

Wellness Matters

Your Wellness ♦ Your Way ♦ Your Community

An E-Journal of San Mateo County Behavioral Health and Recovery Services

November 2016

Integrated Medication Assisted Treatment—One Year Outcomes

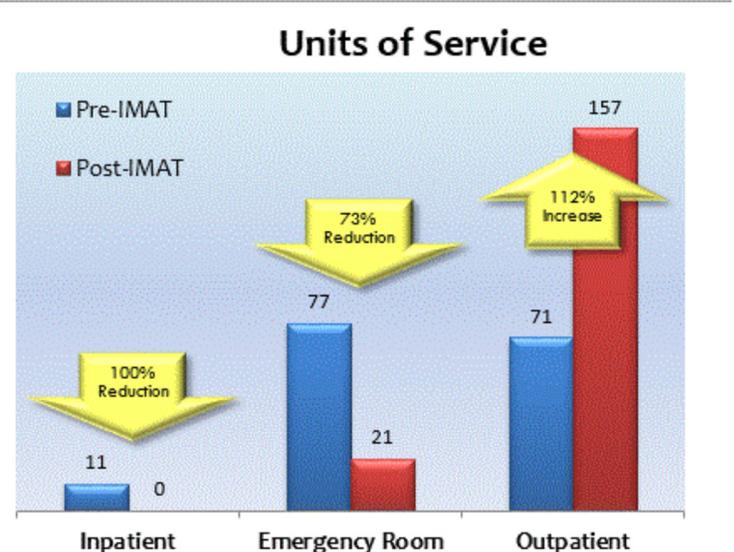
By Mary Taylor Fullerton, Supervisor, BHRS Integrated Mediated Assisted Treatment Program

The Integrated Medication Assisted Treatment (IMAT) team is a partnership between the Health Plan of San Mateo, BHRS and HealthRight 360 to help expand MAT to individuals with an alcohol use disorder who are disconnected from services. This expansion began serving clients in July of 2015.

Following a very busy first year, IMAT Case Managers working in the San Mateo Medical Center Emergency Department in the field with criminal justice populations, and in Primary Care Interface clinics:

- Responded to 1,386 referrals
- Connected over 159 unique individuals to medication for their alcohol use (92 Vivitrol injectable, 67 oral)
- Engaged and referred 378 unique individuals to treatment

In addition, there was a significant reduction (55%) in total service cost for the first 25 individuals to receive a



Vivitrol injection (see below).

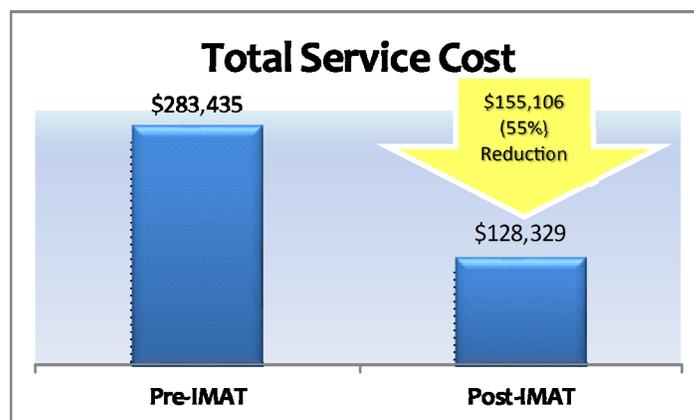
One of the overarching aims of the IMAT program is to help reduce service cost for these Health Plan of San Mateo members. Often, when individuals struggle with severe substance use disorders they become disconnected from services, utilize high-cost emergency services for routine care, end up incarcerated and/or require emergency services resulting from neglected health complications

and high risk behaviors.

Three other important goals for IMAT are to (1) reduce inpatient stays—100% reduction) (2) decrease use of Emergency Department—73% reduction and (3) connect and encourage use of Outpatient services— 112% increase (see above).

Next year, the IMAT team will participate in the state's Whole Person Care Pilot, expanding MAT service to include opioid use disorders, and supporting the Drug Medical Organized Delivery System (ODS) State Waiver implementation. We continue to build relationships with our county partners to engage those struggling with substance use disorders and link them to the medication support we know can help launch recovery. Medication Assisted Treatment is the future of progressive addiction medicine and are excited to part of it. ☺

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Mental Health and Substance Abuse Recovery Commission Meeting

Wednesday,
December 7th

3:00 – 5:00 pm
San Mateo County Health System
225 W. 37th Avenue,
Room 100, San Mateo

Commission meetings are open to the public and are generally held the first Wednesday of the month. For location or more information, call 650.573.2544 or visit: www.smchealth.org/MHSARC



Safe Schools and Communities

This past Thursday I attended the Coalition for Safe Schools and Communities Summit. In attendance, among the 150 or so people, were representatives from education, criminal justices, human services, political leadership and behavioral health. The gathering was an opportunity to highlight progress made over the past three years and the challenges that still lay ahead.

The work over the past three years represents the best in how diverse stakeholders come together under a single purpose to implement important changes. The Coalition has and is implementing a multi-pronged approach to improve school and community safety and respond to the mental health needs of students throughout the county.

The Coalition has organized its work in the six areas described below.

Oversight and Accountability

An Advisory Committee consisting of political leadership and department directors provides policy direction, reviews progress, removes barriers and mobilizes resources. A Steering Committee consisting of managers from the key stakeholders provides the operational support and direction for the day to day work.

Uniform Safety Response Protocols

Prior to the work of the Coalition, each school district and police department had distinct policies and procedures on how to respond if and when a safety response at a school site was needed. At present all school districts and police departments have adopted the Big 5 protocol that ad-

resses both natural disasters and school/community violence.

Threat Assessment

One of the key attributes of the Coalition, is to gain knowledge from areas in other parts of the country that, unfortunately have experienced traumatic school related events. One of the common experiences was there were early signs that there was a troubled individual but no systematic processes to intervene. The Coalition is building upon the work done elsewhere to develop an organized collaborative process to respond as early as possible when warning signals are identified.

Coordination of Services

Through the leadership from the County Office of Education local school and community collaboratives have been organized in three areas of the County with three more planned. These groups, consisting of school, law enforcement, behavioral health, human services, and health and city officials work to improve how students are supported. And if a specific student is in need of additional assistance the collaborative is empowered to respond accordingly.

Prevention and Early Intervention

The San Mateo County Board of Supervisors, through Measure A funding, has made prevention a key priority. Two evidenced based practices, Youth Mental Health First Aid and the Parent Project have been utilized in districts throughout the county. Providing school based adult allies with information on how to identify a student struggling with mental health issues, how to talk with the student



Stephen Kaplan

and how to make referrals is having a significant impact. Teaching parents effective communication skills, how to deal with behavior problems, and spend positive time with their children is also paying off.

Information Sharing

Sometimes, despite best intentions, laws and regulations on who can share what information may get in the way of effective collaboration. The County Counsel's office is leading an effort to minimize these limitations when it is in the best interest of the student and the protection of the school and community.

I am proud that BHRS is an active member in the Coalition and that through these efforts there have been no tragic incidents in the County and that each day we are making progress to ensure our students and communities are safe. ☺

Mental Health Services Act Update – Doris Estremera, Manager of Strategic Operations

MHSA Innovation (INN) Projects

We are in the final steps of negotiating a contract for the new LGBTQ Behavioral Health Coordinated Services Center (The Center) in San Mateo County. The Center will provide a coordinated approach across mental health treatment, recovery and supports for marginalized, high risk of and/or with moderate to severe mental health challenges, including transgender and gender nonconforming/variant community members, LGBTQ youth, seniors and ethnic minorities. The Center will include a physical space where groups, events and other activities will be held and feature the coordination of three (3) components:

1. A social and community component aims to outreach, engage and provide support through peer-based models of wellness and recovery that include educational and stigma reduction activities.
2. A clinical component focusing on individuals at high risk of or already with

moderate to severe mental health challenges; a strong referral system; and a resource and training ground to build competency working with high-risk LGBTQ.

3. A resource component to become a hub for local, County and national LGBTQ resources including the creation of an online and social media presence.

Visit the [MHSA website](#) to read more about the three MHSA Innovation projects approved for implementation.

MHSA Workforce Education and Training (WET)

MHSA WET funds are a one-time funding for up to 10 years ending in June 2018 for San Mateo County. We are currently working with an independent contractor to develop a 10 year MHSA WET impact report and a sustainability plan for evaluation of the MHSA INN projects. The planning process has begun and we will share updates as they become available.

MHSA Steering Committee

The next MHSA Steering

Committee is scheduled. Meeting details below:

Wednesday, December 2
2 pm-3:30 pm
225 37th Ave. Room 100
San Mateo

Following the MHSA Steering Committee, the Mental Health and Substance Abuse Recovery Commission will vote for opening a 30-day public comment period for the MHSA Annual Update starting at 3:30pm, same date and location listed above.

The MHSA Steering Committee makes recommendations about the planning and services development process of MHSA. We are updating the membership process and recruiting new members. If you are interested in joining please contact, Doris Estremera at mhsa@smcgov.org or (650) 573-2889.

Proposition 63, now known as the Mental Health Services Act (MHSA), was approved by California voters in 2004 to reform the mental health treatment system by providing comprehensive behavioral health service. Learn more at

www.smchealth.org/mhsa



WELLNESS • RECOVERY • RESILIENCE

Welcome Janet Gard, Deputy Director of Finance and Administration

BHRS is pleased to welcome Janet Gard, Deputy Director of Finance and Administration, filling behind Glenn Klum in preparation for his retirement.

Janet brings a wealth of experience and knowledge. Her work experience includes Budget Director for Colorado Department of Motor Vehicles, Finance Manager for Mental Health Partners (Colo.), Vice President Finance for Value Options-Behavioral Health Division (Mass.) and

Budget Director for Elder Affairs and Long Term Care (Mass). In addition to her strong financial background, Janet has led a variety of system improvement efforts, she has worked closely with program and policy staff on children and adult mental health and substance use issues, has extensive experience with contracting, and has a knack for "translating" fiscal processes to those outside of the finance world. Welcome Janet!



Janet Gard

MHSA Program Highlight: El Centro de Libertad “The Freedom Center”

Now more than ever, the need to understand the effect of trauma on the whole person has never been more important. In an attempt to cope with the painful effects of trauma, individuals have become accustomed to seek “safety” in harmful ways by turning to alcohol and other drugs. The path to recovery becomes more challenging or near impossible when trauma and substance use are dually present. It is difficult to treat an addiction and other unhealthy behaviors without also treating the root trauma in parallel.

Seeking Safety is an evidence-based counseling model that has been adapted by programs as a stabilization and coping skills model. “Safety” is redefined to participants that involves: pledging sobriety, regaining control of symptoms and behaviors, reducing and eliminating self-harm behaviors, letting go of harmful relationship, and discontinuing re-enactment of trauma.

Since 1994, El Centro de Libertad’s “The Freedom Center” located in Redwood City has helped people of all cultures realize their full potential. Through counseling, education, and 12 step study, people with alcohol, drug use and other related issues will find a path which will allow them to achieve and sustain recovery. Classes are offered in Redwood City and Half Moon Bay for clients that are referred through probate court, drug court, Child Protection Services, and self-referrals.

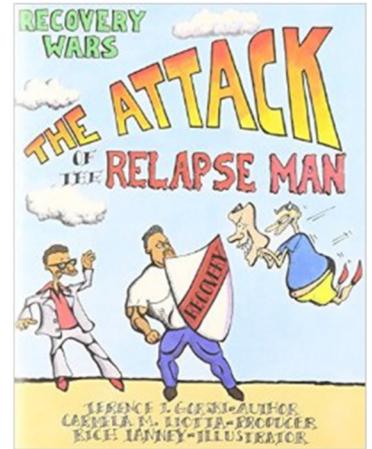
I was fortunate to sit in on a Transition Age Youth group (ages 18-25) led by the ever-talented Clinical Services Supervisor, Barbara Correia, MFT and speak individually with a

participant in the group to hear his story of addiction, relapse and recovery.

As we all settled in for tonight’s class to begin, the activity was announced that we would be reading “Recovery Wars: The Attack of the Relapse Man,” a comic book themed around practicing self-control when adverse symptoms, behaviors, and temptations are trying to reign in. Immediately, the scoffs and eye rolls were shared across the room between participants. Within minutes, the participants’ boredom was turned into excitement and the grumbles turned to laughter. This was not your ordinary approach to recovery and El Centro de Libertad was not your ordinary program. As I sat down with Evan to hear a personal recount, this became clearer.

Evan entered the program after being arrested for possession of a controlled substance. He was searching for a way to escape being in the midst of a family divorce. He turned to his peers. He first started using marijuana at 13 years-old and opiates by 20. “I just started hanging with the wrong kids. When I look back, they were awful people. Next thing I know, I’m taking uppers, downers, getting arrested,” he said. “I was wondering why I felt like this. I didn’t know you withdrew from opiates. By that time it was too late, I was hooked.” Evan was entered into the *Seeking Safety* program at El Centro de Libertad as part of his probation.

When Evan first entered the program he said, “At first I didn’t want people to look at me like a drug addict. I wondered how they are going to make me stop using,” he said. “I thought, this sucks.



But now I don’t mind coming here, I actually look forward to coming here. We are all here for a reason and we all can support each other. We all make each other feel safe.” However, the road to recovery doesn’t come without a few bumps. “When I first started the program I relapsed. I felt bad. I had to start over in the program, keeping me here longer. I felt like I let Barbara down, my counselor, *El Centro*,” he said. Today, Evan is celebrating his 10th month of sobriety and is set to graduate this Fall. “It turned me around to be honest with others, with myself. I didn’t have a clear mind before. I do now.”

For more information about El Centro de Libertad “The Freedom Center” please contact Maria Cerrillo-Hernandez or Luis Valdivias at 650-599-9955 or visit their website at www.freedomcentercounseling.org.



- Colin T. Hart

Proposition 63, now known as the Mental Health Services Act (MHSA), was approved by California voters in 2004 to reform the mental health treatment system by providing comprehensive behavioral health service.



Early Childhood Community Team Expands Preventative Services

The Early Childhood Community Team (ECCT) project, a Mental Health Services Act program piloted in Half Moon Bay and Daly City in 2010, expanded last year with funding from Measure A, the half-cent sales tax approved by 65 percent of San Mateo County voters in November 2012.

The expansion helped increase services in the North County region and begin services in two new communities (the North Fair Oaks community of Redwood City and the South Coast in Pescadero and La Honda).

The ECCTs developed out of a need to offer preventive and early intervention services to families in their communities with a team of providers capable of meeting various levels of need while also reducing the stigma of accessing mental health support through a “depth and breadth” approach.

Teams consist of a mental health clinician who offers dyadic therapy with child and parent, a community outreach worker who leads parent-child groups and provides case management and parent support/education, and an early childhood mental health consultant who supports child-care staff and families in pre-school/early care settings. Each of these members is specifically trained in their unique roles – the “breadth” component of the model.

Through their work in community settings, like pre-schools and resource centers, the community outreach worker and mental health consultant get to know families in a familiar and comfortable setting. When families request or are identified as needing a higher level of support, the team works together

to make the connection to the mental health clinician. Working within a specific geographic region, the team can tailor their practice to the specific issues arising for the community (isolation, trauma, homelessness, or others), contributing to the “depth” of the team.

During the expansion of the ECC teams, we took into consideration how important having a physical presence in each community would be to increasing engagement with families and establishing positive relationships with community partners, and a main focus for our expansion was to cultivate relationships with our community partners to establish this presence. By the end of the fiscal year we were successful in placing various staff at different locations throughout the county. In Daly City and South San Francisco, we partner with Our Second Home and Watch Me Grow where our Community Worker provides services in their offices. In Redwood City, our Mental Health Clinician and Community Worker reside at the Fair Oaks Family Resource Center. (In Half Moon Bay, our Mental Health Clinician and Community Worker continue to have space at the school district office.) Our visibility in each community has been essential in building trust with our community partners and our families.

Though a small team of just nine staff, in the last year the expanded Early Childhood Community Teams visited the homes of 70 families and consulted with 70 childcare providers in eight centers enrolling over 500 children. Of the 24 families participating in intensive case consultation services, 10 respondents to

our annual satisfaction survey indicated the consultant was very effective in supporting their relationship with their child (90%), very effective or effective in increasing their understanding of their child's needs and behaviors (100%), and very effective or effective in supporting their relationship with their child's teachers (100%).

The Mental Health Clinicians served 34 clients. Sixteen clients completed services successfully in this fiscal year and 14 of those clients reported an improvement in their post-treatment scores.

The Community Workers were able to serve 143 clients who participated in parent-child activity groups and workshops held in Redwood City, Daly City, South San Francisco, and La Honda.

For more information about the Early Childhood Community Teams, please contact Program Managers Eric Valladares (eric.valladares@star-vista.org) and Sarah Dobkin (sarah.dobkin@star-vista.org).

✍

- Sarah Dobkin, StarVista

Filipino Mental Health Initiative Celebrates 10th Anniversary

On October 22, the Filipino Mental Health Initiative (FMHI) of San Mateo County celebrated its 10th anniversary with speakers, activities, and a ceremonial recognition of its pioneers. FMHI's primary mission is to reduce the shame and stigma around mental health and counseling, increase awareness and access to resources, and empower the Filipin@ community through outreach, engagement, and education.

Keynote speaker, Filipino American award-winning journalist, Emil Guillermo spoke about issues that could have made one go "amok" historically (racism and xenophobia towards Filipino immigrants in the 20th century) and in the present. Mr. Guillermo encouraged the audience to think about using resources such as FMHI to support one's social-emotional health in the midst of hardships Filipinos may face.

Miss California 2016 and Filipina American, Jessa Carmack, promoted her three-pronged platform geared to-

wards youth which outlined: 1) healthy eating habits, 2) exercise and fitness, and 3) being socially and mentally healthy. Audience members respectfully listened to a "lived experience" panel of two community members who shared their struggle with and subsequent management of mental health symptoms including depression and attention deficit hyperactivity disorder (ADHD).

Rounding out the educational portion of the event were a Mental Health Awareness presentation by FMHI interns and a vegan-based cooking demonstration and tasting by Astig Vegan founder, Richgail Enriquez.

Following FMHI member, Christi Morales' montage video of pioneer interviews, Laarni San Juan, Dr. Jei Africa, and Jennifer Jimenez Wong were recognized for their work and to motivate the Filipin@ community to support FMHI's very important mission.

Various community organizations (i.e., Rebuilding Together Peninsula, Breathe

California, and Health Right 360/Asian American Recovery Services) were there to provide information about resources available.

The family-friendly event also had an arts and crafts room for kids, where they could play with and read to emotional support therapy dogs from Peninsula Humane Society.

Special thanks to the volunteers (Oceana High School students, family, friends, and significant others) who assisted in the event logistics, San Bruno Senior Center for being the hosting venue, and FMHI members who put in numerous hours into organizing and planning, outside of their full-time work and family obligations. ☺

- Eugene Canotal



Skyline College Introduces FutureVIEWS Program

Mental health education is on the rise at Skyline College, as a new program called FutureVIEWS looks to collaboratively bridge community support programs in order to increase the preparation, engagement and readiness of students with emotional and/or mental health issues for higher education.

The Counseling department, DSPS, Workability, Psychological Services, and EOPS at Skyline have come together to create and implement FutureVIEWS.

According to program coordinator Tarek Eljararri, this program will reach these goals in many ways: Strengthening the partnerships between support programs and services both on and off campus, establishing academic/vocational programming by developing a finely-tuned pathway to success for students with emotional and/or mental health issues based on their unique needs.

When asked what made him want to push for FutureVIEWS. "I hatched the idea with a colleague of mine," Eljararri said. "I wanted to extend a helping hand to those with mental health issues. Like people with depression, PTSD, autism and such."

FutureVIEWS will create a support system to increase the likelihood of students with emotional and/or mental health issues enrolling and being successful in Skyline College. The program looks to support students outside of school as well.

Through community and campus collaborations, FutureVIEWS looks to establish a cohesive support framework for student academic and vocational success.

Eljararri spoke on the challenges the program faces "Starting a program from scratch, establishing the structure of a program takes a long time," Eljararri said. "Then we need a room reserved for the program. It all takes a long time, perseverance was needed."

Participants will gain knowledge about more practical areas of college education. One such area is College Matriculation, by giving individualized support for entrance into community college and to a four-year university.

The program would aid in understanding of Financial Aid, by explaining the processes of acquiring financial support. Career Readiness is also part of the program, as specialized supports for vocational planning through academics.

Students seem glad that knowledge of practical areas is expanded.

"It is important too, for students to know their resources because this is a community college," Kawiku Foronda said. "People coming out of high school also need to know."

The program has a few longer term goals for mental well-being. One of these is to increase independent functioning using focused step-by-step skill building.

The program is also meant to increase self-esteem and reduce the stigma around mental health issues. Developing a peer support system and improving students' sense of health and wellness are goals as well.

After two years of work, the program finally launched in mid September.

"It's amazing to see that Skyline is establishing this program," Skyline student Ryan Joe said. "My cousin suffers from PTSD from his time in the marines, so it means a lot to see that there is help for those who endure the same."

The benefits of implementing FutureVIEWS include an increase in the likelihood of students with emotional and or mental health issues entering/re-entering Skyline College and utilizing campus and other community based support services.

Further, these partnerships will decrease the probability of students with emotional/mental health issues giving up on their educational and vocational aspirations. ☺

- Jose Luis Sanchez,
Staffwriter, The Skyline View,
9/16/16

African American Parent Family Program



September 2016 to May 2017
3rd Wednesday's Monthly
5:30pm – 7:00pm
North County Mental Health, 375-89th St.
Daly City

Open to all parents, and caregivers of African American and multi-racial children already receiving services within BHRS.

- Understand how culture and tradition can positively impact the family system
- Improve family relationships and learn new parenting strategies
- Find community referrals and resources

For more info or to refer parents from your program, call Kelly Lambert, at (650) 301-8662.

National Day of Prayer for Behavioral Health Recovery & Understanding

For the first time in San Mateo County, the *National Day of Prayer for Behavioral Health Recovery and Understanding* was recognized on Oct. 4th. San Mateo County BHR and NAMI San Mateo co-sponsored the observance of this Day of Prayer by inviting faith and secular leaders as well as consumers to participate in this hour long event.

Faith and secular leaders around the country publicly recommitted themselves to replace misinformation, blame, fear and prejudice with truth, inclusion and love in order to offer hope and support.

The event, held in front of the County Curt House in Red-



The Native American Initiative offers the ritual "Honoring the Four Directions."



Pacific Islander Initiative offers a prayer in Tongan for those in recovery.

wood City included members from various faiths—Christian, Islam, Buddhist, Hindu, Native American, and Pacific Islands. The Spirituality Initiative and Helene Zimmerman, Executive Director of NAMI, together organized the event which included 14 organizations (community based, faith based, provider based) tabling the event as well as the speakers. Rev. Mary Frazier from Bread of Life Worship Center opened the event with a prayer and Steve Kaplan, Director of BHR, provided the welcoming address stat-

ing "There is a climate occurring in this country that seems to divide and pull us apart. Coming together today is a powerful message about unity."

Nearly 100 people attend the event which included speeches/prayers from several of the faith base community and testimonials from community members on how their faith has helped them in their recovery journey. ✍

- Melinda Ricossa

TRANSGENDER DAY OF REMEMBRANCE

Remembering lives lost and standing together against violence

**THURSDAY, NOVEMBER 17
4:00 - 6:00 PM**

Congregational Church of San Mateo
225 Tilton Ave., San Mateo

Keynote: Adrian Acencion, Martinez, Community Organizer, Transgender Law Center



We will be building a community altar during this event. Please bring flowers, candles, poetry/spoken word to share. Questions, call (650) 312-5352.

4th Annual Latino Health Forum

The Sana Sana 4th Annual Latino Health Forum was a successful event with over 120 attendees. The day started off with a wonderful speech by Dr. Celina Moreno, former BHRS Medical Director, who connected to the audience in a very real and humbling way as she spoke about the importance of seeking mental health services. She had such finesse when addressing the audience and people were in tune to her positive energy.

A Lived Experience Panel then shared their personal stories of struggle and triumph over substance use and mental health symptoms.

Attendees enjoyed a delicious lunch sponsored by La

Hacienda Market who served a Taquiza, then gathered for a presentation on Suicide Prevention and recognizing the mental health signs. People in the audience asked clarifying questions and were able to relate to what was being presented as they have been impacted by mental illness in their own families. Some folks shared that what they learned from the presentation was "don't be afraid to talk about what you are feeling" and where to get help.

The invigorating Zumba lesson got folks up and moving, and was a good example of how to use movement to be able to re-energize.

Our last presentation on Nutrition explained how to



properly read labels to be able to choose nutrient rich foods.

The community members walked away with Sana Sana giveaways, raffles totaling \$630 donated by over 35 resource tables that were present and most importantly, the education to help reduce stigma and where to access mental health services. ~

- Arlette Molina



NAMI CA Appoints Dr. Jei Africa to the NAMI California Board of Directors

Jei Africa, PsyD; MSCP; Director, Office of Diversity and Equity San Mateo County Behavioral Health & Recovery Services has joined the NAMI California Board of Directors.

Dr. Africa is a licensed clinical psychologist who is also certified as a domestic violence and addiction counselor. His work is focused on serving vulnerable communities—working closely with individuals and families—to ensure that they are informed and linked to services, but also empowered to be in-charge of

their own health! On being asked to join the Board Jei said, "I saw joining the NAMI CA board as an extension of the work I do in San Mateo County—perhaps having a bigger impact!"

Of NAMI's contributions to the mental health arena in California, Jei has said that NAMI's voice has helped change policies and practices through our programs and continued advocacy. It is through his values of equity, social justice and diversity that he hopes to be able to



contribute most that remain on the forefront of NAMI's work.

Congratulations Jei! ~

Next QIC Meeting:

Wednesday

November 9, 2016

10:00 am–Noon

2000 Alameda de las Pulgas, Suite 200, Room 201, San Mateo

Q-Tip for Quality - Holly Severson, RN MSN

In early September, Assistant Director Scott Gruendl sent out an email with details of BHRS’s new Compliance Training and Program Requirements. Scott, who is also the BHRS Compliance Officer, explained that in addition to the annual Compliance Training, there is now another required training on Fraud, Waste and Abuse. All BHRS staff and contractors are required to take these trainings annually.

Currently more than 60% of

staff, and 90% of contractors, have not yet completed these mandatory trainings. If you have not yet taken these trainings, you should do so as soon as possible as they are needed to meet state and federal regulations. Each training only takes about 30 minutes (see links below).

- Fraud, Waste, & Abuse Training
- BHRS Compliance Training

The new compliance program webpage lists our com-

pliance policies, the hotline phone number, training links and other information at the link below. ☞

QM always appreciates any feedback or ideas you’d like to share with us.

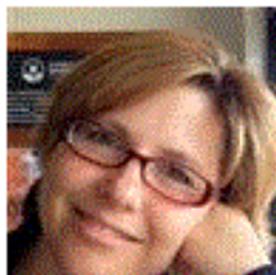
Think Quality

Fraud, Waste & Abuse Training: www.smchealth.org/training/fraud-waste-abuse-training

BHRS Compliance Training: www.smchealth.org/training/compliance-training-bhrs-2016

BHRS Compliance Program: www.smchealth.org/BHRSComplianceProgram

Employee Spotlight



Clara Boyden

Health Services Manager II, Alcohol and Other Drug Services

Hometown: Sacramento

Years at BHRS/SMC: 9 years/18 years

What do you do?

I manage the substance use services system of care for San Mateo County, which includes prevention, early intervention, treatment, and housing and other recovery supports. I oversee teams that monitor contract provider quality, and teams that pro-

vide treatment, assessment, referrals and case management.

What do you enjoy most about your job?

The variety of things I get to work on...the substance use treatment field is changing rapidly and I love being able to work on new initiatives to expand services and/or improve the quality of substance use services for our clients. I love working with my colleagues in BHRS and especially AOD. We work hard as a team, have fun and laugh together, and have the best potlucks ever.

Most rewarding/memorable experience:

So many...I loved facilitating the CSA planning weeks and was inspired and touched by the process of coming together with colleagues, partners and community members to create a vision of healthy and connected communities. It's

been amazing to launch the new Medication Assisted Treatment services and to develop the Drug Medi-Cal expansion/implementation plan for San Mateo County.

Favorite hobbies/activities:

Spending time with friends, hiking and walking in nature, playing with JoJo my new kitten, watching my kids soccer games, watching good movies, listening PodCasts, and catching up on my sleep!

“If I weren’t in my current role, I’d be ...”:

An attorney on the Innocence Project, an archaeologist, or an architect. ☞

To subscribe to *Wellness Matters* or to view previous issues, visit:

www.smchealth.org/wm

(To subscribe, click the red envelope at the top of the page.)

Forward comments, suggestions or contributions for *Wellness Matters* to Diane Tom, Editor:

DiTom@smcgov.org

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