

DIRECTOR'S UPDATE

Scott Gilman, MSA, CBHE

9th Annual Pride Celebration



Join the 9th Annual San Mateo County (SMC) week-long PRIDE Celebration, “As Diverse as the Universe,” which runs from June 6 -12, 2021. The celebration promotes health and

wellness among the LGBTQ+ community, builds a sense of community, and provides information about behavioral health services to support individuals in marginalized communities. The celebration is a free LGBTQ+ positive, sober environment for the entire San Mateo County community.

A series of virtual workshops offered will focus on issues important to the LGBTQ community. They include: a return of the Queer Author’s series featuring George M. Johnson, author of “All Boys Aren’t Blue: A Memoir Manifesto”; A Road Map, Tips and Tools for people who identify as transgender or gender non-binary; Sexual Orientation and Gender Identity (SOGI) training for community members; and an expression specialist from the Kaiser Transgender Clinic who will offer tips to individuals who identify as transgender and gender non-binary.

The Grand Celebration streams live on Saturday, June 12, from 11 a.m. to 3 p.m. It will feature MC Jesus U Betta Work, favorites like local rap artist Aima the Dreamer and the Youth Drag Group from Cappuccino High School, the Rebel Kings, and much more. Check out the full schedule of events and register at www.SMCPRIDECelebration.com.

Join sponsors PRIDE Initiative, BHRS, PRIDE Center, and the LGBTQ+ Commission for this celebration!

County Reopens June 15



As a result of the decline in COVID-19 cases and progress in vaccinating eligible individuals, the State has announced that on June 15th, all industries across the state can return to usual

operations with risk reduction measures such as masking.

With this announcement, the County of San Mateo is planning to reopen the remaining County services and office buildings on June 15th to increase in-person services to our community, in alignment with the State.

Throughout the pandemic, BHRS offices and clinics were operational, however the doors were not open to walk-in traffic. This will change on June 15th and BHRS doors will be open to people who walk-in seeking services without an appointment.

Because this situation may change quickly consumers are encouraged to call ahead.

Though the County is starting to reopen, COVID-19 remains with us. We continue to observe safety, masking, and social distancing guidelines to prevent the spread, limiting our capacity for in-office services.

The safety of our employees, clients, and the community continues to be a priority. Our goal is to have all in-person services restored by the fall of 2021.

Check online for the latest [updates](#) beginning June 15th.

28.8%

Revenue Ratio (R3)

8,996

Total Clients

731

Admitted

741

Discharged

Arroyo Green Senior Housing Opens



Arroyo Green Senior Apartments (62+ years old), a project by [Mid-Pen Housing](#), opened its doors to residents in May 2021. The building is located in downtown Redwood City at 707

Bradford Street and offers 117 units to very low-income seniors, which includes a mix of studios, and one and two bedroom units. The development includes a creekside trail, open to the public, that connects with the Bay Trails network, as well as a ground floor child care center.

Arroyo Green includes six (6) [Mental Health Services Act](#) (MHSA) funded supported housing units for BHRS clients with a serious mental illness who are homeless or at risk of becoming homeless. The clients were awarded Section 8 vouchers by the San Mateo County Housing Authority. Twenty-six (26) units are allocated for formerly homeless veterans and seniors with special needs.

Mid-Pen Housing partnered with BHRS, Health Plan of San Mateo, and the Department of Veterans Affairs to provide support services to residents. The services, which are available to all residents, include resident engagement, assistance in accessing community resources such as in-home support services, financial planning courses, job readiness programs, counseling services, and case management services.

Additional supportive housing services are provided to clients onsite by BHRS and its contracted providers. These services are based on the individual's goals and needs, which can include independent living skills, medication support and management, crisis intervention, case management, supportive employment, housing retention skills, on-site community activities, and more. The main goal is to support seniors in being able to age in place.

Arroyo Green is the last of the MHSA Housing Program funded projects, bringing the total number of MHSA funded housing units to 62 across multiple developments. Supportive housing is an evidence-based practice that enables individuals to live independently in

affordable housing with a level of service that allows the person to maintain housing, obtain stability in physical and mental health, and participate in a supportive community.

The MHSA Housing Taskforce is currently prioritizing funding for housing needs, including working with the Department of Housing to increase available units for BHRS clients.

Community & COVID-19: A Year Later



On April 29, the Diversity & Equity Council (DEC), in collaboration with San Mateo County Public Health, Policy and Planning; StarVista; the Bay Area Community Health Advisory Council;

the [Office of Diversity & Equity](#); and the [Health Equity Initiatives](#), held their fourth town hall *Community & COVID-19: A Year Later*. The event sought to foster a dialogue on our collective challenges, growth, and experiences this past year.

Over 70 participants attended and provided input on the supports that are still needed and the priorities of our communities as we continue responding to the pandemic. Participants expressed the need to expand basic support services, and the high need for mental health services for all San Mateo County residents.

For more updates on this work and to continue this conversation, we invite you to attend our monthly DEC meetings on the first Friday of every month from 11:00 a.m. to 12:30 p.m. See [meeting details](#).

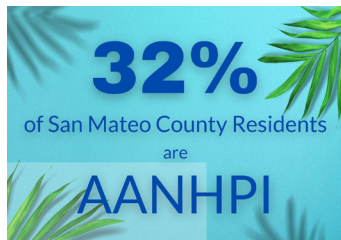
Asian American Native Hawaiian/Pacific Islander Heritage Month

In honor of Asian American Native Hawaiian/Pacific Islander Heritage Month (AANHPI) in May, BHRS and community partners held several events to elevate the AANHPI experience.

On May 18, three BHRS Health Equity Initiatives—the [Chinese Health Initiative](#), [Filipino Mental Health Initiative](#), and the [Pacific Islander Initiative](#), presented at the San Mateo County Board of Supervisors meeting,

during which May was proclaimed as AANHPI Heritage Month.

The presentation highlighted that AANHPIs comprised 32.1% of County residents in the most recent census data. However, despite this fact, AANHPIs tend to use behavioral health services at the lowest rates among systemically minoritized populations. This is attributed to stigma, limited mental health literacy, and a shortage of culturally sensitive resources and services.



Participants also called attention to the upsurge of hate and violence against AANHPI communities throughout the COVID-19 pandemic and the impact of these attacks on mental

health. The presentation concluded with a call for legislators and community members to address behavioral health inequities and AANHPI populations' needs.

The Chinese Health Initiative also kicked off the month by hosting guest speaker Eddy Zheng, a noted advocate for AANHPI people incarcerated and founder of the New Breath Foundation. He shared his experience of being incarcerated for 20 years as a teenager and the “migration to school to prison to deportation pipeline.”

He also spoke on the harms of the model minority myth and called for solidarity between AANHPIs and other BIPOC (Black, Indigenous, People of Color) communities.

Because May was also Mental Health Month, several events focused on the intersection of mental health and the AANHPI experience.

Events included a mental health poetry open mic to break the silence surrounding the mental health impacts of rising anti-Asian sentiment, hosted by San Mateo County Poet Laureate Aileen Cassinetta; storytime in Mandarin by Jamie Gao, with a social-emotional emphasis; and Heart & Soul hosted a “*Seeing Through Stigma*” panel focused on honoring AANHPI Heritage Month.

Congratulations BHRIS Staff



Barbara Weissman, OASIS psychiatrist—selected by the American Psychiatric Association for the **2021 Assembly Resident-Fellow Member Mentor Award** for her outstanding work as a mentor and advocate for psychiatry residents and fellows at the APA.

Robert P. Cabaj, MD Health Equity Award—a BHRIS [Psychiatry Residency Program](#) award that recognizes residents for their work in promoting health equity:

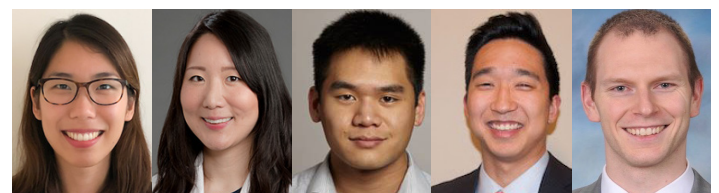
- **Connie Chen**—for her passion for cultural psychiatry and minority mental health; her work as the co-chair of the BHRIS Chinese Health Initiative supporting Asian American communities in the wake of recent violence; and contributions working on a podcast about structural racism and microaggressions.
- **Janet Baek**—for her APA-SAMHSA Minority Fellowship project collaborating with public high schools to pilot a school yoga program to promote psychosocial wellbeing among students, and her contribution to an APA resource document for psychiatrists to discuss race and racism with patients and families.

Marshall Greene Psychotherapy Award—a BHRIS Psychiatry Residency Program award recognizing residents for their interest and promise in psychotherapy practice:

- **Jonathan Tsang**—for deepening his work in psychotherapy and engaging well with a client who has made significant gains thanks to their work together.

Psychiatry Residency Program Graduates:

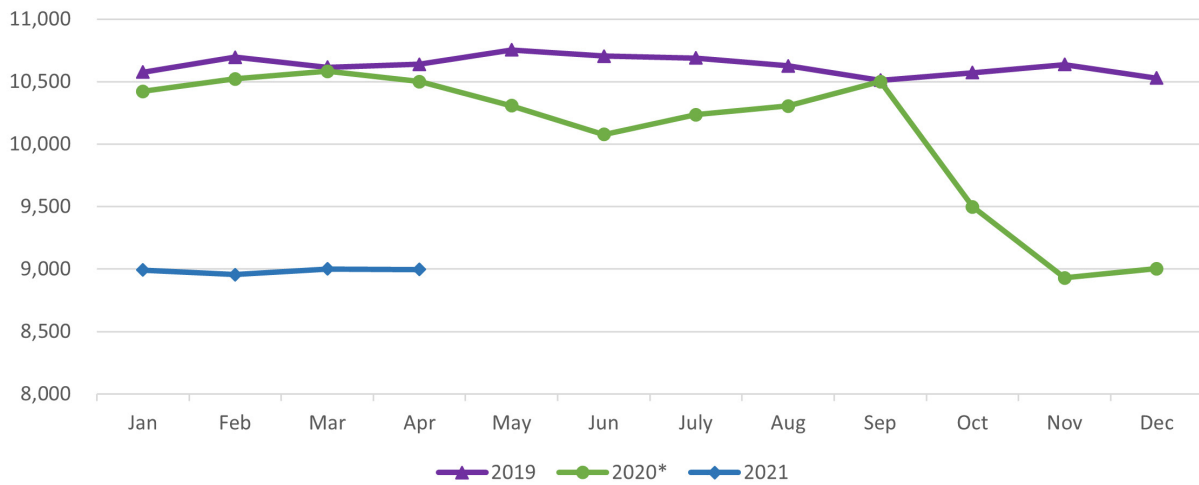
- **Michael Lee** and **Jonathan Tsang**, 4th year residents who completed their psychiatry training.
- **Kristoffer Strauss** and **Janet Baek**, 3rd year residents matched at Stanford to complete their Child and Adolescent Psychiatry Fellowship in July.



Connie Chen Janet Baek Jonathan Tsang Michael Lee Kristoffer Strauss

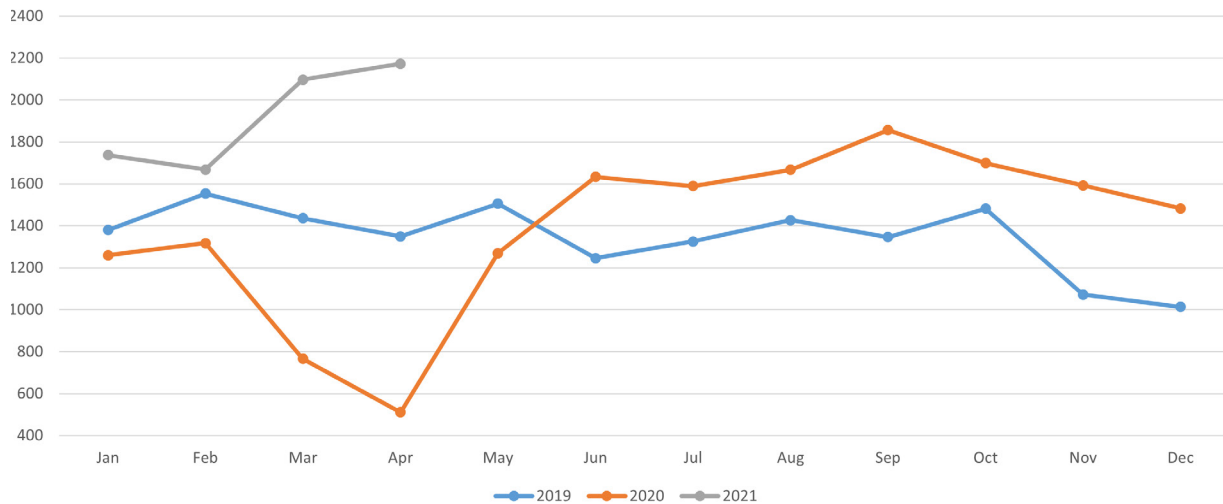
SNAPSHOT: BHRS Clients - as of April 30, 2021

Total BHRS Clients by Month (2019 - 2021)



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

BHRS Access Call Center - Total Calls by Month (2019 - 2021)



Service Category	Total Clients	Admitted - April	Discharged - April
Mental Health Services County SMI	5,752	521	579
Mental Health Services Contracted SMI	2,348	86	86
AOD Services	896	124	76
Total BHRS Clients	8,996	731	741

Total clients are unduplicated within each service category, however, if a client received services in more than one category during the same period, the client is counted in multiple categories.

R3% - 28.8% (revenue ratio of billed services as of 04/30/21)

SAN MATEO COUNTY LGBTQ+ PRIDE 2021

AS DIVERSE as the UNIVERSE

JUNE 6 - 12, 2021

ART • MUSIC • WORKSHOPS • FAMILY-FRIENDLY ACTIVITIES

Check out smcpridecelebration.com
for events every day between June 6 and June 12!

SMC LGBTQ+ PRIDE 2021 IS FREE, OPEN TO ALL, AND A SOBER SPACE.



COUNTY OF SAN MATEO
LGBTQ+ COMMISSION



SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH
& RECOVERY SERVICES