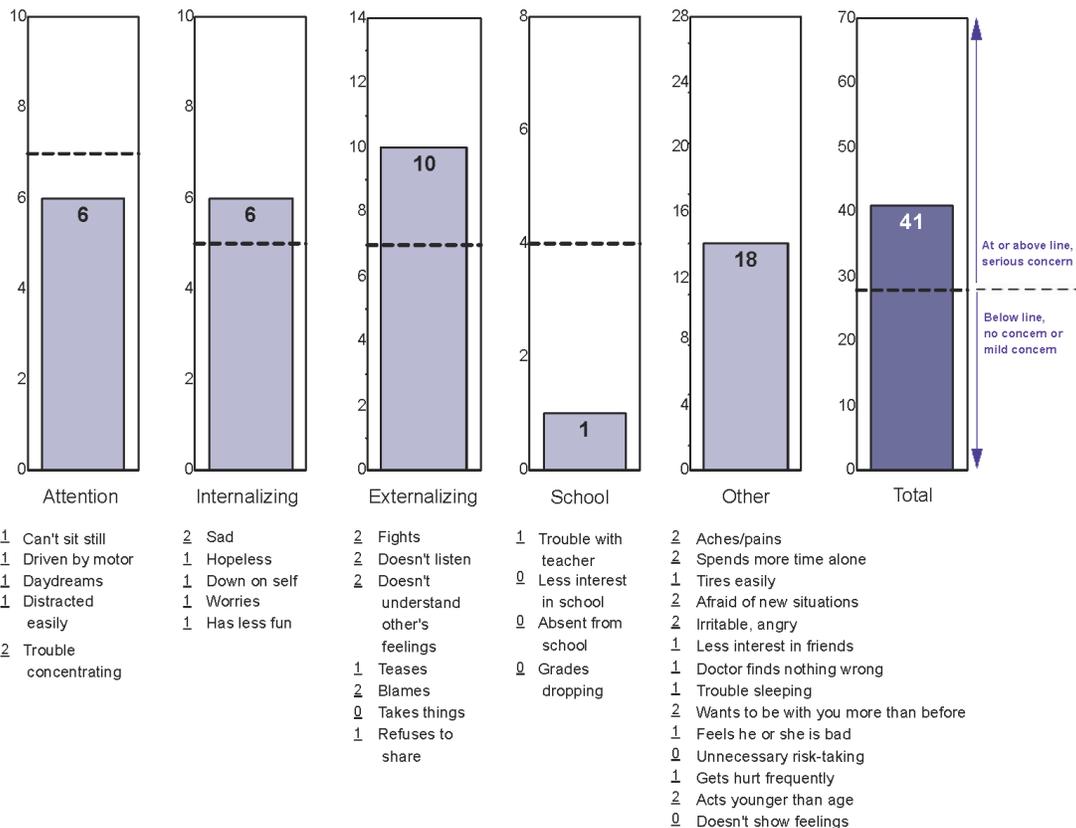
For consultations and/or questions on the PSC-35 or the Client-Level Report, please reach out to Petra Jerman at petra.jerman@sfdph.org or Ritchie Rubio at ritchie.rubio@sfdph.org.

Pediatric Symptom Checklist (PSC-35) - Client-Level Report

PSC-35 is a short survey that shows your concerns that your child might be currently struggling with emotions and/or behaviors. This can be used by your child's provider to offer the best care as soon as possible. The survey has 35 statements about emotions and behaviors. Your child may show these emotions and/or behaviors "Never" (score of 0), "Sometimes" (score of 1) or "Often" (score of 2).

Total Score: Your child may be currently struggling with managing unpleasant emotions during stressful situations. Your child's provider can speak with you about what to do next to help your child.

- Score for **attention**: Your child may currently have only a few or no major difficulties when asked to sit still or to pay attention.
- Score for emotions kept within one's self (**internalizing**): Your child may be currently struggling with feeling unpleasant emotions because of some kind of stress, like worrying all the time about lots of things.
- Score for emotions directed at others (**externalizing**): Your child may be currently struggling with how to safely and appropriately manage their behavior when feeling stressed, like not thinking before acting, which can lead to fights.
- Score for **school**: Your child may currently have only a few or no major difficulties in school.



Sample of the PSC-35 form

Black/African American Health Initiative



Black African American Health Initiative Equity Learning Series for February 2020

Date/ Time	Location	Discussion
February 4, 2020 9:00 to 10:30	Behavioral Health Services 1380 Howard Room 424	Martin Luther King: The New Phase of Civil Rights Struggle “We must face the fact that we still have much to do in the area of race relations.” We’ve seen that progress a great deal here in our Southland But we must not allow this progress to cause us to engage in a superficial, dangerous optimism. The plant of freedom has grown only a bud and not yet a flower.
February 13, 2020 Noon to 1:30	Laguna Honda Hospital Room A3219	The Awakening of Colin Kaepernick In 2016 San Francisco 49er quarterback Colin Kaepernick sat during the playing of the national anthem prior to the game, rather than stand as is customary, as a protest against racial injustice and systematic oppression in the country. The following week, and throughout the regular season, Kaepernick kneeled during the anthem. The protests received highly polarized reactions, with some praising him and his stand against racism and others denouncing the protests as disrespectful to the armed forces.
February 18, 2020 9:00 to 10:30	25 Van Ness Room 330-A	Angela Davis: How Does Change Happen? From radical rebel to university professor, Angela Davis has dedicated her life to social activism. In this talk, Angela Davis reflects on her successes and shares her insights on the strategies for change that have made -- and will make -- history.
February 27, 2020 Noon to 1:30	25 Van Ness Room 610	Health Equity Currents Topic(s) TBD
February 27, 2020 9:00 to 10:30	ZSFG Community Wellness Room Building 5 Second floor	Black Lives/Black Lungs Among all racial and ethnic groups in the United States, the black community has carried the greatest burden from tobacco-related diseases. Black Lives / Black Lungs is dedicated to investigating the successful targeting of the black community with menthol products.

For additional information email: BAAHI@sfdph.org

A National Black HIV / AIDS Awareness Day Event

UJIMA²⁰²⁰

Shattering Stigma Through
Black Intergenerational Dialogue

25 Van Ness Ave - Suite 610, San Francisco
February 7th, 2020 | 5-8pm

A discussion & panel about the
Black experience, HIV, and stigma
through an intergenerational lens.

Free Food and Refreshments
Free HIV and STI Screenings
For more info contact Vincent Fuqua
vincent.fuqua@SFDPH.org
628-206-7644

Sponsored by:
San Francisco Department of Public Health - Black/African American Health Initiative
San Francisco Department of Public Health - Community Health Equity & Promotion
San Francisco Human Rights Commission | Shanti | Black Brothers Esteem

Upcoming Trainings

For registration and information, visit www.sfdph.org/training and click on "Behavioral Health Services." Future trainings will be posted once registration is open.

February 2020	Time	Training	Location	Trainer	CE's Offered
Friday 2/6	9:00 AM – 4:30 PM	Cultural Humility People, Principles, and Practices in Behavioral Health	1290 Fillmore Street	Leanna W. Lewis, LCSW	Pending 6 CE's (PhD, PsyD, LMFT, LCSW, LPCC)
Thursday 2/27	1:00 PM – 4:15 PM	Unlearning Racism to Transform Behavioral Health Practice Part 2 The Politics of Black Identity	1290 Fillmore Street	Jason Seals and Deen Tyler	3 CME/CE (MD/DO, Nurses, Pharm, PhD, PsyD, LMFT, LCSW, LPCC)
March 2020	Time	Training	Location	Trainer	CE's Offered
Tuesday 3/3	12:00 PM – 1:00 PM	San Francisco Drug Use, Patterns and Trends: What the Clinician Needs to Know	Online Webinar	Phillip Coffin, MD, MIA, FACP, Director of Substance Use Research, SFDPH	None
Wednesday 3/11	9:00 AM – 4:30 PM	Trauma-Sensitive Mindfulness	7 Hills Conference Center, San Francisco State University	David Treleaven, PhD	Pending 6 CE's (PhD, PsyD, LMFT, LCSW, LPCC)
Thursday 3/19	9:30 AM – 12:45 PM	Unlearning Racism to Transform Behavioral Health Practice Part 3 Women and Misogyny	1290 Fillmore Street	Dr. Ifa Flannery	3 CME/CE (MD/DO, Nurses, Pharm, PhD, PsyD, LMFT, LCSW, LPCC)
Friday 3/27	9:30 AM – 12:45 PM	Unlearning Racism to Transform Behavioral Health Practice Part 4 Wellness and African American Culture	1290 Fillmore Street	Jason Seals	Pending 3 CE's (PhD, PsyD, LMFT, LCSW, LPCC)
April 2020	Time	Training	Location	Trainer	CE's Offered
Wednesday 4/1	9:00 AM – 4:30 PM	Law and Ethics Update 2020	TBA	Daniel Taube, JD, PhD	Pending 6 CE's (PhD, PsyD, LMFT, LCSW, LPCC)
Monday 4/6	9:00 AM – 4:30 PM	Acceptance and Commitment Therapy (ACT) for Coping with Trauma	TBA	Robyn Walsler, PhD	Pending 6 CE's (PhD, PsyD, LMFT, LCSW, LPCC)
Tuesday 4/28	1:00 PM – 4:15 PM	Unlearning Racism to Transform Behavioral Health Practice Part 5 Classism and Low-Income Communities	1290 Fillmore Street	Jason Seals	3 CME/CE (MD/DO, Nurses, Pharm, PhD, PsyD, LMFT, LCSW, LPCC)
May 2020	Time	Training	Location	Trainer	CE's Offered
Wednesday 5/20	9:30 AM – 12:45 PM	Unlearning Racism to Transform Behavioral Health Practice Part 5 Colorism and Anti-Blackness	1290 Fillmore Street	Jason Seals	3 CME/CE (MD/DO, Nurses, Pharm, PhD, PsyD, LMFT, LCSW, LPCC)

BHS Communications is published by the
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