



SAN FRANCISCO MENTAL HEALTH BOARD

Mayor Edwin Lee

1380 Howard Street, 2nd Floor
San Francisco, CA94103
(415) 255-3474 fax: 255-3760
mhb@mhbsf.org
www.mhbsf.org
www.sfgov.org/mental_health

Kara Ka Wah Chien, JD, Chair
Ulash Thakore-Dunlap, MFT, Vice Chair
David Elliott Lewis, PhD, Secretary
Terezie "Terry" Bohrer, RN, MSW, CLNC
Mark Farrell, Board of Supervisors
Wendy James
Virginia S. Lewis, LCSW
Toni Parks
Angela Pon
Gene Porfido
Harriette Stallworth Stevens, EdD
Njon Weinroth
Idell Wilson
Benny Wong, LCSW

ADOPTED MINUTES

Mental Health Board Meeting
Wednesday, [May 18, 2016](#)
City Hall, 2nd Floor, Room 278
One Carlton B. Goodlett Place
San Francisco, CA
6:30 PM – 8:30 PM

BOARD MEMBERS PRESENT: Kara Chien, JD, Chair; David Elliott Lewis, PhD, Secretary; Terry Bohrer, RN, MSW, CLNC; Wendy James; Virginia S. Lewis, MA, LCSW; Toni Parks; Angela Pon; Gene Porfido; Harriette Stevens, EdD; Njon Weinroth; Benny Wong, LCSW; and Idell Wilson.

BOARD MEMBERS ON LEAVE: Ulash Thakore-Dunlap, MFT, Vice Chair.

BOARD MEMBERS ABSENT: None

OTHERS PRESENT: Helynna Brooke (MHB Executive Director); Loy M. Proffitt (Administrative Manager); Ken Epstein, PhD; Behavioral Health Services; Nancy Lyon; Monique El-Amin; Kavos Bassiri, RAMS Director; Flora Chan, RAMS psychologists; Angela Tang, RAMS Director of Operations; Miguel Leyva; Michael Siever, PhD, Founder of the Stonewall Project; Mike Discepola, MA, Stonewall Director of Substance Health Services; Robert Holum, LMFT, Director Clinical Internship Training Program; Bonnie Friedman, Executive Director of Lifting and Empowering Generations of Adults, Children and Youth (LEGACY); Winnie Kwong, LEGACY Family Specialist; Yvette Hernandez, LEGACY Family

Specialist; Monique El-Amin, LEGACY Family Involvement Coordinator; Jennifer Hubbart, LEGACY Family Specialist; Dr. Barry Zevin, Homeless Outreach Team (HOT); Jason Blantz, NP, HOT; Peter Callejo-Black, HOT Volunteer; Kavoo Bassiri Dr. Flora Chan; Angela Tang, Director of Operations; Miguel Leyva, RAM's partners; David Farillo, Citywide Forensic Case Management Program; Harry-Petersen, Baker Places, Inc.; and 21 additional members of the public.

CALL TO ORDER

Ms. Chien called the meeting of the Mental Health Board to order at 6:40 PM.

ROLL CALL

Ms. Brooke called the roll.

AGENDA CHANGES

No changes.

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

Ms. Chien said “As you know, since we honored her last month, Jo Robinson has retired as the Director of Behavioral Health Services. The board will be involved in hiring her replacement.”

In the meantime, members of the Executive Team will take turns providing the Director's Report to the board. I would like to introduce Dr. Ken Epstein. He is the Director of Children, Youth and Families for Behavioral Health Services. He will give the report this month.

The full director's report (Attachment A) can be viewed at the end of the minutes or on the Internet

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

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

Dr. Epstein highlighted the Directing Change Program and Film Contest. The contest was about changing the conversation about suicide and mental health. On May 31, 2016, there is a screening of *Stories of Hope, Resilience and Recovery* from 11:30 – 1 PM at 1380 Howard Street in room 424.

Dr. David Elliott Lewis asked about having a 24 hour crisis service for adults.

Dr. Epstein responded that a 24 hour crisis for children is in place and the department is seeking an improvement in coverage for handling evening crises. They are hoping to get approval and additional funding for the adult program. In the department's proposed budget, there was a program submission for a 24 hour crisis service for adults.

1.2 Public Comment

No public comments.

ITEM 2.0 MENTAL HEALTH SERVICE ACT UPDATES AND PUBLIC HEARINGS

2.1 Mental Health Services Act Updates:

Dr. Epstein said the search for the new MHSA director is still continuing. Marlo Simmons will give the updates for MHSA funding at the June meeting. Ms. Simmons is managing the MHSA program until someone is hired.

California legislator Darrell Steinberg has proposed legislation for MHSA supportive housing dollars to counties.

There are significant changes in Children Youth and Family (CYF) services in the MHSA. A Children's Continuum of Care reform is being considered. They are looking at shorter stays and better placements in the foster care system. The Children's Continuum of Care changes require staff to work differently.

He is the co-chair of a five year committee reauthorizing CYF services to better align services and plans for children.

2.2 Public Comment

Public member asked if the five-year plan for CYF is available online.

Dr. Epstein said "Yes" but the document is still in draft mode.

ITEM 3.0 ACTION ITEMS

3.1 Public comment

No public comments.

3.2 Proposed Resolution: Be it resolved that the minutes for the Mental Health Board meeting of April 20, 2016 be approved as submitted.

[Unanimously approved.](#)

ITEM 4.0 REPORTS

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

Ms. Brooke shared the following:

- The next Executive Committee meeting is Tuesday, May 24th at 10:00 AM at 1380 Howard Street, Room 226. All board members as well as members of the public are welcome to attend.
- June 1, 2016 is the deadline for board members to submit their statements for the annual report.

4.2 Report of the Chair of the Board and the Executive Committee.

Ms. Chien said "Before we go to the next item, the board wants to take this moment to acknowledge our Executive Director. We have all appreciated her work for the board but Board Member Idell Wilson brought to the board's attention that we need to honor her. Ms. Wilson, would you please read the commendation?"

Ms. Wilson said May is Mental Health Awareness month. She is a San Francisco native. She has been on many boards and commissions in San Francisco, but she would like to highlight that Ms. Brooke has always maintained a very diverse board. This is not true of many of the boards and commissions in the City.

Below is the commendation for Ms. Brooke

**In Celebration of Mental Health Awareness Month,
the San Francisco Mental Health Board Honors**
Executive Director Helynna Brooke

WHEREAS, Helynna Brooke has been the executive director since 1999 and serves the mission of the San Francisco Mental Health Board, and;

WHEREAS, she works tirelessly on administrative tasks for the Board, thus enabling its members to effectively advise how behavioral health services should be delivered to the most vulnerable population of San Francisco, and;

WHEREAS, she consistently ensures that the Mental Health Board membership reflects San Francisco's multi-ethnic populations and multi-cultural communities, and;

WHEREAS, on behalf of the Board, she maintains strong working relationships with government officials, community leaders and public health officers and providers, in order to develop policies and regulations for the transformation and refinement of the delivery of Behavioral Health Services, and;

WHEREAS, she coordinated the Crisis Intervention Training with the Police Department from 2001 to 2010, and;

WHEREAS, since 2012, she coordinated a trauma focused series for San Francisco community based organizations, and;

WHEREAS, she pioneered San Francisco Women and Girls, the gender-specific behavioral health project which highlighted the specific behavioral health needs of women and girls, and;

WHEREAS, she has been mentoring future behavioral health services experts and leaders in culturally competent services and health equity, and;

NOW, THEREFORE, BE IT RESOLVED that the Mental Health Board of San Francisco commends Helynna Brooke for her dedication and integrity to the board.

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

Ms. Virginia S. Lewis shared the May 19th, flyer from the Service Employee International Union (SEIU) 1021. The rally will be at 12 PM in front of the City Hall.

Demand Immediate Action on SF's STATE OF EMERGENCY. Calling ALL SEIU 1021 SF City Workers, Nurses, Nonprofit Workers

Mr. Weinroth shared that he attended an inspirational conference recently. Clinicians were discussing the changing landscape of service delivery. They were talking about multiple pathways for recovery.

Ms. Bohrer represented the board at the two-day California Local Behavioral Health Boards/Commissions CALBHB/C conference in San Francisco.

Dr. David Elliott Lewis shared that he and Ms. Bohrer work with the Crisis Intervention Training (CIT) with the Police Department. He has been talking with Chief Suhr about a proposal called Critical Incidents Review program, before they get to a level of bad outcomes.

Ms. James reported that she completed her teaching recently for the National Alliance for the Mentally Ill (NAMI): Peer-to-Peer program.

4.3 PUBLIC COMMENT

No comments.

ITEM 5.0 PRESENTATION COMMENDATION OF FIVE PROGRAMS: HOMELESS OUTREACH TEAM (HOT), RICHMOND AREA MULTI-SERVICES, INC. (RAMS), STONEWALL PROJECT, CITYWIDE CASE MANAGEMENT PROGRAMS, AND LIFTING AND EMPOWERING GENERATIONS OF ADULTS, CHILDREN AND YOUTH (LEGACY)

5.1 Presentation: Commendation of Five Programs: Homeless Outreach Team (HOT), Richmond Area Multi-Services, Inc. (RAMS), Stonewall Project, Citywide Case Management Programs, and Lifting and Empowering Generations of Adults, Children and Youth (LEGACY).

Ms. Chien shared that tonight meeting is a very special meeting for the Mental Health Board. We are honoring five extraordinary programs this evening.

Board members visited programs to do program reviews. Other programs have presented to the board, or board members or staff visited the program for other reasons. The programs that are being honored tonight are all exceptional.

She asked the board members who are the most familiar with these programs to introduce the program and its director. We invite each program director to say a few words and then we will take a photo of the director and any staff attending.

Dr. David Elliott Lewis presented the Citywide Case Management Program to David Farillo.

Below is the commendation for Citywide Case Management Programs

In Celebration of Mental Health Awareness Month the San Francisco Mental Health Board

appreciates the commitment, dedication, and services of Citywide Case Management Programs

**Kara Ka Wah Chien, Chair
Mental Health Board**

May 18, 2016



Mr. Farillo shared that the Citywide Case Management Program provides clients in need of intensive clinical care with medication, crisis, and case management. For recently released people from correctional facilities, Citywide's latest addition includes employment support services. The program also has group therapy, skill building workshops, and an on-site job training program for clients who are in dual diagnosis treatment. The composition of the staff is reflective both in languages and cultural diversity of the clients being served.

Ms. Wilson added that the Citywide Case Management Program still provides lunches for clients too.

Mr. Porfido presented the Homeless Outreach Team (HOT) commendation to Dr. Barry Zevin and Jason Blantz. He said Dr. Zevin was very instrumental in helping him connect to medical services when he went through a difficult period of his life.

Below is the commendation for Homeless Outreach Team (HOT)

In Celebration of Mental Health Awareness Month the San Francisco Mental Health Board

appreciates the commitment, dedication, and services of the San Francisco Homeless Outreach Team (HOT)

**Kara Ka Wah Chien, Chair
Mental Health Board**

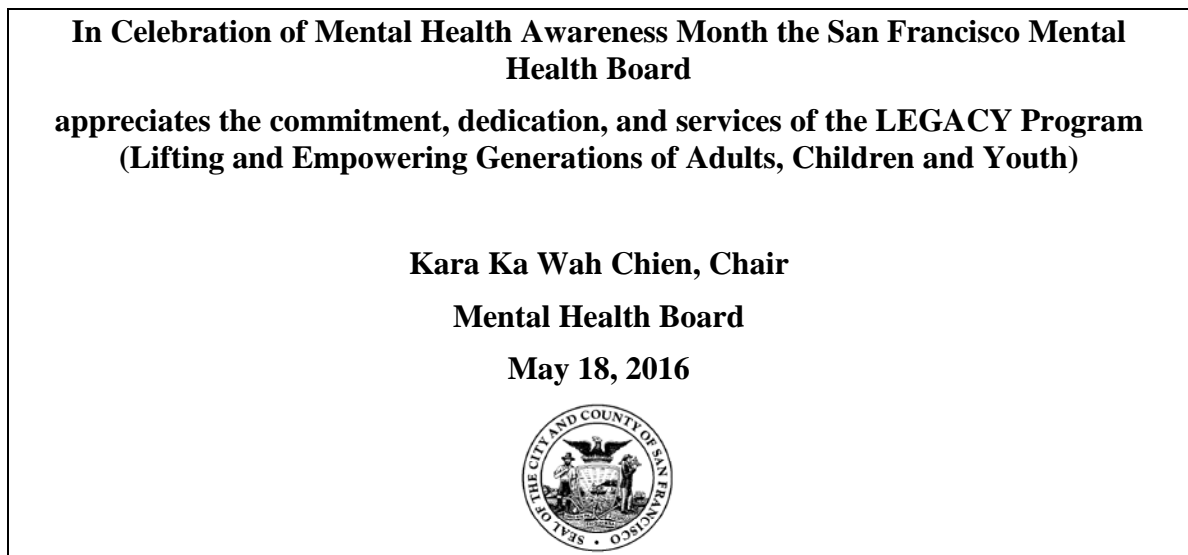
May 18, 2016



Dr. Zevin said HOT focuses on the highest risk and the most vulnerable populations in San Francisco. Many homeless people have multiple issues such as physical, psychological, social, and/or addiction problems. HOT meets people where they are at and works with them. He shared that many of his co-workers were themselves homeless. It is inspiring to see people turn their lives around with their hidden resiliency!

Ms. Brooke presented the Lifting and Empowering Generations of Adults, Children and Youth (LEGACY) commendation to Bonnie Friedman. She visited the program last summer with the two Coro youth who were interning with the Mental Health Board. Bonnie's staff, Victor Damien showed digital video stories the youth had created and shared with Ms. Brooke and the Coro youth the unique program they provide for youth.

Below is the commendation for LEGACY




Ms. Friedman thanked Helynna Brooke for her unwavering support. LEGACY started in 1988 with a MHSa grant for consumers and family members to help them with recovery. She recognized Dr. Ken Epstein for his support to LEGACY. She introduced the LEGACY team: Winnie Kwong, LEGACY Family Specialist; Yvette Hernandez, LEGACY Family Specialist; Monique El-Amin, LEGACY Family Involvement Coordinator; Jennifer Hubbart, LEGACY Family Specialist.

Ms. Chien presented the Richmond Area Multi-Services Services (RAMs) program commendation to RAMS Director Kavous Bassiri. She said RAMS is a peer wellness center that offers comprehensive services, consumer focus and culturally based program. RAMS started in 1976. Now, RAMs has over 30 different programs.

Below is the commendation for RAMS

In Celebration of Mental Health Awareness Month the San Francisco Mental Health Board
appreciates the commitment, dedication, and services of Richmond Area Multi-Services, Inc. (RAMS)

Kara Ka Wah Chien, Chair
Mental Health Board
May 18, 2016



Mr. Bassiri introduced Psychologist Flora Chan; Angela Tang, Director of Operations; Miguel Leyva. He said RAMS partners up collaboratively with other programs such as Citywide Forensic, HOT program, LEGACY. He said RAMS has many peer counselors.


Mr. Leyva said the peer program on Market Street **is open**. The space is safe and comfortable. The message is *Hope and Recovery is Possible*.

Mr. Weinroth presented the Stonewall Project commendation to Stonewall Director Michael Discepola. He said that he learned of the Stonewall Project at a LifeRing Secular Recovery event. He is impressed with the Stonewall health and wellness center and would like to see the treatment model be replicated across the State and country.

Below is the commendation for Stonewall Project

In Celebration of Mental Health Awareness Month the San Francisco Mental Health Board
appreciates the commitment, dedication, and services of Stonewall Project

Kara Ka Wah Chien, Chair
Mental Health Board
May 18, 2016



Mr. Discepola introduced Michael Siever, PhD., who founded the Stonewall Project fifteen years ago and Robert Holum, LMFT, Director Clinical Internship Training Program. The

Stonewall Project is demographic-treatment specific with cultural sensitivity and relevancy. The program moto is *meeting people where they're at!* Some of the staff have been Stonewall consumers themselves. Stonewall provides harm reduction programs without judgment and without making any demand of abstinence. Staff match a client's ability to specific services.

5.2 Public comment

No comments.

6.0 PUBLIC COMMENT

No comments.

Adjournment

Adjourned at: 7:30 PM

The board held an award reception right after the meeting

MONTHLY DIRECTOR'S REPORT
MAY 2016



1. DIRECTING CHANGE STUDENT FILM CONTEST

It is with great pride that we congratulate the **San Francisco State University students** who took **first place** with their short film titled "The Language of Healing" (<http://www.directingchange.org/films-by-county/#San Francisco>) in this year's Directing Change Program & Film contest. The *Directing Change Program & Film Contest* is part of Each Mind Matters - California's Mental Health Movement. The contest challenges young people to create 60-second films that build awareness and education around suicide prevention and mental health. The film making process exposes young people and their adult advisors to appropriate messaging, warning signs of someone in distress, appropriate responses to an individual in distress, where to seek help and how to support and advocate for those who are experiencing mental health challenges. And all participating schools and organizations were offered FREE prevention programs and educational resources.

The contest received 451 films from 126 schools and community based organizations representing 31 counties. And our winning SFSU students' film will be screened at an award ceremony in Sacramento on May 20, 2016.

For more information, visit <http://www.directingchange.org/>.

2. EACH MIND MATTERS

Tuesday Facilitated Film Festival
Stories of Hope, Resilience & Recovery

Guest Filmmakers:

Alejandra Cristina Vaca + Amanda Karolina
Deda, students from SF State

2016 Winners of Directing Change Film Competition

Directing Change is a statewide filmmaking Competition “to change the conversation about suicide and mental health”

Tuesday, May 31st

11:30 am – 1:00 pm

Behavioral Health Services Conference Room #424
1380 Howard Street

Sponsored by San Francisco Department of Public Health (SFPDH), Behavioral Health Services (BHS), Mental Health Service Act (MHSA), Stigma Busters



For more information contact Victor Gresser at 415 255-3651 or victor.gresser@sfdph.org



Come join us!

3. ASSISTED OUTPATIENT TREATMENT (AOT)

Assisted Outpatient Treatment (AOT) was implemented November 2015. Since that time the AOT Care Team has been working diligently to outreach individuals referred to the program, as well as provide support to their family members and loved ones. In total, we

have received 67 referrals and while many individuals do not meet the strict eligibility criteria outlined in the Welfare and Institutions Code, we have made contact with 33 individuals (20 of which have accepted services).

At this point, 4 court petitions have been filed to order individuals into outpatient treatment (2 individuals accepted treatment, 1 individual was court ordered into treatment, and 1 case is pending).

Our first annual report was submitted to the State Department of Mental Health and will be posted to our website shortly. We look forward to continuing to work with individuals referred to our program. Additional information about the program can be found at www.sfdph.org/aot or by calling 415-255-3936.

4. CHILDREN, YOUTH AND FAMILIES (CYF)

Chinatown Child Development Center

Senior Social Worker, Ellen Sawamura, Ph.D, LCSW, LMFT participated in the Kai Ming Head Start Community Outreach fair on April 12, 2016. Approximately 100 families with young children under the age of 5 received linguistically appropriate (Chinese, Vietnamese and Cambodian) information about the Chinatown Child Development Center's outpatient mental health services for the community. According to Dr. Sawamura, "our clinic's information was well received by many." This was CCDC's first invitation to participate in Kai Ming Head Start's community outreach events.

Asian & Pacific Island Health Parity Coalition, Steering Committee Monthly Meeting, April 28, 2016. With the Chinatown Child Development Center's continued involvement with the API Health Parity Coalition and Steering Community, discussion was focused on continuing to identify SFHIP goals under each domain areas; (healthy eating, physical and mental health and substance abuse). In addition, APIHPC was invited to participate in the API Council annual retreat on Monday, May 9, 2016 from 12-5P at the Chinatown YMCA. Also, further discussion included planning an upcoming meeting with Dr. Albert Yu regarding Asian American/Pacific Islander data needed to address demographic inequities on child maltreatment, hospitalization due to major mental health issues and ambulatory care.

Mission Family Center

During the month of April, José Luís Villarce from Mission Family Center (MFC) began co-facilitating a FUERTE group at SF International High School for 8 participants in collaboration with our colleague Eleana Coll from UCSF. In addition, José Hipólito and Josefina Juarez completed FUERTE training in preparation for providing groups here at MFC and in SFUSD sites next academic year.

Five MFC were able to tour the new ZSFGH with Arla Escontrias; our First Impressions waiting room remodel was completed; *and two of our clients were accepted to college, one of whom received a \$7,000 scholarship and an invitation to speak on human rights at a prominent university!* Per a CYF report released in April, 61.9% of MFC clients demonstrated improvement in at least 50% of their clinically significant CANS scores between July and December 2015.

MFC continues to: host the IFT Reflecting Team on Wednesday evenings; participate in the Communication Collaborative with Mission Mental Health and BHS Leadership; host the monthly Unaccompanied Minors Treatment Providers work group; and help coordinate the CYF-SOC Spanish Speaking Providers Work Group. And last but not least, in effort to promote self-care within our Trauma Informed System, members of the MFC staff initiated a lunchtime “dance teach-in” in April!

Comprehensive Child Crisis Services

The Comprehensive Crisis Services is going through some major restructuring in order to maximize our capacity to provide crisis services and to fully integrate our crisis teams for the Adult Mobile Crisis, Child Crisis, and Crisis Response Services. To improve service delivery and maximize staffing resources, each staff member will be assigned “Roles and Duties”, with the consideration of cultural/linguistic abilities and relevant experience. With the new structure, majority of the staff will be “Crisis Responders”, who provide 5150 assessments and crisis interventions for both children and adults, to respond to community violence and critical incidents, and debriefing as needed. Others will be “Case Managers”, whose roles involve providing up to 30-day crisis case coordination to link clients to needed services. “Hospital Discharge Planner” will continue to provide discharging planning services to high risk children/adolescents that are San Francisco publically funded. Lastly, “Therapists” who offer individual and/or family brief therapy for up to 30 days to stabilize individuals and families who are having an acute behavioral health crisis, and to those who have experienced community violence for up to 24 months. The hope is that Comprehensive Crisis Services will eventually operate as a 24-hour crisis response unit

within the capacity to address the crisis needs in the community. Currently, due to staffing shortage as multiple staff are on leaves of absence, the new model will start in May and we will review the efficiency 3 months after implementation. Many thanks to those clinics who offered to help support the crisis staff coverage during this time.

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

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

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

To receive this Monthly Report via e-mail, please e-mail vita.ogans@sfdph.org