MINUTES
Behavioral Health Commission Meeting
Wednesday, June 17, 2020
6:00 PM – 8:00 PM
REMOTE MEETING CALL-IN

BOARD MEMBERS PRESENT: Marylyn Tesconi, Chair; Carletta Jackson-Lane, JD, Vice-Chair; Judy Z. Drummond, MA, Secretary; Terry Bohrer, RN, MSW, CLNC; Marcus Dancer; Judith Klain, MPH; Richelle Slota, MA; Ulash Thakore-Dunlap, MFT; and Harriette Stevens, Ed D.

BOARD MEMBERS ABSENT: Arthur Curry; Gregory Ledbetter; Toni Parks; Idell Wilson.

OTHERS PRESENT: Helynna Brooke (Executive Director); Loy M. Proffitt, MBA (Assistant Director); Michelle Long, MHA, Director of Contract Development & Technical Assistance (CDTA), Behavioral Health Services (BHC); Lisa Williams, San Francisco Mental Health Education Funds, Inc. (SFMHEF); Winship Hillier; and members of the public.

Commissioner Tesconi called the meeting to order at 6:05 PM.

Roll Call
Ms. Brooke called the roll.

ITEM 1.0 COMMISSIONER’S REPORTS.

1.1 Report from Executive Director of the Behavioral Health Commission
Ms. Brooke stated, “I will retire on July 3rd. That’s my report.”
Commissioner Bohrer asked, “Are there any BHC updates?”
Ms. Brooke stated, “No.”
Commissioner Klain stated, “Congratulations on your retirement and for your years of service.”
Commissioner Drummond, “Is there any update on budget?”
Ms. Brooke replied, “It’s not ready yet.”
Commissioner Bohrer asked, “When will it be ready?”
Commissioner Stevens asked, “Which budget?”
Commissioner Bohrer stated, “We only have one Commission budget.”
Ms. Brooke explained, “Generally, we submit that at the end of the fiscal year.”
Commissioner Stevens stated, “We appreciate your work.”
Commissioner Drummond asked, “What about the Annual Report?”
Commissioner Tesconi stated, “I’m working on it with some other folks, and if anyone wants to help, we can always use the help and support.”
Commissioner Slota said, “I’ll help.”
Commissioner Bohrer said, “I’ll help.
Commissioner Drummond said, “I’ll help with final edits.”

1.2 Report from Chair of the Commission and the Executive Committee.
Discussion regarding Chair’s meetings with Behavioral Health Services staff, meetings with members of the Board of Supervisors and community meetings about mental health or substance use.

Commissioner Tesconi said, “I will not comment on the article. Supervisor Catherine Stefani has resigned, and the San Francisco Mental Health Education Funds, Inc. (SFMHEF) Board is working hard to resolve all the issues.

There is a maximum of 13 members, five from the Commission, and eight from the community.

We have seven vacant seats on the BHC, seven waiting to be confirmed, three currently filled. Helynna, can you send out an email about the vacant seats. Any questions?”
None

Commissioner Stevens mentioned, “The letterhead still has names of people who have left. What is the process to get those names removed?”
Ms. Brooke responded, “We do have one. I will check.”

Commissioner Tesconi mentioned, “We also need to change the BHC and SFMHEF websites. How can we do that, Helynna?”
Ms. Brooke replied, “We just got the domain name, so the items need to be transferred to that. Loy can speak to that.

Mr. Proffitt replied, “We’re working with the City to do the name change.”
Commissioner Tesconi inquired, “Any other questions or comments?”

None

1.3 Reports from Committees
Discussion regarding committee meetings, goals and accomplishments

1.3 a) Information Committee

Commissioner Dancer stated, “I’m going to have to step down from the Commission. I’ve been escaping COVID-19 here in Texas. Our timetable is moved up. We’re looking for more property. I’m not a SF resident anymore but will continue to work with the mental health community and the relationship with Tele-Medicine. I’m still working with Peter Hanes from Big Health to get him in front of you guys.

Commissioner Tesconi stated, “You will be missed.”

1.3 b) Implementation Committee

Commissioner Jackson-Lane shared, “I’m in the car delivering Chrome books to the kids. I don’t have the resolution in front of me.

We will miss you, Marcus, and I would like to help with the Tele-Medicine resolution.

I would like the Commissioners to look over our resolutions and see where you can make contact with Supervisors and other folks. We’re trying to move forward.

Black to the future, working with African Americans all over the City. I’d like to commend Judith Klain for her work in the Bayview.”

Commissioner Tesconi said, “Thank you. Any comments or questions?

Commissioner Bohrer asked, “Could each of the Commissioners write a few paragraphs for the Annual Report? What they did for this year, the purpose of their committee. Do it in the next week and send it to Richelle, Marylyn, or me.”

Commissioner Tesconi said, “Any other comments or questions?”

None

1.4 People or Issues Highlighted by BHC: Suggestions of people and/or programs that the board believes should be acknowledged or highlighted by the Behavioral Health Commission

Commissioner Klain mentioned, “I would like to commend the United Council of Human Services (or Mother Brown’s Kitchen). 600 people were tested for COVID-19 in the Bayview. There were less than six who tested positive. Incredible work, with a focus on the homeless and those with substance use. They really stepped it up this past few months.”

Commissioner Bohrer suggested, “Felton Institute for their suicide intervention program. Every counselor had to set up complex systems in their homes. Amazing.”

Commissioner Drummond said, “Is there any way to formally recognize these people?”

Commissioner Tesconi replied, “In the past, they came to our meetings and got a certificate.”
Commissioner Bohrer said, “We can arrange through the Board of Supervisors to get commendations because they’ve done outstanding work. I’ll look into it and see what we can do.”

Commissioner Tesconi asked, “Anyone else?”

None

1.5 Report by members of the Commission on their activities on behalf of the Commission

Commissioner Bohrer said, “I’m also attending the Police Commission. Their Annual Report is being presented. There is a culture change in the use of force. I represent the Commission on the City workgroup. I’ll send you the site, and it’s an extraordinary document compared to what’s been happening in the past. In the last month, May, there were only two uses of force: a white male and a female. I’m proud to be part of this group representing you.”

Commissioner Stevens said, “I’m on the Mental Health Governing Board, seeing the outcomes of behavioral health services in CA. We’re talking about the Data Notebook. The guidelines will be coming out. The emphasis is on tele-health and the impact of COVID 19.”

Commissioner Bohrer said, “We already sent it in for last year.”

Commissioner Stevens inquired, “Are you currently working on the Report?”

Commissioner Bohrer said, “We didn’t get anything from the State yet.”

Commissioner Stevens reported, “The Planning Council is working on guidelines for the Data Notebook for 2020 - 2021, but the State wants it slanted more towards COVID in our delivery of services.”

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

Commissioner Tesconi said, “Are there any ideas for new business to refer to the Executive Committee?”

Commissioner Klain stated, “No item right now. In the past, I’ve submitted several items. Can we go back in the minutes and look them up?”

Commissioner Tesconi asked, “We could try to go back in the minutes.”

Ms. Brooke shared, “They’re all on-line.”

Commissioner Tesconi asked, “Are they accessible?”

Ms. Brooke replied, “www.sfgov.org/mental_health, or www.mhbsf.org with the link at the bottom.”

Commissioner Tesconi stated, “Our bylaws should be reviewed and updated; they’re from 2007. We should have had an election in February for new officers. Since we can’t do site visits, can we create some questionnaire for people who run residential programs to see the COVID impact?”

Commissioner Klain said, “Good, since that will give us something to put into the Data Notebook since we haven’t done anything in the past year.”
Commissioner Bohrer stated, “I volunteer, Judy, and Marylyn does, too. It would have been so much easier to survey over the phone.”

Commissioner Tesconi said, “I’d like to initiate that.”

1.7 Public comment

Mr. Hillier stated, “The notice for this meeting was not posted within the past 72 hours per Brown and Sunshine Acts. Any action you take will be in violation of the Brown Act. I’ve been trying to get people reappointed. Can I hear from Commissioner Drummond?”

Commissioner Drummond said, “I sent my application to Supervisor’s Clerk Victor Young and Supervisor Mandelman.”

Mr. Hillier said, “I’ll be in touch with Supervisor Mandelman. They did not appoint three Commissioners on June 3rd. I got a call back from Supervisor Haney regarding Carletta, but not in time. I’ve been in contact with Peskin, but they haven’t gotten back.”

Ms. Brooke explained, “The Rules Committee did not appoint Terry.”

Commissioner Bohrer said, “I volunteered. I assumed the responsibility when David Elliott Lewis’s term expired.”

ITEM 2.0 ACTION ITEMS

For discussion and action.

2.1 Public comment

2.2 Proposed Resolution: Be it resolved that the minutes for the Behavioral Health Commission meeting of May 20, 2020 be approved as submitted.

Commissioner Tesconi mentioned, “The Executive Director has not completed the minutes of May 20th. We have to table this until the next meeting in July.”

ITEM 3.0 PRESENTATION: DISCUSSION: HOW TO STRENGTHEN THE BEHAVIORAL HEALTH COMMISSION’S RELATIONSHIP WITH THE BOARD OF SUPERVISORS

For discussion

3.1 Discussion: How to Strengthen the Behavioral Health Commission’s Relationship with the Board of Supervisors

Commissioner Jackson-Lane stated, “I feel that we should have an open relationship with our Supervisors. Since Supervisor Stefani resigned, Helynna, what is the process to get another Supervisor on the Commission?”

Ms. Brooke stated, “We need to look for a Supervisor with an interest in mental health. We need to lobby for them, then get the full Board to nominate them.”

Commissioner Jackson-Lane added, “A group of us need to work on that.”

Commissioner Drummond said, “We can’t go forward on this until we have our financial problems cleaned up. We should table this until our issues are resolved.”
Commissioner Klain stated, “I’m concerned we have basically stalled our work for many issues out of our control. I don’t believe we need to stop doing our work. We should continue to do the work we need to do.”

Commissioner Drummond said, “We can lobby for a new Supervisor or do visits.”

Commissioner Klain stated, “We can look for new Commissioners and do the work we need to do as Commissioners on this Commission.”

Commissioner Stevens said, “I understand what Judith and Carletta are talking about. Judy has concerns about the budget. I’m in agreement that we need to continue our work. A few Commission members are on the SFMHEF Board, and their responsibility is to resolve that situation. We’re trying to sort through what is happening with the budget. As Carletta says, how do we go about asking Supervisors to participate? We have to update the bylaws and then train Commission members on those bylaws. There’s a lot of groundwork we need to do before we talk to the Supervisors. We can do that right now. We should have things settled with the budget by the end of June. The Commission has to proceed. We need a plan. We can’t just ask.”

Commissioner Klain said, “I agree with Harriette. We’ll just make fools of ourselves.”

Commissioner Jackson-Lane said, “That was just something we can focus on. Just trying to get a feel about how we can set a plan with the ultimate goal of getting a Supervisor on the Commission.”

Commissioner Tesconi said, “It’s very important we get the seats filled, including the Supervisor’s seat. I’d be willing to work together on how we can work with a Supervisor to get them on this Commission. My Supervisor, Gordon Mar, is great.”

Commissioner Bohrer shared, “There are many issues that have not been addressed in a long time.

It has to be done through a strategic plan. We need to update the bylaws - there are many other things we need to accomplish.

There are 16 steps the WIC needs to have done. We never follow through. I would be willing to work on that plan. Judith would be great. Where do we want to go for the next year? This year has been an abomination. Resolutions and Annual report are a waste.

This is an opportunity to look at what the State says. It says we get appointed for three years. There are a lot of things that need to be done with people on a strategic plan. Volunteers can work on this. Who volunteers?”

Commissioner Jackson-Lane mentioned, “Judith, Marylyn, Richelle, and Judy volunteer.”

Commissioner Bohrer stated, “I’ll send a skeleton by the end of the week. We had one before, but nobody followed it.”

Commissioner Klain asked, “When is the Annual Retreat?”

Ms. Brooke said, “December.”

Commissioner Klain stated, “For a future meeting, we can show changes with staff and new Commissioners and present a plan for December.”

Commissioner Bohrer suggested, “We can do it for the July meeting.”
Commissioner Drummond asked, “Can we agree on that?”

Commissioner Stevens asked, “Terry, you mentioned a survey, can that be part of the plan?”

Commissioner Bohrer mentioned, “I want the Commission to be the best. Even smaller little counties are doing better than we are.”

Commissioner Stevens asked, “Who do you submit that to?”

Commissioner Bohrer stated, “It goes to the Supervisors and the Mayor. I’d bet neither the Supervisors nor the Mayor has ever read them.”

Commissioner Stevens asked, “Is it possible to do a synopsis?”

Commissioner Bohrer mentioned, “We did that on the last three reports.”

Commissioner Tesconi stated, “Ask your Supervisor if she read it.”

Commissioner Stevens mentioned, ”Getting a Supervisor on the Commission means they have to read the Annual Report and the Data Notebook.”

Commissioner Klain said, “One suggestion: usually they include short and long-term goals.”

Commissioner Bohrer mentioned, “One year we included goals.”

Commissioner Tesconi said, “Chances of them reading it is low. We need a relationship with the Supervisors.”

3.2 Public Comment

Mr. Hillier stated, “It’s a total waste of time to get a Supervisor on this commission. Roberts Rules say you may not submit a proxy to sit on this Commission as Stefani did. You’re not going to get a Supervisor to sit on this board. Bylaws say you have to meet 11 times a year, so no more August break or Retreat.

There is no appropriate discussion of financial issues here. You need to make a motion to establish an ad hoc meeting, not the way we just did.

You can’t meet without public knowledge. You need to double down on the procedure on these meetings. The number of people coming in and out of this meeting needs to be watched, because you always need a quorum.”

Roll call: quorum was present.

ITEM 4.0 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.

4.1 Mental Health Service Act Updates and Public Hearings
ITEM 5.0 REPORT FROM BEHAVIORAL HEALTH SERVICES DIRECTOR

The full director’s report can be viewed at the end of the minutes or on the internet.

5.1 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.

Please see the director’s report.

5.2 Public Comment

No public comments

ITEM 6.0 PUBLIC COMMENT

6.1 Public Comment

Mr. Hillier asked, “Who is on the ad hoc committee? I’d like to be on that committee. Report back with instructions to complete the motion. Roberts allows you to add to a motion. We can report back at the July meeting.”

Commissioner Tesconi stated, “Terry is the chair, with Judy, Richelle, Carletta, Judith, and Marylyn.”

Adjournment 7:29 pm.
Supporting our LGBTQIA+ Black Youth: Celebrating Pride at this time calls for Reflecting Back to its Roots

These are just a few stories from our youth clients who identify as Black/African-American and LGBTQIA+. Their stories underscore difficulties that cut across multiple marginalized intersected identities. This past week intensified the narrative that amidst the COVID-19 pandemic, we are also living in a racism pandemic. One can just imagine how this is taking a heavy psychological toll on these youth and the larger Black/African-American community. In fact, the Trevor Project has already reported that, over the last several days, ‘they have been supporting many Black LGBTQIA+ youth in crisis expressing a wide range of emotions over the senseless and unjust violence against Black/African-Americans.’

In celebrating Pride month this year, the LGBTQIA+ community is standing in solidarity with the Black/African-American community. More than a hundred LGBTQIA+ organizations have released statements in support of the #BlackLivesMatter protests. Many advocacy groups have also re-envisioned planned Pride programming. All of these efforts are bringing back the Pride Movement to its roots – on how it began with the Stonewall riots (1969) to combat police brutality and oppression. And noteworthy, how it was spearheaded by LGBTQIA+ people of color (i.e., Stormé DeLarverie, Marsha P. Johnson, Sylvia Rivera to name a few), and thus highlighting how intersectionality is at the heart of Pride from the outset.

If you are helping our Black/African-American LGBTQIA+ youth celebrate Pride, more importantly, be sensitive and respond to how the present events are impacting their multiple marginalized identities. Perhaps, recommendations by the Trevor Project are a good place to start in supporting them. For questions, reach out to ritchie.rubio@sfdph.org.
Engaging Children and Youth in Conversations about Race and the Racism Pandemic

The events of the past week and months, with the tragic deaths of George Floyd, Breonna Taylor, Ahmaud Arbery, and many other Black/African Americans, make us realize that ‘we are living in a racism pandemic’ (Shullman, APA president). Many adults wonder whether to talk to children and youth about this at all, given that many are already struggling with fear, anxiety, and the uncertainty of the COVID-19 crisis. More than ever, this is the right time to do it. Racism persists because we keep avoiding these conversations. ‘Silence will not protect you or them (Tatum, 2020).’

As behavioral health providers, we are in a unique position for efforts to interrupt and stop racism in our work with children, youth, and their families. ‘There can be no spectators. Addressing racism is a core part of everyone’s work (Bennet, DPH Equity Director).’ Please find below some resources to strengthen your work on this:

- **Embracerace.** (a) **I [STILL] can’t breathe**: Supporting kids of color amid racialized violence; (b) Supporting Kids of Color in The Wake of Racialized Violence Part 1 and Part 2; (c) **Tips for Talking to Your Child About Racial Injustice**.
- **RESilience.** (a) **Racial Stress and Self-care**, and (b) **Engaging My Child**.
- **Talking With Youth about Racism, Police Brutality and Protests** and **They’re Not too Young to Talk about Race**.
- **Coming Together: Standing Up to Racism.** CNN/Sesame Street Town Hall on Saturday, June 6.
- Bibliotherapy is a powerful medium to start these conversations. See **APA’s RESilience; Embracerace; Social Justice Books; Charis Books and More.**
  Example: **Something Happened in Our Town** with a recording [here](https://example.com).

For consult or other resources, contact Ritchie Rubio at [ritchie.rubio@sfdph.org](mailto:ritchie.rubio@sfdph.org).
Mental Health Services Act (MHSA) FY2020-23 Program and Expenditure Integrated Plan Approval

The Mental Health Services Act (MHSA) FY2020-23 Program and Expenditure Integrated Plan was approved by the Behavioral Health Commission on May 20, 2020. MHSA Interim Director, Teresa Yu, presented a summary of the plan for the Commission, which was posted for a period of 30 days from February 6, 2020 to March 9, 2020 for public comment. A public hearing was initially scheduled on April 15, 2020 however, this Behavioral Health Commission Hearing was cancelled due to the COVID-19 pandemic. The Behavioral Health Commission reconvened on May 20, 2020 in order to provide a hearing for this plan.

The FY2020-2023 Three Year Program and Expenditure Integrated Plan showcases MHSA program outcomes achieved in Fiscal Year 2018-2019 and gives an overview of future program plans for the coming three years. Program improvements, implementation and evaluation plans were informed by community input and feedback, pictured here.

The Mental Health Services Act has funded innovative and traditional mental health programs and services across San Francisco since its introduction in 2005. The principles that guide the MHSA program include community collaboration, recovery & wellness, health equity, client & family member involvement, and integrated client-driven services. Services are provided in wellness categories such as prevention & early intervention, vocational, housing, peer-to-peer, workforce development, information technology, capital facilities, recovery-oriented treatment and intensive case management services.

The FY2020-2023 Three Year Program and Expenditure Integrated Plan will be available online shortly. For more information, please contact MHSA@sfdph.org.
Behavioral Health Services’ Training Unit Update

The following training materials and recordings have been uploaded to
BHS’ COVID-19 public Google Drive

- Information for Opioid Treatment Programs Regarding COVID-19 | Judith Martin, MD
- Telecare for Opioid Use Disorders | David Kan, MD
- Staff Wellness (Part 1) | Nia Hamilton-Ibu, LCSW
- Telehealth for SFDPH Behavioral Health Services: Essential Elements and Tips for Treatment | Hamilton Holt, MD
- Keeping You and Your Family Safe from COVID-19 | David Pating, MD and Michelle Truong, RN
- Law and Ethics for Public Entity Healthcare Providers (with a COVID-19 Update) | Linda Garrett, JD
- Culturally-Adapted Suicide Prevention in Age of COVID-19 | Brandon Hoeflein, MS
- Staff Wellness (Part 2) with a Focus on Sleep | Nia Hamilton-Ibu, LCSW
- Coming Soon: Revitalizing Interrupted Lives: Treating Trauma with Acceptance and Commitment Therapy | Robyn Walser, PhD (May 29 and June 4)

If you have feedback including future training suggestions, please contact
Michelle Meier, LCSW, BHS Training and Internship Manager
(Michelle.Meier@sfdph.org)
# June 2020 BHS Trainings

<table>
<thead>
<tr>
<th>Time</th>
<th>Training</th>
<th>Location</th>
<th>Trainer</th>
<th>CE’s Offered</th>
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<tbody>
<tr>
<td><strong>Wed 6/3</strong></td>
<td><strong>8:45am – 12:00pm</strong>&lt;br&gt;ASAM Criteria Training: Understanding the ASAM Criteria in the Context of the California Treatment System (ASAM - A)**</td>
<td><a href="https://ucla.zoom.us/meeting/register/tJEkCuotpzXvH92XrnRmx6GQymRBDvE">https://ucla.zoom.us/meeting/register/tJEkCuotpzXvH92XrnRmx6GQymRBDvE</a></td>
<td>Grant Hovik, MA</td>
<td>3 CE available for LMFT, LCSW, LPCC, and drug counselors</td>
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<tr>
<td><strong>Wed 6/3</strong></td>
<td><strong>10:00am – 11:30am</strong>&lt;br&gt;Telehealth with Traumatized Children and Adolescents</td>
<td>[<a href="https://attendee.gotowebinar.com/regist">https://attendee.gotowebinar.com/regist</a> er/1171987442765169163](<a href="https://attendee.gotowebinar.com/registr">https://attendee.gotowebinar.com/registr</a> er/1171987442765169163)</td>
<td>Jennifer Wilgocki, MS, LCSW</td>
<td>Pending</td>
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<td><strong>Thu 6/4</strong></td>
<td><strong>10:00am – 12:00pm</strong>&lt;br&gt;Advanced Motivational Interviewing</td>
<td><a href="https://www.eventbrite.com/e/advanced-motivational-interviewing-sfdph-hrti-online-training-tickets-106810862164">https://www.eventbrite.com/e/advanced-motivational-interviewing-sfdph-hrti-online-training-tickets-106810862164</a></td>
<td>Charles Hawthorne</td>
<td>2 CE available for RN, LMFT, LCSW, LPCC, LEP</td>
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<td><strong>6/4/6/11/16/19/25</strong></td>
<td><strong>3:00pm – 5:00pm</strong>&lt;br&gt;Supporting &amp; Learning about the MH Needs of LGBTQIA+ Community during COVID-19 Webinar Series</td>
<td><a href="https://tinyurl.com/y7bf3cz">https://tinyurl.com/y7bf3cz</a></td>
<td>Tuquan Harrison</td>
<td>N/A</td>
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<td><strong>6/6/8/11/16/19/24</strong></td>
<td><strong>Consults by Appt.</strong>&lt;br&gt;Strengthening Supervision in the Midst of a Global Health Emergency</td>
<td><a href="https://bit.ly/3g4Ohwe">https://bit.ly/3g4Ohwe</a></td>
<td>Scott Migdole, MSW</td>
<td>N/A</td>
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<tr>
<td><strong>Mon 6/8</strong></td>
<td><strong>11:00am – 12:00pm</strong>&lt;br&gt;Making Zoom Sessions Trauma-informed, Engaging, and Playful for CYF clients</td>
<td><a href="https://bit.ly/3druwC">https://bit.ly/3druwC</a></td>
<td>Ritchie Rubio, PhD</td>
<td>3 CME/CE (MD/DO, Nurses, Pharm, PhD, PsyD, LMFT, LCSW, LPCC, CCAPP)</td>
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<td><strong>Mon 6/8</strong></td>
<td><strong>1:00pm – 3:00pm</strong>&lt;br&gt;Dismantling Drug-related Stigma</td>
<td><a href="https://www.eventbrite.com/e/dismantling-drug-related-stigma-sfdph-hrti-online-training-tickets-106815770846">https://www.eventbrite.com/e/dismantling-drug-related-stigma-sfdph-hrti-online-training-tickets-106815770846</a></td>
<td>Charles Hawthorne</td>
<td>2 CE available for RN, LMFT, LCSW, LPCC, LEP</td>
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<td><strong>Mon 6/8</strong></td>
<td><strong>5:00pm – 6:30pm</strong>&lt;br&gt;The State of Reentry During COVID-19</td>
<td><a href="https://forms.gle/jbAJsMsNV5htfhDBA">https://forms.gle/jbAJsMsNV5htfhDBA</a></td>
<td>Susan Burton Lexus Bowman Eleanor Reed</td>
<td>N/A</td>
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<td><strong>Tue 6/9</strong></td>
<td><strong>1:30pm – 4:45pm</strong>&lt;br&gt;Improving Skills and Systems to Implement the ASAM Criteria: Part 1</td>
<td><a href="https://bit.ly/36j4Gc7">https://bit.ly/36j4Gc7</a></td>
<td>David Mee-Lee, MD</td>
<td>3 CME/CE (MD/DO, Nurses, Pharm, PhD, PsyD, LMFT, LCSW, LPCC, CCAPP)</td>
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<td><strong>Wed 6/10</strong></td>
<td><strong>10:00am – 11:30am</strong>&lt;br&gt;Effective Suicide and Crisis Intervention Using Telehealth</td>
<td>[<a href="https://attendee.gotowebinar.com/registr">https://attendee.gotowebinar.com/registr</a> er/2614509315011952395](<a href="https://attendee.gotowebinar.com/registr">https://attendee.gotowebinar.com/registr</a> er/2614509315011952395)</td>
<td>Kristin Dempsey, EdD, LMFT, LPCC</td>
<td>Pending</td>
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<td><strong>Tue 6/16</strong></td>
<td><strong>1:30pm – 4:45pm</strong>&lt;br&gt;Improving Skills and Systems to Implement the ASAM Criteria: Part 2</td>
<td><a href="https://bit.ly/36j4Gc7">https://bit.ly/36j4Gc7</a></td>
<td>David Mee-Lee, MD</td>
<td>3 CME/CE (MD/DO, Nurses, Pharm, PhD, PsyD, LMFT, LCSW, LPCC, CCAPP)</td>
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<td><strong>Wed 6/17</strong></td>
<td><strong>10:00am – 11:30am</strong>&lt;br&gt;Self-Management Supports in a Virtual Setting</td>
<td>[<a href="https://attendee.gotowebinar.com/registr">https://attendee.gotowebinar.com/registr</a> er/1073161138637437707](<a href="https://attendee.gotowebinar.com/registr">https://attendee.gotowebinar.com/registr</a> er/1073161138637437707)</td>
<td>Kellie Spencer, EBP</td>
<td>Pending</td>
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<td><strong>Wed 6/24</strong></td>
<td><strong>10:00am – 11:30am</strong>&lt;br&gt;Harm Reduction in a Virtual Environment</td>
<td>[<a href="https://attendee.gotowebinar.com/registr">https://attendee.gotowebinar.com/registr</a> er/5655608810696275035](<a href="https://attendee.gotowebinar.com/registr">https://attendee.gotowebinar.com/registr</a> er/5655608810696275035)</td>
<td>Eric Haram, LADC</td>
<td>Pending</td>
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<tr>
<td><strong>Wed 6/24</strong></td>
<td><strong>8:45am – 12:00pm</strong>&lt;br&gt;ASAM Criteria-(B) Integrated Treatment Planning and Documentation</td>
<td><a href="https://ucla.zoom.us/meeting/register/tJEcCOutpzXvH92XrnRmx6GQymRBDvE">https://ucla.zoom.us/meeting/register/tJEcCOutpzXvH92XrnRmx6GQymRBDvE</a></td>
<td>Grant Hovik, MA</td>
<td>3 CE available for LMFTs, LCSWs, LPCCs, and drug counselors</td>
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<tr>
<td><strong>Fri 6/26</strong></td>
<td><strong>12:00pm – 1:00 pm</strong>&lt;br&gt;Drumming for Staff Wellness</td>
<td><a href="https://www.sfdph.org/training">https://www.sfdph.org/training</a></td>
<td>Sal Nunez, PhD</td>
<td>N/A</td>
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<tr>
<td><strong>Tue 6/30</strong></td>
<td><strong>9:00am – 10:30am</strong>&lt;br&gt;ELS Latinx Community Wellness: Sugerencias para su Bienestar y Salud</td>
<td><a href="https://www.sfdph.org/training">https://www.sfdph.org/training</a></td>
<td>Sal Nunez, PhD</td>
<td>N/A</td>
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From the Frontlines: Providing Behavioral Health Essential Services During the COVID-19 Pandemic

The Edgewood Therapeutic Behavioral Services (TBS) program serves the most vulnerable populations by providing in home intensive therapeutic behavioral services. When the shelter in place started, the addition of the Telehealth option to provide services challenged us as a team to grow and get creative. We have several very young clients (4-6 years old). How would we get the little ones to sit still in front of a screen?

It occurred to us that Sesame Street has been engaging young children in social emotional learning through a screen for over 40 years. With Kermit serving as inspiration, coaches engaged our youngest clients by making it fun with interventions like picking up a guitar and playing/teaching songs about feelings and coping skills. Teaching “sharing” to a child who struggles with physical aggression by asking him to share his snack. Imagine a tiny four-year old’s hand holding up a cookie to the screen offering to share and the coach taking the imaginary cookie and enjoying it with the gusto of Cookie Monster (positive reinforcement accomplished!).

With the older kids, we found inspiration from places they already like to go on their devices, such as YouTube. Coaches created “challenges” for clients to complete during the week which involved trying new coping skills, practicing them IRL and reporting back. Some coaches shared their screen on Zoom and went on “outing” connecting their clients to soothing places to take space, such as the live jellyfish feed from Monterey Bay Aquarium and museum tours. The clients we were most surprised about were the clients that had been historically resistant to in person services but responded very positively to Telehealth. The sessions through a screen actually allowed enough of a buffer for some clients with attachment challenges to feel safer, open up, and build trust.

These are just a few examples of how the TBS team has been able to meet the moment. I’m hopeful and excited to see what innovations and new tools these challenging times will bring.

For more information please contact Angela Buelow at AngelaB@edgewood.org.

*Please consider submitting your “From the Frontlines” stories to alicia.st-andrews@sfdph.org about how services have changed as a result of COVID-19, including the adversities and resilience experienced by clients and staff who are adapting and responding to this evolving crisis.
Staff Shout Out to Dr. Tom Bleecker

Dr. Tom Bleecker is the Assistant Director of the BHS Quality Management Research and Evaluation Unit. As a clinical and research psychologist, Tom has led program evaluation studies and outcomes management over the 18 years he’s been with BHS. During COVID-19, his expertise in developing data dashboards for management decision making has been drawn on in two separate deployments. He was first deployed for 4 weeks to the Epidemiology and Surveillance Branch, where he helped develop the SF Data Tracker dashboard displaying the metrics the city uses to monitor the number of COVID-19 tests and other key metrics. His tremendous data skills were then tapped by the Containment Branch, where he has been deployed for the past 4 weeks helping to develop a dashboard for tracking referrals and bed use at the Isolation and Quarantine sites.

While still deployed, Tom has developed a Tableau dashboard for BHS leadership to monitor trends in service utilization and numbers of clients served (in person and via telehealth/phone) prior to and during the COVID-19 emergency. These data have been instrumental in helping BHS leaders plan for the next phase of system recovery. Tom’s excellent data skills are matched by his humility, kindness and genuine desire to be of service to BHS and the clients we serve.

Thank you, Tom, for all you do to enable leaders to have accessible data on which to base their decisions during this uncertain time!
Mental Health Leader Draws on His Immigrant Experience to Serve California’s Diverse Communities

Imo Momoh, our former Director of BHS Office of Equity, Social Justice, and Multicultural Education (OESM), recently transferred to Alameda County Behavioral Health Care Services to serve as Deputy Director, and is featured in California State of Mind.

Here is an excerpt:

*Imo Momoh was just a teenager when he came to the United States from Nigeria to attend college and join his older sister, a student at Golden Gate University in San Francisco. Three months later, in the Fall of 2000, his sister left, and Imo was on his own. “It was hard,” he says. “I was by myself…”

…He stuck it out through those tough times, and has used those experiences — and the trials of coming from another country and culture — to create a well of empathy and understanding that has informed his work as a leader in community mental health programs up and down the state.

Full story here.
Welcome to the Newest Member of the BHS Family!

Naomi Wahyudi Lara
May 29, 2020, 8:51am
6 pounds, 6 ounces

Daughter of Kristalia Wahyudi Williams Lara
BHS Office of Equity, Social Justice, and Multicultural Education

Naomi is the first born of Borys Edwardo Lara and Kristalia Wahyudi Williams Lara.

Naomi is Salvadorian, Chinese, Indonesian, and Black/African American. She is strong, healthy and loves music.
BHS Civil Service and Contractor Staff

Do you have general questions about being a Disaster Service Worker (DSW) or are you currently deployed and have concerns you need help getting answers for?

The BHS Clearinghouse team is available to support you regarding your deployment needs.

If necessary, BHS leadership provides support answering questions/addressing concerns and coordinates with DOC

415-255-3427  bhsclearinghouse@sfdph.org