

DIRECTOR'S UPDATE

Dr. Jei Africa, Director

Psychiatry Residency Program Awarded Collaborative Grant



BHRS's psychiatry residency program was recently awarded the California Residency Program Collaborative Grant (approximately \$70,000) to

expand the treatment of opioid use disorders (OUD) in San Mateo County.

In recognition of the opioid crisis in California (more than 7,000 Californians died of overdose in 2021), the California Academy of Family Physicians requested proposals from residency programs to create innovative and collaborative programs that will improve the assessment and treatment of OUD in their area. Twenty-five residency programs in the State were selected by peer review, and San Mateo County's program was fortunate to be one of them.

The proposal involves significant collaboration between several county agencies, including the jail/forensic system, the health care system in the county jail, the psychiatry residents, and the BHRS Integrated Medication Assisted Treatment team.

The proposal has two main goals. The first is to increase the assessment and treatment of incarcerated individuals, as current estimates indicate that only 30% of inmates who could use this evaluation receive it. The second, and perhaps more difficult one, is to improve linkage to services after incarceration, as current estimates suggest that only one of every four people leaving the County's carceral settings follows up with OUD treatment. Persons of color who have an OUD are generally less likely to receive treatment but more likely to face incarceration. The hope is to mitigate or decrease these inequities.

Four New MHSA Innovation Projects Approved



Four new proposed Mental Health Services Act (MHSA) Innovation (INN) projects were approved by both the San Mateo County Board of Supervisors and the state Mental Health Services

Oversight and Accountability Commission (MHSOAC). The approved INN projects are: the Adult Residential In-Home Support Element (ARISE), Mobile Behavioral Health Services for Farmworkers, Recovery Connection Drop-in Center, and Music Therapy for Asians and Asian Americans. More on these projects can be found [here](#).

A request for proposal was conducted, and BHRS is currently selecting the providers for these new services, which is expected to start on July 1, 2023.

Additionally, a previously approved MHSA INN project, the Pacific Islanders Organizing, Nurturing, and Empowering Everyone to Rise and Serve (PIONEERS) program, was recently awarded to HealthRIGHT 360's Asian American Recovery Services agency and is expected to also launch on July 1. The PIONEERS program will provide culturally relevant, behavioral health support for Native Hawaiian/Pacific Islander youth and young adults across the County.

MHSA INN projects are three-to-five-year pilot projects intended to develop new approaches and community-driven best practices in behavioral health care systems. INN funding has provided a means for BHRS to pilot new approaches to engaging and serving individuals living with behavioral health challenges. Past projects include the San Mateo County Pride Center; the Neurosequential Model of Therapeutics (NMT) in the adult system of care; and the Kapwa Kultural Center &

32%

Revenue Ratio (R3)

8,846

Total Clients

776

Admitted

771

Discharged

Cafe, a Filipina/x/o youth-focused social enterprise cafe in Daly City.

Jackie Speier Hosts Dialogue with Latinx Mothers



On March 15, the BHRS Office of Diversity and Equity (ODE) collaborated with retired Congresswoman Jackie Speier and SMC Health Director Louise Rogers, to host a virtual event to better understand the needs of Latinx mothers. The event sought

to foster an understanding of how to better support women and children for *The Jackie Speier Foundation for Women and Children*, whose mission is to help the women and children in San Mateo County thrive.

Mothers from the BHRS ODE Parent Project© and Health Ambassador Program provided authentic and compassionate dialogue. The discussion covered concerns from mothers around access to services, behavioral health needs for children, economic and employment challenges, and the desire for youth support in different areas of their lives. The participants shared thoughtful recommendations and hopes for mothers balancing many needs to provide the best life for their children. Their resilience was apparent as they spoke about overcoming obstacles and advocating for their families.

Speier was clearly interested in understanding the gaps and barriers impacting mothers and children, and committed to improving equitable access for all community members.

The Parent Project Resumes In-Person Classes



After three years of strictly virtual classes, BHRS Office of Diversity and Equity is thrilled to announce that the SMC Parent Project© has resumed in-person classes. This semester, the

first in-person class was facilitated by the Pacific Conflict Resolution Center alongside the Community Alliance to Revitalize Our Neighborhoods (CARON). StarVista is also hosting an in-person class, including a Spanish class at the Fiesta Gardens International school.

Virtual classes are still available including an English

class hosted by Peninsula Conflict Resolution's Center and the Pacific Islander Initiative, and an English and Spanish class hosted by StarVista.

As the first in-person class wraps up, the facilitators are aware that there are additional obstacles associated with rebuilding familial relationships as a result of the COVID-19 pandemic. Because of this, they are implementing practices to better assist parents in an era that has been more anxiety-inducing for both parents and children.

In the Fall 2023 semester, the Parent Project will launch a "Self-Care Series" hosted by ODE Health Education Associate Maria Martinez. This series will help parents and caregivers implement self-care practices into their daily routines so that they are cognizant of their mental health.

ODE Parent Project Program Coordinator Nicoletta Kelleher continues to rebuild connections with the community, guest speakers, and partners to better accommodate the specific needs and concerns of parents and caregivers.

Learn more about the Parent Project [here](#).

San Mateo County Pursues Certified Welcoming Designation

Certified Welcoming is a formal designation given to cities and counties with practices, policies, and programs that embrace the values of inclusion for immigrant communities. Cities and counties that receive the Certified Welcoming title can showcase their work on a national level and become part of a very select group of localities. This work also distinguishes communities that authentically and compassionately connect with all who live, work, and play in their neighborhoods. Through these connections, the County can better honor the numerous viewpoints, talents, and expertise of the diverse individuals who comprise San Mateo County.

As part of the audit for certification, San Mateo County Health divisions – Behavioral Health and Recovery Services; Public Health, Policy and Planning; and Family Health Services – came together on March 21 to share how they are working towards being inclusive and supporting immigrant communities.

The process of becoming a Certified Welcoming community

takes approximately one year. During this journey, San Mateo County will continue to learn and support everyone in its communities. Stay tuned for updates!

Modernizing the Mental Health Services Act



On March 19, Governor Newsom unveiled a new plan to re-envision behavioral health system investments and, in turn, address homelessness and focus services on individuals

living with the most severe behavioral health conditions. Current available information on the Governor's plan can be found [here](#).

One of the three priorities of this plan is the "Modernizing of MHSA (Mental Health Services Act)" and includes proposals to:

1. Update the current MHSA funding allocations or components – the plan proposes allocating MHSA funding to three new components: 30% to housing, 35% to full service partnerships, and 35% to all other MHSA services (e.g., workforce strategies, prevention and early intervention, systems development efforts, etc.) with a focus on the following: on-site services to students; workforce development, recruitment and retention; and the inclusion of substance use disorders as a target population. (Currently, the MHSA targets co-occurring substance use and mental health disorders.)
2. Add fiscal accountability measures – the plan focuses on maximizing Medi-Cal for reimbursable services, on MHSA being the "last dollar spent," and on broader regional community planning processes.
3. Restructure the Mental Health Services Oversight and Accountability Commission (MHSOAC) – there is a proposal to move the MHSOAC under the California Health and Human Services Agency to support increased cross-sector collaboration and a focus on outcomes. The MHSOAC was created to provide oversight of the MHSA.

The Governor's plan is likely to go on the November 2024 ballot and will take time to implement. California counties and local stakeholders have an opportunity to influence the details of the reform. BHRS will work closely with the California Behavioral Health Director's Association to

ensure local stakeholder priorities are voiced and that the original intent of the MHSA as it relates to prevention and early intervention, cultural responsiveness and equitable access, system transformations, and other core MHSA priorities is included.

MCOD Tour Recommences + ODE Meet n' Greets Kick-Off



After a short hiatus, the BHRS Office of Diversity and Equity (ODE) is revving up for another BHRS-wide Multicultural Organizational Development (MCOD) tour. On March

30, ODE staff Frances Lobos and Kai Thornton kicked-off 2023's MCOD Virtual Tour.

With a few new ways of engaging staff (i.e., website restructuring, video tutorials, and living resource hubs,) ODE is hoping to reignite a passion for equity among BHRS's workforce. Also, throughout the tour, ODE staff will introduce staff to new concepts and frameworks that are becoming part of BHRS's equity work (i.e. the Trauma and Resiliency Informed Systems Initiative, better known as TRISI). They are excited to share this accumulated research with BHRS and will be coming to an office/team near you.

ODE Meet + Greets



The Office of Diversity and Equity rolled out a virtual space via Zoom for BHRS staff to get information on the MCOD Action Plan, meet the ODE team, and learn more about the various

ODE programs. With the MCOD tours starting, this is an additional way to connect with BHRS staff.

Thornton is leading the Meet + Greet virtual spaces while Lobos and other ODE staff present resources in fun, bite-sized chunks.

This is an interactive (and non-mandatory) space for BHRS staff to gather and discuss how equity work affects their teams, share personal stories, and discuss how they would like equity initiatives to progress in the near future.

The Meet + Greet will introduce staff to the ODE structure and discuss the reconvening of the MCOD

Action Plan. Check your email for an invitation to this bi-monthly event.

Pride Center Re-Opens April 4



The San Mateo County Pride Center is scheduled to resume its on-site programming starting Tuesday, April 4. Operating hours will be Tuesday - Thursday, 11 am - 7 pm (except Tuesday's 1 - 3 pm) at 1021 S. El Camino Real in San Mateo.

The Pride Center first opened in 2017 with MHSA Innovation funding as a result the advocacy from the Pride Initiative, the LGBTQ+ community, and support from BHRS ODE. Learn more about the [Pride Center](#).

The Power of Being Counted in Workday

Does the makeup of BHRS's workforce reflect the community it serves? Is BHRS making progress to close gaps and offer culturally responsive services to retain staff? Workday, the County's human resources management system, is a powerful tool that collects data about the workforce. BHRS uses Workday to understand the demographic makeup of their workforce and thereby inform hiring and recruitment efforts. However, they can use it wisely only if there is data to explore. Have you entered your demographic information in Workday?

Robust demographic information about BHRS teams opens the door to better support staff and provides information on how they can build a culture of belonging. Updating your personal information in Workday is easy. Follow these simple steps:

1. Log into Workday using your credentials. You will land on your home page.
2. From your home page, click on the personal information worklet located in the upper left menu.
3. Under the change section, click the personal information button.
4. Edit the sections as needed by clicking on the pencil icon. The following sections can be updated: gender, date of birth, marital status, and race/ethnicity/citizenship status.
5. Click Submit.

Mental Health Service Act Update



MHSA Three-Year Plan

The Mental Health Service Act (MHSA) has provided dedicated funding to transform county behavioral health services for children, youth, transition-age youth, adults, older adults, and families by imposing a 1% tax on personal income over \$1 million in California. MHSA legislation requires the development of a Three-Year Plan to identify priorities for funding mental health and substance use services, programming, infrastructure, workforce, and various other strategies.

A community program planning process for the MHSA three-year plan kicked off in Fall 2022 with a workgroup composed of clients, family members, community-based agencies, and community leaders. This workgroup provided input on the planning process to ensure inclusivity and accessibility, reviewed and advised on data needed to support a thorough needs assessment phase, and supported opportunities for community input on strategies to address the needs during the strategy development phase.

Over 40 sources of data, including a broadly distributed community survey, were reviewed and informed behavioral health needs. In addition, over 30 community input sessions were facilitated with local groups, vulnerable communities and collaboratives to identify priority programs, services, and strategies.

A summary of the strategy recommendations will be presented at the MHSA Steering Committee meeting on May 4, 2023, from 3 - 4:30 pm. This will be a hybrid (in-person/online) meeting that is open to the public. For more information, visit the MHSA website, www.smchealth.org/MHSA, and click on the "Announcements" tab.

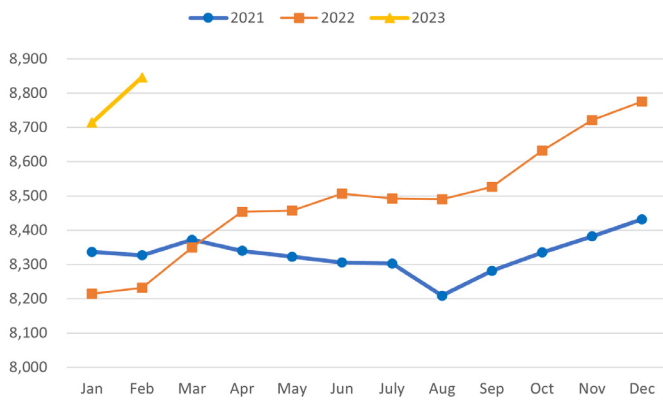
Director's Update Hiatus



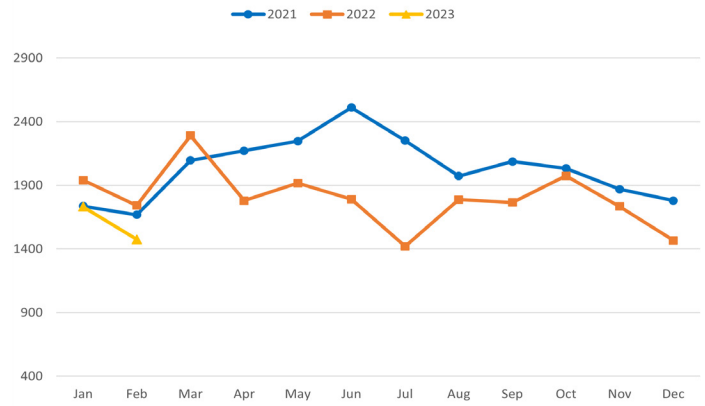
The BHRS Director's Update is taking a pause in the coming months due to staffing transitions and will be taking this opportunity to reassess its current format and purpose.

SNAPSHOT: BHRS Clients - as of February 28, 2023

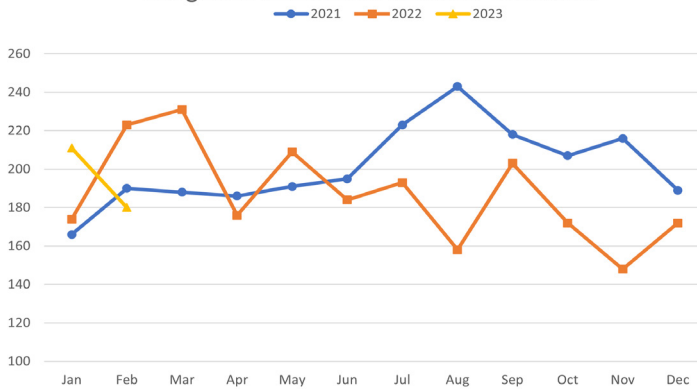
BHRS Clients



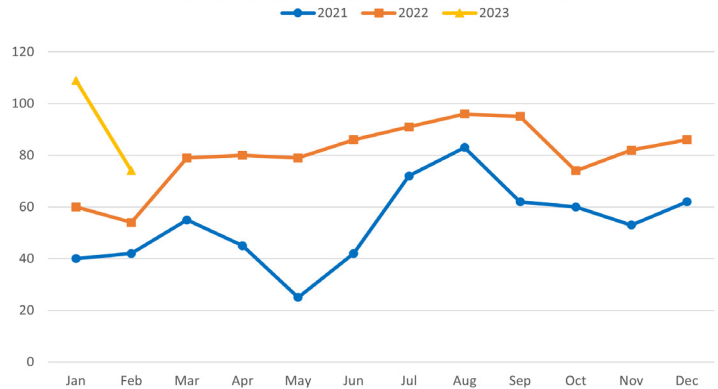
Calls - BHRS Access Call Center



IMAT Referrals Integrated Medication Assisted Treatment



RTX Referrals Residential Substance Use Treatment



Service Category	Total Clients	Admitted - February	Discharged - February
Mental Health Services County SMI	5,809	557	560
Mental Health Services Contracted SMI	1,882	63	60
AOD Services County	505	53	18
AOD Services Contracted	650	103	79
Total BHRS Clients	8,846	776	717

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% - 32% (revenue ratio of billed services from 2/1/23 - 2/28/23).