



Mayor Edwin M. Lee

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## **Monthly Director's Report** **JUNE 2016**

### **1. AOT FIRST ANNUAL REPORT**

Assisted Outpatient Treatment (AOT) was implemented November 2015. Our first annual report was submitted to the State Department of Mental Health and is now available to review on our webpage ([www.sfdph.org/aot](http://www.sfdph.org/aot)) under "Annual Report."

Of note, 48% of individuals outreached during the reporting cycle accepted voluntary services and 61% were successfully housed. As part of the review process, participants were asked to complete a confidential questionnaire. All of the participants indicated feeling "hopeful" about their future and the majority indicated positive perspectives on the approach to engagement from the AOT Care Team. Further, most family/support persons that completed an interview with the evaluation team reported feeling supported by staff and noted that they have an increased awareness of and access to effective resources in and out of California.

We look forward to continuing the program and providing updated information to the system of care. If you would like to learn more about AOT, please visit our webpage or call 415-255-3936.

### **2. NEWS FROM THE PHARMACY – MUIC DEVELOPS FLYERS TO EDUCATE CLIENTS**

Over the past months, the Medication Use Improvement Committee (MUIC) developed several patient flyers aimed at educating clients about various MUIC initiatives. The flyers include information about anticholinergic medications, sedative-hypnotic medications and drug interactions. Early versions of the flyers were brought to client council meetings, after which they were modified based on the feedback received in those meetings. Pictured below, the aim of the flyers are to empower patients to speak to their providers about these medication concerns. They have been translated into the threshold languages- Chinese, Spanish, Tagalog, Vietnamese (Russian pending) and posted to the Community Behavioral Health Services public website.

We suggest posting the flyers in waiting rooms and patient care areas within the Behavioral Health Services clinics.

Links to the flyers:

<https://www.sfdph.org/dph/files/CBHSdocs/Anticholinergics-English.pdf>

<https://www.sfdph.org/dph/files/CBHSdocs/Sedative-Hypnotics-English.pdf>

<https://www.sfdph.org/dph/files/CBHSdocs/Sedative-Hypnotics-Buprenorphine-English.pdf>

**DO I REALLY NEED COGENTIN?**



**DID YOU KNOW?**  
YOU MAY BE AT RISK FOR **MEMORY PROBLEMS** AND **INVOLUNTARY MOVEMENTS**

Cogentin (Benztropine)  
Benadryl (Diphenhydramine)  
Artane (Trihexyphenidyl)

**Learn More**

Talk to your health care provider or pharmacist today!



**HEADS UP!**



**DO YOU TAKE ANY OF THESE MEDICATIONS**

Ativan (Lorazepam)      Restoril (Temazepam)  
Ambien (Zolpidem)      Valium (Diazepam)  
Klonopin (Clonazepam)      Xanax (Alprazolam)


YOU MAY BE AT RISK FOR SERIOUS HEALTH SIDE EFFECTS INCLUDING **FALLS** AND **MEMORY LOSS**

**Learn More**

Ask your medical provider or pharmacist today about safer alternatives!



**BUPRENORPHINE SAVES LIVES!**




**BUT *NOT* IF YOU TAKE ANY OF THESE:**

Ativan (Lorazepam)      Ambien (Zolpidem)  
Klonopin (Clonazepam)      Restoril (Temazepam)  
Valium (Diazepam)      Xanax (Alprazolam)


YOU MAY BE AT RISK FOR SERIOUS HEALTH SIDE EFFECTS INCLUDING **ACCIDENTAL DEATH**

**Learn More**

Don't become a statistic  
Talk to your medical provider or pharmacist today!



**METHADONE SAVES LIVES!**




**BUT *NOT* IF YOU TAKE ANY OF THESE:**

Ativan (Lorazepam)      Ambien (Zolpidem)  
Klonopin (Clonazepam)      Restoril (Temazepam)  
Valium (Diazepam)      Xanax (Alprazolam)

YOU MAY BE AT RISK FOR SERIOUS HEALTH SIDE EFFECTS INCLUDING **ACCIDENTAL DEATH**

**Learn More**

Don't become a statistic  
Talk to your medical provider or pharmacist today!



<https://www.sfdph.org/dph/files/CBHSdocs/Sedative-Hypnotics-Methadone-English.pdf>

### **3. MEDICINAL DRUMMING: AN ANCIENT AND MODERN DAY HEALING APPROACH**

Since 2013 Dr. Sal Nunez of City College of San Francisco has been implementing and evaluating an SFPDH Mental Health Services Act-funded pilot project called the Medicinal Drumming Praxis project, where staff from San Francisco community based behavioral health agencies are trained in a culturally affirming wellness and recovery therapeutic methodology of *group drumming*. Staff learn and practice the skills needed to facilitate group drumming (at their own respective agencies), a therapeutic milieu that has demonstrated profound benefits for numbers of San Franciscans.

Dr. Sal Nunez's Medicinal Drumming Praxis project - along with his extensive experience in delivering medicinal drumming to communities – are highlighted in this month's (June 2016) NeuroQuantology under the title of Medicinal Drumming: An Ancient and Modern Day Healing Approach.

For more details, visit <http://www.neuroquantology.com/index.php/journal/article/view/939>.

### **4. CHILDREN, YOUTH AND FAMILIES (CYF)**

#### Chinatown Child Development Center

The Chinatown Child Development Center staff, former program director and community partner, Diana L. Wong, PsyD, LMFT, Nancy Lim-Yee, LCSW and Peter Ng, MD, respectively; met the clients and families at the festival family event and continue to annually support the Cameron House Carnival. Marking its 68th year, this year's 30 lucky CCDC participants (grandparents, parents and young children) enjoyed homemade sweets from the Cameron Bakery, watching Supervisor Aaron Peskin being "dunked" in their famous Dunko water game and also enjoyed complimentary relaxing therapeutic massages after a long day of fun! The carnival was started in the 1950's as a way for youth and young adults to develop a sense of service to the community. All proceeds from the festive event benefit the Donaldina Cameron House Youth Programs. The Chinatown Child Development Center has been supporting this wonderful cause for the past 10 years. Annually held on the 1st Saturday of May, rain or shine, volunteers are always welcome!

The Chinatown Child Development Center continues to be an integral component member of the steering committee for the API Health Parity Coalition. Agenda items of discussion from the most recent monthly meeting included reviewing the Community Health Improvement Plan (CHIP) and further discussing the Health Improvement Partnership (SF HIP). In addition, 7 health need areas were identified; with psychological health, healthy eating and safety/violence prevention cited as the top 3 areas of need/concern. CCDC continues to support identified needs of the community by engaging consumers to participate in structured focus groups as needed. The API Health Parity Coalition general meeting is scheduled for June 23, 2016 at the Chinatown Child Development Center.

#### Mission Family Center

May was a busy month for Mission Family Center (MFC). The month's highlight was our clinic's participation in CARNAVAL with a booth in the Health Pavilion. We outreached to 200+ children and parents providing resources and a beautiful butterfly project.

The staff organized to make T-shirts for TEAM MFC with the butterfly logo “Migration is Beautiful,” from the work of artist, Favianna Rodriguez, who uses her art to celebrate the resiliency, courage, and determination of migrants who come in search of their dreams.

We participated in the Client Satisfaction Survey week and are anxiously awaiting our results. MFC is now on board with the AVATAR Scheduler, with a positive response, thus for especially with regard to tracking progress notes through the scheduler. We had a spike in referrals during the month of April and May, so our summer will be busy matching clients to clinicians. We continue to host the Unaccompanied Minors Work Group and the CYF Spanish Speaking Providers Work Group toward the goal of improved access for our families. On the college front two additional clients were accepted to college for this fall! Their families and MFC are very proud of them!

#### Southeast Child & Family Therapy Center

We would like to welcome Alex Quintanilla, ASW to our clinic. He is a Spanish speaking clinician who will be working with us for 16 hours a week on an as needed basis to serve the many referrals we receive for the Spanish speaking community.

We also would like to thank Dr. Dawn Sung, our public psychiatry fellow, for her excellent work with our clients. She completed a year in the Children Youth and Families System of Care, working both at Southeast Child/Family Therapy Center and Family Mosaic Program. Next, she will be going to work at UCSF Benioff Children’s Hospital in Oakland. We wish her all the best.

#### LEGACY

In honor of Mental Health Awareness Month, L.E.G.A.C.Y received an award of commendation from the Executive Committee of the San Francisco Mental Health Board for its commitment, dedication and services it provides to the community.

**Tell us your clinic story and we will add it to the upcoming Director’s Reports**

*Past issues of the CBHS Monthly Director’s Report are available at:*

<http://www.sfdph.org/dph/comupg/oservices/mentalHlth/CBHS/CBHSdirRpts.asp>

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