

File No. 141135

Committee Item No. 2

Board Item No. _____

COMMITTEE/BOARD OF SUPERVISORS

AGENDA PACKET CONTENTS LIST

Committee: Rules Committee

Date November 6, 2014

Board of Supervisors Meeting

Date _____

Cmte Board

<input type="checkbox"/>	<input type="checkbox"/>	Motion
<input type="checkbox"/>	<input type="checkbox"/>	Resolution
<input type="checkbox"/>	<input type="checkbox"/>	Ordinance
<input type="checkbox"/>	<input type="checkbox"/>	Legislative Digest
<input type="checkbox"/>	<input type="checkbox"/>	Budget and Legislative Analyst Report
<input type="checkbox"/>	<input type="checkbox"/>	Youth Commission Report
<input type="checkbox"/>	<input type="checkbox"/>	Introduction Form
<input type="checkbox"/>	<input type="checkbox"/>	Department/Agency Cover Letter and/or Report
<input type="checkbox"/>	<input type="checkbox"/>	Memorandum of Understanding (MOU)
<input type="checkbox"/>	<input type="checkbox"/>	Grant Information Form
<input type="checkbox"/>	<input type="checkbox"/>	Grant Budget
<input type="checkbox"/>	<input type="checkbox"/>	Subcontract Budget
<input type="checkbox"/>	<input type="checkbox"/>	Contract/Agreement
<input type="checkbox"/>	<input type="checkbox"/>	Form 126 - Ethics Commission
<input type="checkbox"/>	<input type="checkbox"/>	Award Letter
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Application
<input type="checkbox"/>	<input type="checkbox"/>	Form 700
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Vacancy Notice
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Information Sheet
<input type="checkbox"/>	<input type="checkbox"/>	Public Correspondence

OTHER (Use back side if additional space is needed)

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Completed by: Alisa Somera Date October 31, 2014

Completed by: _____ Date _____

Application for Boards, Commissions and Committees & Task Forces

Name of Board, Commission, Committee, or Task Force: Mental Health Board
Seat # or Category (if applicable): Family Member #10 District: 1

Name: Eugene Porfido

Home Address: _____ Market St. Suite #_____ San Francisco, CA Zip: 94103

Home Phone: 415- _____ Occupation: permanent disability
(former professional musician)

Work Phone: X

Employer: X

Business Address: X

Zip: X

Business Email: X

Home Email: smilinpig@ _____

Pursuant to Charter Section 4.101 (a)2, Boards and Commissions established by the Charter must consist of electors (registered voters) of the City and County of San Francisco. For certain other bodies, the Board of Supervisors can waive the residency requirement.

Check All That Apply:

Registered voter in San Francisco: Yes X No ____ If No, where registered:

Resident of San Francisco: Yes X No ____ If No, place of resident:

Pursuant to Charter Section 4.101 (a)1, please state how your qualifications represent the communities of interest, neighborhoods, and the diversity in ethnicity, race, age, sex, sexual orientation, gender identity, types of disabilities, and any other relevant demographic qualities of the City and County of San Francisco:

(For a complete history of my experiences and qualifications, please refer to my cover letter and resume'). I am 55 years old and have been permanently disabled for 10 yrs. I serve on the Tom Waddell Urban Health Center's Community Advisory Board (nine years) and advocate for programs, better healthcare, and services for the Clinic, its clients, and caregivers. Member of the TransGender Task-force, consisting of doctors, nurses and administrators seeking better care and services for the TG community, and Specialty Clinic members (At-Risk Women, and Latino) at TWUHC Certificate: Community Mental Health Worker, City College September 2013 Student @ City College, 4.0 GPA through 7 semesters. Scheduled to receive training from NAMI to represent them with the "In Our Own Voice" Program in March 2014 Numerous family members w/Mental Health issues including Addiction, Depression and Dementia

Civic Activities

Presiding Chair (3 yrs. consecutive) Tom Waddell Urban Health Center Community Advisory Board. Past Vice President and Secretary. Nine years Advisory Board member. Member of Tom Waddell workgroup addressing Transgender and Specialty group issues at the Clinic Co-Organize and represent Tom Waddell at the Annual Winter Solstice Deceased Homeless Vigil @ the Civic Center (in conjunction w/Night Ministries and other organizations); help organize clothing and food events throughout the year, advocate better treatment, programs and services for the Homeless, TG, At-Risk Women and Latino communities through the CAB Represent the staff and clients of TWUHC at Supervisor, Medical Board and SFDPH meetings Attend Mental Health Board meetings National Association of Mental Illness (NAMI) Member/Advisory Board/community representative @ National Healthcare for the Homeless

Have you attended any meetings of the Board/Commission to which you wish appointment? Yes ☒ No ☐

For appointments by the Board of Supervisors, appearance before the RULES COMMITTEE is a requirement before any appointment can be made. (*Applications must be received 10 days before the scheduled hearing.*)

Date: 2/7/2014

Applicant's Signature: (required) 

Please Note: Your application will be retained for one year. Once Completed, this form, including all attachments, become public record.

FOR OFFICE USE ONLY:

Appointed to Seat #: _____ Term Expires: _____ Date Seat was Vacated: _____

1/20/12

Board of Supervisors City and County of
San Francisco 1 Dr. Carlton B. Goodlett
Place, Room 244 (415) 554-5184 FAX
(415) 554-7714

Eugene P Porfido

██████ Market St. Suite 301

San Francisco, CA 94103

(415) ████████ smilinpig@██████████

Application: Mental Health Board, Family Member

I am graciously applying for the Family Member seat on the San Francisco Mental Health Board. My own ongoing relationship with mental health care and my family's mental health issues, should respectfully qualify me to this appointment.

It is through this Board, and my voice, I genuinely hope to help support new and innovative programs, promote effective services and therapy, and most importantly, share my knowledge and informed opinion to assure that every opportunity to promote better care is not overlooked or misguided.

Background: In 2003 I became permanently disabled after playing and recording music for almost 35 years. When you lose the one thing you love in life, it has a profound negative effect on your very being. I fell into depression, suffered anxiety and panic attacks, and became extremely uncomfortable outside of the safety of my room. I thought a 'normal' life was something I would never see again.

Through my caregivers, I began volunteering on the Tom Waddell Urban Health Center Community Advisory Board over nine years ago, as a way to repay the compassionate care I had received. I've since been re-elected Presiding Chair three consecutive years, and I am proud and grateful to say our efforts have had a measurable and beneficial effect on staff and clients alike; our shared ideas, and opinions, have positively affected nearly every person who relies on that Clinic for their healthcare.

Through the Clinic I was recommended to the Community Mental Health Worker Certificate program at City College, in 2011. Supervised by program creator Dr. Sal Nunez and his wife, Edith, this course is the premiere educational resource that puts people, like myself, back into the Community helping the very people we represent. I received my certificate this past September, 2013, and have continued for over seven semesters at City College with a perfect 4.0 GPA

Unfortunately, this seat is not really about me. My own personal journey opened my eyes to the mental health problems family members were quietly dealing with. And the lack of proper diagnosis and treatment became more and more apparent as I worked through my own recovery.

My Parents both suffered from depression: My Dad suffered serious depression after nearly 5 years of battling bladder cancer, although he never once admitted it. He was given a clean slate after 3 years of extensive chemo, until a tiny spot appeared on a CT Scan. Another year of experimental chemo, and my father just got tired of fighting. Had he been properly diagnosed and received therapy I believe he may have had the will and strength to beat cancer for good.

My Mom, after losing her husband of over 50 years, became withdrawn, lonely, and felt her life no longer had purpose. Denial from family members led to a late diagnosis of depression and dementia, and she was eventually confined to a nursing home where her condition became worse. She passed recently, a week before her 87th birthday.

My sister, 4 years my junior, followed in my footsteps with drug and alcohol addiction. She was utterly opposed to any form of treatment despite the numerous and desperate attempts of my parents, and she died at age 42 of pancreatitis from overexposure to alcohol. And my second youngest sister went through years of postpartum depression after her first child was born.

Closing

When I look back at all the knock down personal battles I've had, they somehow seem small, inconsequential, and unimportant compared to the desire I feel for every one of my family to have lived healthy, happy lives. If some had accepted their illness, as I have, and gotten proper treatment, perhaps the sorrow and remorse I routinely feel would not be so overwhelming. It is with their hearts and thoughts in mind, that I strive to assure no one feels the sense of loss and uselessness I often feel when thinking of my Family. I hope that with their memories I can take this opportunity, as member of the Mental Health Board, and make a difference. I hope I can bring a sense of worth, value and responsibility to those in our communities that need it.

Thank You for your consideration.

Eugene P. Porfido

2/7/2014

Gene Porfido
— Market St., Suite — San Francisco, Ca. 94103
(415) ——— smillinpig@ ———

Summary of Qualifications

- Nine years experience as a Community Advisory Board member for the homeless.
- Advocate for mental health and medical services for San Francisco homeless / at risk.
- Extensive technical writing and product review skills for music industry magazines.
- Excellent people skills; experience interfacing with people from diverse cultures.
- Computer skills: Mac/PC, music production, photography, and recording software.

Related Work Experience

Advocacy and Support

- Elected 2 consecutive terms Presiding Chair of the Community Advisory Board, Tom Waddell Urban Health Center. Past Vice-President and Secretary of the Board.
- Representative for TWUHC CAB at Department of Public Health, Board of Supervisors, and Medical Board meetings.
- Advocate for homeless, TG, and Womens issues, concerning their health and safety.
- Assist in organizing yearly vigils for deceased homeless in San Francisco.
- Work with community agencies and non-profits in providing resource information, food, and clothing to clientele.
- Support staff and volunteers in planning holiday and annual events for the community.

Other Work Experience

As a Live and Studio Engineer/Producer

- Audio Lead; directed audio department for award-winning game developer.
- Sound design and voice effects for major online services and computer developers.
- Designed and operated sound systems for major live venues in the U.S. and overseas.
- Represented world-renowned musicians on national and world tours.
- Interfaced with sound and tour production companies, supervised tour personnel.

As a Writer and Researcher for the Music Industry

- Researched and reviewed audio products for respected music industry publications.
- Authored technical and instructive articles for aspiring engineers and musicians.
- Wrote opinion pieces on current issues facing musicians and the music business.

Work History

Sound Design and Voice Characterizations, AOL/Viewpoint Datalabs 2001-2003
Sound Systems Design/Market Research, Digidesign/AVID, Palo Alto, Ca. 2001-2002
Senior Sound Designer/Composer, ImaginEngine, San Francisco, Ca. 1995-2002
Chief Engineer/Producer, Boulevard Studios and Beatnik Records, N.J. 1988-1999
Live Sound Engineer and Musician, multiple acts and venues, U.S. 1976-2002

Education

Community Mental Health Worker Certificate, City College of San Francisco, 2013.
H.S. Diploma, Morris Knolls High School, Denville, N.J.



Board of Supervisors
City and County of San Francisco
1 Dr. Carlton B. Goodlett Place, Room 244
(415) 554-5184 FAX (415) 554-7714

Application for Boards, Commissions and Committees & Task Forces

Name of Board, Commission, Committee, or Task Force: **Mental Health Board**

Seat # or Category (if applicable): Family Member District: 1

Name: Deborah Hardy

Home Address: Sutter Street, # Zip: 94109

Home Phone: 415- Occupation: Typist

Work Phone: Employer: Self-Employed

Business Address: Zip:

Business Email: Home Email dotkt3@

Pursuant to Charter Section 4.101 (a)2, Boards and Commissions established by the Charter must consist of electors (registered voters) of the City and County of San Francisco. For certain other bodies, the Board of Supervisors can waive the residency requirement.

Check All That Apply:

Registered voter in San Francisco: Yes X No If No, where registered:

Resident of San Francisco :Yes X No If No, place of resident:

Pursuant to Charter Section 4.101 (a)1, please state how your qualifications represent the communities of interest, neighborhoods, and the diversity in ethnicity , race, age, sex, sexual orientation, gender identity, types of disabilities, and any other relevant demographic qualities of the City and County of San Francisco:

I am white, female, heterosexual, and in my late fifties. (English is my only language.)
There may be other candidates that better represent the diversity of San Francisco.
This issue is important, perhaps primary.

In 1987 my family learned that my brother – then age 34 – had suffered the onset of schizophrenia, perhaps even two years before. That he lived in California and the rest of our family was on the East Coast ensured his success in hiding his illness. He died in 2012, at the age of 59. (Neither here nor there, his entire adult life was spent in San Jose/Santa Clara County.)

I therefore have 25 years of experience with how our present mental health policies often (do not) work, with how those in the direst need may not get the help they need, and with how our current system and policies can undo every success a family might achieve in caring for their family member.

I share a deep interest in larger mental health policy issues, in the availability of mental health services for those who, while not severely mentally ill, nevertheless need access to mental health treatment.

I can think of several populations that have special needs: those with addiction problems; those who are homeless; our youth; those in the LGBT community (particularly those with AIDS); and our veterans, dealing with the aftereffects of the trauma of war. I will mention one more population: those entangled with the criminal justice system.

The criminal justice system is a special concern of mine (part of a larger concern about the excessive incarceration rate we have in this country). I was ever so briefly involved in this issue in my early twenties (years before my brother's illness). But, additionally, *directly as a result of his severe mental illness (that is, with no other offenses)*, my brother was incarcerated, first in a state forensic hospital and then in a state prison...for arson (he had started a small fire in an empty lot).

Business and/or Professional experience:

I have worked in a range of fields. I am currently a free-lance typist.

In my very early twenties, I worked three years at a county alcoholism hospital (with a 10 bed detox unit, a 20 bed two-week inpatient program, and a sizable outpatient program). I was the business office representative, working out of the triage (emergency) area, on the evening shift. I had a good bit of responsibility in spite of my youth and inexperience.

I have spent some time in publishing (of university textbooks). I worked for shorter spells in news organizations, public relations, and advertising. However, the bulk of my experience, 10 years or more, has been as a high level legal secretary (civil practice exclusively).



Board of Supervisors
City and County of San Francisco
1 Dr. Carlton B. Goodlett Place, Room 244
(415) 554-5184 FAX (415) 554-7714

Civic Activities:

I do not claim to be extremely active in the civic sphere. I have, all my life, occasionally volunteered: at soup kitchens, on the occasional political race, for various nonprofits, on this issue or that. (For instance, I happen to be current in my NERT certification.)

This spring, when Mayor Lee and Supervisor Farrell took the initiative in moving forward with Laura's Law in San Francisco, I became actively involved. I attended and spoke up at every single meeting of the CARE task force. I was active in writing Lani Kent (Mayor Lee's point person) and *all* the Supervisors about my concerns. I attended the Rules Committee hearing and the Supervisors meeting where Laura's Law was voted upon.

Have you attended any meetings of the Board/Commission to which you wish appointment?
Yes X No

For appointments by the Board of Supervisors, appearance before the RULES COMMITTEE is a requirement before any appointment can be made. (*Applications must be received 10 days before the scheduled hearing.*)

Date: 10.21.14 Applicant's Signature: (required) Deborah Hardy
(Manually sign or type your complete name.
NOTE: By typing your complete name, you are
hereby consenting to use of electronic signature.)

Please Note: Your application will be retained for one year. Once Completed, this form, including all attachments, become public record.

FOR OFFICE USE ONLY:

Appointed to Seat #: Term Expires: Date Seat was Vacated:



Board of Supervisors
City and County of San Francisco
1 Dr. Carlton B. Goodlett Place, Room 244
(415) 554-5184 FAX (415) 554-7714

Application for Boards, Commissions, Committees, & Task Forces

Name of Board, Commission, Committee, or Task Force: Mental Health Board

Seat # or Category (If applicable): _____ District: 7

Name: Benny Wong

Home Address: 5444 Divisadero Ave San Francisco Zip: CA94112

Home Phone: 415-554-1111 Occupation: Senior Program Director

Work Phone: 415-359-9210 Employer: Steppingstone Adult Day Health

Business Address: 350 Golden Gate Ave, S.F. CA94102 Zip: 94102

Business E-Mail: BennyWong@steppingstonehealth.org Home E-Mail: WongDahm@

Pursuant to Charter Section 4.101 (a)2, Boards and Commissions established by the Charter must consist of electors (registered voters) of the City and County of San Francisco. For certain other bodies, the Board of Supervisors can waive the residency requirement.

Check All That Apply:

Registered voter in San Francisco: Yes ☒ No ☐ If No, where registered: _____

Resident of San Francisco ☒ Yes ☐ No If No, place of residence: _____

Pursuant to Charter section 4.101 (a)1, please state how your qualifications represent the communities of interest, neighborhoods, and the diversity in ethnicity, race, age, sex, sexual orientation, gender identity, types of disabilities, and any other relevant demographic qualities of the City and County of San Francisco:

please refer to the attached pages (resume)

Business and/or professional experience:

please refer to the attached pages (resume)

Civic Activities:

please refer to the attached pages (resume)

Have you attended any meetings of the Board/Commission to which you wish appointment? Yes ☒ No ☐

Advisory Council for DAAS

For appointments by the Board of Supervisors, appearance before the RULES COMMITTEE is a requirement before any appointment can be made. (Applications must be received 10 days before the scheduled hearing.)

Date: 3/20/14 Applicant's Signature: (required)



☐ BOWEN THOMAS J. P. V. S. E. P. N. Q. U. E. R. E. N. F. U. I. I.
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Please Note: Your application will be retained for one year. Once Completed, this form, including all attachments, become public record.

FOR OFFICE USE ONLY:

Appointed to Seat #: _____ Term Expires: _____ Date Seat was Vacated: _____

Benny Wong, LCSW 26074

Staples Ave, San Francisco, CA 94112. Phone No:415- Email
Address: WongDahm@

1. Education

- San Francisco State University (1999-2001)
Master's Degree in Social Work
- City College of San Francisco (1998-1999)
A Computer class and Prerequisite class for nursing
- City University of Hong Kong (1994-1997)
Bachelor of Arts in Social Work
- City University of Hong Kong (1989-1991)
Diploma in Social Work

2. Awards

- I was selected as a recipient in the category of "Community Advocacy Award" in the California Association of Adult Day Services Conference in 2010.
- I was selected as a recipient in the category of "Community Hero" in the First Annual Asian Pacific Heritage Award in 2007
- I was appointed as a vice president for the Advisory Council to the Aging and Adult Services Commission from 2006 to 2011
- I was selected as an executive member for Paratransit Coordinating Council in 2008
- I was awarded as one of the best employees at Family Service Agency of San Francisco in 2005
- I was honored by the board of supervisors in San Francisco for completing a research study, A comparative study of Chinese immigrant seniors' and Caucasian-American seniors' perception of their mental illnesses, in 2005
- I was listed as one of the best ten social workers in "Excellent Social Worker Election" in Hong Kong in 1997

3. Work Experience

i) SteppingStone-Golden Gate Day Health (3/2008 to present)

- Job Position: Senior Program Director
- Overseeing the budget, supervising different professionals, planning and developing different programs, and fund raising
- Supervising a group of social workers to get their licensing hours

- Monitor the programs in order to comply with Medi-cal policy

ii) Family Service Agency of San Francisco (2001 to 2008)

- Job Position: Mental Health Counselor at an outpatient clinic
- Providing assessment, case management, crisis evaluation, group therapy, home visit and individual counseling to seniors with mental disorders and substance abuse issues
- Organizing mental health education to the Chinese community in San Francisco

iii) San Francisco State University (2004 to 2007) (2012-2013) (2014-2015)

California State University, East Bay (2013)

University of California, Berkeley (2009 -2010) (2012)

San Jose State University (2014-2015)

- Fieldwork instructor: supervised Master's Degree in Social Work interns

iv) Asian Pacific Psychological Services in Oakland (2001)

- A mental health specialist to provide mental health services for older adults and adults at an outpatient clinic. I was also a school social worker.

v) Hong Kong Christian Services (1994 to 1997)

- Providing counseling services and case management to youth-at-risk

vi) Society of Boy's Home-Un Chau hostel (1993 to 1994)

- Providing counseling services, group therapy and case management to boys with emotional and behavioral problem in a residential treatment program

vii) The society for the Rehabilitation of Offenders, Hong Kong (1991 to 1993)

- Job Position: Center manager
- Implement and monitor the program and oversee the budget
- Provide support group for criminals and drug abusers

4. Research Experience

- Coordinated the research study, "Suicide in Chinese Older Adults" between SteppingStone ADHC and Palo Alto University, and organized the press conference in March, 2013 to release the results of the study.
- Mental Health Services help-seeking among depressed Chinese immigrant elderly (completed in 2007) (I presented this research at the international conference in SF in November 2007 organized by American Aging Society.)

- A comparative study of Chinese immigrant seniors' and Caucasian-American seniors' perception of their mental illnesses in S.F. (completed in 2005)
- Life satisfaction among Chinese Immigrant elderly in S.F. (completed in 2001)
- A Pilot Study: An Examination of Five Case Studies Exploring the Effectiveness of the Therababy Doll in the Management of Seniors with Moderate to Severe Dementia (completed in 2014)

5. Teaching Experience

- I gave a number of seminars regarding cultural competence and research to the professionals such as social workers, nurses and psychiatrists in San Francisco. I also gave presentations of biopsychosocial assessment for the elderly, and working with resistant elderly with a mental disorder to the social work students at the City University of Hong Kong, the Baptist University of Hong Kong, and the Community college of Hong Kong University

6. Advocacy Experience

- I have been on SingTao Daily, World Journal, Channel 26 to advocate for mental health and adult day health services for Chinese Seniors and Disabled Adults since 2001
- I gave a number of free presentations regarding schizophrenia, bipolar disorder, depression, dementia to the Chinese Community since 2003.
- I convened the Asian Caucus meeting in 2003 to advocate for the welfare and mental health services for API seniors
- I have been interviewed by SingTao Radio since September 2012 to talk about mental health issues and adult day health services.

7. Language skills

- Fluent in English and Cantonese. Conversational Mandarin and Hakka

8. Others

- I was serving as an advisory board member for self-help for the elderly adult day health (2001 to 2007)
- I was a Chairman of the Asian Caucus in S.F. (2003 to 2010)
- I am a Licensed Clinical Social Worker 26074 (since 2009)

	<p align="center">Board of Supervisors City and County of San Francisco 1 Dr. Carlton B. Goodlett Place, Room 244 (415) 554-5184 FAX (415) 554-7714</p>
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Application for Boards, Commissions and Committees & Task Forces

Name of Board, Commission, Committee, or Task Force: Mental Health Board

Seat # or Category (if applicable): Professional, Seat #15 District: ?

Name: Ulash Thakore-Dunlap

Home Address: Ortega Street Zip: 94122

Home Phone: 415- Occupation: Psychotherapist at Private Practice and
Core Faculty at The Wright Institute

Work Phone: 415-570-3820 Employer: San Francisco State University, The Wright
Institute and Private Practice

Business Address: The Wright Institute, Master of Arts in Counseling Psychology
The Wright Institute, 2728 Durant Ave
Berkeley, Zip: CA 94704

Business Email: udunlap@wi.edu Home Email ulashmind@

Pursuant to Charter Section 4.101 (a)2, Boards and Commissions established by the Charter must consist of electors (registered voters) of the City and County of San Francisco. For certain other bodies, the Board of Supervisors can waive the residency requirement.

Check All That Apply:

Registered voter in San Francisco: Yes ☒ No ☐ If No, where registered:

Resident of San Francisco :Yes ☒ No ☐ If No, place of resident:

Pursuant to Charter Section 4.101 (a)1, please state how your qualifications represent the communities of interest, neighborhoods, and the diversity in ethnicity , race, age, sex, sexual orientation, gender identity, types of disabilities, and any other relevant demographic qualities of the City and County of San Francisco:

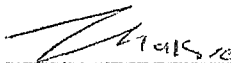
<p>I have a Masters in Counseling. I am also a licensed Marriage Family Therapist (MFT) and school counselor (PPSC) in the state of California. My qualifications have allowed me to work closely with my San Francisco community by providing mental health</p>
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	Board of Supervisors City and County of San Francisco 1 Dr. Carlton B. Goodlett Place, Room 244 (415) 554-5184 FAX (415) 554-7714
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Have you attended any meetings of the Board/Commission to which you wish appointment?
Yes ☒ No ☐

For appointments by the Board of Supervisors, appearance before the RULES COMMITTEE is a requirement before any appointment can be made. (*Applications must be received 10 days before the scheduled hearing.*)

Date: 9/27/14 Applicant's Signature: (required) 

Please Note: Your application will be retained for one year. Once Completed, this form, including all attachments, become public record.

FOR OFFICE USE ONLY:

Appointed to Seat #: _____ Term Expires: _____ Date Seat was Vacated: _____

1/20/12

September 27, 2014

Dear Mental Health Board and Board of Supervisors

Re: Application for Seat #15, Mental Health Professional

I am writing to apply for the vacant Mental Health Professional Seat #15. I am an ideal candidate for this position given my professional experience, qualifications, life experience and passion in advocating for access to mental health services for underserved populations. As an immigrant woman from a working class background, I understand the struggles that many of our families face in San Francisco when it comes to poverty, lack of resources and being a minority. Having used education and social support to rise out of poverty, I know first-hand the value of access to mental health resources and education, as well as the importance of reducing mental health stigma.

I have a Masters in Counseling, and am licensed in the state of California as a Marriage Family Therapist (MFT) and school counselor (PPSC). I have also worked closely with my San Francisco community and understand its needs: From 2006 until August of this year, I worked with Richmond Area Multi-Services (RAMS), a community mental health agency. While at RAMS, I provided school-based services in the San Francisco Unified School District, as well as community-based services in the outpatient setting. I worked at Galileo High School serving a diverse population through the Wellness Program. Specifically, I provided general mental health services and evaluations as well as crisis counseling, individual and group counseling, parent workshops and informational sessions, and school and staff trainings (including consultations and program development with teachers and staff). At the same time, through RAMS' outpatient clinic I provided counseling to adults and emotionally disturbed children, as well as workshops and trainings to clinic staff.

Both while at RAMS, and more markedly since I left the agency in August, I have also remained an active academic. For the last several years I have supervised students and taught local graduate counseling and psychology programs at schools such as San Francisco State University and the Wright Institute in Berkeley. (I am currently Core Faculty at the Wright, and Adjunct Faculty at San Francisco State's Masters in Counseling Program.) Through both my teaching and my related publications and academic and professional presentations at a local, national and international level I have continued to fuel my passion for working with undocumented, immigrant and Asian American populations. Throughout, I strive to create awareness, reduce stigma, and provide appropriate cultural counseling tools for other professionals.

In addition to teaching, I maintain a modest private practice where I provide counseling to children and adults, trainings to agencies, and take sliding-scale clients. Again, my goal in private practice is to provide supportive services to diverse community members, reduce mental health stigma and provide awareness on counseling topics.

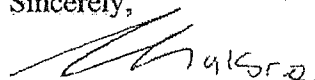
More generally, I am active at a local and national level in the field of counseling, psychology, and mental health. From 2008 until this summer, I served as Communications Officer for the Asian American Psychological Association (AAPA). AAPA provides resources and advocacy for the Asian American and the wider mental health community. Specifically, my role within AAPA was to handle all agency communications, prepare draft statements from the Association, maintain our national website and increase AAPA's social media presence. I also served as Chair of AAPA's Division of South Asian Americans from 2011-2012.

Similarly, I serve on the international committee for the (55,000 member strong) American Counseling Association (ACA). For ACA my focus has again been to increase the Association's presence in the profession, develop strategies and relationships with international universities and at-need communities, and to explore ways to support international students. More close to home, I also enjoy volunteering at local organizations, charity events, and my son's school (Argonne Elementary).

In joining the Mental Health Board my hope is to work with likeminded colleagues to support underserved communities. I also believe that the Board can use my experience in community mental health to explore new ways both to provide effective, quality services, as well as to reach communities that have traditionally avoided using such services. My teaching experience can similarly be used by the Board to explore meaningful collaborations with colleges that wish to provide access to mental health services, while my school-based mental health services experience can be leveraged to further develop programs at K-12 schools that provide crucial early intervention, outreach and support to teachers, students and families.

I thank you in advance for your consideration.

Sincerely,

A handwritten signature in black ink, appearing to read 'Ulash Thakore-Dunlap', with a stylized flourish at the end.

Ulash Thakore-Dunlap

Mrs. ULASH DUNLAP

Ortega, San Francisco, CA, 94122

Tel: (415)

ulashmind@

EDUCATION and PROFESSIONAL QUALIFICATIONS

Licensed Marriage Family Therapist, No. 94716 (February 2011), California

San Francisco State University (San Francisco, USA: August 2004 to May 2006)

Masters in Counseling (MS)

- Marriage Family Therapy (MFT) and School Counseling (PPS credential)

California Teaching Credential (March 2003)

Specialization in Business (including Information Technology)

Edge Hill Campus, Lancaster University (Lancashire, UK: September 1998 to June 1999)

PGCE (Post Graduate Certificate in Education) in Business Education

- Specialized in Secondary & Further Education (ages High School and Junior College equivalent), and Information Communication & Technology.
- Taught Business Studies (GCSE, GNVQ's, A-Levels).

London Guildhall University (Moorgate, London: September 1993 to June 1996)

B.A. Honors in Business & Sociology

TEACHING EXPERIENCE

San Francisco State University (San Francisco, August 2012 to present)

Masters in Counseling: Lecturer

- Fall 2014: COUN 705, 706 and 716 (Professional Seminar for School Counseling)
- Spring 2014: COUN691 (Undergraduate minor class in Multicultural Human Relations) and COUN741.
- Fall 2013: COUN858 (Couples and Family Counseling I) and COUN741.
- Spring 2013: COUN741 (Crisis Counseling For Counselors).
- Fall 2013: COUN705 and 706 (Counseling Process, Supervision and Coaching, and Practicum).

The Wright Institute (Berkeley, August 2013 to present)

Masters in Counseling Psychology: Core Faculty

- Fall 2014: Professional Development Series (Practicum).
- Summer 2014: Children and Adolescents.
- Spring 2014: Common Therapeutic Factors.
- Fall 2014: Community Mental Health.

St. Charles Catholic Sixth Form College (Ladbroke Grove, London: September 1999 to January 2003.) Equivalent to United States Junior College.

Business Studies Teacher, Head of Business Intermediate, and Departmental Social Coordinator

- Two Consecutive Grade 1 Ratings in both Department and Classroom National Inspections.
- Taught Foundation, GNVQ Foundation, Intermediate Business (Edexcel), AVCE, and AS Business studies.
- Participated in regular departmental meetings and parent consultation, drafted student University recommendations.

COUNSELING/CLINICAL EXPERIENCE

Richmond Area Multi-Services, Inc. (RAMS) (San Francisco, USA: August 2006 to present)

Senior Behavioral Health Counselor

- Provide on-site counseling services at the Wellness Program, San Francisco. Duties include assessments, individual and group counseling services, brief counseling, crisis intervention, case management, outreach work, teacher and staff consultation, in-class presentations and workshops.
- Provide individual counseling services to adult clients at out patient clinic.
- Clinical Supervision.

Mrs. ULASH DUNLAP

Ortega, San Francisco, CA, 94122

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ulashmind@

- Worked with special education clients in ED Partnership program.
- Agency wide, local and international presentations include: Student Mental Health Needs and School-Based Mental Health. Specializations: trainings, adolescent clinical needs, substance use treatment, cultural competency, immigration and acculturation issues, and academic issues.
- Numerous articles and training materials written on clinical needs of adolescent and families.
- Providing intern support and program development.

Private Practice (San Francisco, USA: April 2011 to present)

Psychotherapy, Clinical Supervision and Consultation

- Provide individual, couples, group and family therapy to teens, college students and adults.
- Expertise includes: reproductive counseling, life transitions, anxiety, and life balance.
- Consultation and training services to individuals and organizations on mental health topics.
- Writing articles and books on the subject of mental health.

Internship Experience (San Francisco, USA: 2004-2006)

SFUSD Intern Program

- Counseling support and services at Sanchez Elementary School, 2004-2005.
- SB1895 counseling services to SFUSD special education students.
- Provided counseling services at Lincoln High School Wellness Program, 2005-2006.

PROFESSIONAL PRESENTATIONS AND SCHOLARLY WORK

Awards:

- Award from The Division on Women, the Asian American Psychological Association (AAPA) for my presentation on Post-Partum Depression Among Asian American Women: Cultural Considerations and Treatment, 2010.
- Awarded funds from The Loan Assumption Program, CA for providing counseling in underserved communities, San Francisco, 2010.
- Graduate Student Award, San Francisco State University for Distinguished Achievement for outstanding scholarship, professional activity, and service to the community, 2006.
- Virginia Block Scholarship Award, San Francisco State University, 2005.

Presentations:

- SAALT Summit, Washington DC, 2013. Self Care For Activists. Kosi, R., Sharma, R., & Dunlap, U.
- ACA, Cincinnati, 2013. Children of Immigrants and Refugees: Lessons and Activities for School Success. Orozco, G., Van Velsor, P., Dunlap, U., Thanh Mac, M., Saephan, E.
- Education Leadership Conference, APA, Washington DC, 2013. Participant in leadership and lobbying at Capitol Hill.
- AAPA, Orlando, 2012. Innovations in Reaching Out to The South Asian Community. Kosi, R., Sharma, R., & Dunlap, U.
- ACA, San Francisco, 2011. Stressors, Barriers, and Supports: Addressing the Mental Health Needs of Diverse Immigrant and Refugee Students. Orozco, G., Van Velsor, P., Dunlap, U., Thanh Mac, M., Saephan, E.
- CAMH, The Tavistock and Portman NHS Trust, The University of Cambridge, UK, 2011. Lessons Learned in Providing School Based Mental Health Services in San Francisco, USA.
- APA, Washington DC, 2011. Intersections of South Asian Identity in the United States: Mental Health, Immigration, and Socio-political Factors Affecting South Asian Women. Dunlap, U., Kosi, R., Karasz, A.
- ENSEC, Manchester, England, 2011. Working With Immigrant Youth in Schools.
- NCORE, San Francisco 2011. All day pre-conference institute on API Students in Higher Education. Mock, M., Ling, J., Chang, M., Dunlap, U., Chin, C., & Tepayayone W.
- CAMFT, San Francisco, 2011. Panel presentation. Lessons Learned: Providing Creative Tools for Working in School-Based Services to Meet the Needs of Diverse Youth.
- NMCS, Seattle, 2011. Poster session. Intersections of South Asian Identity: Mental Health, Immigration, and Socio-Political Factors. Dunlap, U., Kosi, R., Karasz, A., & Iyer, I.

Mrs. ULASH DUNLAP

Ortega, San Francisco, CA, 94122

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ulashmind@

- 6th World Conference on the Promotion and Prevention of Mental and Behavioral Health Disorders, Washington DC, 2010. Working with Immigrant Youth in Schools, and Chair of session. Dunlap, U., & Bryant, D.
- APA, San Diego, 2010. Looking at South Asian Women Through Multiple Lens: Health, School and Religion/Culture. Dunlap, U., Amin, A. & Singla, D.
- AAPA, San Diego, 2010. Creative and Culturally Responsive Outreach With South Asian American Populations. Patel, N., Amin, A., Dunlap, U. & Kosi, R.
- AAPA, San Diego, 2010. Post-Partum Depression Among Asian American Women: Cultural Considerations and Treatment. Fraga, J., Dunlap, U. & Kwok, D.
- MHSA Training Institute, 2010. Working with immigrant youth in school based settings.
- ACA, Pittsburgh, 2010. Van Velsor, P., Orozco, G., & Dunlap, U. Lessons Learned in Urban Schools: Conducting Groups with Latino and Asian Youth.
- ACA, 2010. Van Velsor, P., Orozco, G., Dunlap, U., Lee, S., & Lavo, X. Poster Presentation: Fearing the Knock of la Migra: Counseling Latino Immigrant Children in the Schools.
- AAPA, Toronto, 2009. Orozco, G., Dunlap, U., & Lee, W. Poster presentation: Developing Culturally-Competent Skills for Counseling South Asian, Latino, and Biracial Teens.
- CCA, Santa Clara, 2009. Orozco, G., Dunlap, U., Ortiz Galan, G., Kaur, A. Family Separation Due to Deportation: Counseling Latino Immigrant Children in the Schools
- NMCS, New Orleans, 2009. Orozco, G., Dunlap, U., & Lee, W. Poster presentation: Working with Latino, South Asian and Biracial teens.
- ACA, Hawaii 2008. Van Velsor, P., Orozco, G., & Dunlap, U. Facilitating School-Based Services to Meet the Mental Needs of Diverse Children in the Schools.
- ACA, Hawaii 2008. Orozco, G., & Dunlap, U. Caught Between Multiple Worlds: Counselling South Asian and Muslim Teens.

Published Papers:

- Contributor. EDC, 2011. Strategies for Engaging Immigrant and Refugee Families.
- Ruebelt, S., Dunlap, U., & Brown, C. A Review of Re-Visioning Family Therapy: Race, Culture, and Gender in Clinical Practice (2nd edition). Journal of Muslim Mental Health, Volume 5 Issue 3, 368.
- ACA VISTAS, 2010. Orozco, G., & Dunlap, U. School Counselors Working with Latino Children and Families Affected by Deportation.

Psychological and Counseling Associations Board and Committee Work:

Asian American Psychological Association (AAPA) (September 2008 to August 2014)

- Communications Officer, AAPA, August 2011 to present.
- Division on South Asian Americans (DoSAA): Senior Advisory Council (present), past Chair (2011-12), past Co-Chair (2011) and Treasurer (2008-2011).

American Counseling Association (ACA) June 2011 to present)

- International Committee member, part of the leadership team. July 2012 to present.
- Conference Education Session Reviewer. June 2011 to present.

National Multicultural Conference and Summit 2013

- Reviewing conference and workshop proposals.

OTHER EXPERIENCE & SKILLS

Understand My Mind (UMM) (2010 to present)

Founder and Editor

- Strategic and project management.
- Creating and editing web content, podcasts and articles on mental health topics.

3rdi, San Francisco International South Asian International Film Festival (San Francisco, USA: 2006 to present)

Board Member and Outreach

Mrs. ULASH DUNLAP

Ortega, San Francisco, CA, 94122

Tel: (415)

ulashmind@

Children's Book Press (San Francisco, USA: Oct. 2004 to 2005)

Board Member

Qualifications and Curriculum Authority, QCA (London, UK: Apr. 1997 to Aug. 1998)

Executive Officer - Vocational Qualifications and Occupational Standards Dept.

- First point of contact for NVQ submissions; Liaised internally and externally with professional bodies regarding same.
- Drafted correspondence, documents, & official minutes; arranged meetings & workshops.

Language Skills: Conversational Hindi and Gujarati.

Computer Skills: MS Word, Access, PowerPoint & Excel, and Social Media

Citizenship: US and British (and E.U.) citizen

 Razia F. Kosi, LCSW-C, Psychotherapist, Consultant 

5570 Sterrett Place, Suite #205 Columbia, MD 21044

4517 Red Leaf Ct. Ellicott City, MD 21043

Cell (443) 254-6304 raziakosi@chaicounselors.org

October 19th, 2014

To: Helynna Brooke

From: Razia F. Kosi, LCSW-C

Re: Reference for Ulash Thakore-Dunlap

Dear Ms. Brooke and Esteemed Selection Committee,

It gives me great pleasure to write a letter of support for Ulash Thakore-Dunlap's application to the Mental Health Board of the City and County of San Francisco. I have known Mrs. Thakore-Dunlap for over seven years, through our service on the Executive Committee for the Division on South Asian Americans (DoSAA). This division was within the Asian American Psychological Association (AAPA). Mrs. Thakore-Dunlap was a dedicated leader within this professional organization. She was well-organized, highly supportive and responsive to the psychological needs of the South Asian community. We also worked together to present on two different professional conferences, in Florida and in Washington D.C. We presented of effective outreach for the South Asian community and burnout prevention for social activists. Both workshops were well received and Mrs. Thakore-Dunlap's contribution were essential to the success of the workshops. Mrs. Thakore-Dunlap has also presented at many other conferences and about her work at the RAMS Center with youth.

I also have the great pleasure of calling Ulash and friend and can attest to her personal character and dedication to serving the mental health needs of the community, advocacy on metal health issues and sharing her knowledge with students. She is kind, intelligent, compassionate and highly motivated.

As an Executive Director of a nonprofit serving the needs of the South Asian community, I highly value Ulash's professional expertise and personal support. She has provided astute information as well as moral support as we worked to advocate for addressing disparities, access to mental health services and ending stigma about mental health treatment.

I believe Ulash Thakore-Dunlap will be a positive and vital member of the Mental Health Board and hope this committee will appoint her to the vacant seat. Please let me know if you have any questions or if I can provide more information to support Ms. Thakore-Dunlap's application to the board.

Sincerely,

Razia F. Kosi

Razia F. Kosi, LCSW-C

Executive Director, Counselors Helping (South) Asians/Indians, Inc

www.chaicounselors.org



San Francisco State University

1600 Holloway Avenue, BH 524
San Francisco, California 94132

College of Health & Human Services
Department of Counseling
(415) 338-2005
(415) 338-0594 Fax

October 20, 2014

Mental Health Board
1380 Howard Street, 2nd Floor
San Francisco, CA 94103-2614

Dear Ms. Helynna Brooke, Executive Director:

I am writing this letter to strongly support Ulash Thakore-Dunlap for the vacant position on the San Francisco Mental Health Board. I have known her for approximately ten years, first as a graduate student at San Francisco State University and now as a colleague. Ms. Thakore-Dunlap holds a Masters in Counseling, with a concentration in Marriage, Family, and Child Counseling and a Pupil Personnel Services Credential in School Counseling. Ulash would be an excellent member of your Board given her educational training, professional work experience and her personal strengths. Ulash is currently employed as a lecturer in the Department of Counseling. Previously, she worked as a Behavioral Health Counselor at Richmond Area Multi-Services (RAMS) in San Francisco, where she worked with diverse students, providing school-based mental health counseling. She also has her own private practice. Ulash would be a fine addition to your board given her extensive background as a mental health provider in the field.

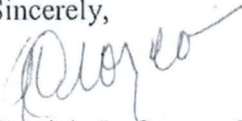
Ulash's knowledge of the mental health field is also evident in the numerous presentations that she has conducted at state and national conferences, including the American Counseling Association and the Asian American Psychological Association, with the purpose of helping counselors better understand the needs of diverse children of all backgrounds. Ulash and I have presented six times at national conferences since 2008. In 2012, we co-presented at ACA on the topic of "Stressors, Barriers, and Supports: Addressing the Mental Health Needs of Diverse Immigrant and Refugee Students." Ulash was a key person who was interviewed for the article "Bridging Two Worlds" by The American Counseling Association. Ulash collaborated with me as second author of an article titled "School Counselors Working with Latino Children and Families Affected by Deportation," which was published in 2010 through VISTAS, the online journal of ACA. In 2012, Ulash self-published her first children's book. Overall, I have been impressed with the quality of Ulash's contributions, the responsibilities she assumes, and the collegiality with which she executes her work.

In terms of leadership positions, Ulash Thakore-Dunlap has been a member of the executive committee of the Division for South Asian Americans (DoSAA), which is part of the Asian American Psychological Association (AAPA). She held the position of treasurer and in August 2010 took over the duties of co-chairing the division. She has held other leadership positions including being a current board member and outreach manager for 3rdi, the South Asian International Film Festival, and past board member of the Children's Book Press.

I believe that Ulash stands out amongst her peers because of the wide range of experiences that she has carried out. I have no doubt that she is a very capable mental health provider who has taken on leadership positions at many levels. She is highly qualified to consult with peers, conduct workshops on a wide range of topics related to diverse populations, manage outreach to diverse stakeholders about mental health services, and lead committee work.

In summary, I believe that Ulash Thakore-Dunlap would be an excellent member of the San Francisco Mental Health Board. Her personal experiences, academic knowledge, leadership skills, cultural competence, and keen sense of how to work with people of all backgrounds will be invaluable. I give Ulash my highest marks and know that she will do her best to work with all stakeholders and to further the mission of mental health services. Please let me know if you have any questions.

Sincerely,

A handwritten signature in dark ink, appearing to read 'Graciela L. Orozco', with a stylized flourish at the end.

Graciela L. Orozco, EdD

Chair & Professor
Department of Counseling
San Francisco State University

To: San Francisco Mental Health Board

Dear Ms. Brooke,

I am writing this recommendation on behalf of Ms. Ulash Thakore-Dunlap, LMFT for the application to the Mental Health Board, for seat number 15, as a Professional Member. Ulash worked at Richmond Area Multi-Services, Inc. (RAMS) from August 2006 - 2014. RAMS, Inc. is a private non-profit mental health agency that is committed to advocating for and providing community based, culturally competent, and consumer-guided services, with an emphasis on serving Asian & Pacific Islander Americans. Since 1974, RAMS has been offering comprehensive services that aim to meet the behavioral health, social, vocational, and educational needs of the diverse community of the San Francisco Area with expertise in serving the Asian & Pacific Islander American and Russian-speaking populations.

During Ulash's employment at RAMS, she worked directly with adolescents in the San Francisco public high school through our collaboration & Wellness Center contract with SFPD-Community Behavioral Health Services and the San Francisco Unified School District. She provided general mental health and substance abuse services to diverse clients, including one-on-one and group counseling; intake; crisis intervention; case management; consultation; and outreach. She offered culturally appropriate clinical interventions and services to various underserved communities including the A&PI, Latin, undocumented, immigrant and African American populations. Ulash's special focus is on the mental health issues that South Asian youths face – a group that is currently underserved in the San Francisco community due in large part to cultural and linguistic barriers that have complicated the provision of such services. Ulash had taken initiative to provide therapeutic services and outreach to South Asian families in their primary languages of Gujarati and Hindi. She also provided school-wide support to teachers through training and consultation and *founded* & led a highly successful South Asian student group. Her work at RAMS has led Ulash to do extensive research on acculturation, immigrant needs and factors that affect immigrant youth in schools, as well as writing papers on this topic.

Ulash also contributes to the mental health field outside of her current work as Core Faculty at the Wright Institute, Lecturer at San Francisco State University, and by volunteering her time to provide education and advocacy around mental health topics at national and local conferences, and participating on various counseling and psychology related boards and committees.

In terms of leadership positions, Ulash is very active in the community. She is on the International Committee for the American Counseling Association (ACA), past Communications Officer for the Asian American Psychological Association (AAPA), past Chair of AAPA Executive Committee for Division for South Asian Americans (DoSAA). Her other leadership roles include: current board member and outreach manager of the 3rd i South Asian International Film Festival, and past board member of Children's Book Press.

As a past employee of RAMS, Ulash excelled beyond her expectations. Her commitment and energy is inspiring and motivating. She is highly professional, dedicated, and passionate about her work with the community to promote mental health. The combination of her direct service experience, leadership skills, teaching experience, and her dedication toward advocacy through education would make her an excellent candidate for such a position.

In summary, I extend my support and recommendation for Ulash to be selected as a new professional member of the San Francisco Mental Health Board. Please do not hesitate to contact me with any questions about this matter or if I can provide further information. Also, if I need to provide this recommendation/reference in any other format, please inform me, then I can do so accordingly.

Sincerely, Kavoos

Kavoos Ghane Bassiri, LMFT, LPCC, CGP
President & CEO

RAMS, Inc.

Richmond Area Multi-Services, Inc.
639 14th Avenue, San Francisco, CA, 94118

Tel (415) 800-0699 ext. 206

Fax (415) 751-7336
www.ramsinc.org

Michelle R. Fortunado, LCSW, PPSC
Galileo Academy of Sciences and Technology
1150 Francisco Street, Room 151
San Francisco, CA 94109
Cell: 415-562-7096
Email: fortunadom@sfsd.edu

October 11, 2014

Board of Supervisors
City and County of San Francisco
1 Dr. Carlton B. Goodlett Place, Room 244
San Francisco, CA 94102

Dear Board of Supervisors:

My name is Michelle R. Fortunado, I am the Wellness Coordinator at Galileo Academy of Sciences and Technology and I recommend Ulash Thakore-Dunlap for a position with the Mental Health Board of San Francisco. I have worked with Mrs. Thakore-Dunlap for over 3 years and I have volunteered with her in other capacities.

Mrs. Thakore-Dunlap is very knowledgeable about the mental health field and has tons of experience working in various settings. At Galileo, she had made a positive impact with her work in providing direct services to our students and providing consultation to our faculty and staff. I've also had the experience in working with Mrs. Thakore-Dunlap in the college setting and she is dedicated to teaching our future mental health workers about how to effectively serve our clients and community members.

She is very passionate about providing direct service to our community members, but she also wants to make an impact in the mezzo and macro levels in the mental health field. Being part of the Mental Health Board will allow Mrs. Thakore-Dunlap have input about the services provided in our community. Her experience as a community member, mental health provider, educator, consultant and advocate can be beneficial for the Board and to our community members and consumers.

It has been a pleasure to work with Mrs. Thakore-Dunlap over the past several years. On top of the great work she is doing in the community, she has also been a mentor and has provided guidance and support around my professional goals. I highly recommend and support Mrs. Thakore-Dunlap's application to the Mental Health Board. If you have any questions about my recommendation, please do not hesitate to contact me.

Sincerely,

Michelle R. Fortunado, LCSW, PPSC
Wellness Coordinator
Galileo Academy of Sciences and Technology

[Print](#) | [Close Window](#)

Subject: recommendation for Mental Health Board

From: Stephanie Chen <dr.szchen@yahoo.com>

Date: Tue, Oct 14, 2014 8:27 pm

To: "hbrooke@mhbsf.org" <hbrooke@mhbsf.org>

Cc: "ulasht@gmail.com" <ulasht@gmail.com>

Dear Ms. Brooke,

I am writing to provide the highest recommendation for Ms. Ulash Thakore-Dunlap, who is seeking a seat on the Mental Health Board. I have the privilege of knowing Ms. Thakore-Dunlap in various capacities, and can attest that she is an excellent candidate for this position.

Having worked with Ms. Thakore-Dunlap at both a community mental health agency and at SF State University, I know firsthand the caliber of her clinical work and teaching abilities. The results are often impressive due to Ms. Thakore-Dunlap's expertise and delivery; however, it is her passion and commitment that make her an extraordinary clinician and teacher. Every aspect of Ms. Thakore-Dunlap's professional work is grounded in the belief of advocating for those who have difficulty speaking up for themselves. I cannot think of a better candidate for the Mental Health Board as Ms. Thakore-Dunlap will be representing the interests and voices of this often stigmatized and marginalized community.

I have the pleasure of being Ms. Thakore-Dunlap's colleague, and have the greater honor of calling her my friend. I cannot stress enough what an invaluable asset she will to your board. If you have any questions, you can contact me via email (dr.szchen@yahoo.com) or via phone (415-580-1779). Thank you for your consideration.

Sincerely,

Stephanie Z. Chen, Ph.D.
Clinical Psychologist, Lic. #PSY23399
Website: dr.stephaniechen.com

CONFIDENTIALITY NOTICE: This e-mail message (including any attachments) contains information which may be confidential and privileged. Unless you are the addressee (or authorized to receive for the addressee), you may not use, copy, distribute, or disclose any information contained in this message. If you have received this message in error, please immediately advise the sender by reply e-mail, and permanently delete all copies of the message and any attachments. Thank you for your cooperation.

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October 21, 2014

To Whom It May Concern:

I am writing this letter of recommendation on behalf of Ulash Dunlap, who has applied to be a member of the Mental Health Board for the City and County of San Francisco. I am pleased to do this as I can provide strong support that she is a very worthy candidate.

I met Ulash Dunlap in 2010 when I founded my South Asian mental health nonprofit, MySahana. From our very first conversation, her passion for mental health awareness was apparent. Her dedication to the mental health field as a psychotherapist as well as an advocate for the community has inspired me to this day.

Over the years I have gotten to know Ulash well on a personal and professional level. One of her strongest qualities is her dedication to mental health advocacy. She has demonstrated creativity and perseverance in providing mental health awareness in a variety of ways outside of her psychotherapy practice. This is made apparent through Understand My Mind, a company that Ulash started to emphasize the importance of understanding the effect of societal trends on individuals' thoughts, perceptions and behaviors. It is also evident in the multiple roles she plays in her professional life – as a psychotherapist, a lecturer at San Francisco State University, a core faculty member at The Wright Institute, a clinical supervisor, speaker and writer. She has also made significant contributions to MySahana, writing informative articles and creating podcasts to increase awareness about mental health awareness for South Asians.

Ulash's personal and professional experiences have shaped her career into what it is today. Her immense knowledge of the field of mental health coupled with her strong value to help people make her a strong mental health advocate and consultant to your board of supervisors.

As a Health and Wellness Counselor working with patients with specific health conditions, I work closely with psychotherapists. I frequently refer patients to Ulash and I can say without hesitation that Ulash is one of the easiest colleagues I have had the pleasure of working with. I very strongly recommend Ulash Dunlap as a member of your Mental Health Board.

Please feel free to contact me if you have any further questions.

Sincerely,



Parijat Deshpande

BOARD of SUPERVISORS



City Hall
1 Dr. Carlton B. Goodlett Place, Room 244
San Francisco 94102-4689
Tel. No. 554-5184
Fax No. 554-5163
TDD/TTY No. 544-5227

VACANCY NOTICE

MENTAL HEALTH BOARD

Replaces All Previous Notices

NOTICE IS HEREBY GIVEN of the following vacancies:

Vacant seat 1, succeeding Christine James, term expired, must be a consumer and be appointed by the District 11 Supervisor, for the unexpired portion of a three-year term ending January 31, 2017.

Vacant seat 2, succeeding Alphonse Vinh, term expired, must be a consumer and be appointed by the District 7 Supervisor, for the unexpired portion of a three-year term ending January 31, 2017.

Vacant seat 4, succeeding Terezia Bohrer, term expired, must represent the public interest and be appointed by the District 3 Supervisor, for the unexpired portion of a three-year term ending January 31, 2017.

Vacant seat 6, succeeding Andre Moore, term expired, must be a consumer and be appointed by the District 10 Supervisor, for the unexpired portion of a three-year term ending January 31, 2017.

Vacant seat 11, succeeding Kelly Dunn, term expired, must represent the public interest and be appointed by the District 8 Supervisor, for the unexpired portion of a three-year term ending January 31, 2016.

Vacant seat 13, succeeding Melody Daniels, removed, must be a family member of a "consumer," for the unexpired portion of a three-year term ending January 31, 2016.

Vacant seat 15, succeeding Lena Miller, resigned, must be from one of the following professions: psychiatry, psychology, mental health social work, nursing with a specialty in mental health, marriage and family counselling, psychiatric technology, or administrator of a hospital providing mental health services or of a community mental health facility, for the unexpired portion of a three-year term ending January 31, 2016.

Additional Requirements: At least nine members must be consumers or the parents, spouses, siblings or adult children of consumers; of these nine members, at least four must be consumers and at least four should be family of consumers. Additionally, one member must be a child advocate (a family member or consumer advocate for minors who use mental health services), one member must be an older adult advocate (a family member or consumer advocate for persons 60 years of age or older who use mental health services),

and two members must be from the following professions: psychiatry, psychology, mental health social work, nursing with a specialty in mental health, marriage and family counseling, psychiatric technology or administrator of a hospital providing mental health services or of a community mental health facility. All other seats may be filled by persons with experience and knowledge of the mental health system representing the public interest.

"Consumer" is a person who has received mental health services in San Francisco from any program operated or funded by the City and County, from a State hospital, or from any public or private nonprofit mental health agency.

Exclusions: No member or his/her spouse shall be a full-time or part-time County employee of a County mental health service, an employee of the State Department of Mental Health, or an employee of, or a paid member of the governing body of, a Bronzan-McCorquodale contract agency.

Reports: An annual report on the needs and performance of the City and County's mental health system shall be submitted to the Board of Supervisors.


Sunset Date: None.

Additional information relating to the Mental Health Board may be obtained by reviewing Administrative Code, Section 15.12, available at <http://www.sfbos.org/sfmunicodes> or by visiting the Mental Health Board website at www.sfgov.org/mental_health.

Interested persons may obtain an application from the Board of Supervisors website at http://www.sfbos.org/vacancy_application or from the Rules Committee Clerk, 1 Dr. Carlton B. Goodlett Place, Room 244, San Francisco, CA 94102-4689. Completed applications should be submitted to the Clerk of the Board. All applicants must be residents of San Francisco, unless otherwise stated.

Next Steps: Applicants who are applying for seats 1 through 11 will be contacted by the staff of the Mental Health Board if they are appointed by the District Supervisor. Applicants applying for seats 12 through 16 and who meet minimum qualifications will be contacted by the Rules Committee Clerk once the Rules Committee Chair determines the date of the hearing. Members of the Rules Committee will consider the appointment(s) at the hearing and applicants may be asked to state their qualifications. The appointment(s) of the individual(s) who are recommended by the Rules Committee will be forwarded to the Board of Supervisors for final approval.

Please Note: Depending upon the posting date, these vacancies may have already been filled. To determine if vacancies for this Board are still available, or if you require additional information, please call the Rules Committee Clerk at (415) 554-4447.


Angela Calvillo
Clerk of the Board

DATED/POSTED: August 21, 2014

San Francisco
BOARD OF SUPERVISORS

Date Printed: October 31, 2014

Date Established: November 13, 1968

Active

MENTAL HEALTH BOARD

Contact and Address:

Helynna Brooke Executive Director
Mental Health Board
1380 Howard St, Suite 510
San Francisco, CA 94103

Phone: (415) 255-3474

Fax: (415) 255-3760

Email: hbrooke@mhbsf.org

Authority:

California Welfare and Institutions Code, Section 5604 et seq.; and Administrative Code, Section 15.12 et seq. (Ordinance Nos. 15-80, 452-85, 98-93, and 337-99)
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Board Qualifications:

California Welfare and Institutions Code, Section 5604 et seq.; and Administrative Code, Section 15.12 et seq. (Ordinance Nos. 15-80, 452-85, 98-93, and 337-99)
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The Mental Health Board consists of seventeen (17) members:

- > Eleven (11) members: one (1) appointed by each of the District Supervisors; and
- > Six (6) members are appointed by the full Board of Supervisors; one (1) of whom shall be a member of the Board of Supervisors.

The California Welfare and Institutions Code, Section 5604, requires:

- > At least nine (9) members shall be Consumers or the parents, spouses, siblings or adult children of Consumers;
- > At least four (4) members shall be Consumers;
- > At least four (4) members shall be family of Consumers.
- > One (1) member shall be a child advocate (a family member or Consumer advocate for minors who use mental health services);
- > One (1) member shall be an older adult advocate (a family member or Consumer advocate for persons 60 years of age or older who use mental health services); and
- > Two (2) members shall be from the following professions: psychiatry, psychology, mental health social work, nursing with a specialty in mental health, marriage and family counseling,

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psychiatric technology, or administrator of a hospital providing mental health services or of a community mental health facility.

NOTE: A "Consumer" is a person who has received mental health services in San Francisco from any program operated or funded by the City and County, from a State hospital, or from any public or private nonprofit mental health agency. The Board of Supervisors member position shall not count in determining whether the Consumer and family of Consumer requirements of this section are met.

Any positions not allocated to specific types of members may be filled by persons with experience and knowledge of the mental health system representing the public interest.

Except for the Board of Supervisors member, the term of each member shall be for three years. No member shall serve more than two consecutive terms. The term of office of a member appointed by an individual Board of Supervisors member is not affected by the Board of Supervisors member no longer continuing in that office.

The Mental Health Board shall review and evaluate the City and County's mental health needs, services, facilities and special problems and other duties as stated in Administrative Code, Section 15.14.

Reports: An Annual Report shall be submitted to the Board of Supervisors on the needs and performance of the City and County's mental health system.

Sunset Date: None referenced.