

## DIRECTOR'S UPDATE

Scott Gilman, MSA, CBHE

### Mental Health Month



Throughout the pandemic, communities in San Mateo County and beyond have faced increasing mental health and substance use

challenges. According to the CDC, 40% of U.S. adults reported struggling with mental health or substance use in June 2020. From August 2020 to February 2021, the percentage of adults with symptoms of anxiety or depressive disorder, as well as those with unmet mental health needs, increased significantly (from 36.4% to 41.5% and from 9.2% to 11.7%, respectively). The increasing mental health and substance use challenges are tied to COVID-19—both the disease itself and mitigation measures such as physical distancing and sheltering in place.

While the behavioral health challenges are unprecedented, so is the opportunity to prioritize and destigmatize behavioral health in our community. May Mental Health Month (MHM) is one way to maximize this opportunity across the county, state, and country. Each year, the San Mateo County MHM Planning Committee convenes a coalition of local agencies and community members to host several public events throughout the month.

This year's MHM theme #HopeForChange, aligns with the statewide theme. The past year has undoubtedly brought unanticipated changes for us as individuals, families, and communities—leaving us to face these challenges and transform. #HopeForChange reminds us to spread and rely on the hope that carried us through a year of change.

Mental Health Month activities will include at least

15 city proclamations and more than 30 free virtual events including, an open mic, music, art, films, pets, children's stories, speaker panels, and more to support #HopeForChange. Join us for the MHM kickoff event on Saturday, May 1 at 10 a.m. and the Board of Supervisor's MHM Proclamation on Tuesday, May 4 at 9 a.m. See a complete list of all Mental Health Month events, details, and pre-register at [www.smchealth.org/mentalhealthmonth](https://www.smchealth.org/mentalhealthmonth).

### Changing The Status Quo

*By Pamela Ward*



“And a child shall lead us.” The world is now aware that a child with a camera phone changed history by capturing the powerful images of a horrific murder by a policeman. This sickening behavior happens every day in this country. Without the child's wisdom and quick thinking, the

outcome of these events would be quite different. Derek Chauvin was held accountable for his outrageous actions. Now that the jury has given its verdict, there is momentary justice for George Floyd. In time, we will learn what Chauvin's sentence will be. Right now, we can all exhale for a moment. Then the real work for us will begin.

What will you do to ensure that systemic racism ends? As I write this, another black man has been killed at the hands of the police. How will you educate yourself about the history and lives of people of color? What actions will you take the next time you have the opportunity to hire a person of color? Often, the police reflect the racism of our society. Societal change requires that all people of good conscience take an active role in changing the status quo.

**31.4%**

Revenue Ratio (R3)

**9,040**

Total Clients

**824**

Admitted

**882**

Discharged

At a minimum, you have an opportunity to join a [Health Equity Initiative](#) to support the efforts of a diverse population within BHRS. Remember the world is watching how we respond. Moreover, your children are watching. What example will you set for them?

## Tony Hoffman Award



The San Mateo County Mental Health & Substance Abuse Recovery Commission's annual Tony Hoffman Award recognizes individuals, professionals, businesses, and media who have made an extraordinary difference in the lives of people with mental illness and the San Mateo County community. This year, we are proud to honor:

- California Clubhouse
- CARON (Community Alliance to Revitalize Our Neighborhood)
- Robert Dei Rossi, BHRS social worker
- Ron Dugrenier, NAMI SMC's newsletter editor
- William Elting
- Foster City Police Department, Chief Tracy Avelar
- Stasha Powell

## Workforce Memorial of Love



This past year, our workforce lost significant individuals in their lives—from those we serve and care for to our colleagues, family, and friends. However, the rituals we typically observe to support ourselves through grief, reconnect ourselves with those we have lost, allow ourselves to obtain support from others, and

begin our journey toward healing—have been absent this year due to the pandemic.

To honor the lives of those we've lost and support our workforce in healing, BHRS created a Memorial of Love for Workforce Wellness Month. We received approximately 150 names of unique souls who have been a part of our workforces' lives. Along with these names were many stories of the laughter they brought, the love they shared, and the impact they had on the

individuals' life stories. This project "named" our losses and also voiced the beauty these parents, siblings, spouses, clients, pets, friends, and colleagues gave us.

On April 3, BHRS installed the Memorial of Love at the San Mateo County Phoenix Garden. The Native and Indigenous People's Initiative held a ceremony to bless the stones and then read aloud each name. We hope the memorial will help our workforce heal and take comfort in the fact that the names of their loved ones will be seen by all who visit the garden.

## Community Stigma Baseline Survey



Many (if not all of us) know someone facing a mental health or substance misuse issue. However, many people do not get the help and treatment they need because of the stigma around these issues and they fear that

others will judge them.

While we know that stigma is a significant barrier, how pervasive is such stigma in our San Mateo County community? Are our current stigma reduction programs reducing this stigma over time?

San Mateo County launched the Community Stigma Baseline Survey to assess the mental health and substance misuse knowledge, beliefs, and behavior of residents. BHRS's Office of Diversity and Equity commissioned an independent research firm to survey San Mateo County residents aged 18 and up. In March 2020, 450 residents completed the survey, which was built off the statewide mental health stigma survey conducted by the RAND Corporation.

Key findings from the survey are below. See the [Executive Summary](#) and [Full Report](#) for more information on each domain, difference by demographics and general information about the survey.

### Mental Health

- One-third of San Mateo County adults (36%) have had a mental health issue.
- Among those who have had a mental health issue, almost two-thirds (72%) have sought treatment.
- Adults scored highest on Mental Health Inclusive Behavior across the three domains used to assess

overall knowledge, beliefs, and behavior.

### Substance Misuse

- One in 10 adults in San Mateo County (13%) has had a substance misuse issue.
- Among those who have had a substance misuse issue, one-half (55%) sought treatment.
- Adults scored highest on the Substance Misuse Knowledge domain.

Learn more about BHRS's [stigma reduction programs](#).

## Cordilleras Campus Breaks Ground



BHRS reached a significant milestone on April 12, when the new \$105 million Cordilleras Mental Health campus broke ground in Redwood City. After many years of tackling

various obstacles related to this project, the County and its partners rose to the occasion, making this milestone particularly meaningful. The project is also the State's first net-zero carbon emissions mental health campus.

Members of the community celebrated virtually as Scott Gilman, Louise Rogers, County Manager Mike Callagy, and Supervisors Horsley, Pine, Canepa, and Groom shared stories about the inception of this project and the positive impact it will have on the community for decades to come.

Dozens of family member advocates, led by Tony and Fran Hoffman and others, were critical to the inception of Cordilleras and vital in developing the new campus. It was an honor to have Julie Hoffman, Tony and Fran's daughter, and Pat Way attend the virtual groundbreaking.

The new facilities, slated for completion in 2023, will include four new 16-bed mental health rehabilitation centers for 64 adults requiring long-term mental health care and a three-story co-housing building that can accommodate 57 supported housing residents for a total of 121 beds. Watch the groundbreaking celebration [here](#) and [learn more](#) about this project.

## Health Ambassadors Support Clinics



As vaccination efforts continue in San Mateo County with a focus on equity, health ambassadors offers warm smiles and support to those waiting in line to be vaccinated or who

were just vaccinated at a county clinic.

In April, the Health Ambassador Program (HAP) under the Office of Diversity & Equity, partnered with Health Policy and Planning to bring five health ambassadors to support vaccination sites in East Palo Alto and Menlo Park.

Using the mental health training they received through the program, the ambassadors provided emotional support and translation assistance. They also distributed mental health resources. HAP recognizes the vital role of community members in effectively reaching underserved communities, especially during the pandemic. Learn more about [HAP](#).

## Tobacco Prevention Program Priorities

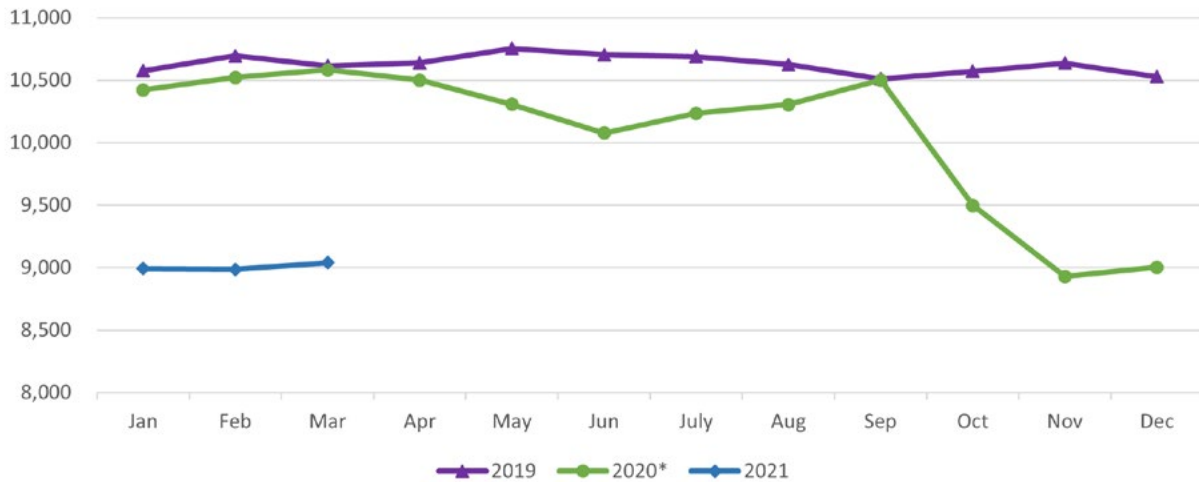
In March, the San Mateo County Tobacco Prevention Program (SMC TPP) facilitated a tobacco control needs assessment, also known as the 2021 Communities of Excellence. Thirty San Mateo County Tobacco Education Coalition (TEC) members (including community members) and partners came together to assess and prioritize tobacco-related problems affecting local communities.

Participants reviewed data, discussed various tobacco-related issues and community assets, and then prioritized the most significant concerns as follows: 1) smoke-free multi-unit housing, 2) flavored tobacco restrictions, and 3) youth engagement in tobacco control. These priorities will inform the TPP 2022-2025 workplan. To get involved in these efforts, contact SMC TPP at [tobaccoprevention@smcgov.org](mailto:tobaccoprevention@smcgov.org) or (650) 573-3777.

Also, join the TEC Virtual Community Celebration, May 5, 3-5 p.m. to honor the work towards TEC's vision of a tobacco-free community and acknowledge policymakers who have been champions of tobacco education and prevention efforts (see attached flyer).

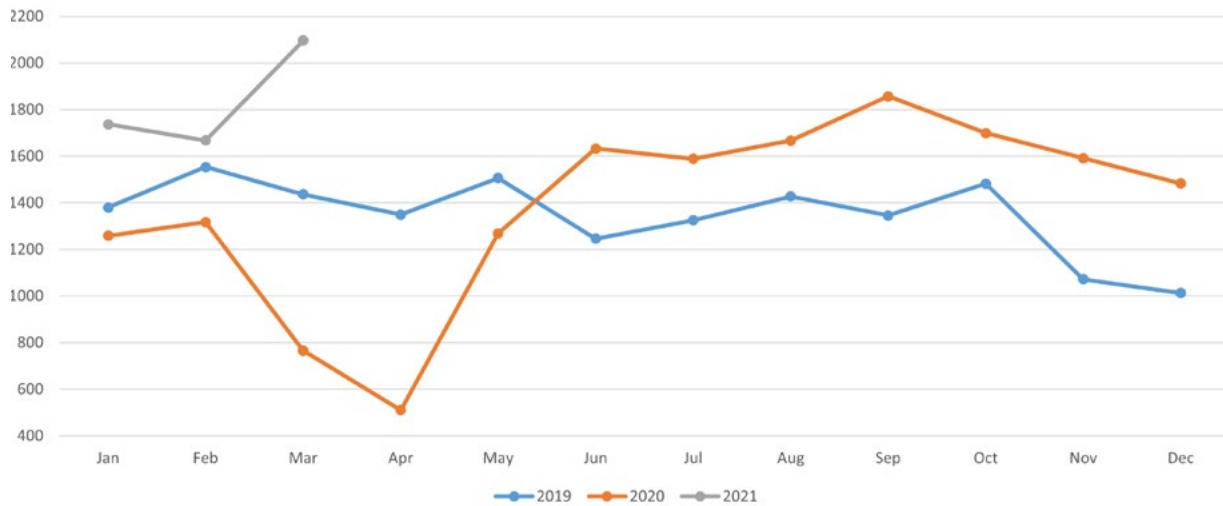
# SNAPSHOT: BHRS Clients - as of March 31, 2021

### Total BHRS Clients by Month (2019 - 2021)



\*Mild to moderate services reverted to Health Plan of San Mateo 10/1/20.

### BHRS Access Call Center - Total Calls by Month (2019 - 2021)



Service Category	Total Clients	Admitted - March	Discharged - March
Mental Health Services County SMI	5,765	599	647
Mental Health Services Contracted SMI	2,353	87	92
AOD Services	922	138	143
<b>Total BHRS Clients</b>	<b>9,040</b>	<b>824</b>	<b>882</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%** - 31.4% (revenue ratio of billed services as of 03/31/21)





San Mateo County

# 2021 Mental Health Month

## #HopeForChange

Free virtual events offered in Spanish & English throughout the month of May.  
Open Mics, Pet Therapy & more!

Visit **SMCHealth.org/MHM**  
for more info & registration.



WELLNESS RECOVERY RESILIENCE



SAN MATEO COUNTY HEALTH  
BEHAVIORAL HEALTH  
& RECOVERY SERVICES

# A Virtual Celebration

San Mateo County



Tobacco Education  
COALITION

*Honoring Our Champions*



Supervisor    Former Senator    Supervisor  
Carole Groom    Jerry Hill    David J. Canepa

**Wednesday, May 5, 2021 | 3:00-5:00pm**

Enjoy mingling, entertainment, & awards!

Register by April 16 to get a wonderful gift box!

Register: <https://tinyurl.com/nxe588bk>

For questions, contact  
Shawneece Stevenson  
[stevensonshawneece@gmail.com](mailto:stevensonshawneece@gmail.com)