

San Francisco – Mental Health Services Act

FY2021-2022 Annual Update

July 1, 2021



San Francisco Health Network
Behavioral Health Services



Behavioral Health Services (BHS)

BHS offers a full range of specialty behavioral health services provided by a culturally diverse network of community behavioral health programs and private psychiatrists, psychologists and therapists.

Mental Health and Substance Use Services include outpatient treatment, inpatient treatment, medication management, linkage services and a large array of more specialized treatment services.

Services are available to residents of San Francisco who receive Medi-Cal benefits, San Francisco Health Plan benefits and to residents with limited resources.



MHSA Overview



Enacted into law in 2005



1% tax on personal income over \$1 million



Designed to support the transformation of the mental health system to address unmet needs



Based on a set of core principles

MHSA Annual Update and Unmet Needs

- The FY21/22 MHSA Annual Update provides outcomes from FY19/20 and updates on implementation planning for FY21/22.
 - The State requires Counties to provide an update on the MHSA Three-Year Plan, approved by the BOS in 2020.
 - The Annual Update follows State regulations and is not intended to outline gaps in services in the entire BHS/MHSF system.
- MHSA funding makes up about 7.9% of the total BHS budget in FY19/20. MHSA expenditures were \$35,316,470 compared to BHS at \$446,435,136.

Unmet Behavioral Health and Housing Need in SF

- State MHSA funding has now been complimented by significant investments by Prop C.
- Prop C funding will enable SF to fill gaps in care and treatment, increase care coordination, and provide additional supported and other housing.
- Prop C will build upon some of the lessons learned from MHSA, which provided needed funding to fill some gaps and to innovate care and early intervention.



MHSA's 5 Funding Components: San Francisco's 7 Service Categories



Community Services
& Supports (CSS)



Innovation (INN)



Prevention and Early
Intervention (PEI)



Workforce Education
and Training (WET)

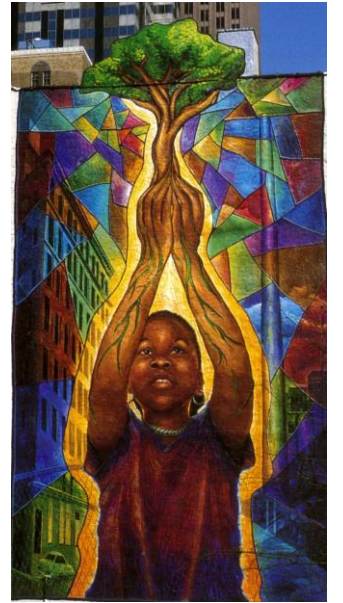


Capital Facilities and
Technology Needs (CF/TN)

1. Recovery-Oriented Treatment
2. Mental Health Promotion
3. Peer-to-Peer Support Services
4. Vocational Services
5. Housing for FSP Clients
6. Workforce Development
7. Capital Facilities and Information Technology

San Francisco MHSA Programs

SF MHSA currently funds **87 programs** and in FY19-20, served **36,807 unduplicated individuals**. Highlights include:



- | | | | |
|----|-----------------------------------|----|---|
| 15 | Population-focused Programs | 9 | Vocational Programs |
| 12 | Full Service Partnership Programs | 5 | Recovery-Oriented Treatment Programs |
| 7 | Peer Programs | 15 | Mental Health Promotion & Early Intervention Programs |
| 11 | BH Workforce Development Programs | 4 | Supporting Housing Programs (~200 units) |
| | | 4 | Capital Facilities & Information Technology Programs |
| | | 5 | Innovation Programs |

Community Program Planning Process

- ✓ In 2020, SF-MHSA hosted **21 community engagement meetings** across the City.
- ✓ Over **200 individuals participated** in these CPPP meetings
- ✓ Community member feedback helped shape existing and future MHSA programming, and the FY2021-2022 Annual Update



We recently increased our outreach efforts to include more involvement with certain stakeholder groups:

- local veterans
- Transition Age Youth
- vocational program participants
- the Older Adult community
- the LGBTQ+ community
- primary care and medical staff
- employees of municipal agencies
- law enforcement
- maternal health providers
- The SFDPH Department of Equity
- Black/African American and Latinx Communities



New MHSA Projects

Technology-Based Mental Health Solutions

- **24/7 Peer Chat:** with a trained peer specialist, connection to local resources and peer-led outreach and engagement activities.
- Priority population for this project includes transition aged youth (TAY) and socially isolated transgender adults.

Family Unification and Emotional Resiliency Training (FUERTE)

- **Curriculum** built on theory and evidence-based practices.
- Target: Newcomer **Latinx immigrant youth** (12 to 18) in the SF Unified School District.
- Designed to **address trauma, violence, feelings of inadequacy** and acculturation.

The Intensive Case Management/Full Service Partnership programs to Outpatient Transition Support project

- An autonomous **peer linkage team** that provides both **wraparound services and a warm hand off** from ICM to OP.
- **Engage clients in the mental health system** to avoid and minimize any disruption in services.

Wellness In The Streets (WITS)

- **Roving support team** of formerly homeless peers.
- **Peer interventions** that include manual-based and evidence-based peer modalities.
- Peer interventions directly on the streets **have never been tested in San Francisco.**

Online Learning Management System

- **Training tool** to increase access to staff training activities.
- Professional development & continuing education credits **with an array of topics.**



New Innovation Project

We are pleased to announce the State recently approved **a new Innovation project for five-years, with a total budget of \$5,400,000 to increase culturally congruent practices for the Black/African American communities.**

We will utilize innovative and culturally congruent interventions that have not previously been offered to San Francisco's Black/African American communities. This project will include four (4) primary learning goals.

1. **Implement and evaluate new outreach and engagement practices for Black/African American clients including those who are currently underserved by the County mental health plan.**
2. **Implement and evaluate culturally adaptive interventions and practices that increase consumer satisfaction, efficacy and retention.**
3. **Implement and evaluate the efficacy of using peers with lived experience who represent the Black/African American communities and have specialized expertise working with this population.**
4. **Develop a wellness-oriented manualized curriculum that emphasizes elements of the Sankofa framework.**

Peer Specialists are Critical to MHSA

MHSA emphasizes the importance of consumer participation in the mental health workforce. Peer Certification programs were created collaborating with Richmond Area Multi-Services, San Francisco State and City College of San Francisco. In addition, all MHSA programs are encouraged to hire peers as members of program staff. **SF-MHSA funded 335 peers in FY19/20** throughout our behavioral health system. Consumers can be found working in almost all levels and types of positions, including: peer counselors, health promoters, community advocates, workgroup leaders, teaching assistants, and in management.

Spotlight on Community Wellness



With the first Shelter in Place order in March 2020, SFDPH BHS quickly recognized the need for community wellness activities geared toward BHS clients, BHS employees, and the wider San Francisco community.

BHS/MHSA disseminated “**10 Tips for Mental Health and Wellness**” flyers across the city in San Francisco’s key threshold languages. In addition, the flyers advertised a **BHS/MHSA webinar series**. A total of six webinars included presentations by mental health clinicians who are also cultural experts in the Black/African American, Latinx, Chinese, Pacific Islander, Tongan and Samoan, and Southeast Asian communities. These webinars covered culturally-responsive mental health practices and provided information about available resources.

Successful collaborations included:

- **Collaborating with District 4 Supervisor Gordon Mar to reach the Sunset and surrounding neighborhoods.**
- **Working with the Human Rights Commission (HRC), the EOC, Health SF, and other community partners to deliver three webinars on community needs and mental health and wellness that focused on Transgender and Gender-Non-Conforming communities and LGBTQQ+ communities.**
- **Working with Instituto Familiar de la Raza (IFR) and HRC to deliver a Spanish language webinar on Mental Health and Wellness to Latinx communities, which received 909 views on Facebook to date.**

Emphasis on Evaluation

We place a strong emphasis on program evaluation across the MHSA components. Over the past years, we worked hard to enhance our monitoring and evaluation activities in order to effectively meet the objectives of our MHSA-funded programs.



- ✓ Increased the integration of MHSA principles into the larger BHS System
- ✓ Improved tracking efforts of ICM to Outpatient referrals and outcomes
- ✓ Increased evaluation efforts of Innovation Projects
- ✓ Improved SMART objectives for MHSA contracts
- ✓ Improved evaluation frameworks for new Request for Qualifications (RFQs)
- ✓ Increased evaluation efforts with Gender Health SF
- ✓ Improved the monitoring of PEI evaluation activities

FY19/20 Performance Highlights



Full Service Partnership Programs

- ✓ **85% decrease** in arrests, physical, mental health & substance use **emergencies** for adults
- ✓ **90% decrease** in arrests, physical, mental health & substance use **emergencies** for transition age youth

School-Based Programs

- ✓ **75% of classroom teachers reported feeling more successful** (from beginning to the end of the year) in dealing with challenging student behaviors in the mental health program.
- ✓ **75% increased their engagement in school** as a result of our case manager and clinician's work with them in the trauma and recovery services program.

Drop-In Self Help Community Center

- ✓ **83%** of Harm Reduction Support Group participants demonstrated **reduced risk behaviors**

First Impressions Vocational Construction Program

- ✓ **100%** of graduates reported an **improvement in development of work readiness skills**

Peer-to-Peer Support Services

- ✓ **A total of 4,852 clients were served by peer specialists** throughout BHS.

Questions?



Tracey Helton, MPA
Interim MHSA Director
1380 Howard Street
San Francisco, CA 94103
415-255-3762

Tracey.Helton@sfdph.org