

DIRECTOR'S UPDATE

Scott Gilman, MSA, CBHE

Improving California's Infrastructure

The California Department of Health Care Services (DHCS) and Department of Social Services (CDSS) are implementing two new programs to support infrastructure projects: the Behavioral Health Continuum Infrastructure Program (BHCIP) and the Community Care Expansion (CCE) program.

BHRS was approved by the DHCS to receive \$149,873 in Behavioral Health County and Tribal Planning Grant funding from the BHCIP for a 10-month planning project. This project will include a needs and gaps analysis of the San Mateo County behavioral health system to develop an action plan for the system's infrastructure. The action plan will identify one project each in which to apply for funds from the BHCIP and the CCE in late 2022.

The BHCIP awards will be used to construct, acquire, and expand properties and invest in mobile crisis infrastructure related to behavioral health.

The CCE program will fund acquisition, construction, and rehabilitation to preserve and expand adult and senior care facilities that serve SSI applicants and recipients, including those who are homeless or at risk of homelessness and people with behavioral health conditions.

These programs represent the largest provision of resources for behavioral health and social services infrastructure in the state's history and offer an unprecedented opportunity to address historic gaps in the behavioral health and long-term care continuums.



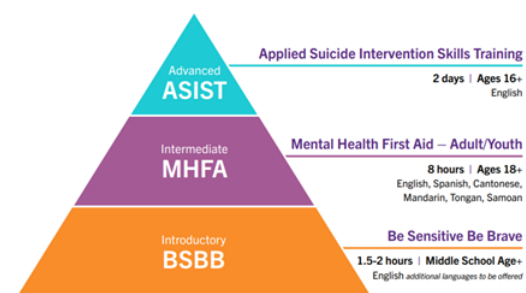
COVID-19 Response Grant Expands Suicide Prevention Trainings

To support recovery from the ongoing COVID-19 pandemic, the Substance Abuse and Mental Health Services Administration (SAMHSA) distributed funds to states through the Coronavirus Response and Relief Supplemental Appropriations Act (CRRSAA). Last March, the California Department of Health Care Services (DHCS) received \$346 million in CRRSAA funding to supplement existing Substance Abuse Block Grant (SABG) and Mental Health Block Grant (MHBG) awards. SAMHSA's priorities for this funding are to address COVID-19's impact on behavioral health and invest in a framework for prevention, intervention, harm reduction, treatment, and recovery support.

BHRS has been granted \$183,211 for 2022 to expand on the [San Mateo County's Suicide Prevention Roadmap's](#) objective of increasing suicide prevention gatekeeper trainings: specifically, the *Be Sensitive, Be Brave* and the *Mental Health First Aid* trainings.

The suicide prevention trainings will be culturally responsive and coordinated to support vulnerable communities impacted by the pandemic. They will focus on youth and young adults, older adults, racial and ethnic underserved groups, and unpaid caregivers and healthcare workers serving individuals with serious

Suicide Prevention Gatekeeper Training



32.4%

Revenue Ratio (R3)

8,630

Total Clients

761

Admitted

750

Discharged

mental illness/emotional disturbance.

Goals for the suicide prevention training expansion include:

- Build the capacity to offer intermediate-level trainings on suicide intervention and recognizing the signs of mental health challenges.
- Increase the community and workforce capacity to support individuals dealing with a mental health challenge or crisis.
- Provide culturally responsive training to support vulnerable communities impacted by the pandemic.

More info on the trainings at smchealth.org/SuicidePrevention

George Culores Hall of Fame Award



The San Mateo County Mental Health and Substance Abuse Recovery Commission's George Culores Hall of Fame award recognizes consumer/clients who have made contributions to improve the lives of other consumer/clients, have shown

leadership in the consumer movement, or have a personal journey of recovery that inspires and gives hope to others.

Congratulations to the 2022 recipient, **Michael Krechevsky**. Mike initially participated in the Felton Institute's (re)MIND early psychosis program when his son had his first psychotic break. Mike then put his learning and supportive strategies to use by coming out of retirement to join the (re)MIND team as a Family Partner. Since then, through his support and outreach efforts, he has helped guide hundreds of family members.

In 2018 he worked to jump-start the MHSA Aftercare program which added two years of supportive services for clients and families across the County and helped solidify gains through the internal step-down program. Mike continues to be a community partner and participant in many San Mateo psycho-educational events and to lead groups and trainings both on site and in the field.

Congratulations



Kim Pijma, Health Information Systems & Technology Manager, has accepted a promotional position with the County ISD department as the division manager of applications overseeing countywide applications such as ServiceNow, Workday, Criminal Justice systems, GIS/Open Data, County Website & Sharepoint, and the Database team.

Kim started her career at the County in 2008 as a

departmental systems analyst at Family Health, where she implemented an electronic health record (EHR). There, she supported Health Administration's content management system upgrade (for the health website) and partnered with Correctional Health to evaluate a needs assessment for an EHR.

In 2014 she accepted a work-out-of-class IT management position at the Controller's office to complete a credit card implementation countywide, while overseeing Family Health Services. She then joined BHRS as the IT Project Manager & Application Support Service in 2015 and restructured the entire IT support process for staff. In addition, she migrated the Avatar system to cloud hosting, supported several clinic moves as well as the BHRS COVID-19 vaccination clinics, and brought BHRS up to speed with technology.

In 2019, all IT units in Health were consolidated under one Health Information Technology team. Even then, the BHRS IT team continued to provide support to BHRS, with no change in service delivery to staff.

"It has been a privilege and honor to support the most vulnerable clients in the County. BHRS has opened my eyes to the work needed to support MH/SUD clients and I hope to bring more awareness of these challenges to others in the County. I am grateful for the opportunity to work with an amazing passionate group over the last six years that I will truly miss," said Kim.

Pride Center MHSA Project Outcomes



The San Mateo County Pride Center opened its doors in July 2016 as a Mental Health Services Act (MHSA) Innovation (INN)-approved five-year pilot project. Since then, the Pride Center has

expanded the network of services available to the LGBTQ+ community, promoted visibility and belonging, and filled gaps in culturally responsive mental health treatment services.

According to the San Mateo County LGBTQ Commission's 2018 countywide survey of 546 LGBTQ+ residents and employees, fewer than half (43%) of adult respondents felt that their mental health care provider had the expertise to care for their needs. Among LGBTQ+ youth who responded to the survey, three-quarters (74%) reported that they had considered harming themselves in

the past 12 months, and two-thirds (65%) did not know where to access LGBTQ+ friendly health care.

The MHSA INN component allows counties to introduce and evaluate mental health approaches that have not been tried elsewhere, to develop new best practices. The San Mateo County Pride Center was developed as an INN project since the U.S. has no other model of a coordinated approach across mental health, social, and psycho-educational services for the LGBTQ+ community.

The Pride Center offers services in three components:

1. Social and Community Activities: outreaches, engages, reduces isolation, educates, and provides support to high-risk LGBTQ+ individuals through peer-based models of wellness and recovery that include educational and stigma reduction activities.
2. Clinical Services: provides mental health services focusing on individuals at high risk of, or with moderate to severe, mental health challenges.
3. Resource Services and Training: serves as a hub for LGBTQ+ resources. Hosts trainings and events related to sexual orientation and gender identity, and on providing culturally affirmative services.

In FY 2020-21 alone:

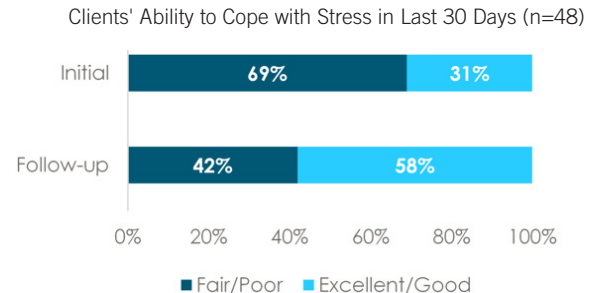
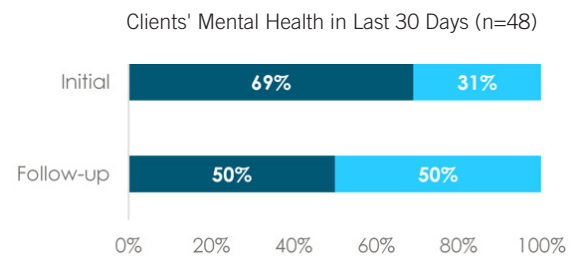
- 3,000+ participants served through clinical, social, training, and drop-in services
- 169 unique individuals received clinical services
- 2,700 hours of clinical services were delivered
- 359 community members served across 10 different peer support groups
- 300+ LGBTQ+ older adults were regularly contacted via emails, calls, and support groups

An independent consultant recently evaluated the Pride Center's outcomes over the past five years. The findings in the [San Mateo County Pride Center Final Evaluation Report](#) show that the intended outcomes operating as a collaborative model, increasing access to services, and contributing to positive clinical outcomes for LGBTQ+ individuals were achieved. Following is a brief summary:

Developed Protective Factors: The existence of a physical location dramatically increased visibility and created a safe space for LGBTQ+ community members. The Center created a sense of community and belonging, and its mere existence served as a protective

factor against negative mental health outcomes. "Just knowing [the Center] is here [is important]...Just having it here and being in the news, seeing the flags...it's that visibility, creating a norm," said an adult participant.

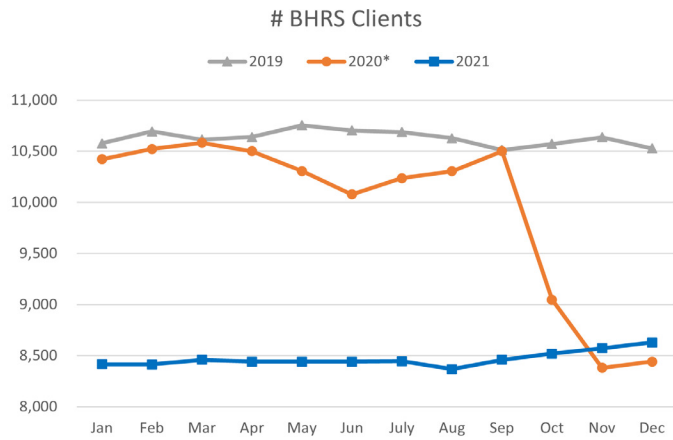
4. Increased Clinical Service Capacity: Built capacity of existing services to serve the LGBTQ+ community; introduced the use of SOGIE (sexual orientation, gender identity and expression) questions in the county at large and provided trainings/workshops on gender and sexuality; collaborated with partners and provided consultation.
5. Improved Clinical Outcomes: Provided case management and individual therapy to members with mental health challenges. On average, while receiving clinical services, participants experienced improvements in their overall mental health, including depression, anxiety, trauma, and family issues.



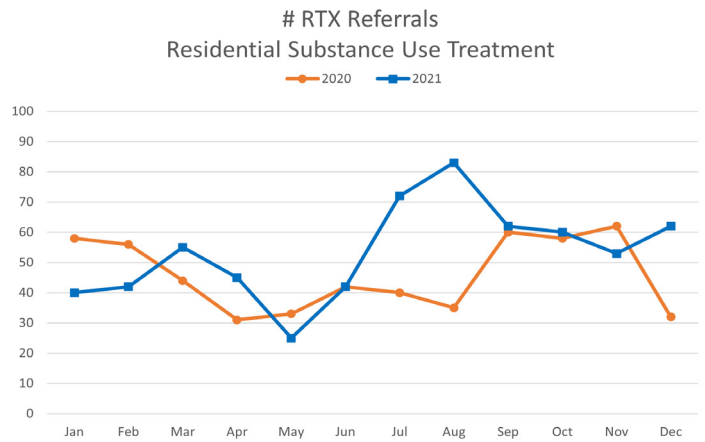
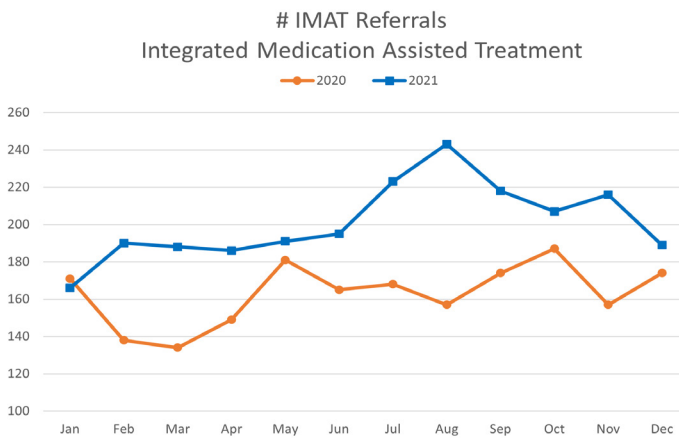
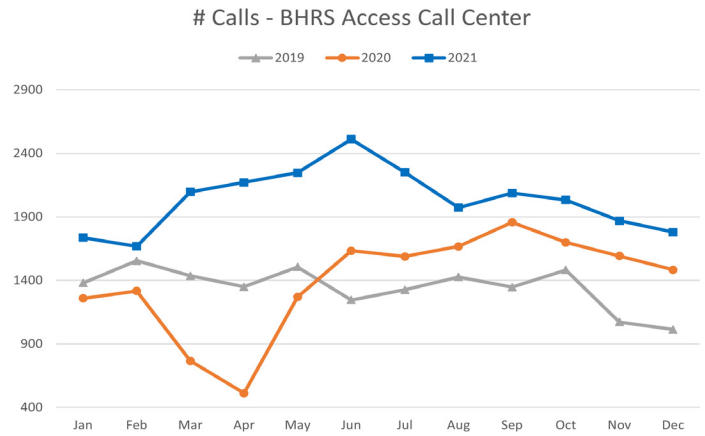
With the conclusion of the INN pilot project, the Pride Center remains funded by the MHSA and seeks public and private funding for long-term sustainability and growth. BHRS remains committed to its efforts to be a safe and welcoming space, particularly for marginalized and low-income individuals. The broader hope is that the Pride Center's success will inspire similar efforts across the state.

BHRS and Pride Center staff will share the lessons learned with the California Behavioral Health Director's Association (CBHDA) Governing Board and disseminate a Best Practice Toolkit intended to support other cities, counties, and regions that wish to start a collaborative multi-service center for the LGBTQ+ community.

SNAPSHOT: BHRS Clients - as of December 31, 2021



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



Service Category	Total Clients	Admitted - December	Discharged - December
Mental Health Services County SMI	5,586	520	562
Mental Health Services Contracted SMI	1,886	116	104
AOD Services County	513	43	22
AOD Services Contracted	645	82	62
Total BHRS Clients	8,630	761	750

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% - 32.4% (revenue ratio of billed services as of 12/31/21)