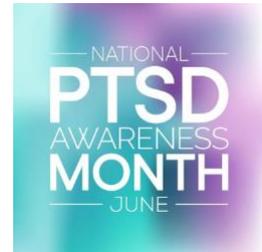




Behavioral Health Services – Monthly Communications Report

An Increase in Traumatic Experiences During the COVID-19 Crisis

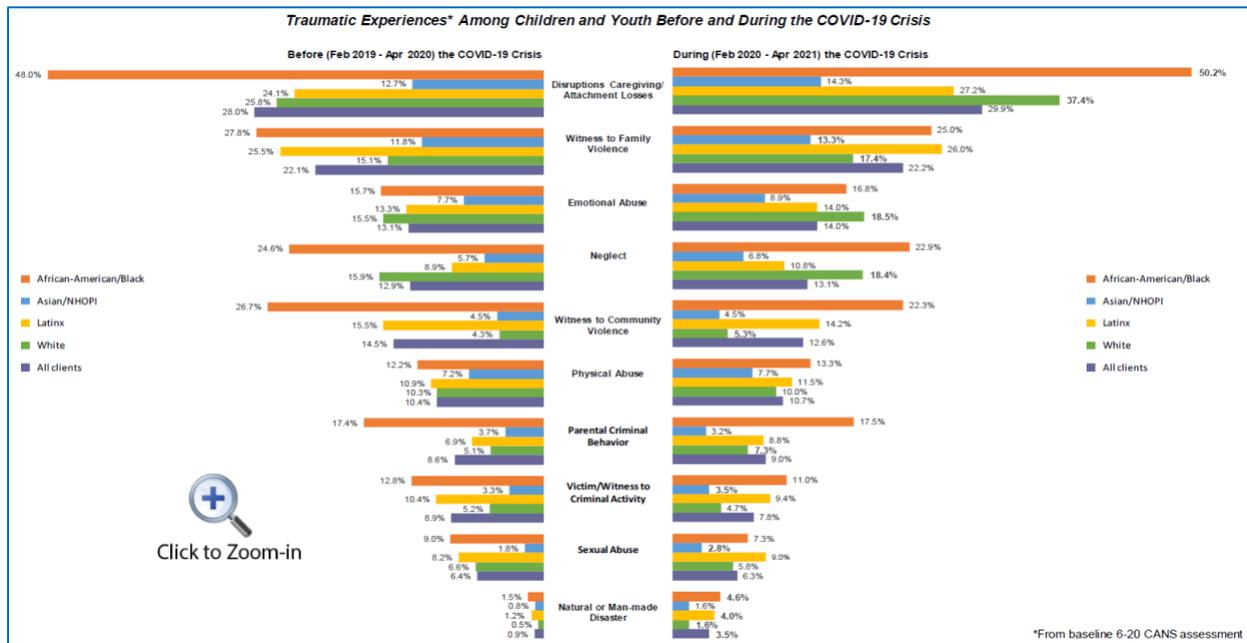
Adverse childhood experiences (ACEs), which is defined by different forms of abuse, neglect, and household dysfunction, is a major public health problem in the United States that has the potential to worsen in the current COVID-19 pandemic (Bryant, 2020).



We looked at our **Child and Adolescent Needs and Strengths (CANS)** assessments and found that **disruptions in caregiving/attachment losses** is the most prevalent traumatic experience among 6 thru 20-year-old clients overall (28.0% and 29.9%, before and during the COVID-19 crisis, respectively), and especially among African-American/Black children and youth (48% and 50.2%, before and during the COVID-19 crisis, respectively). In addition, among all clients, disruptions in caregiving/attachment losses and emotional abuse showed the greatest increase (of about 7%) during the COVID-19 crisis, after the 300% increase seen in exposure to natural or man-made disaster. See data story below (a bigger chart is found [here](#)).

Traumatic experiences such as witnessing family violence, emotional abuse, and neglect increased by a greater proportion among White children and youth during the COVID-19 crisis as compared with children in other racial/ethnic groups. Among Asian/NHOPI children and youth, sexual abuse and being a victim/witness to criminal activity increased during the COVID-19 crisis, while these experiences either decreased or remained of similar prevalence among children and youth in other racial/ethnic groups.

When working with children and youth clients who have traumatic experiences, it is essential to help them



through a recovery process that includes: establishing safety, retelling the stories of trauma, and reconnecting with others (Herman, 2002). A new section on [Trauma Healing](#) was developed in our [CYF TIPs](#) website that includes resources and tools that align with this tri-phasic model of trauma treatment. This new section also includes tele-adaptation resources for some trauma-focused interventions such as TF-CBT, ITCT-A, and EMDR. Please reach out to Petra Jerman of QM (petra.jerman@sfdph.org) for questions around the CANS data, and Ritchie Rubio of CYF (ritchie.rubio@sfdph.org) for consult around practice.



San Francisco Department of Public Health Division of Behavioral Health Services is Hiring!

San Francisco Department of Public Health (SFPDH) Division of Behavioral Health Services (BHS) is seeking executive-level leaders and clinicians to join an unprecedented opportunity to grow and transform behavioral health care in San Francisco's public safety net system. Through San Francisco's Mental Health SF to address behavioral health, and with significant new resources, we seek candidates who will lead, design, and implement new programs and systems to create more accessible, equitable, coordinated, and culturally responsive and person-centered care. Our transformation centers wellness and improved behavioral health outcomes for individuals and families experiencing homelessness, and/or racial trauma, and reduction of criminal-legal involvement among people with mental health and substance use challenges.

We seek mission-driven, passionate candidates from diverse backgrounds who have behavioral health expertise and demonstrated commitment to fostering anti-racist practice, racial justice and behavioral health equity. We aim to foster an environment of inclusion and belonging for our workforce and to create a leadership team that reflects the diversity, including majority Black and Brown, of San Franciscans served in our system of care.



- SFPDH's Behavioral health services (BHS) has formed two new sections, System of Care and Behavioral Health Managed Care, and seeking leaders for each. These senior-level positions will report directly to the Director, BHS and Mental Health SF:
 - **0941 System of Care Director:** [Job Description & Application Link](#)
 - **0941 Managed Care Director:** [Job Description & Application Link](#)
- *Other leadership positions:*
 - **0932 Office of Coordinated Care Director:** [Job Description & Application Link](#)
 - **0932 Quality Management Director:** [Job Description & Application Link](#)
 - **0922 Adult/Older Adult Assistant Director:** [Job Description & Application Link](#)
- *More exciting opportunities:*
 - **2930 Behavioral Health Clinician:** [Job Description & Application Link](#)
 - **2932 Senior Behavioral Health Clinician:** [Job Description & Application Link](#)
 - **2593 Health Program Coordinator III:** [Job Description & Application Link](#)Recruitment for **Health Workers** (2585, 2586, 2587, and 2588) and **Health Program Coordinators** (2589, 2591) will be starting soon.

Additional jobs will be posted - be on the lookout for new postings via the CCSF [HR Website!](#)



FREE Headspace Wellness App for SF Employees and Residents

BHS is offering 10,000 free Headspace Wellness app licenses to individuals who live and/or work in San Francisco to support wellness during these challenging times. They are available now and will expire March 14, 2021. Headspace free licenses, which are made possible by the Mental Health Services Act (MHSA) Mental Health Assisted Technology Solutions, provides guided meditation for adults and children. To register: headspace.com/sf-county.

Keeping San Francisco County strong

This year has affected all of us in different ways. But there's one thing that keeps San Francisco County strong: a sense of community. That's why Headspace and San Francisco County Behavioral Health Services are working together to provide free resources that can help residents weather this storm.

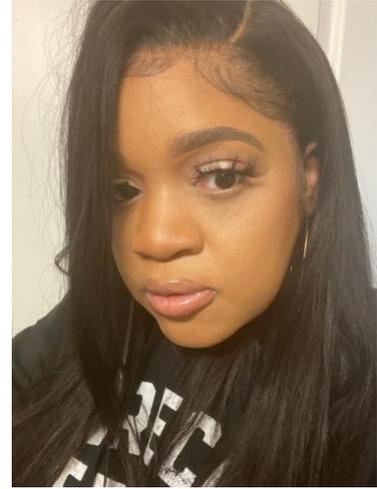
Sign up to access meditations, sleep sounds, and movement exercises designed to help you care for your mind – all free through March 14, 2022 for new Headspace members.* Because in times like these, a little support goes a long way.





Welcome to our New COVID Shelter-in-Place Site (SIP) Staff!

Anita Brown is an experienced Associate Clinical Social Worker hailing from Brooklyn, New York. Driven by her life's path and a relentless desire to help others, she is determined to be an instrument of change with underserved populations. This clinician came up from humble beginnings, starting as a Home Health Aide working with People Care Incorporated. Deciding to pursue a career within the helping profession she attended undergraduate college, obtaining her BA in Liberal Arts from The College of New Rochelle. Anita then worked in the capacity of a case manager at AHRC, an organization servicing those with developmental and intellectual challenges. Anita then served as a residential case manager for Services for the Underserved, providing services to mentally ill and chemically addicted populations. While working as a case manager Anita enrolled in the Master's of Social Work Program at Adelphi University, obtaining her MSW in 2013. Anita then returned to work with Services for the Underserved implementing a job training program for mentally ill/chemically addicted homeless clients. Upon completion of the job training program, clients were placed in positions within the organization, receiving ongoing support and case management services. Wanting to continue working with the homeless population Anita then relocated, joining the San Francisco Department of Public Health. Anita is now a Behavioral Health Clinician with the SIP Team continuing her work with the homeless population.



Christopher Boyden-DeShazer has over 15 years of experience working across a variety of settings including outpatient, residential, partial hospitalization programs, inpatient psychiatric, HIV and substance abuse research, and LGBTQ healthcare, he is currently a Behavioral Health Clinician with DPH's Shelter-in-Place Team. Before starting with the San Francisco Dept of Public Health Dept.'s Behavioral Health Unit, he was a psychiatric social worker at Kaiser Permanente Acute Psychiatric Hospital in Los Angeles, CA working in emergency psychiatric services. Prior to that, he was psychotherapist with HealthRight360 working with a forensic client population. Christopher's experience and training has centered around providing trauma-informed culturally equitable care using mindfulness, CBT, solution-focused therapy, harm reduction, and

psychodynamic work.



Welcome to our New COVID Shelter in Place Site (SIP) Staff! *Continued...*

Jasper Mather is a therapist with over 7 years of experience working in diverse mental health settings. Jasper's experience has primarily been with child & family welfare, TAY populations, Crisis Stabilization Units, as well as Assertive Community Treatment teams with older adults. Jasper is passionate about providing research-validated therapies founded in mindfulness to help individuals and communities make positive changes in their lives. Jasper has lived in the Greater Bay Area for all his life and wants to buy a home here. Jasper joined the Shelter-in-Place team because he believes in advocating for homeless populations and minoritized communities by navigating larger systems of care. Jasper has three cats and a dog at his home and loves spoiling all of them with tasty treats!



Sandi Esquivel, LMFT joins the SIP team from a most recent experience working with children and families at A Better Way Inc. as part of a contract and collaboration with SFDPH Foster Care Mental Health. Sandi has interests in social justice and has done case management work with a formerly incarcerated population as well as trauma informed psychotherapy. Sandi has also worked as part of the MHSA grant with the California Institute of Integral Studies- working to meet grant deliverables, providing additional education and training around diversity issues to MA students preparing to enter the workforce as psychotherapists.



Welcome to our New COVID Shelter in Place Site (SIP) Staff! *Continued...*

Sierra Pax is a native of SF and an Alumni of UC Berkeley School of Social Welfare, focusing on clinical social work. Her passion brings her to the intersection of mental health & trauma, harm reduction, and homelessness. She has worked all over the city, including as a Tenant Advocate & Organizer in the Tenderloin/SOMA neighborhoods, and at South of Market SF FIRST team as a Community Mental Health Worker intern. Recently, she has worked as a clinical social worker for Homeless Prenatal Program's New Beginnings for pregnant mothers currently unhoused with SMI and/or SUD; with SMC BHRS as a therapist; with Felton Institute's Full Service Partnership (FSP) programs for Adults and TAY folks. She is so excited to be here and looks forward to getting to know as many of you as possible!



Jose Orbeta, Health Worker with the Assisted Out-Patient Treatment (AOT) Team, began his deployment at the beginning of the pandemic, assisting with outreach and linkage support to clients at the Shelter-In-Place (SIP) hotels. While contributing to BHS's efforts to support these clients, he literally hit the ground running with no hesitation. Being mindful of his and others' safety amidst the pandemic, his persistence in outreaching and engaging clients have assisted with clients' openness and willingness to accept some level of support to assist with their stability. As the number of referrals to the BHS SIP Team has reached nearly 800 since the team's inception, Jose has willingly continued to support clients until successful linkage to treatment while also continuing his work with the AOT Team. We can't thank Jose enough for all of his contributions to the SF community.



Welcome to our New COVID Shelter in Place Site (SIP) Staff! *Continued...*



Yulissa Sanchez is originally from New York City, and she obtained her bachelor's degree from The City College of New York (CUNY) in 2009. After graduating, she worked in the South Bronx for a non-profit agency as a case manager for individuals with developmental disabilities and their families. In 2012, she moved to the Bay Area. Since then, she has worked as a *Head Start Family Advocate, Differential Response Liaison, and Family Liaison*. As a Head Start Family Advocate in Wu Yee Children Services, she supported families in a multitude of ways, such as providing referrals for relevant community resources. For approximately three years, she worked as a Differential Response Liaison/Family Advocate for Good Samaritan Family Resource Center where she provided community based and culturally competent services to families referred by Child Protective Services. She also facilitated groups

such as Kids' Turn and Parent Café, where she taught and modeled strategies for parenting, problem solving, communication, and other areas relevant to a family's well-being. As a Family Liaison for the San Francisco Unified School District, her main role was to empower families to become key decision makers in their child's academic career. In 2019, she obtained a Master's of Science (MS) in Marriage Family Therapy and School Counseling in San Francisco State University. As a graduate student, she was a Marriage Family Therapy and School Counseling Trainee at both Visitation Valley Middle School (SFSUD) and Oakland International High School (OUSD) where she counseled newly arrived immigrants predominantly from Mexico, Central and South America who experienced a multitude of traumatic events. She supported her clients with coping with Post Traumatic Stress/Adjustment disorder symptoms in conjunction with common developmental issues that arise during adolescence. After obtaining her master's degree, she worked as a Newcomer School Counselor for Castlemont High School (OUSD) during the 2019-2020 school year, where she supported and counseled international students in their academic and personal-social development.

Courtney Perry, a native Californian, graduated in 2020 with a Master's of Social Work. She has a background in the Arts, Social Services and Faith Based community outreach. Courtney's clinical interests include working with Black Identified People of Color, understanding practice with Indigenous Populations, and the treatment of Mood Disorders. She is excited to be a part of the SIP Team at SF DPH!

If there are any questions about the Shelter in Place Behavioral Health Team, please contact jeannie.w.chang@sfdph.org. For any client related concerns, please feel free to call the Consultation Line 415-379-0414.



TAY SOC Spotlight: TAY Peer Interns at Felton’s Early Psychosis Programs

TAY SOC continues to partner with [RAMS](#) to implement the [TAY Leaders Certificate Program](#) and [TAY Leaders Employment](#) programs which provide leadership, behavioral health skill development, workforce and academic opportunities for TAY in San Francisco. TAY, who participate in the Employment program, get to intern at different agencies partnered across our system of care. TAY SOC is happy to spotlight two of our newest TAY Peer Interns this Spring, Jason Tan and Rachel Muqattash, who are interning at [Felton Institute](#)’s [BEAM UP](#) and [\(re\)MIND](#) programs!

Meet Jason Tan (he/him), TAY Peer Support Specialist Throughout his time at Felton, Jason has learned a great deal from other clinicians, therapists and clients themselves about Schizophrenia, Psychosis, recognition of early signs, and how to assist clients in their recovery as a Support Specialist. Jason supports clients in learning about their behavioral health conditions, such as helping them recognize which thoughts and behaviors are or are not associated with their mental health diagnosis. Jason also helps clients understand their behaviors and work on their communication and socialization skills to support their integration back into society.

“One thing I enjoy about my work is connecting with clients, meeting them, establishing a friendship, and building a trust system knowing that I will do nothing but my best to help them. For some clients, I might be the only person that they might interact with prior to their diagnosis, and it warms me greatly to know that I play a key role in their lives.” - Jason



Meet Rachel Muqattash (she/her), TAY Peer Support Specialist



At Felton, Rachel works with TAY, ages 16-24, who are at risk of or experiencing Psychosis, Schizophrenia, and/or Bipolar Disorder. As a TAY peer, she offers any kind of support a client may want, ranging from counseling, outreach, providing resources, or sharing about lived experiences. She tries to provide a safe, friendly and kind space so clients may feel at ease to express themselves and share with her.

“I enjoy witnessing or simply hearing about the progress clients make in their day to day lives as they take the steps towards recovery. There are many interesting clients and it's impressive to see them grow even during a small period of time as well as be open about their experiences. I think that it's beautiful to see people's journeys in their lives as they push against setbacks.” - Rachel

We are excited to hear about the amazing work that Jason and Rachel are doing at Felton's Early Psychosis Programs and can't wait to see what wonderful accomplishments they achieve next!

For more info about the Behavioral Health TAY System of Care, contact kali.cheung@sfdph.org.



Black Table Talk: Grown Folks Healing

On February 26, 2021, Behavioral Health Services coordinated *Black Table Talk: Grown Folks Healing* as part of its community wellness support efforts during the COVID 19 pandemic. The webinar, which had approximately 100 in attendance, focused on wellness in the Black community and culturally-specific wellness resources for people of African Descent.

Black Table Talk: Grown Folks Healing was organized in partnership with Supervisor Shamann Walton, Supervisor Dean Preston, Rafiki Coalition for Health & Wellness, Bayview Hunters Point YMCA, Heal SF, and the SF COVID Command Center Joint Information Center Virtual Outreach Team.



A special thanks to our fabulous presenters, who shared their expertise and wisdom with us, Dr. Monique Le Sarre, PsyD, Gigi Hill-Hopkins, SDHW, Dr. Vincent Fuqua, Psy D, and Nia Hamilton-Ibu, LCSW.

The event recording is available on the [SFDPH BHS public Google Drive](#).

For a copy of the *BHS 10 Tips for Self-Care & Wellbeing During COVID-19 for the Black Community* and other wellness resources for the Black community, please visit [HealSF](#).

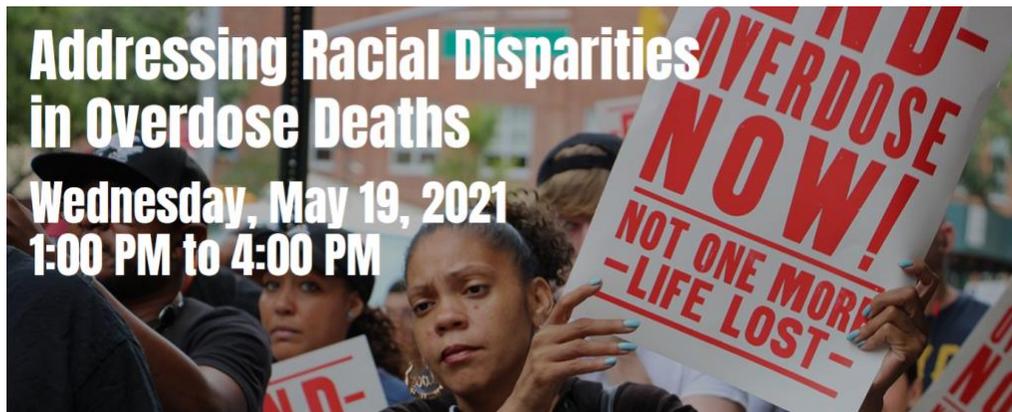
For more information, please email: MHSA@sfdph.org.



New BHS Webinar Recordings Available Online

Addressing Racial Disparities in Overdose Deaths

Recorded May 19, 2021



Training Description:

San Francisco is in an epidemic of overdose deaths. 699 people died due to overdoses in 2020, a 59% rise from 2019, and more than three times the number of people that died of COVID-19 during the same period. Within the epidemic lies another, more hidden, racial epidemic. The rate of opioid deaths is five times higher for Black San Franciscans than for whites. Overdose rates for the Latinx community in San Francisco is nearly double their percentage in the population.

This webinar will pull the lens back and examine the mechanisms of structural racism and white supremacy in society, medicine, and addiction treatment that underlie these deaths. It will examine innovative interventions that have involved the community in addressing the epidemic using harm reduction methods. Participants will hear from community activists, learn from their insights, and contribute to formulating plans that can save lives. [Black Lives Matter!](#)

Trainers:

- **Felanie Castro**
- **Porsha Dixon, SRO Project Coordinator, National Harm Reduction Coalition**
- **Laura Guzman, JD**
- **Helena Hansen, MD, PhD**
- **Kelly Knight, PhD**
- **Roy Tidwell**
- **Judith Martin, MD**

All archived BHS Training Webinars are available on the [BHS Training Unit Google Drive](#).



June 2021 Trainings

	Time	Training	Location	Trainer	CE's Offered
Tue 6/1	9:00 am – 10:30 am	BAAHI Equity Learning Series: Let's Get to the Root of Racial Injustice	https://us02web.zoom.us/meeting/register/tZUscO2rpxlsGNflkpJAN1533PTJCIPNvDMs	Gavin Morrow-Hall	N/A
Tue 6/1 6/8	1:00 pm – 4:00 pm	Tips and Topics in the Application of The ASAM Criteria (Part 1 & Part 2)	https://sfdph.webex.com/sfdph/onstage/g.php?MTID=e384d9e4581ce70a85fdb0bef1f3046a You must attend both parts to receive credit	David Mee-Lee, MD	6 CME/CE (MD/DO, RN, Pharm, PhD, PsyD, LMFT, LCSW, LPCC, CCAPP)
Mon 6/7	6:00 pm – 7:00 pm	Psychiatric Medications : Q & A with Dr. Descartes Li	https://www.eventbrite.com/e/psychiatric-medications-q-a-with-dr-descartes-li-tickets-154455567761	Descartes Li, MD	N/A
Tue 6/8	9:00 am – 10:30 am	BAAHI Equity Learning Series: Whitewashed: Unmasking the World of Whiteness	https://us02web.zoom.us/meeting/register/tZMkcuCvqDwpGNyJK120QF9XkDf08X9tH-	Gavin Morrow-Hall	N/A
Wed 6/9	10:00 am – 12:00 pm	De-escalation and Conflict Management	https://www.eventbrite.com/e/de-escalation-and-conflict-management-sfdph-hrti-online-training-tickets-155883039367	Kristen Marshall & Frances Fu, NHRC	2 CE available for LMFTs, LCSWs, LPCCs, and drug counselors
Tue 6/15	12:00 pm – 1:30 pm	BAAHI Equity Learning Series: Structural Racism in Medicine and Health Care	https://us02web.zoom.us/meeting/register/tZ0kdu-rrDkuE9alCx7mtFvxUezTYDe4y-Cw	Gavin Morrow-Hall	N/A
Thu 6/17	8:45 am – 12:00 pm	Dealing with Anti-Asian Hate, Violence, and Racism during COVID-19: How to Talk to AAPI Clients	https://sfdph.webex.com/sfdph/onstage/g.php?MTID=e7f1ea91bd7e5f8afa0272a1a520639e3	Russell Jeung, PhD Uyen-Khanh Quang- Dang, MD, MS	Pending
Mon 6/21	10:00 am – 12:00 pm	Gender Well Part 2: Supporting Transgender and Nonbinary Children and Youth during the COVID-19 crisis and beyond	https://sfdph.zoom.us/meeting/register/tJYod-yhqjlrE9Jlgx-nY5_Zu8T2biHR2lWj	J. Jessie Rose Cohen, LCSW	Pending
Wed 6/23	11:00 am – 1:00 pm	Peer Forum with Guest Speaker Frederick Shegog & RAMS, NAMI, and MHA SF	https://us02web.zoom.us/j/85963265990?pwd=bGl3MGRlZTFzc2RRUzNvRkNHTGhyQT09#success (For questions, please contact Tracey Helton at Tracey.Helton@sfdph.org)	Frederick Shegog	N/A
Thu 6/24	10:00 am – 12:00 pm	De-escalation and Conflict Management	https://www.eventbrite.com/e/de-escalation-and-conflict-management-sfdph-hrti-online-training-tickets-155886002229	Kristen Marshall & Frances Fu, NHRC	2 CE available for LMFTs, LCSWs, LPCCs, and drug counselors
Thu 6/24	12:00 pm – 1:30 pm	BAAHI Equity Learning Series: White vs. Black Pride? Why is the Gay Community Segregated?	https://us02web.zoom.us/meeting/register/tZApcuvuqTlqGt2Jvg0JYfq9gzLjCaHhORD	Gavin Morrow-Hall	N/A
Thu 6/24	3:00 pm – 5:00 pm	Engagement and Retention of Asian/Asian American/Pacific Islander Clients in Substance Use Disorder and Addiction Treatment	https://sfdph.webex.com/sfdph/onstage/g.php?MTID=ea3b52e76f065e6f70a249fca92d3cb19	Susan Okada, MS, CADC Walter Schulze, MA Henry Uyehara	2 CME/CE (MD/DO, RN, Pharm, PhD, PsyD, LMFT, LCSW, LPCC, CCAPP)
Tue 6/29	9:00 am – 10:30 am	BAAHI Equity Learning Series: Equity Currents TBD	https://us02web.zoom.us/meeting/register/tZEtceqprjvHdwcVJdlFqLilz6px7HEUDT	Gavin Morrow-Hall	N/A

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