



San Francisco
Health Network

SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH

**San Francisco Behavioral Health Services (BHS)
Care for People with Substance Use Disorders
Considerations on Recovery Summit Recommendations, 2021**

**Board of Supervisors
Feb. 11, 2021**

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Medical Director of Substance Use Services



Recommendations of the Recovery Summit

- BHS has reviewed and appreciates the Recovery Summit recommendations
 - Expand Drug and Alcohol Treatment Options
 - Extend Drug and Alcohol Treatment Stays
 - Fund a Black led Abstinence Based Treatment Program in the Bayview
 - Specialized Residential Drug Treatment Programs for TAYA
 - Include the Voice of People in Recovery
 - Expand Paid Peer Specialists Opportunities
 - Increase Awareness About Available Drug Treatment Services



Substance Use and Mental Health Services Administration (SAMHSA) definition of recovery:

- A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.
 - **Health:** Overcoming or managing one's disease(s) or symptoms and making informed, healthy choices that support physical and emotional wellbeing
 - **Home:** A stable and safe place to live
 - **Purpose:** Meaningful daily activities, such as a job, school, volunteerism, family caretaking, creative endeavors, etc., and the resources to participate in society
 - **Community:** Relationships and social networks that provide support, friendship, love and hope
- <https://www.samhsa.gov/sites/default/files/samhsa-recovery-5-6-14.pdf>



Recovery 'pathways'

- Recovery pathways are highly personalized. They may include:
 - professional clinical treatment;
 - use of medications;
 - support from families and in schools;
 - faith-based approaches;
 - peer support;
 - other approaches
- Recovery is non-linear, characterized by continual growth and improved functioning that may involve setbacks.

<https://store.samhsa.gov/sites/default/files/d7/priv/pep12-recdef.pdf>

- Abstinence from the use of alcohol, illicit drugs, and non-prescribed medications is the goal for those with addictions.
- Recovery is supported by addressing trauma



- Abstinence includes the appropriate use of addiction treatment medications, such as buprenorphine and methadone.
- Opioid Use Disorder (OUD) is the most common reason for seeking treatment in DPH programs. Long term medication treatment is indicated for most. All programs will likely include people who are taking buprenorphine or methadone as part of their recovery path.



BHS treatment services and guiding principles

- Individualized care is offered in the least restrictive, medically indicated setting.
- Having different options of recovery pathways and goals is key.
- Addictive disorders show a range of severity: some people need ICU care, others thrive with mutual and self-help approaches.
- Harm reduction policy, including abstinence, means that participants are not discharged for relapse. Each treatment program has overdose response plan. Each harm reduction site has paths to treatment.
- Level of care is chosen after evidence-based assessment. Transitions across levels of care may be fluid.

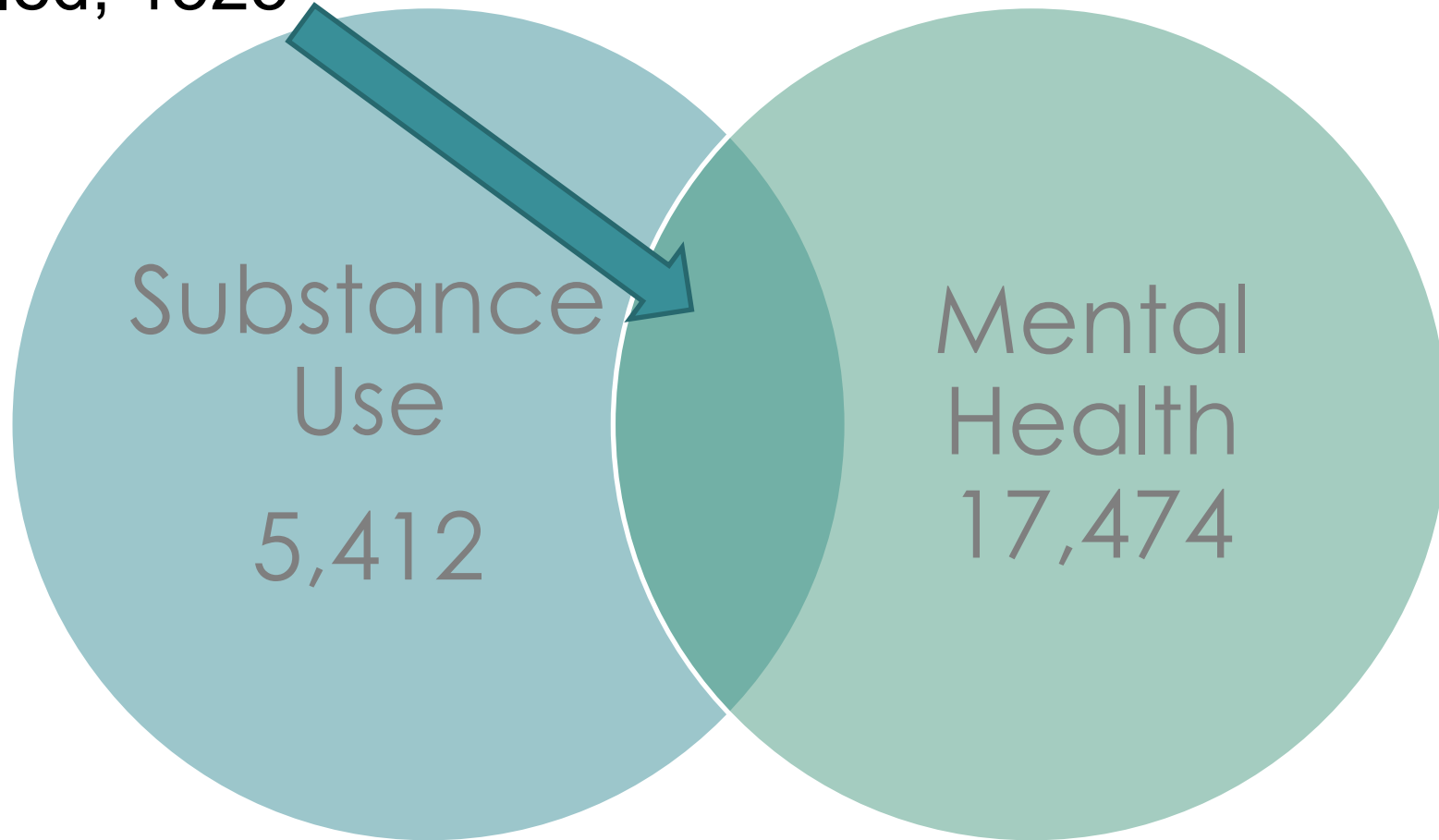


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Individuals enrolled in DPH SUD and mental health programs

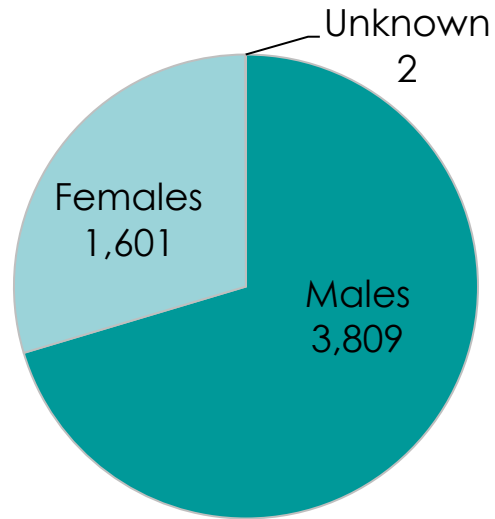
■ Co-enrolled, 1525





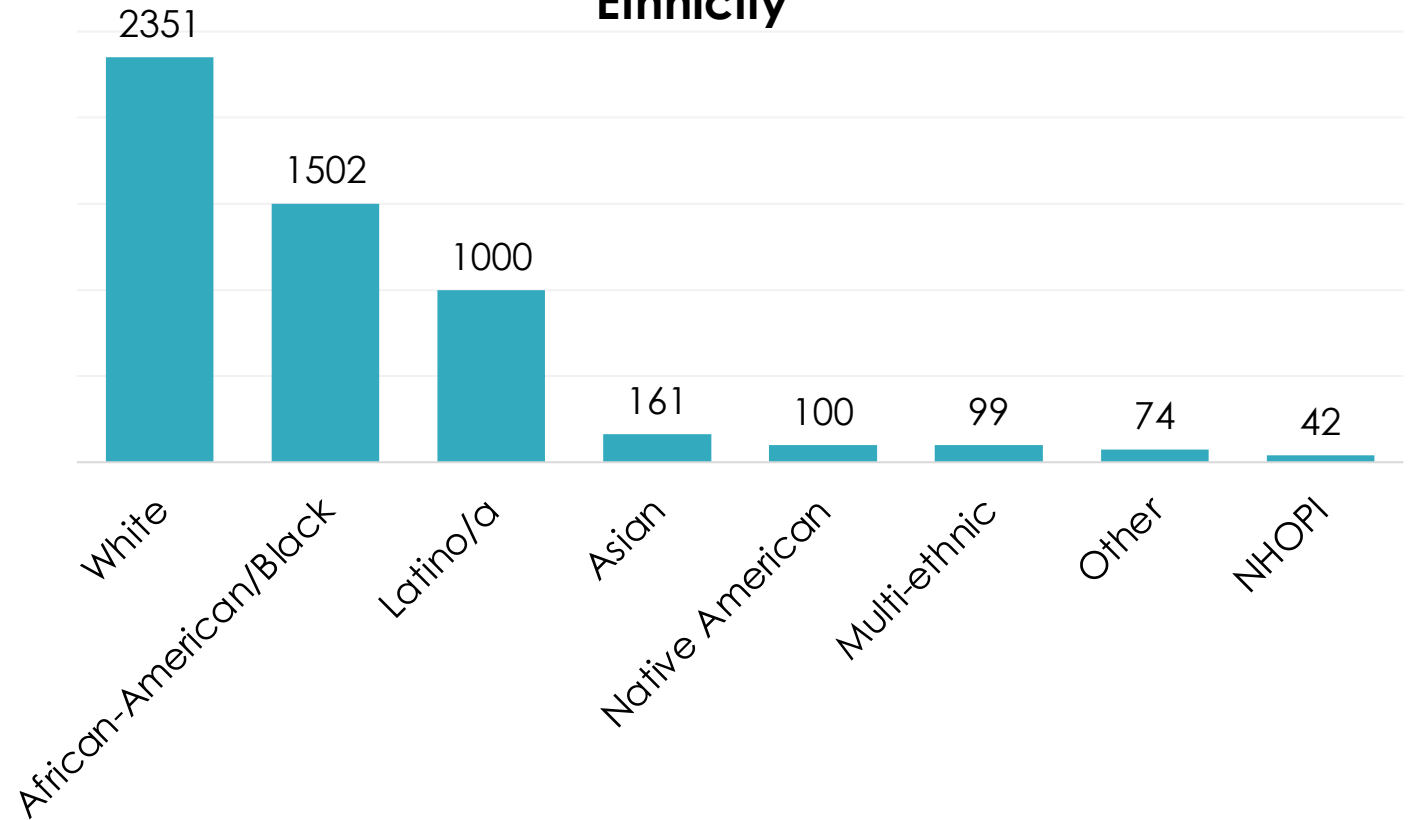
BHS substance use treatment clients FY 2019-20

Gender



99% of clients are adults

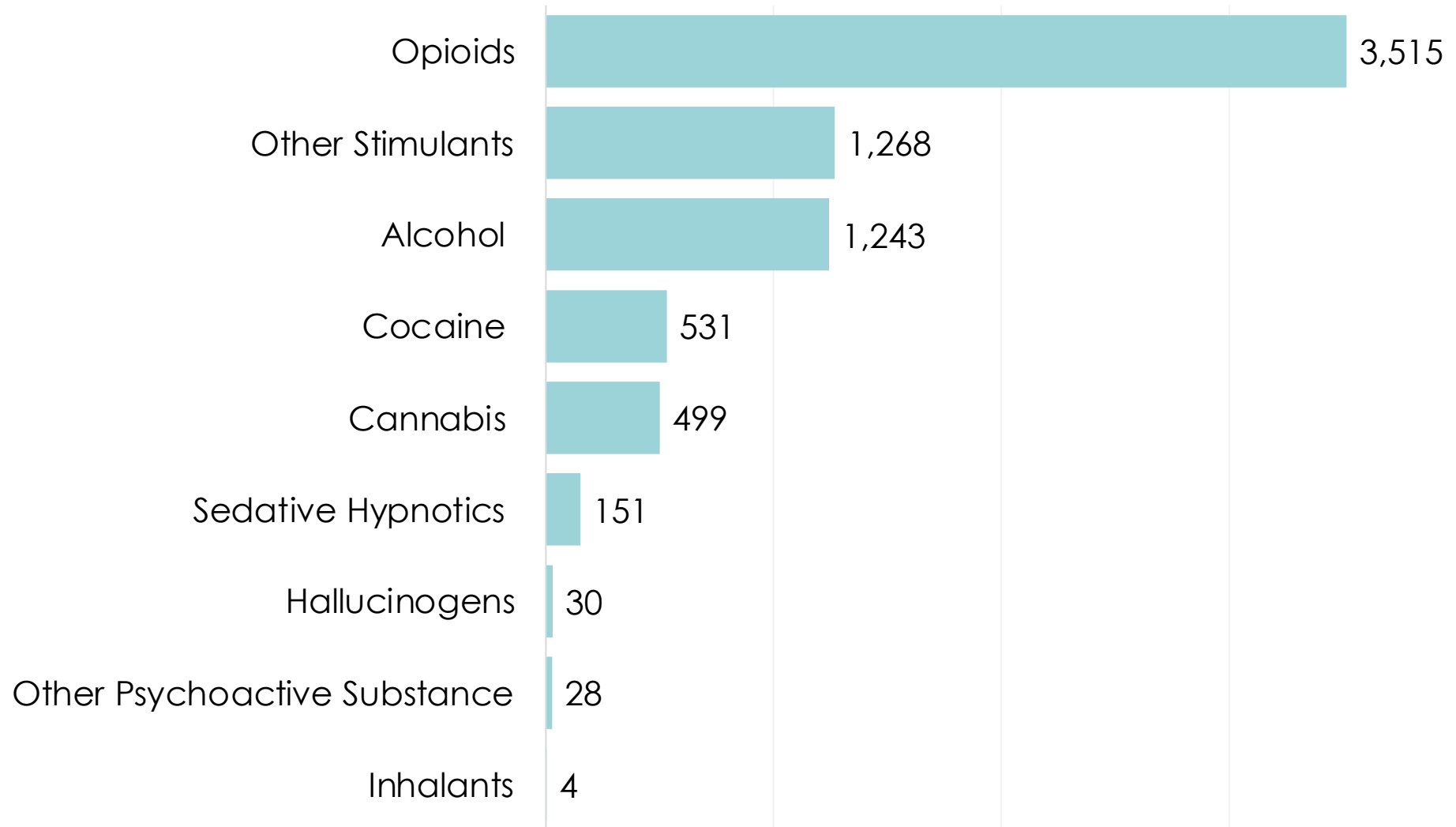
Ethnicity



47% of clients are experiencing
homelessness



Primary substances treated FY 2019-20





Justice-involved Services

- Grant through Board of State and Community Corrections (grant funds for residential treatment anticipated until May 2023)
- Goal to **engage adults** with substance use and co-occurring disorders in treatment, develop a **community plan of care, reduce recidivism**
 - Outreach to TAY population and development of TAY specific SUD curriculum (Felton Institute)
 - Peer based services to support post residential treatment (RAMS)
 - Detox and Residential Treatment (Salvation Army)
 - **Faith Based**
 - **Abstinence Model** with **Harm Reduction** and Client Centered interventions and responses
- Expanded to **15 detox** beds and **32 residential** treatment beds (6-9 month length of stay) during COVID-19



Continuum of residential treatment

- Over 90% of those admitted to residential substance use treatment are experiencing homelessness.
- Authorization for residential treatment is done centrally, and renewed as medically indicated each month. Stays beyond 90 days, when medically necessary, are authorized, even though not a Medi-Cal benefit.
- Residential step-down model was created in 2017 for those moving from residential to outpatient treatment, and who experience homelessness.
- We now have 197 beds and estimate that we need 200-300 more beds, along with matching expansion of different outpatient levels of care.

Availability for all SUD 'beds' can be found at findtreatmentsf.org



- Jelani Family Residential Step-Down program
- Bayview Hunters Point Foundation Methadone Maintenance
- BVHP Foundation Outpatient Program
- African American Healing Center (routine outpatient and intensive outpatient services)
- Bayview Van
- Opioid Treatment Outpatient Program (ZSFG Ward 93 outreach)



Workforce which draws on people with lived experience

- Peers and people in recovery make up a huge part of our SUD workforce.
- Our advisory councils include people with experience of using drugs, some identify as being in recovery, some not.
- We offer recovery services, including 12-step facilitation and relapse prevention.
- Most BHS SUD youth services include both mental health and SUD care, and may be offered in mental health designated settings .



Planned Expansions of Substance Use Services

- Support for individuals transitioning from acute care to community care, with peer navigators and incentives for ongoing engagement in care (contingency management).
- Drug Sobering Center
- Overdose prevention site (supervised consumption)
- Low threshold access to contingency management and buprenorphine
- Expansion of hours at BHS pharmacy, Opioid Treatment Program, and BH Access Center



- There is room for abstinence and various recovery paths in our programs.
- Availability of opioid use disorder treatment medications is vital, and should be included in any program.
- Our residential program design is tailored to the needs of people experiencing homelessness in San Francisco.
- We appreciate these recommendations and the opportunity to respond to them.