141135 File No.

Committee Item No. Board Item No.

# **COMMITTEE/BOARD OF SUPERVISORS**

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Date November 6, 2014

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Motion Resolution Ordinance

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#### **Cmte Board**

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Award Letter Application Form 700 Vacancy Notice Information Sheet **Public Correspondence** 

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Completed by:	Alisa Somera	Date	October 31, 2014
Completed by:	Alisa Somera	Date	November 12,2014

#### FILE NO. 141135

MOTION NO:

[Appointments, Mental Health Board - Deborah Hardy and Ulash Thakore-Dunlap]

Motion appointing Deborah Hardy and Ulash Thakore-Dunlap, terms ending January 31, 2016, to the Mental Health Board.

MOVED, That the Board of Supervisors of the City and County of San Francisco does hereby appoint the following designated persons to serve as members of the Mental Health Board, pursuant to the provisions of Administrative Code, Section 15.12, and the California Welfare and Institutions Code, Section 5604, for the terms specified:

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

Ulash Thakore-Dunlap, 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.

Rules Committee BOARD OF SUPERVISORS



#### 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

Name: Deborah Hardy

Home Address: \_\_\_\_\_ Sutter Street, #\_\_\_\_\_

Zip: 94109

District: 1

Home Phone: 415-\_\_\_\_ Occupation: Typist

Work Phone:

Zip:

Business Email:

**Business Address:** 

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.

Employer: Self-Employed

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).



#### **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: \_\_\_\_\_

1/20/12

#### 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

Name: Ulash Thakore-Dunlap

Home Address: - Ortega Street

Zip: 94122

District: ?

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:

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

Have you attended any meetings of the Board/Commission to which you wish appointment? Yes\_VNo \_\_\_\_

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:  $\frac{912H14}{4}$  Applicant's Signature: (required) \_

Lais re

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. Tylsra

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 (Edxcel), 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 Tel: (415) 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, Cincintiti, 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 Tel: (415) ulashmind@
• • • • • • • • • • • • • • • •	<ul> <li>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., &amp; Bryant, D.</li> <li>APA, San Diego, 2010. Looking at South Asian Women Through Multiple Lens: Health, School and Religion/Culture. Dunlap, U., Amin, A. &amp; Singla, D.</li> <li>AAPA, San Diego, 2010. Creative and Culturally Responsive Outreach With South Asian American Populations. Patel, N., Amin, A., Dunlap, U. &amp; Kosi, R.</li> <li>AAPA, San Diego, 2010. Post-Partum Depression Among Asian American Women: Cultural Considerations and Treatment. Fraga, J., Dunlap, U. &amp; Kwok, D.</li> <li>MHSA Training Institute, 2010. Working with immigrant youth in school based settings.</li> <li>ACA, Pittsburgh, 2010. Van Velsor, P., Orozco, G., &amp; Dunlap, U. Lessons Learned in Urban Schools: Conducting Groups with Latino and Asian Youth.</li> <li>ACA, 2010. Van Velsor, P., Orozco, G., Dunlap, U., Lee, S., &amp; Lavo, X. Poster Presentation: Fearing the Knock of la Migra: Counseling Latino Immigrant Children in the Schools.</li> <li>AAPA, Toronto, 2009. Orozco, G., Dunlap, U., &amp; Lee, W. Poster presentation: Developing Culturally-Competent Skills for Counseling South Asian, Latino, and Biracial Teens.</li> <li>CCA, Santa Clara, 2009. Orozco, G., Dunlap, U., &amp; Lee, W. Poster presentation: Working with Latino, South Asian and Biracial teens.</li> <li>MCS, New Orleans, 2009. Orozco, G., Dunlap, U., &amp; Lee, W. Poster presentation: Working with Latino, South Asian and Biracial teens.</li> <li>ACA, Hawaii 2008. Van Velsor, P., Orozco, G., &amp; Dunlap, U. Facilitating School-Based Services to Meet the Mental Needs of Diverse Children in the Schools.</li> <li>ACA, Hawaii 2008. Orozco, G., &amp; Dunlap, U. Caught Between Multiple Worlds: Counselling South Asian and Muslim Teens:</li> </ul>
rubh	shed 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, a 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.
Pysch	ological and Counseling Associations Board and Committee Work:
Asian	<ul> <li>American Psychological Association (AAPA) (September 2008 to August 2014)</li> <li>Communications Officer, AAPA, August 2011 to present.</li> <li>Division on South Asian Americans (DoSAA): Senior Advisory Council (present), past Chair (2011)</li> <li>12), past Co-Chair (2011) and Treasurer (2008-2011).</li> </ul>
Ameri	can Counseling Association (ACA) June 2011 to present)
	<ul> <li>International Committee member, part of the leadership team. July 2012 to present.</li> </ul>
	<ul> <li>Conference Education Session Reviewer. June 2011 to present.</li> <li>Multicultural Conference and Summit 2013</li> <li>Reviewing conference and workshop proposals.</li> </ul>

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### **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

🖝 Urtega, 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 Gujerati.

Computer Skills: MS Word, Access, PowerPoint & Excel, and Social Media Citizenship: US and British (and E.U.) citizen

#### Somera, Alisa (BOS)

From: Sent: Subject: Karen Godfredsen <kgodfredsen@wi.edu> Tuesday, November 04, 2014 9:49 AM Letter of Recommendation: Ms. Ulash Thakore-Dunlap, LMFT

Dear Ms. Brooke and Ms. Somera,

It is my great pleasure to write this letter on behalf of Ulash Thakore- Dunlap LMFT in support of her candidacy for seat #15 on the San Francisco Mental Health Board. I first met Ms. Dunlap approximately one and a half years ago when she began teaching at the Wright Institute as an Adjunct Instructor. From the outset my colleagues and I were all impressed with her warmth, professionalism and competence and we have all been delighted to have the opportunity to work with her. Indeed, our program has increasingly sought out her expertise as a teacher and practitioner and this summer she joined our Core Faculty in a part-time capacity.

During her time teaching at the Wright Institute, Ms. Dunlap has distinguished herself in the breadth and quality of the instruction she offers our students. Her role in the program has expanded from teaching our Community Mental Health class to also teaching Child and Adolescent Counseling, Professional Development Seminar, Common Therapeutic Factors, and Crisis, Disaster and Trauma Counseling. The reason for our increased reliance on Ms. Dunlap as an instructor is her excellence as an instructor. In every course she has been well received by students, achieving excellent teaching reviews and clearly contributing to their hands-on competence as well as their cultural sensitivity and grasp of theory. She brings, to each of her classes, a clear and engaging lecture style, a grasp of the relevant research and a keen sensitivity to the importance of including the needs and voices of mental health consumers at every step in the training process. Additionally she is delightful to collaborate with as a colleague – hard-working, responsive, giving and thoughtful. Several instances stand out, including her spirited defense of clients' resilience in the face of beginning students' instincts to pathologize, and her nuanced contribution of her own cultural identity and understanding in the course of our teaching retreats.

In closing, as a longtime advocate for mental health consumers, I feel confident that Ms. Dunlap's wealth of competence and her commitment to a strengths-based stance which prioritizes the needs, resources and dignity of mental health consumers will serve the Mental Health Board well. I am certain Ms. Dunlap will represent the needs and interests of both the city of San Francisco and its consumers in a strategic, effective and compassionate way and I recommend you to her with the highest confidence. Please feel free to call me with any further questions at <u>414-731-4547</u>.

Sincerely,

Karen Godfredsen, Psy.D. Associate Program Director Masters of Arts in Counseling The Wright Institute 2728 Durant Avenue Berkeley, CA 94704 (510) 841-9230 kgodfredsen@wi.edu 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 19<sup>th</sup>, 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 Fransisco. 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, 2<sup>nd</sup> 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 stakcholders 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,

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 SFDPH-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 Gujerati 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: <u>fortunadom@sfusd.edu</u>

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 Techonolgy 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 https://email10.secure ver.net/view\_print\_multi.php?uidArray=5639...

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 (<u>dr.szchen@yahoo.com</u>) 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

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1 of 1

# **Parijat** Deshpande consultant - educator - speaker

parijatdeshpande@gmail.com

510-269-7066

www.parijatdeshpande.com

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

Save	Form
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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

Print Form

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: <u>staples Ave San Francisco</u> Zip: <u>CA94112</u> Home Phone: <u>415-</u> Occupation: <u>Sentor Program Director</u> Work Phone: <u>415-359-9210</u> Employer: <u>Steppinpstone</u> Adult Day Health.
Home Phone: 415- Occupation: Sentor Program Director
Work Phone: 415-359-9210 Employer: Steppinpstone Adult Day Flea 1th.
Business Address: 350 Grolden Grote Ave, S.T. CA94/02 Zip: 94/02 Business E-Mail: Bennywong Osteppingstone hearth. 03 Home E-Mail: Wong Dahm O
Business E-Mail: Home E-Mail: Home E-Mail:
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 Z No I If No, where registered:
Resident of San Francisco Ves 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 veter to the attached pages (vesume)

Business and/or professional experience:

refer to the attached pages averumes

**Civic Activities:** 

please veter to the attached pages cresume)

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

(ouncil

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:  $\frac{3}{2} \frac{2}{14}$  Applicant's Signature: (required) \_

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<u>Please Note</u>: 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:	
01/20/12			

### 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

1

• 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. <u>Research Experience</u>

- 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. <u>Teaching Experience</u>

• 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. <u>Advocacy Experience</u>

- 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)

# First Annual Asian Pacific American Heritage Award



Origami art created by Linda Tomoko Mihara\*

The Asian Pacific American Heritage Awards is established to honor exemplary individuals and organizations for their impact in furthering the social, political and economic wellbeing of the Asian Pacific American community. The achievement and contributions of the award recipients this year indeed capture the spirit of this year's theme, Celebrate Heritage, Celebrate Unity.

\* The 2007 Asian Pacific American Heritage Award are 3 gold origami cranes folded from one sheet of paper that is cut, then folded while keeping the connections intact. No glue is used . The 3 cranes signify the Past, Present and Future.

#### THE 2007 AWARD RECIPIENTS



#### BENNY WONG Community Hero

Since moving to San Francisco from Hong Kong in 1998, Benny Wong has devoted himself to serving the community, and in particular educating Chinese seniors and their families about mental disorders. He feels strongly that many seniors do not seek proper medical treatment because of the stigma attached to mental health problem and education is the key. In 2003, he took the initiative to organize and establish the Asian Caucus, the primary purpose of which is to coordinate social and mental services for API Seniors. Today over twenty community nonprofit agencies as well as governmental organizations are part of the Asian Caucus.

Benny's work benefiting API seniors with mental illness clearly demonstrates how one person can make a significant difference in furthering the health and wellbeing of the community.



#### DEEPA SHARMA Youth Activist

Based upon a published study, Asian Pacific Americans between the ages of 18 and 24 registered to vote dropped drastically, from 50% in 1990 to 35% in 2000, the lowest voter turnout for that age group among all minority communities. Disturbed by this trend, Deepa took action to be involved in activities that inspire and energize API youth. Most recently, Deepa successfully spearheaded the Summit on Civic Engagement to guide young people to be smart and informed decision makers.

A Sophomore at De Anza College in Cupertino and a resident of San Francisco, Deepa is interested in a career in public service and has demonstrated how a young person can make a difference in outreaching to a disenfranchised API youth and turn them into active community participants and voters.

#### PACIFIC ASIAN AMERICAN WOMEN BAY AREA COALITION (PAAWBAC), an Exemplary organization serving the Pan Asian community

Founded in 1980, PAAWBAC was the first Pan Asian women organization that focuses on promoting leadership of Asian and Pacific Islander women in the Bay Area. Recognizing that many of these women did not have API women leaders as role models. PAAWBAC instituted the Women Warriors program, identifying and honoring outstanding women achievers. In recent years, PAAWBAC also developed and implemented the Catalyst Fund Mentorship Program to partner Women Warriors with young girls, at-risk teens, immigrant or refugee women and women in transition. This unique program offers API women a rare opportunity to build their own leadership skills with the stewardship of the Women Warriors.

## Community Advocacy Award

J.T. .

#### Benny Wong, Program Director StappingStone Golden Gate Day Health | San Francisco



Benny Wong has a passion for advocacy. He advocates for the participants in his program, but also teaches them to be advocates for themselves, using what he calls the "empowerment concept" throughout the center.

This year Benny energized the participants, most of whom are mono-lingual elderly Chinese, to become involved in fighting against the elimination of the adult day health care program.

Benny was relentless in seeking meetings with the Governor's office, State Assembly Member Fiona Ma and Tom Ammiano, State Senator Yee, and the assistant to Supervisor Chiu, who all came to the center to meet with participants.

Benny Wong

Benny made sure the participants were prepared so they would have the courage to speak their minds in front of these important political leaders – and they did! Senator Yee proclaimed at the center that he "would fight against the elimination of ADHC, and any further cuts for senior services."

Benny also saw to it that the local Chinese media were well informed of the program's struggle to survive. He was interviewed by Channel 26 and the Sing Tao Daily news. He spoke to local community groups to raise awareness.

Benny also has used his strong advocacy skills to help individual participants with significant housing crises that threatened to place one or both spouses into an institution.

A legally blind senior with dementia who lives alone was about to be evicted because he left the stove on and caused smoke damage. With Benny's help arrangements were made with MSSP and he was able to stay in his home.

In another case, an elderly couple was to be evicted because the monolingual participant failed to return a piece of paper, that he could not read, to the Section 8 Housing Authority. Benny taught the couple how to self advocate to keep their housing, and helped them get moved to another building that was better able to meet their needs.

Benny holds a monthly meeting with all participants at the center and has shown by example that he cannot do everything for them. They are learning by example how to be empowered to be their own best advocate.

Benny demonstrated determination and enthusiasm for implementing "empowerment" among the participants which translates into other aspects of their lives. His community advocacy made a difference for seniors at the community level and supported state advocacy efforts.

Pertificate of Boundary States of Honor

# BOARD OF SUPERVISORS City and County of San Francisco

The Board of Supervisors of the City and County of San Francisco hereby issues, and authorizes the execution of, this Certificate of Honor in appreciative public recognition of distinction and merit for outstanding service to a significant portion of the people of the City and County of San Francisco by:

Giving a most sincere tribute to:

# FAMILY SERVICE AGENCY OF SAN FRANCISCO

In recognition of the release of its new research study conducted by Benny Wong and Angela Cheong: "A Comparative Study of Chinese Immigrant Seniors' and Caucasian-American Seniors' Perceptions of their Mental Illnesses in San Francisco." The Board deeply appreciates Family Service Agency's efforts to provide a comprehensive array of human services throughout the City to low-income and otherwise vulnerable members of the community. We commend the authors of the study for their contribution to the understanding and treatment of mental illnesses in San Francisco.

陳/e Mersoldtesk, Dissict 1 mg



Jeannie Wong, who immigrated to San Francisco from Hong Kong years ago, felt depressed when her family relations unraveled. She is helped into her seat by Margaret Chao, a researcher studying suicide among elderly Chinese Americans.

### SUICIDE

ЯÒ

# Troubled elderly Asians often suffer in silence

# Traditions, stigma make many reluctant to seek help

#### By Stephanie M. Lee

Jeannie Wong arrived in the United States with the hope of starting fresh away from her native Hong Kong. But life in America has been hard. Four decades ago, during a visit to San Francisco, she met the man who would become her husband. She married him at age 30, and they had two sons. She worked as a cashier at a Chinese restaurant in Chinatown.

The good years faded fast. Her husband beat her and called her names, she said. They divorced. She got along with her sons less as they grew up, making her think she was a poor mother, she said.

With a family across the ocean, few friends and a limited grasp on English, Wong sank into depression, She was prescribed antidepressants and anti-1541 psychotic drugs, but thoughts of suicide still entered her mind.

"I wanted to just walk across the street and be hit by a car, but finally I didn't have the courage to do it," said Wong, 72, a Western Addition resident who spoke through a Cantonese interpreter.

Wong may feel alone, but many elderly Asians silently suffer from depression and consider suicide, researchers say.

According to the Centers for Disease Control and Prevention, Asian American women ages 65 and older had a Suicide continues on C4

#### 4 | Wednesday, January 23, 2013 | SAN FRANCISCO CHRONICLE AND SFGATE COM

### HHRONNHHEIERCIONAEIPH -

# Lonely struggle with mental anguish

#### Suicide from page Ci

higher suicide rate -6.5 per 100,000 – than any other racial or ethnic group between 2004 and 2007. While women had the next highest suicide rate: 4.3 per 100,000.

#### Feelings of isolation

Even decades after arriving in the United States, many Asian immigrants, like Wong, feel isolated, finding it difficult to adjust to challenges such as linguistic and cultural barriers, discrimination, limited economic opportunities and social isolation, mental health experts say.

If these problems are not addressed, the experts say, they seem certain to grow since Asians — a group that spans a wide swath of languages and cultures — are the fastest-growing ellmic group in the country.

"Suicide is happening," said Joyce Chu, an assistant clinical psychology professor at Palo Alto University. "Can we understand what puts them at risk for it, and what it means for them to consider suicide so we can help people to better manage it, better prevent it?" Until recently, Asian Americans' mental health has not

Until recently, Asian Americans' mental health has not been closely studied, in part because some subgroups find it shameful to air such issues.

"Traditionally, in Chinese culture, if you have a mental health problem, you tend to try to deal with it yourself or within your family," Chu said. "If someone has a serious mental illness like schizophrenia or bipolar (disorder), that family member is not talked about or kind of hidden."

To better understand the factors behind depression and suicide, Chu and a group of researchers recently surveyed 56 elderly Chinese adults and 26 non-Chinese adults at Stepping Stone Adult Day Health in San Francisco.

In the survey, the results of which were released last week, 15 percent of the Chinese participants said they'd attempted suicide.

#### What's behind it

Behind the thoughts of suicide were physical illness and family conflict, the researchers found. When faced with stress, the participants reported feeling hopeless and dwelling on problems instead of solving them.

When that happens, problems fester, said Benny Wong, program director at Stepping Slone's Golden Gate Avenue branch, one of four locations in San Francisco. About 65 percent of the clinic's 300 clients are Chinese. he said.



Jeannie Wong describes her struggle with suicidal thoughts as Benny Wong (no relation) listens at Stepping Stone Adult Day Health, Aslan American women 65 and older had a higher suicide rate than any other racial or ethnic group between 2004 and 2007.

"They are confused, they have memory problems, they have mental health problems, they have medical problems," he said, "It shames them to get help."

In a 2007 study led by Loyola Marymount University, researchers found that less than 9 percent of Asians nationwide seek mental-health services, That's much lower than the 18 percent of the general population who do.

U.S. born Asians are more likely to use medical services in general and mental-health services in particular than those born outside the conntry, according to the analysis, which was based on data from a 2002-03 survey.

For many Asian Americans, immigrants in particular, racial discrimination is a significant factor in depression, said David Takeuchi, a professor of sociology and social work at the University of Washington who studies minority health disparities. Social status both real and perceived — is intertwined with a sense of success.

#### The toll of bigotry

That relationship became clear in a 2008 study of more than 2.000 Asian Americans

#### Resources

If you need help, try these resources. If you are in immediate danger of harming yourself, call 911.

Stepping Stone Adult Day Health: Four San Francisco locations for senior citizens. Languages Include English, Chinese, Korean and Cambodian. (415) 359-9210

San Francisco Suicide Prevention: Crisis hotline with services in Cantonese and Mandarin. (415) 781-0500

Family Service Agency of San Francisco: Nonprofit socialservices provider in Chinese, Mandarin, Korean, Japanese and other languages. (415) 474-7310 National Suicide Prevention Lifeline: 24/7, free and confidential. 1 (800) 273-TALK

Takeuchi and other researchers asked participants to indicate whether and how often they experienced situations in which "people dislike you" or "treat you unfairly" due to race. Participants also answered questions about their mental state.

Not surprisingly, the more often the subjoided perienced discrimination, the more disIn general, immigrants often struggle when they don't feel like they belong to their new community. Takeuchi said.

"Part of the issue for immigrants is how comfortable and how much meaning they find in a new location," he said. "That attachment or detachment can, over time, lead to kind of a good quality of life, or if you're not so attached, you may find a poor quality of life, including poor health, poor mental health, lots of suicide and so on."

Reaching out to Asian Americans requires a high sensitivity to these cultural values, said Stanley Sue, a psychology professor at Paio Alto University who specializes in Asians' mental health and was not involved with the latest study.

#### Finding solutions

First, it's important to emphasize that menial health problems are common and often won't get better on their own, Sue said.

In addition, medical providers should use bilingual therapists, connect patients with similar community members and use phrases like "positive growth" instead of "mental names, to reduce the sense of sligma, he said.

And it's best to use role models who can relate to the patients' perspectives, Sue said.

"What's also very nice sometimes is to bring a recovering patient who says, 'You know, I had these experiences, look at how my life has changed,' " he said. "Those kinds of things really sink in to a lot of Chinese because it shows they're willing to talk about it, be open about it, overcome these kinds of difficulties, and I think it's very inspirational to a lot of Chinese."

For Jeannie Wong, the Hong Kong immigrant, Stepping Stone serves as that outlet. The clinic offers therapy, dietitians, medical care, and activilies such as field trips and music — things that make her feel like she belongs somewhere.

"After I come here, I can talk to the social workers about my feelings," she said. "I also can make friends here so I won't feel alone."

Stephanie M. Lee is a San Francisco Chronicle staff writer. E-mail: slee@sfchronicle.com



祝委員會主席鄭可欣指出,有人說 亞太裔外表都一樣,「看看這些不 同的亞裔和亞裔的服裝,都是一樣 嗎?」

鄭可欣說,亞太裔傳統月慶祝委 員會於去年11月成立,「由來自社 區的義工,為社區做事。」

當天並向兩位個人以及一個團體 頒獎,獲得「社區英雄獎」者,是 「三藩市家庭服務社」的社會工作 黃慈忠,他推動對華裔老年新移民 憂鬱症的研究。另外Deepa Sharma 獲得青年活動獎;灣區亞太裔婦女 聯盟也獲獎。

當天赫伯斯特劇場坐無虛席,慶 祝儀式由灣區第五頻道電視台記者 Sherry Hu主持,前市長勃朗、市 財務長何世豪、州長駐舊金山辦公 室主任考夫曼、加州亞太裔事務委 員會主席許行等也出席儀式。簽字 儀式後,不同的亞太裔表演組織, 表演了各自族裔的歌舞節目。

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金門中心計畫主任黃慈忠(前排右)與該中心 的華裔老人,希望政府不要關閉金門中心。 (記者陳運璞/攝影)

# 则限制制度

橋石金門中心恐關閉

富金Ш報導 州議會預算委員會將於11日提出對州長預算刪減 計畫的建議,由於州長預算草案中,計畫關閉非營 利成人護理中心,舊金山橋石日間成人護理時必可 能成為被關閉的機構,引起許多華裔民眾擔憂。

位於金門街的橋石「金門中心」,有近80位需 要護理照顧的民眾定期前來,其中大部分是老年華 裔。92歲的薛輔泉1907年罹患五世肩毛病,當時 每周到金門中心三次,接受物理治療,二年多後, 五十肩毛病完全好了。

有次薛輔良在家中上廁所摔跤,太太急忙打電話 向金門中心求救,金門中心立即派物理治療師前來 協助。這位物理治療師不但為薛輔良處理摔跤受傷 部位,並且告訴他,這樣擺放家具很容易摔跤。因 此調整其家的擺設,此後薛輔良在家再未摔跤。

68歲的梅子根前年中風住院一個月。出院後每 周三次到此接受物理治療,現在情況改善許多。梅 子根住華埠散房,金門中心社工人員幫他申請老人 公寓,讓梅子根非常感激:「金門中心是我第二個 家,這裡的人就像我的家人。」梅子根表示。萬 金門中心因州長預算刪減而關門,他們只能去往安 養院,其實更增加政府負擔,他們比較喜歡像現在 這樣住在自己家裡,定期到護理中心接受治療,效 果更好。

金門中心計畫主任黃慈忠指出,加州政府為成天 日間護理中心每名老病者每天付38元,聯邦政府另 付38元。如果這些人必須住安養院,州府貨擔的成 本將是目前的五倍。黃慈忠表示,目前加州共有3 萬7000人定期到日間成人護理中心接受各項協助, 如果關閉成人日間護理中心,聯邦付費將收回,也 是加州一大損失。

#### World Journal (2/11/11)

The State Senate Budget Committee will make a recommenation to the State whether adult day health care needs to be maintained or eliminated in Feb According to the budget cut proposed by the state governor, all the adult day health care centers in CA may be eliminated. Golden Gate Day Health may be one of the centers facing elimination. It is causing a worrisome situation in the Chinese Community. Golen Gate Day Heatlh is located on Golden Gate Ave. The are about 80 frail seniors and disabled adults getting different treatments at the center regularly. The majority group of the frail seniors and disabled adults at Golden Gate Day Health is Chinese. Mr. Hsueh, a 93 year old Chinese senior at the center, was admitted to the center in 1997. He was unable to move his arm before he enrolled in the center. After he received the treatments at the center, he is able to move his arm and has less pain.

Mr. Hseuh said that he fell down in his restroom one time. His wife immediately called the therapist at the center. The occupational therapist came to check on him at home and had a home risk assessment. After the recomendations by the occupational therapy how to re-organize his furniture, he hasn't fell down at home. Mr.Mei enrolled in Golden Gate Day Health after discharging from a skilled nursing home. He improves his health condition because he is receiving medical treatment at the center. The social worker has helped him, applied for a senior housing unit, because he is living in a SRO in Chinatown in SF. Mr Mei said "Golden Gate Day Health is my second home. The staff there is treating like my family. If the center is closed, I am afraid that I will be admitted to a skilled nursing home. I prefer Golden Gate Health to skilled nursing home, because I can still live at home.

Benny Wong a program director at Golden Gate Day Health pointed out that the state government only pays 38 dollars for each frail senior to go to an adult day health care center. The federal government pays another 38 dollars for each frail seniors. If the frail seniors need to enroll in a skilled nursing home because of the elimination, the cost will be 5 times more expensive than an adult day health care center. There are 37,000 frail seniors and disabled adults enrolled in adult day health care center in CA. If all the adult day health care centers are closed, the federal government will stop the funding to CA. It will be a great loss.

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#### 日報 2005年8月2日 星期二

SINC AO

發展壯大至18個官方私人機構

本報記者胡健宏三藩市報道 日18個官方及私人性質機構所聯合組 成的"西洲考世界" 成的"亞洲耆英服務機構聯誼會" (Asian Caucus Meeting), 至今已 經成立超過兩年。

→ 聯誼會的會員均是各機構的志願人士,該會每 四個月會舉行一次會議,透過這些會議,會員之間 可以互相分享經驗和介紹各自的服務項目,從而能 夠更有效去幫助亞太裔耆英。

聯誼會成立於2003年4月,最初只有幾個機構參 與,發展至今組織在不斷壯大,現包括18個官方或 私人的耆英服務機構,服務範疇包括精神健康、家 庭看護、老人虐待、醫療健康等等,這些機構位於 三藩市市内不同的地區,各自提供其專業的耆英服 務,透過聯誼會的會議,除掌握最新的**耆英相關資** 訊外,更能夠在獲得服務對象首肯的情況之下,向 **耆英作出建議。** 

該會主席三藩市家庭服務社黄慈忠指出,聯誼 會其實扮演著一個資訊網絡的角色,主要是通過每 凹個月一次的會議,讓來自不同耆英服務機構的會 員可以互相交換意見,彼此分享心得,互相瞭解對 5所能提供的耆英服務,特别是針對亞太裔耆英所 是供的語言協助服務。

來自東南/米慎區耆英服務的護士譚陶淑楨表 **r**,根據她多年來的經驗,不少的華裔耆英是新移 1,他們一般不會英語,經濟收入和教育水平也不



會提高服務質素

黃慈忠《侯東》讀陶淑楨 記者胡健宏攝

是很高,因此這個特定族群往往只得到非常有限的 資源,他們不知道也不懂得如何去申請社會爲他們 提供的一些資源。此外像精神健康這些問題對華裔 耆英來說屬於禁忌話題,所以單憑一個機構或者一 個組織,要進行社區外展往往非常困難。

家庭看護聯盟的家庭顧問侯東是聯誼會的會 員,每次會議都會積極參與,她指出根據統計數據 顯示,在美國有5千2百萬非正式或家庭護理人員向 20歲以上的殘疾或病人提供護理服務,差不多每四 個家庭裏就有一個需要照顧50歲以上的老人,而由 於華裔傳統文化的影響,這一比例在亞裔中會更 高。根據統計,32%的18歲以上亞裔需要照顧50歲以 上的耆英,由此可見亞裔耆英服務的需求。

老人學專業出身的邱荃紅是Compassionate Community Care的行政主人,她舉了一個很好的例子說明聯 **誼會所發揮的作用,有一位該中心照顧的華裔長者**, 患有的一種疾病兩年來嘗試過不同的治療方法都没有 明顯好轉,恰好在一次聯誼會會議上有一位醫生來自 加大三藩市分校,這位醫生介紹了一種更好的關於這 種疾病的治療方法,因此邱荃紅得以將此信息轉達, 這位長者也得到了更好的治療。

紅豆 即將

譽滿金山》 典,特别訂於ノ 在華埠大明星劇 經過多月來 精彩的劇口,貢 此、、出館 漢民;(2)折子虚 詠儀及馬駿駒合 (4)折子戲:陸文 折子戲:西廂記 妍、馬佩璆合演 卿;(7)折子戲: 演;(8)折子戲: 合演。

門券分:六 及十五元等多種 售票處:二 781-8330, 屋 崟 893-5442 •

國下臺 作品風 活躍於舊金山

至九日在位於三點 藝術作品展,展t 此次參展的書 會長吳佰如先生: 及多位頗具實力的 炎熱的酷暑盛夏, 不失爲一個消暑的






2007年4月10日 星期三 TUESDAY APRIL 10, 2007.

世界曰郭

# 電話退稅 稅局提醒享優惠

【沙加緬度訊】所得稅申報截 止日期將近,全國還有6500萬多 人尙未報稅,國稅局敦促納稅人 據實申報所得稅,並提醒納稅人 納稅時勿忘在合乎規定的範圍內 塡報各種優惠扣除額。

聯邦國稅局預計今年春天將要 受理超過1億3000萬人的所得稅申 報,其中大約有一半會等到最後 一分鐘才辦理。

國稅局表示,國人每年要花66

億小時準備報稅,而多達1000萬 人的納稅人是低收入戶,而且利 用了今年30元到60元電話退稅的 好處。

沙加緬度國稅局分局發言人比 爾·史坦納周一則表示,沙加緬 度有超過三分之一的納稅人未申 請這項退稅。

史坦納說:「很多人未利用稅 額優惠,是因爲他們未注意立法 進度。」 去年國會取消了2003年以來實施的3%長途電話稅,授權一次退稅,財政部估計納稅人的這項退稅高達130億元。

據史坦納說:「只有今年可 退,不塡報就是白丟掉30到60 元。」

去年底聯邦國會亦曾延長若干 稅優惠,例如四千元的大學學費 扣除額與250元的教師教材扣除 額。然而國稅局的報稅表格因為 已經提前寄出,表格上並未說 明。

不過當局警告,利用這些扣除 優惠要在合法範圍之內,例如必 須提出可以退稅的付款單據。由 於聯邦政府收到的稅款每年比要 退還的稅款多出2900億元,政府 查稅亦日趨嚴格。

沙加緬度若干會計公司亦提醒 納稅人在報稅季節要當心歹徒行 騙,例如對聲稱有退稅的不明電 子郵件要特別注意,不要隨便因 為有稅可退便輕易透露身分資 料,財政部去年關閉了四十個詐 騙網站,從來不主動寄電子郵件 給納稅人。



社團研究顯示:文化衝擊等影響 籲接受訪談輔導可獲改善

【本報記者劉開平舊金山報導】 三藩市家庭服務社」正在進行的 項針對華裔移民老人憂鬱症的初 研究結果顯示,華裔老年移民如 見息有憂鬱症,接受治療者和不接 治療者相比,前者的狀況會有很 ;的改善。

該服務社社會工作者黃慈忠、舊 山加大心理學系博士後研究生朱 記,以及舊金山州大心理學系學 算嘉恩,9日舉行記者會,討論 2們對此議題的初步研究結果,並 4籲更多華裔老人接受訪談。 三人透露,迄今他們訪談了25位 華裔新移民老人,計畫共訪談60位 老人。華裔較少願意承認患有心理 疾病,是他們此項研究計畫的障礙 之一。

朱賁靚說, 主流社會人士曾經也 不願意面對心理疾病, 而現在遇有 心理疾病找醫生是很普通的事。她 認為華人應該向此方向轉變。「如 果不及時治療, 狀況會愈來愈嚴 重,治療的時間也會延長。」她也 指出, 有些人不接受治療, 經過一 段時間後, 症狀也會消失。



朱賁靚指出憂鬱症的症狀有:心 情悲傷、睡眠問題、無食慾、感到 生命無價值甚至有罪惡感、有自殺 傾向、注意力無法集中等。

朱賁靚認為,文化衡擊、與子女 代溝、失去在母國時一家之主的尊 嚴、不會開車行動不便等,都可能 是造成華裔老人心理疾病的原因。

鄭嘉恩說,他們的研究,主要對 「兩類」人作比較,一種是患有憂 鬱症的老人家經社會服務機構轉介 後,願意接受心理治療服務者,另 一種是拒絕接受此服務者。

黃慈忠說,他們訪談的25位老人 中,13位願意接受心理服務,12位 拒絕接受服務。25人中,女性人數 高於男性。此外,他們都說粵語。

他們的初步研究結果有:患有心 理疾病的亞裔,只有17%到診所求 助;患有心理疾病的亞裔,低於 6%尋求專業治療;亞裔向心理服 務機構求助後,三分之一會爽約; 一旦開始接受治療,亞裔中途停止 的比率高於白人。

此外,因為語言等問題,需要心 理服務的亞太裔中,有一半難以找

朔矁깹梊泺壸啠

到所需要的服務。

三人表示,需要更多華裔老人接 受訪談,以完成此項研究。報名者 資格如下:年逾60的華裔移民老 人;有情緒低落狀況;無記憶問 題;住在舊金山;曾接受或拒絕心 理服務。

黃慈忠說,有意者,可在該家庭 服務社,或在老人中心或老人的家 中訪談;為保護老人家隱私,不會 在其他公共場所如咖啡館作訪談; 訪談為一次性,時間在60至90分鐘 之內;每位接受訪談的老人家,將 致20元薄酬。接受訪談老人,說國 粵語皆可。

黃慈忠(Benny ₩ong)的電話:415-386-6600轉14號分機。

舊金山一些為亞裔老人家提供心 理服務的社區機構有: Southeast Mission, 337-2400; Family Service Agency, 474-7310; Central City Seniors Unit, 558-5900; Family Service Agency ( ic Services West, 386-6600; \_\_\_\_atown/North Beach Clinical Services, 352-2000。



本報記者離糕三藩市報道 展讀者本身或有家人是居住在三藩市的 60歲以上華裔移民,之前又曾經接受或 三絕過由社工轉介的心理健康服務 (Mental 'ealth Services),那麼不妨考慮參加「華裔 《民耆英抑鬱症尋求治療服務調研計劃 / , 既 「以向研究人員提供案例,完成問卷調查後獲 1市内轉介服務。

調研計劃由三藩市家庭服務社與三藩市加大攜手進 ,這也是首次以本市華裔移民耆英作爲調查重點。每位 加調查者,都要用1個小時左右回答問卷調查。調查人 希望了解華裔移民耆英患抑鬱症的狀況,更希望從中找 一些問題的答案,包括如何改進市内抑鬱症轉介治療服 寮等。

調研計劃需要至少60人參加,但經過不同的耆英護理 韝轉介,目前也有25位華裔耆英參加。由於調查人數過 ,研究人員計劃需要更多有同類經歷的耆英幫助,才能 完成整個計劃。有意者可與家庭服務社社工黄慈忠聯

繫,電話是415-386-6600,電郵是bwong@fsasf.org。 主導調研計劃的三藩市加大心理學博士後朱賁靚指 出,一直以來,科研界都缺乏針對華裔移民耆英抑鬱症的 研究。三藩市華裔移民耆英衆多、但患抑鬱症耆英尋求心 理治療的比例也很少。以往一些研究數據顯示,華裔耆英: 若患上抑鬱症,只有17%的人會去尋求心理治療轉介,而 最終走進心理醫師房間實施治療的人,則不足1%。

黄慈忠指出,當受訪者被問及爲何没有參加心理治 療,最多人回答是「不知道自己患上抑鬱症」,有人是不 知道所謂「找個人談談心」的心理治療轉介到底是什麼而 120元現金,也可了解更多有關抑鬱症的資料 拒絕,還有人答說「家人不支持看心理醫生」,語言不通 和没有直接聯繫方法等也是原因。這些答案顯示,華裔社 區對於抑鬱症的認識還有待教育加深。大家也需明白,抑 **鬱症不等於精神病。** 

對華裔耆英來説,移民來美後語言不通使之難與外界: 溝通,是抑鬱症較特别的成因,另有收入過低、與子孫輩, 代溝、不懂開車、不知道政府有提供哪些援助計劃等,都 有可能是抑鬱症起因。患上抑鬱症的人士,症狀包括情緒 ,華裔耆英需要什麼服務,患病華裔耆英爲何極少尋求。低落、無法人眠或睡得太多、暴飲暴食或不思飲食、對外。 ·界活動失去興趣、自我菲薄、難以集中精神等,極少數嚴 重者還可能會發展到有自殺傾向。

> 調研計劃將25位受訪者分爲尋求並獲得心理治療組, 還有尋求都没有心理治療組,初期結果顯示,患抑鬱症者 英獲得心理治療後,抑鬱症都會更快有所好轉。拒絶治療

者雖有可能不藥而癒,但是時間要漫長得多。 調研計劃訪問時均以國語或粵語提問。而市内本來也 有多個診所,向懷疑抑鬱症患者提供心理治療轉介服務



■調研計劃人員希望更多華裔移民者英參加計劃手幫 助提供個案(左起)《朱貴靚、黃慈忠、調研計劃助

提供中文抑鬱症治療轉介	服務機構聯繫表
城西日落及列治文區家庭服務社	415–386–6600
華埠及北岩區醫療服務	415-352-2000
城東南米慎區	415-337-2400
家庭服務社轉介(1010 Gough St)	415-474-7310



# Department of Social Work

25800 Carlos Bee Boulevard, Hayward, CA 94542 510.885.4916 (phone) • 510.885.7580 (fax) • http://class.csueastbay.edu/socialwork/

November 3, 2014

#### SUBJECT: LETTER OF RECOMMENDATION FOR BENNY WONG, LCSW

Dear Rules Committee and Supervisors Yee, Tang and Campos:

It is with great pleasure that I recommend Benny Wong for the professional seat on the Mental Health Board of San Francisco. Benny Wong and I have known each other professionally for three years. He was one of 12 San Francisco health and mental health professionals who participated on a team I lead to develop Chinese depression educational materials for Chinese-speaking Immigrants over a period of one year. Our project, called the San Francisco Bay Area Depression Education Project and using a community-based participatory approach, developed innovative Chinese-language assessment and educational tools intended for use by professionals in community and primary care settings.

On our project, Benny took an important leadership role within our team and was the most active and dedicated team member. He demonstrated a true devotion to addressing mental health access and treatment issues and helping improve the lives of people living with mental disorders. He also showed great knowledge and sensitivity about culturally sensitive education and intervention for diverse norulations and about the structure and needs of the mental health care system.

Benny also contributed to our project by bringing us knowledge from his previous work on research projects in Asian American immigrant populations. Specifically, Benny worked with Dr. Joyce Chu, Associate Professor at Palo Alto University on a study entitled, "Help-seeking Among Depressed Chinese Immigrant Elderly" in 2007. He also worked on a project called "Suicide in Chinese Seniors" with the Ph.D. students from Palo Alto University in 2012. Finally, he recently completed a study called, "A Pilot Study: An Examination of Five Case Studies Exploring the Effectiveness of Therababy® doll in the Management of Seniors with Moderate to Severe Dementia."

Benny is a highly qualified professional who would make an enormous contribution to the Mental Health Board of San Francisco. He brings a wealth of experience. Benny has over 13 years of experience in the San Francisco mental health system. He was a mental health counselor for seven years and administrator for over six years. He has also supervised social work interns from my university as well as from U.C. Berkeley, San Francisco State University, and San Jose State University from 2004 to 2014.

Finally, on a personal level, Benny is a very warm and personable individual. He is well respected among his colleagues for his integrity, hard work and dedication to communities in need in our local area. Overall, I believe Benny has all the qualities—especially his leadership skills—and a wealth of relevant professional experiences to make an important contribution as a member of the Mental Health Board of San Francisco. I recommend Benny Wong without any reservation whatsoever.

Sincerely,

Rose Wong, MPA, MSW, PhD Assistant Professor Email: <u>rose.wong@csueastbay.edu</u> Cell phone: 510-552-9090



November 3<sup>rd</sup>, 2014

To Rules Committee, Supervisor Campo, Supervisor Tang, Supervisor Yee

It is my pleasure to write a letter of recommendation for Benny Wong who is being considered for a position at the Mental Health Board of San Francisco. I have worked with and observed Benny in several research, leadership, and clinical capacities over the past 9 years. Benny is a truly outstanding social worker and leader. His energy, vision, and motivation infuse inspiration into his work environment, and his leadership and clinical skills provide guidance for any project he's involved with. I am confident you will find Benny an invaluable addition to your team.

I first met Benny while I worked at UC San Francisco, Department of Psychiatry from 2005-2007. Benny and I worked as co-Principal Investigators on a research study titled "Help-seeking Among Depressed Chinese Immigrant Elderly." Findings of this study characterized key differences between Chinese elderly who followed through with versus declined a mental health services referral – important information for social service agencies seeking to improve access to care among a typically underserved and non-help-seeking population. Benny and I presented this study at the Gerontological Society of America conference, and also conducted a press conference attended by San Francisco media reporters to disseminate our recommendations.

Throughout this research process, I was incredibly impressed by Benny's initiative, critical thinking skills, and drive. Though he was already carrying what I understand was one of the highest client caseloads at his agency, Benny went above and beyond to integrate scientific endeavors into his work. In this regard, I believe Benny is a true practitioner-scientist. His work in this regard brought recognition and value to his agency.

I continued working with Benny at his current position at Stepping Stone Adult Day Health, where I served as a board member. We were also continuing our academic-community collaboration on research efforts. My understanding is that he is doing outstanding work as a Senior Program Director and has made significant strides and improvements during his leadership of the Golden Gate Adult Day Health location.

As a colleague, Benny has always been a great pleasure to work with. He is highly professional and responsible, following through on any task at hand, and offering invaluable consult to me from a community perspective.

Benny will undoubtedly be an asset to the Mental Health Board of San Francisco. He has the character and intellectual prowess to excel, and any organization would be truly lucky to have him as a team member or leader. I recommend him highly and with great regard; please do not hesitate to contact me should you have questions or need further information.

Sincerely,

Joyce Chu, Ph.D. Associate Professor Director, Diversity and Community Mental Health Program Co-Director, Center for Excellence in Diversity Palo Alto University 1791 Arastradero Road Palo Alto, CA 94304 e-mail: <u>ichu@paloaltou.edu</u> phone: (650) 814-8376

# Nyan Win, M.D. 2476 16<sup>th</sup> Ave San Francisco, CA 94116 (415) 664-2974

The Rules Committee, Mental Health Board of San Francisco Attention: Supervisors Campo, Tang, Yee

Nov. 2<sup>nd</sup>, 2014

RE: Mr. Benny Wong serving as Board Member at Mental Health Board

Dear Sirs/Madam,

As a psychiatrist having practiced in the Asian community for over 20 years both in San Francisco and Oakland, I highly recommend Mr. Benny Wong, LCSW, to be a member on your Mental Health Board.

I began working with Benny at the Family Service Agency of San Francisco in 2001 when he was employed as a Mental Health Counselor and I the attending psychiatrist. Because of his bilingual skills in English and Chinese, he is a valuable asset to his workplace and community. In addition, his enthusiasm to work and compassion for the clients, especially Chinese seniors and new immigrants, has motivated him to do extensive research to finds means to improve their welfare state. He has utilized news media to reach out to the Chinese community to raise awareness in mental health and their psycho-social needs. He has increased the racial/social awareness among the agency staff, thus reinforcing harmony at work. He has received numerous awards and recognitions for his work in the community. Since leaving FSA, he continues to educate himself and his staff on the current trends in mental health. Not only is he a team player, he has been continuously advocating for his staff and clients.

Should he become a board member on the Mental Health Board, he would surely do the same. I have no reservation but to highly recommend him to you.



Nyan Win, M.D.



Licensed as North and South of Market Adult Day Health, Corporation

November 5, 2014

San Francisco Board of Supervisors **Rules** Committee San Francisco City Hall San Francisco, CA 94102

Dear Supervisor Yee, Supervisor Tang and Supervisor Campos:

On behalf of SteppingStone Adult Day Health Care I would like to recommend Benny Wong, LCSW, to serve on the San Francisco Mental Health Board.

Benny Wong, as an accomplished licensed clinical social worker, is the Senior Program Director for SteppingStone Golden Gate Day Health and oversees the social work program at all four of SteppingStone's Adult Day Health Care centers. He also has taken the initiative in establishing relationships with lead researchers around the unique mental health needs of aging Chinese seniors, leading research studies at SteppingStone with breakthrough findings around depression and suicide among Chinese older adults. He has also collaborated with researchers using the Therababy doll with SteppingStone participants that provides valuable insight on behavioral health treatment for seniors with advanced dementia.

This past year Benny Wong was appointed as a Commissioner on the Advisory Council for the San Francisco Dept of Aging and Adult Services. In 2010 he was recognized with the Community Advocacy Award by the California Association of Adult Day Services and was named a "Community Hero" in the First Annual Asian Pacific Heritage Award in 2007.

I believe Benny Wong would be a great asset to the San Franciso Mental Health Board providing deep understanding of the mental health issues and needs of older adults, particularly among the Chinese community. I strongly support his nomination.

NU oli Steinert

**Executive Director** 

www.steppingstonehealth.org

ESTABLISHED IN 1984

Administrative Office Mission Creek Center 930 Fourth Street San Francisco, CA 94158 TEL. (415) 974-6784 FAL: (415) 974-6785

Golden Gate Center 350 Golden Gate Avenue San Francisco, CA 94102 TEL: (415) 359-9210 FAX: (416585999282

Mabini Center 55 Mabini Street San Francisco, CA 94107 TEL: (415) 882-7301 -ω: (415) 882-7390

Presentation Center 301 Ellis Street San Francisco, CA 94102 TEL: (415) 923-0245 EAX: (415) 923-0275

#### Recommendation letter for Benny Wong, LCSW

My name is Elsa Wong, LCSW and I am currently working as a licensed clinic social worker at San Francisco Veterans Hospital. I have known Mr. Benny Wong for 8 years on a professional level. I first met Benny at Asian Caucus Meeting (ACM). My first impression about Benny was that he was a friendly and helpful person. I didn't know what ACM was all about and he would take the time to explain it to some of the new members. I felt very welcome by his hospitality. As I got to know Benny through ACM, he was very responsible and diligent. He would organize the meeting on a regular basis, sent out email reminder to members, searched for meeting place and maintained communication with members.

At ACM, we, as a group of Asian Pacific Islander (API) social workers, aim to improve mental health services for our API clients. There were certainly many elements missing in serving the API clientele, such as language capacity in each social service agency and staffs' understanding of the cultural aspect of API clients. Benny was always the one who had strong passion about these issues. His ability to advocate on behalf of his clients was clearly demonstrated throughout ACM.

I also know that Benny has been involved in advocating for seniors receiving services at Adult Day Health Center (ADHC). When Medi-Cal decided to eliminate ADHC program in California, Benny and other ADHC Center directors were working diligently with Medi-Cal Office and State Legislators in formulating a solution for their clients. Benny saw the effects on seniors and their families if ADHC service was eliminated. Many of them would have to be placed in a nursing home setting.

Furthermore, Benny is very knowledgeable on a clinical level, knowing the DSM V well, accurately assess clients and appropriately apply interventions on them. I had in more than one occasions consult with Benny on cases. I truly value his opinions and I can say the same with the Chinese Community. Benny was interviewed by Chinese radio and newspaper, Sing Tao Daily and TV station for his professional opinions on mental health issues.

Benny informed me that he will be running for San Francisco Mental Health Board. I think Benny would be the perfect candidate for this position. He is very passionate about mental health issues with a strong sense of where the issues coming from. He is a very determined and diligent person in making changes and improving the service process for our API clients. Benny is also a very caring and compassionate social worker, who would go extra miles for his clients. In my professional opinion, I think the San Francisco Mental Health Board is very fortunate to have Benny Wong, LCSW as their vital member. Please feel free to contact me at (415) 533-1322 should you have any questions. Thank you.

Elsa Wong, LCSW

November 3, 2014

#### To Whom It May Concern

I am writing to recommend Mr. Benny Wong, LCSW, for a board membership position with the San Francisco Mental Health Board (SFMHB). This recommendation is based on the excellent work he has done since May 2013 for TheraBaby<sup>®</sup>, a social good company founded by me to help create an engaging life for seniors with dementia using doll therapy. The qualities that have attracted me to him are his expertise in mental health and senior care through his leadership position as a Senior Program Director at SteppingStone in San Francisco. He understands firsthand challenges confronting seniors with mental health—in particular, suicidal attempts among the Asian population in San Francisco--through his work and publication. He is vocal about it to underscore the seriousness of the problems through press conferences and dialogs with anyone in responsible position who is willing to listen.

For TheraBaby<sup>®</sup>, he has been instrumental in the introduction of the TheraBaby<sup>®</sup> dolls to demented seniors in the four centers at SteppingStone. As one of the two lead researchers for the five case studies and the analysis and findings based on these five individual cases, he was responsible for the development of the methodology to select study subjects; secure approvals to comply with HIPAA requirements from social workers, caregivers and healthcare agents representing the seniors; design comprehensive questionnaires to support the research; conduct in-depth interviews; produce transcripts of the interviews for record-keeping; and finally complete an analysis for a paper entitled "A Pilot Study: An Examination of Five Case Studies Exploring the Effectiveness of the TheraBaby<sup>®</sup> Doll in the Management of Seniors with Moderate to Severe Dementia."

From my unique vantage point, I can clearly observe Mr. Wong's passion, leadership quality, experience, and scholarly interest in mental health and senior care. As such, it will be my distinct honor and pleasure to recommend him for a board membership position at SFMHB.

Joseph Choi, P.E. Founder—TheraBaby® President & CEO—JWay Group, Inc. 4125 Blackford Avenue, Suite 128, San Jose, CA 95117 Email: <u>ichoi@jway.com</u> Phone: 408.966.1058 (Cell)

1739 1011 Avenue San Francisco, CA 94122 November 5, 2014

To Whom It May Concern:

Benny Wong has been a social work colleague of mine for the past 14 years, and is uniquely qualified to serve on the SF Mental Health Board.

Benny is the "go to" person for myself and many others, especially when there is a complex mental health issue involved. Beyond being an excellent clinician with excellent assessment and communication skills, he also cares to improve clients services on a macro level through community education, research, and advocacy. A bright example is his creation and coordination of the Asian Geriatric Caucus for seven years. Though his tireless leadership, practitioners such as myself were able to learn and become better providers. His .ity to provide culturally sensitive mental health services, and his bilingual skills are true pluses.

Throughout the community--among clients and providers alike--Benny's energy, productivity, clinical knowledge, good judgement, ability to network, and advocacy work are greatly admired. As a resident of San Francisco, I would feel great pride in knowing that Benny is a formalized part of evolving and shaping our mental health funding, services, and policies.

Thank you for your attention. Please feel free to contact me at 415-488-5527 should I be able to provide further comments or information.

Sincerely,

Kun Ten

Kim Tsui San Francisco Resident & Licensed Clinical Social Worker

1557

Mental Health Board 1380 Howard St. 2/F Floor San Francisco, California 94103

#### Dear Sir/Supervisor

I am writing to support Mr. Benny Wong, LCSW 26074 for the running of the Professional Seat of the San Francisco Mental Health Board.

Benny was my fieldwork supervisor when I was a MSW intern in Family Service Agency from 2004-2005. He inspired and educated me to serve the community mental health population. I graduated from the SFSU's MSW program in 2006 and worked as a mental health therapist at RAMS, a community mental health program from 2006-2012. Currently, I am a licensed clinical social worker working as a psychotherapist in Kaiser Permanente's San Francisco mental health outpatient clinic.

For over the last ten years working with the San Francisco mental health population, Benny is the most inspiring and outstanding mental health professional servicing the community in San Francisco. Benny is the most enthusiastic, hardworking mental health professional with passion and commitment. He serves the mental health population with a mission, not just as a job or career. Not only is he a mental health specialist providing direct service, he is also a director, a researcher, educator, and an advocate for the mental health population in San Francisco.

I am sure that Benny will be an asset to the San Francisco Mental Health Board and mental health community. He is reliable, responsible, open minded and good-hearted. Mr. Wong is also a bilingual/bicultural professional who can work well with the diverse population of San Francisco. His expertise is in the geriatric mental health and has wide experience with other mental health need.

Thanks for your consideration.

Kit Wai Choi, LCSW 27489 Kaiser Permanente 4141 Geary Blvd. San Francisco, CA94118

#### 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  $\#_{IO}$  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 Business Address: X Business Email: X Employer: X

Zip: 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 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 scheduleg 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 Co	unty of
	•	San Francisco 1 Dr. Carlton B. Go	odlett
1		Place, Room 244 (415) 554-5184	FAX
•		 (415) 554-7714	

13 2

#### 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

# Gene Porfido

- Market St., Suite - San Francisco, Ca. 94103

# (415) ——— smilinpig@/ –

# **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 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 Terezie 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.

<u>Additional Requirements</u>: 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 <u>http://www.sfbos.org/sfmunicodes</u> or by visiting the Mental Health Board website at <u>www.sfgov.org/mental\_health</u>.

Interested persons may obtain an application from the Board of Supervisors website at <u>http://www.sfbos.org/vacancy\_application</u> 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. <u>All applicants must be residents of San Francisco, unless otherwise stated.</u>

**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

Angela Calvillo , Clerk of the Board

August 21, 2014

1565

# 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)

#### **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)

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,

"R Board Description" (Screen Print)

# San Francisco BOARD OF SUPERVISORS

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.

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