

## DIRECTOR'S UPDATE

Lisa Mancini, Interim Director

### Suicide Prevention Month



September is National Suicide Prevention Month. This year, San Mateo County, StarVista, and its partners are promoting the statewide theme, "*Take Action for Suicide Prevention: Thriving*

*at all Ages.*" Californians are encouraged to take action for suicide prevention by recognizing the importance of strengthening resiliency, protective factors, and physical and emotional wellness throughout the lifespan and at different life stages. Learn more about *Thriving at all Ages*, at [SuicideisPreventable.org](https://SuicideisPreventable.org).

Each year, BHRS, StarVista, and the Suicide Prevention Committee host a variety of events throughout the month to increase awareness, share resources, and educate the community on how they can help someone. All events are free and open to the public. This year, events will be in-person and/or virtual. See the [full list of events](#).

### Recovery Happens Month

National Recovery Month, better known as "Recovery Happens Month" in San Mateo County, is a national observance held every September since 1989. Now in its 33rd year, Recovery Month educates Americans on the fact that treatment can enable those with mental health and substance use challenges live healthy and rewarding lives. Since 2014, Voices of Recovery, in collaboration with BHRS, has joined in this celebration to promote awareness, positivity, and encouragement for those



in or seeking recovery. With strength, support, and hope, recovery is possible.

Special events throughout September celebrate the gains made by individuals living in recovery. This year's events will be held in person, with COVID prevention precautions in place, including the ever-popular BBQ Picnic and Resource Fair on September 28. [Check out the complete list of events](#).

### New Crisis Center Transparency Page



#### STAR VISTA

The arrival of the first Suicide Prevention Month since the launch of the new 988 Suicide and Crisis Lifeline marks a new era of suicide prevention for San Mateo County,

the State of California, and the nation as a whole. The new three-digit code debuted nationwide on July 16, aiming of improve and augment the mental health crisis response system in America.

From June to July 2022, the total number of contacts to StarVista's Crisis Center Hotline increased by 34%. The hotline continues to see an increasing trend in the daily number of calls received compared to previous months. Many contacts are from people calling for the first time, for themselves, or on behalf of a loved one.

As one of the 13 crisis centers in California now taking 988 calls, the StarVista Crisis Center is committed to helping San Mateo County residents understand how mental health crisis services operate in their county.

To support this effort, the center's website now includes a new [Crisis Center Transparency Page](#) whose purpose is to answer common questions or address concerns that service users might have about the crisis hotline or other crisis services. The page also outlines all crisis

N/A

Revenue Ratio (R3)

8,584

Total Clients

776

Admitted

811

Discharged

response options available in the San Mateo County. StarVista hopes this will provide greater agency when to making decisions about crisis mental health services for San Mateo County residents.

The [StarVista Crisis Center website](#) is also a great resource to learn about other Crisis Center services, check out what's new on their blog, or get involved in suicide prevention through their adult and youth volunteer programs.

The [StarVista Crisis Intervention and Suicide Prevention Center](#) provides suicide intervention services and programs for San Mateo County residents, including a 24-hour crisis hotline, mobile youth crisis response team, online and text teen crisis support, and educational presentations to the community and schools.

## David Lewis Award



Congratulations to Jeff Essex, 2022 recipient of the San Mateo County Behavioral Health Commission's David Lewis Award. This award recognizes outstanding contributions toward recovery.

Jeff is known to work hard at El Centro de Libertad, providing substance use treatment services to the community. He always looks for innovative ways to expand services by collaborating with other organizations in the community. Jeff recently launched Crisis Assistance Response & Evaluation Services (CARES), a pilot program providing an alternative response to mental health-related 911 calls, in partnership with the City of Half Moon Bay. This brought much-needed services to the Coastside community.

## Suicide Prevention Training Updates



Nearly a year ago, BHRS's Office of Diversity and Equity (ODE) introduced the "Be Sensitive Be Brave" (BSBB) training for the community. BSBB is the only comprehensively culturally

adapted community training for suicide prevention and mental health.

In December, ODE received \$126,000 from the Coronavirus Response and Relief Supplemental

Appropriations Act, Community Mental Health Services Block Grant to help launch and expand BSBB trainings through the end of 2022.

Community Connections Psychological Associates, Inc. was engaged to deliver culturally infused community trainings. This includes training the trainers, and creating cultural and linguistic adaptations of the trainings for the community.

During the first half of 2022, 16 BSBB community trainings were held. This included six trainings focusing on suicide prevention (97 participants) and 10 on mental health (165 participants), with a total of 262 participants.

Pre- and post- survey results showed that participants reported a large increase in their mean score on suicide prevention and mental health-related competencies, including areas such as: knowledge and warning signs of suicide and mental health conditions, preparedness to support someone struggling with a mental health condition, confidence in their ability to connect someone to resources or help, and the ability to identify someone who is at risk of suicide and to intervene when needed.

Participants also reported a significant increase in their comprehension of how culture affects mental health, how suicide is expressed and experienced, and their preparedness to help people from diverse cultural backgrounds in distress. There was also a significant decrease in perceptions of stigma and discrimination toward individuals with mental health conditions.

Three individuals have been certified as BSBB trainers for a three-year term. Five additional individuals are in the process of completing their certification.

In addition, due to the increase in suicide deaths among foreign-born males from Asia, four trainings were held in Chinese with 137 participants. A Pacific Islander adaptation is planned for FY 22/23 and a Filipino/a/x adaptation is planned for FY 23/24. Learn more about the [BSBB trainings](#) and other [suicide prevention trainings](#).

## Contractors' Association Spotlight



### Youth S.O.S. Update

On March 20, StarVista's Crisis Intervention and Suicide Prevention Center launched its new mobile

crisis response service called the Youth Stabilization, Opportunity, and Support (S.O.S.) Team, funded by the local Mental Health Services Act and State General Funds. In partnership with Behavioral Health and Recovery Services, the Youth S.O.S. Team provides over-the-phone or in-person responses to youth ages 0-25 who live in San Mateo County and are experiencing an escalation in mental health symptoms, ranging from suicidal ideation to undiagnosed mental health disorders.

The team is comprised of mental health clinicians, a youth peer partner, and family partners to comprehensively address any assessment, psychoeducation, and short-term therapeutic or case management needs - for up to 12 sessions.

Of the 120 referrals since its launch, 45% were received from parents and caregivers, and 55% were received from schools. Of the referrals received from schools, 18% were from elementary schools, 50% were from middle schools, and 32% were from high schools.

San Mateo and Daly City have the highest number of referrals to date. San Carlos, Pacifica, San Bruno, and Redwood City have also received a significant number of referrals and in-person services.

In the coming months, the team plans to provide continued outreach to all school districts within the county and hopes to strengthen its crisis response within this setting. It also plans to partner with various parent networks and groups to provide outreach and information regarding these new services.

Anyone can access this 24/7 service by calling StarVista's 24/7 Crisis Hotline at 650-579-0350 or the CAL Family Urgent Response System (FURS) line at 833-939-3877. All Youth S.O.S. services are free of cost.

Learn more about the BHRS Contractors' Association member agencies, programs, and services at [www.smcontractors.net](http://www.smcontractors.net).



## CalAIM Corner



### CalAIM Implementation in San Mateo County

Now that BHRS has had an opportunity to gain some

experience with CalAIM and has a better understanding of the issues that the State is facing regarding the implementation, it can provide insight into how CalAIM will unfold in San Mateo County through BHRS and its contractors.

CalAIM cannot be implemented all at once, as the State must still complete the screening, transition, and trauma tools. Additionally, the new assessment domains, formal treatment plan (for programs still requiring it), treatment plan in progress note template, problem list, and new progress note template have not yet been completed, nor have they been uploaded into AVATAR.

Workflows between BHRS and the Health Plan of San Mateo, BHRS and contractors, and internal BHRS workflows are just beginning to be revised or developed.

Implementation is organized into the following phases: 1) progress notes, 2) treatment planning, and 3) assessment.

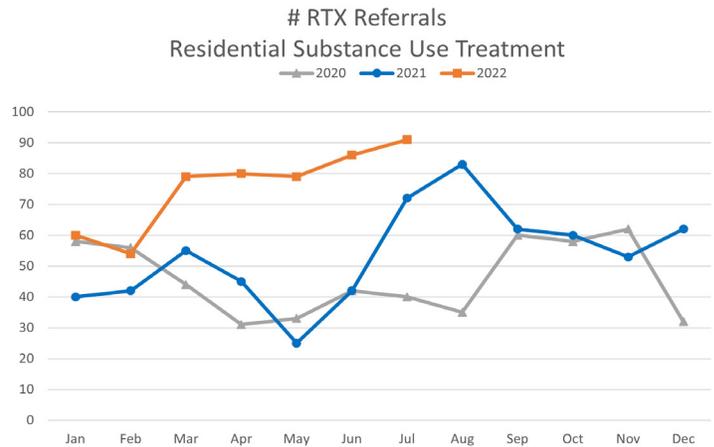
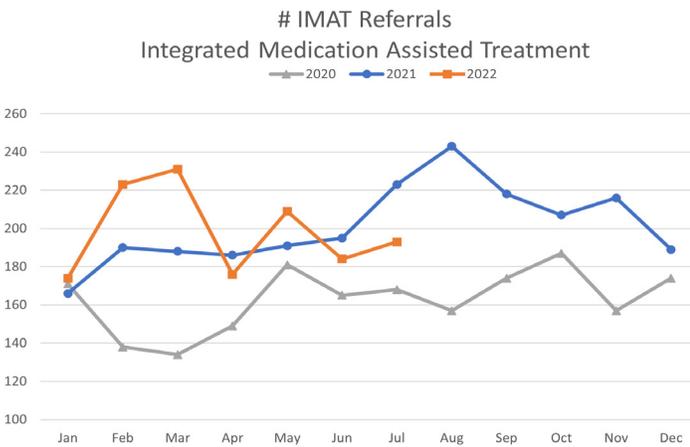
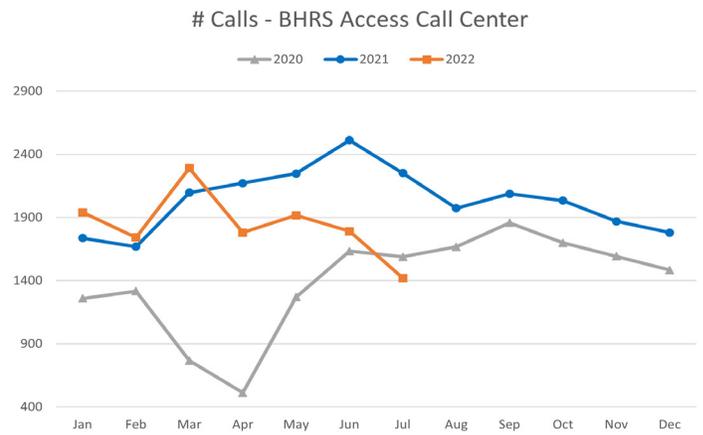
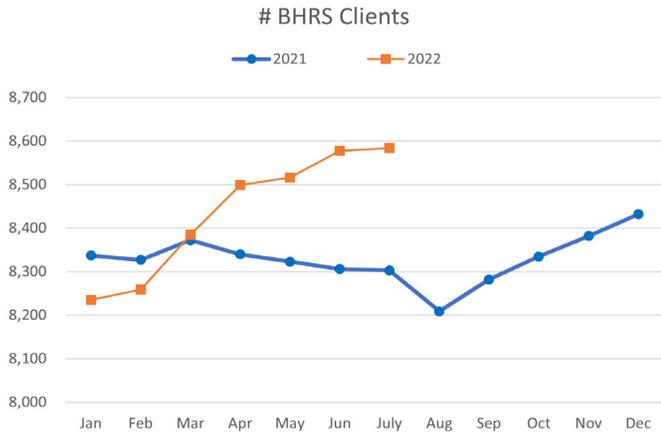
Progress notes will be the first phase as it is the easiest to implement. Only minor changes are necessary for a new progress note template to be up and running in AVATAR.

Next, the treatment planning phase includes removing the treatment plan from services no longer requiring it, updating the treatment plan for programs still requiring it, uploading the treatment plan progress note template for case management and peer support, and updating the problem list. The treatment plan and progress note implementation is expected to be completed before January.

Finally, the assessment phase will update the assessment form to include the seven domains, followed by the screening, transition, and trauma tools. The three tools (currently behind due to the State) will most likely cause a revisit of workflow modifications that would have already been completed. This is because the implementation is not expected to occur until after the treatment plan and progress note implementation have been completed.

The State recognizes that the implementation of CalAIM will take time. Enforcement of these changes will not begin until July 1, 2023 and will start with a narrow focus that will broaden up through July 2024.

# SNAPSHOT: BHRS Clients - as of July 31, 2022



Service Category	Total Clients	Admitted - July	Discharged - July
Mental Health Services County SMI	5,741	566	601
Mental Health Services Contracted SMI	1,811	77	94
AOD Services County	444	53	22
AOD Services Contracted	588	80	94
<b>Total BHRS Clients</b>	<b>8,584</b>	<b>776</b>	<b>811</b>

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 July 2022.



SAN MATEO COUNTY HEALTH  
BEHAVIORAL HEALTH  
& RECOVERY SERVICES

September 2022  
**Suicide  
Prevention  
Month**  
#SMCTakeAction4MH

This year's theme is **“Take Action for Suicide Prevention: Thriving At All Ages.”**

Free events & resources at the website or scan the QR code.



[SMCHealth.org/Suicide-Prevention-Month](https://SMCHealth.org/Suicide-Prevention-Month)





# RECOVERY MONTH

*We CAN Recover, We WILL Recover*



**FAMILY FRIENDLY**



# EVENTS 2022

**A CELEBRATION OF RECOVERY - OPEN TO THE COMMUNITY**

**AUG 26**

## CANDLELIGHT VIGIL

6 - 8:00 PM.

400 County Center, Redwood City  
Mental Health and Substance use Recovery Month  
Kickoff event with recovery stories remembering those in recovery with the lighting of candles

**SEP 1 - 30**

## ART SHOW

Display of art reflecting Recovery and Hope  
VIRTUAL: [www.vorsmc.org](http://www.vorsmc.org)  
LIVE: Caldwell Gallery, 400 County Center, Redwood City

**SEP 13**

## BREAKFAST / PHILOMENA WALK OF HOPE PROCLAMATION & RESOURCE FAIR

7:30 am. - Breakfast at Mezes Park, Warren & Standish Street  
8:30 am. - Philomena walk from Mezes park to the County Center  
9:00 am.- Recovery Month Proclamation by the Board of Supervisor  
9 - 12:00 pm. - Resource Fair at County Ctr.  
Recovery Speakers, Dedication of September as Recovery Month and sharing of community resources.

**SEP 28**

## BBQ PICNIC - RESOURCE FAIR

10 - 2:00 PM.

Coyote Point- Eucalyptus Picnic Area  
1701 Coyote Point Dr., San Mateo  
BBQ, DJ Network, Raffle and Lots of Fun!

**SEP 30**

## RECOVERY DANCE

6 - 10:00 PM.

STEVE KAPLAN AWARD  
P90 Friendship Hall, 416 2nd Ave, San Mateo  
DJ Network, Raffle and Entertainment

**FOR MORE INFORMATION VISIT US @ [WWW.VORSMC.ORG](http://WWW.VORSMC.ORG) OR  
EMAIL US @ [INFO@VORSMC.ORG](mailto:INFO@VORSMC.ORG)**