

DIRECTOR'S UPDATE

Lisa Mancini, Interim Director

Ravenswood Wellness Partnership

The Ravenswood Wellness Partnership (RWP) is a collaboration among community and mental health organizations in East Palo Alto and east Menlo Park working together to improve system coordination, increase mental health service capacity, and create equitable access to mental health support for Ravenswood youth and families. The RWP launched in 2018 with a focus on serving Ravenswood City School District's TK-8 students. It hopes to expand over time to serve more school communities.



The Partnership meets regularly and includes providers from a network of mental health agencies dedicated to providing culturally responsive mental health care to Ravenswood students. Recent accomplishments include a streamlined referral process among all the partnership groups, increased bilingual outpatient therapy services available at no cost, Multi-Tiered System of Support (MTSS) meetings with the school district to ensure that students are being connected to the right care depending on their needs, a network of community family partners to help families navigate the system of care, and the new Ravenswood Wellness Partnership Training Consortium Practicum Program in Psychology.

The RWP Consortium Training Program offers a one-year practicum in clinical psychology with a focus on training in child/family psychology, trauma-informed care, and community-based mental health. The program aims to fill critical gaps in care in the Ravenswood community, thereby building a pipeline of qualified, culturally

responsive clinicians. By providing hands-on training and clinical hours for master's and doctoral-level child psychology students, the program will prepare them for enriching and rewarding work in community mental health while increasing the number of Ravenswood/Belle Haven children and families receiving therapy and other outpatient services.

Every RWP member has the shared goal of substantially improving the mental health system of care—supporting the whole child and leading to earlier intervention and better outcomes

for Ravenswood youth.

In the words of the partner organizations, “None of us, by ourselves, has the bandwidth or the multiplicity of expertise to make these changes on our own. By working as a partnership group, we are able to leverage the complementary cultures, skills, talents, and expertise and work together as one to make lasting systemic change.”

For more information or to connect to care, please visit the program's [website](#).

NAMIWalks in San Mateo County



NAMIWalks Your Way 2022 is coming to San Mateo County for the very first time on Saturday, October 8, at Seal Point Park in San Mateo. NAMIWalks Your Way

is an opportunity to unite and magnify mental health awareness across the country. We're all in this together,

N/A

Revenue Ratio (R3)

8,580

Total Clients

845

Admitted

892

Discharged

and together we walk toward a future in which mental health for all is a reality.

Participate in person or virtually – or walk separately with a group of friends in solidarity. [Sign up today](#). Participants can also create their team or join the [BHRS team](#)! The event is open to people from all walks of life and will offer information on local mental health resources.

Congratulations



Clara Boyden, Deputy Director, BHRS Alcohol and Other Drug Services, recipient of the 2022 Steve Kaplan award presented by Voices of Recovery in September. Clara is a tireless advocate for individuals challenged with substance use disorders and people in recovery.

She is a visionary leader who implemented significant changes and helped transform services into a more humane, efficient, professional system that respects clients' cultures and is better educated. Along with her team, Clara has made a significant difference for many San Mateo County residents (and their families) who have regained their lives through recovery or who are seeking treatment.

Join the MHSA Three-Year Planning Workgroup

In November 200, California voters approved the Mental Health Services Act (MHSA) which provides dedicated funding for behavior health services by imposing a one-percent tax on personal income over one million dollars. San Mateo County received an estimated annual average of \$35.2 million in the last five years through FY 21/22.

To support the development of a new MHSA Three-Year Plan,* the MHSA Steering Committee is hosting a MHSA Three-Year Plan Workgroup. Members of this workgroup will:

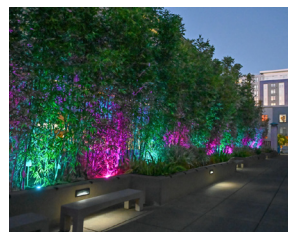
- Provide input on the planning process to ensure that it is inclusive of all vulnerable communities
- Review and advise on data needed to support current behavioral health needs
- Support opportunities for all San Mateo County community members to provide their input on the plan

Workgroups are open to the public. Clients of mental health and substance use services, and their families, as

well as community members, county staff, community agencies and stakeholders, are encouraged to join. Potential participants can become part of the workgroup by completing a [short survey](#). The workgroup is limited to 10-12 participants and candidates must be available to attend all three online meetings scheduled at 3 p.m. on November 10, December 8, and January 12.

*The MHSA Three-Year Plan will 1) identify behavioral health needs across San Mateo County; 2) include strategies to address those needs; and 3) prioritize strategies for future MHSA funding. Learn more about [MHSA](#).

County Supports Suicide Prevention Month



Last month, San Mateo County hosted activities observing Suicide Prevention Month—one of the best times of the year to support community members by educating them on how to know the signs, find

the words, and reach out. This year, we joined the rest of California in promoting the statewide theme, “Take Action for Suicide Prevention: Thriving at all Ages.”

Thanks to BHRS's Suicide Prevention Committee and partners, the county hosted 12 events (9 in person and 3 virtual), proclaimed September as Suicide Prevention Month in 19 cities as well as in San Mateo County, lit up the County Center facilities in purple and teal, and shared seven unique educational social media posts reaching of over 9,000 people throughout the month of September. Find info about the past events [here](#).

Suicide prevention is important beyond September, and we are all champions in different ways throughout the year. [Learn how](#) to advocate for suicide prevention year-round.

If you know someone who is in a suicidal crisis or emotional distress, reach out for 24/7 confidential crisis support by calling San Mateo County's Crisis Hotline run by StarVista at (650-579-0350), the 988 Suicide and Crisis Lifeline (988 or 1-800-273-8255) or text the Crisis Text Line (“BAY” to 741741).



CalAIM Corner



CalAIM Opportunities

CalAIM offers real promise to both clients and staff through improved access to treatment and changes that give clinicians more time to

treat their clients. It's as if Sacramento finally realized that much of what providers have been asked to do offers little benefit to the client and that documentation is not as important as providing clients with the care they need, when they need it.

Programs that have significant federal ties represent an area in which the state has had difficulty implementing reform. Department of Health Care Services Deputy Director, Kelly Pfeifer, MD, said that CalAIM reform requires an untangling of regulatory restrictions that were put into place over many years. Some of these tentacles include federal restrictions over which the state has no control. These include Intensive Care Coordination, In-Home Behavioral Services, and Therapeutic Behavioral Services, which all require a formal treatment plan. All other programs will not require a formal treatment plan and will instead use a problem list.

Case Management and Targeted Case Management programs, require a treatment plan progress note which is an abbreviated treatment plan that can be written as a progress note. This is much less onerous and time consuming than writing a formal treatment plan.

While the state cannot untangle federal restrictions, counties can now look at how the state has applied those federal restrictions to identify opportunities for improvement.

One example of this is the fact that although the state requires formal treatment plans for Intensive Care Coordination, In-Home Behavioral Services, and Therapeutic Behavioral Services, federal regulations specify only what is required within a treatment plan and not that a formal treatment plan itself is required. Consequently, counties, including San Mateo County, have taken it upon themselves to determine that this regulation can instead, be met with a treatment plan progress note, which requires significantly less work.

Fortunately, CalAIM allows counties to effectuate change in places where the state cannot. For programs that the

state cannot not make easier to administer, counties can find a way to carry out the CalAIM promise to ensure that reform happens where it can and that clinicians and clients experience the true promise of change. Learn more about [CalAIM](#).

Contractors' Association Spotlight



Recovery Happens Everyday

Last month San Mateo County celebrated National Recovery Month. However, recovery happens

every day and should be highlighted year-round to emphasize its importance, certainty, and hope. [Voices of Recovery San Mateo County](#) (VOR) speaks to Sydney Reynolds, VOR Recovery Coach and WRAP Facilitator.

What's changed in your life since you began working at VOR? How has working at VOR impacted your own recovery?

"Since I've been working at Voices, everything has completely changed for me. I've reached so many goals that I wouldn't have been able to accomplish without the love, care, and support I've received from the Voices family. I've developed a new sense of purpose and community, and a true understanding of what it means to be accepted."

How is this year's theme, "We Can Recover, We Will Recover," reflected in your own life and recovery?

"I always knew that I could be in recovery from my addiction and mental health challenges, but I didn't know if I would actually do it. I already had the understanding that it was possible, but I was never able to say that I would recover. Now, I can say with confidence, I can recover, and I am recovering."

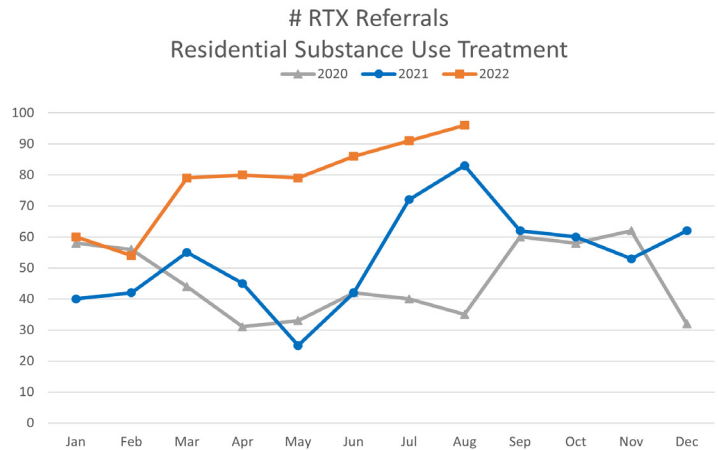
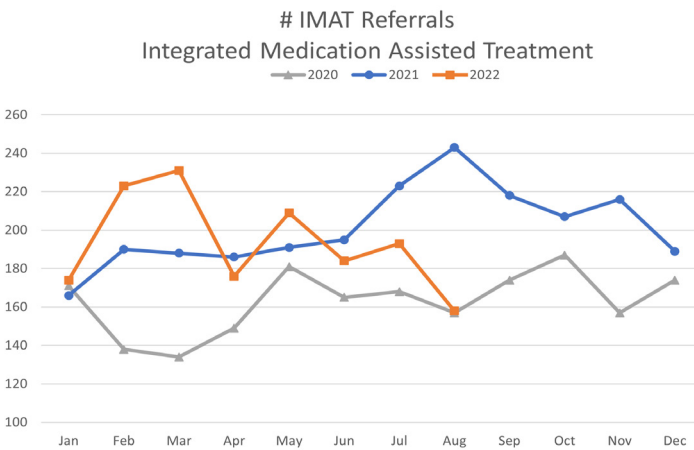
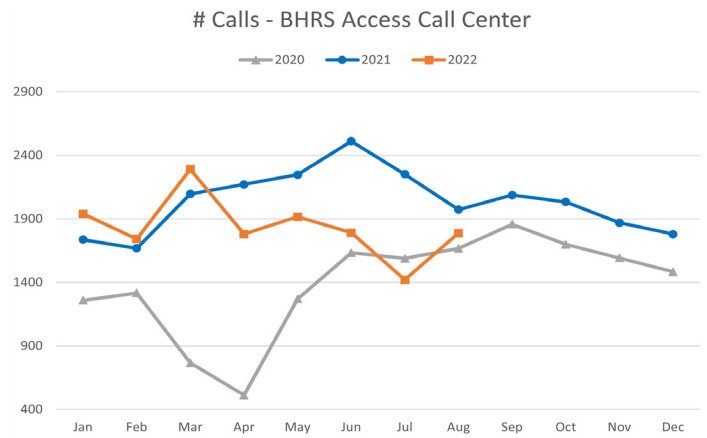
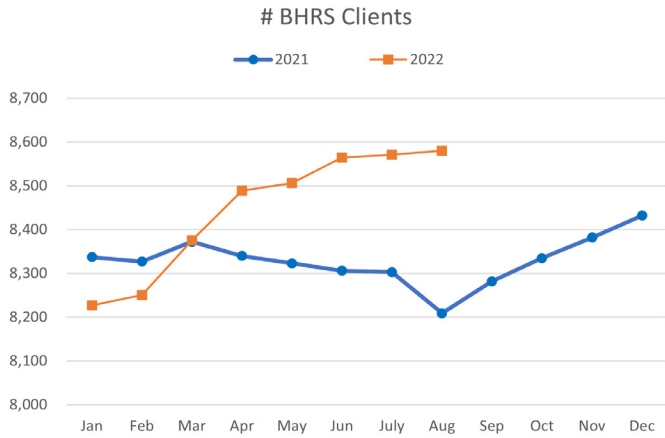
What gives you hope in your own recovery?

"Community and support give me hope in my own recovery. I believe that the root of my addiction and mental health challenges was the feeling of being alone. Now that I'm a part of this amazing community, I know that there are so many people who want to see me win and will support me at any given time."

Learn more about the [BHRS Contractors' Association](#) member agencies, programs, and services.



SNAPSHOT: BHRS Clients - as of August 31, 2022



| Service Category | Total Clients | Admitted - August | Discharged - August |
|---------------------------------------|---------------|-------------------|---------------------|
| Mental Health Services County SMI | 5,730 | 612 | 712 |
| Mental Health Services Contracted SMI | 1,800 | 95 | 96 |
| AOD Services County | 475 | 51 | 21 |
| AOD Services Contracted | 575 | 87 | 63 |
| Total BHRS Clients | 8,580 | 845 | 892 |

Total clients are unduplicated within each service category, however, if a client received services in more than one category during the same period, the client is counted in multiple categories.

R3% - data not currently available for August 2022.

2022

Saturday, October 8



namiWalks

YOUR WAY

San Mateo County



Learn more at
namiwalks.org/sanmateo

Seal Point Park,
San Mateo, CA
#Together4MH



National Day of Prayer

For Behavioral Health and Understanding

1 in 4 people have a mental health condition but less than half get the help they need.

We are ALL touched by mental illness. Only with the guidance, prayers and actions from our faith and behavioral health networks working together, will our communities reach better mental health and well-being.

At the Day of Prayer for Behavioral Health and Understanding, faith and secular leaders will join hundreds of events around the country to publicly recommit ourselves to replace misinformation, blame, fear and prejudice with truth, inclusion and love in order to offer hope and support to those most in need.

Community members, consumers, family members, faith community and behavioral health providers all welcome!

The National Day of Prayer has been observed in San Mateo County since 2016 thanks to our sponsors:



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

Please Join Us

Tuesday, October 11, 2022
12:00pm – 1:30 pm

Program: Prayers, testimonials,
various expressions of faith

Free virtual event where all are
welcome

Registration [link](#)



Questions?

Isaac Frederick: ifrederick@smcgov.org
Pam Ward Pious: wpam3238@gmail.com

www.smchealth.org/Spirituality



San Mateo County
Latino Collaborative



present

9th LATINO HEALTH FORUM

Sana, Sana, Colita de Rana

Care For Yourself Today, For a Better Tomorrow.

Family Event

Saturday, October 22, 2022

11 AM to 3 PM

Cunha Intermediate School

600 Church Street

Half Moon Bay, CA

Presented in Spanish with English Translation

Meet Olga Talamante



Author, Chicana Political Activist,
former ED Latino/Chicana Foundation

Theme: Growing Stronger & Healing Together

Learn about:

- How to obtain Behavioral Health Services
- Healthy habits
- Maintaining your health during Covid-19
- Managing Emotional Stress
- Enjoy delicious food and dancing

For more information, write to LatinoCollaborative@smcgov.org



RAFFLES

FOOD

NO
COVER



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

