



# Executive Director's Meeting

April 7, 2021

City of Philadelphia

 **DBHIDS**

DEPARTMENT of BEHAVIORAL HEALTH  
and INTELLECTUAL disABILITY SERVICES



# Welcome

## Dr. Jill Bowen, Commissioner

City of Philadelphia



DEPARTMENT of BEHAVIORAL HEALTH  
and INTELLECTUAL disABILITY SERVICES



# **Commissioner's Updates**

## **Prolonged Trauma**

- Boost Your Mood
- Addressing Trauma and Violence

## **Feedback Discussion**



# Boost Your Mood handout



During difficult times remember to take care of your mental health and wellness.

#HealthyMindsPhilly  
#mindPHL

### Numbers to Know 24/7

**215-685-6440**  
For mental health crisis

**888-545-2600**  
For mental health and addiction services

### Places to Go for behavioral health emergencies

Friends Hospital  
4641 Roosevelt Blvd.  
215-831-2600

Hall Mercer  
234 S. Eighth St.  
215-829-5433

Children's Crisis Response Center  
3300 Henry Ave., Falls Center 2, Suite 3N  
215-878-2600

Einstein Medical Center  
5501 Old York Road  
215-951-8300

Episcopal Hospital  
100 E. Lehigh Ave.  
215-707-2577

NET Access Point (Opioid Treatment)  
499 N. Fifth St.  
844-533-8200

### Websites to Visit

For 24/7 online behavioral health screenings, Mental Health First Aid trainings, events, and resources, visit

[HealthyMindsPhilly.org](https://www.healthymindsphilly.org)

To find mental health and addiction services and providers for Medicaid recipients online, visit

[CBHPhilly.org](https://www.cbhphilly.org)



For more resources, use your cell phone camera to scan the QR code or visit

[DBHIDS.ORG/BOOST](https://www.dbhids.org/boost)

wellness • behavioral health • intellectual disability early intervention • community supports

We take an active role in promoting the health and wellness of all Philadelphians through our population health approach. By empowering the entire community to take charge of their health, DBHIDS helps to create a Philadelphia in which every resident can thrive.



Tips to improve your mood during difficult times.

#HealthyMindsPhilly  
#mindPHL

### Get Support

Basic help can make a big difference.



- Ask for a hand with pressing tasks if you're overextended.
- Get emotional support. Sharing your frustrations or venting can release tension and help you move on.
- Consider professional help if you need it.

### Caregiver Wellness

Caregivers should take care of themselves mentally and physically.



- Eat healthy meals, exercise regularly, and get enough sleep.
- Find ways to relax and take breaks. Five-minute breaks reduce stress.
- Find support from people who understand. You can join a support group or talk with friends and family who are also caregivers.

### Youth Wellness

Children of all ages want to know: Am I safe? Are my caregivers safe? How will this affect my daily life?



- Talk with kids about COVID-19, violence and other traumatic events; listen for fears and address concerns.
- If you notice a change in behavior (excessive worry or sadness, unhealthy eating or sleeping, or trouble concentrating) contact a pediatrician or mental health specialist for assistance.

### Community Wellness

Recent events have deeply impacted the wellbeing of Philadelphia communities.



- You are not alone!
- The community becomes the safety net in tough times. Check on neighbors, family, and friends who may need support.
- For support to help cope with community trauma, email [NetworkOfNeighbors@phila.gov](mailto:NetworkOfNeighbors@phila.gov).

Sources: CDC, HealthyChildren.org, and MHNational.org

For more tips and resources for individuals, children, young adults, families, and communities, visit [DBHIDS.ORG/BOOST](https://www.dbhids.org/boost)



# Addressing Trauma and Violence handout



**Community Resilience and Healing**  
ADDRESSING TRAUMA AND VIOLENCE

As Philadelphia strives to decrease incidents of violence, many people struggle with feelings of sadness, fear, and anxiety.

**Trauma is an emotional response to a terrible event.**

**Signs and symptoms** can happen within hours or may take as long as weeks to months after the incident. Although some people recover quickly, you may require additional help and support. Seek support if you frequently experience:

- Confusion, trouble paying attention
- Excessive smoking, drinking, or drug use
- Overwhelming anxiety, fear, grief, guilt
- Withdrawal from family and friends
- Bursts of anger, crying spells
- Trouble eating, trouble sleeping
- Helplessness, hopelessness
- Loss of interest in normal activities

**Tips for Wellbeing**

**Ask for Additional Support**  
Seeking support to manage difficult emotions is a normal part of the healing process. Consider reaching out for professional advice and support.

**Take a Break from the News**  
Too much news can cause negative emotions to resurface and increase stress and anxiety.

**Stay Connected with People**  
Reach out to your support system and talk if it makes you feel better.

**Relieve Stress**  
It's normal for traumatic events to leave negative feelings. Take time to think about happy moments and special events. This helps shift your thinking and balance your thoughts.

**Get Connected**

CBH Member Services **888-545-2600** 24/7, trauma-informed care and supports  
Philadelphia Crisis Line **215-685-6440** 24/7, mental health crisis/emergency  
Community support after a traumatic event, call **267-233-4837** or email [NetworkofNeighbors@phila.gov](mailto:NetworkofNeighbors@phila.gov)  
To talk or join a support group, visit [NAMiphilly.org](http://NAMiphilly.org)  
For behavioral health screenings and training, visit [HealthyMindsPhilly.org](http://HealthyMindsPhilly.org)  
For more resource, tips, and tools visit, [DBHIDS.org/Boost](http://DBHIDS.org/Boost)

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**It's okay to not be okay. You are not alone. Help is here!**

Experiencing and witnessing violence is challenging. It impacts everyone in the community's health and wellbeing. Community-based programs build safe, resilient, and trauma-informed communities.

**Community Engagement**

DBHIDS supports programs that build and promote community resilience.

**Partnership Programs:**

City of Philadelphia **Mural Arts Program**  
**PORCH LIGHT**  
healing hurt people philadelphia  
**PHILADELPHIA CEASEFIRE** END VIOLENCE

**DBHIDS Initiatives:**

**NETWORK of NEIGHBORS RESPONDING to VIOLENCE**  
**EMOC** ENGAGING MALES OF COLOR  
**PACTS** The Philadelphia Alliance for Older People Services  
**Healthy Minds Philly** .org  
**USA MENTAL HEALTH FIRST AID** PHILADELPHIA  
**It's all about community**  
**EPIC** EVIDENCE-BASED PRACTICE INNOVATION CENTERS

**Collaborations**

Efforts to address community trauma have resulted in many cross-sector collaborations. DBHIDS participates in the **Philadelphia Road Map for Safer Communities** and coordinates trauma supports to individuals and communities through many city partners.

Office of Violence Prevention CITY OF PHILADELPHIA  
Department of Human Services  
Office of Homeless Services CITY OF PHILADELPHIA  
PHILADELPHIA POLICE  
THE SCHOOL DISTRICT OF PHILADELPHIA  
**PHILA COURTS.US**  
Philadelphia Department of Prisons

We take an active role in promoting the health and wellness of all Philadelphians through our population health approach. By empowering the entire community to take charge of their health, DBHIDS helps to create a Philadelphia in which every resident can thrive.

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# Boost Your Mood webpage





**HOW ARE YOUR ORGANIZATIONS ADDRESSING TRAUMA  
ASSOCIATED WITH VIOLENCE AND ENGAGEMENT WITH THE  
COMMUNITY?**



# Community Behavioral Health

Dr. Faith Dyson-Washington, CEO

City of Philadelphia



DEPARTMENT of BEHAVIORAL HEALTH  
and INTELLECTUAL disABILITY SERVICES



## **New Member Services Newsletter**

The Member Services Department released its first Member Services Newsletter last month. The quarterly newsletter is a new tool to educate members about CBH and behavioral health services. The first edition focuses on the effects of trauma and how members can access treatment.





# Office of the Chief Medical Officer

## Dr. Sosunmolu Shoyinka, CMO

City of Philadelphia



DEPARTMENT of BEHAVIORAL HEALTH  
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## CMO Division: Vaccine Update

- Ongoing partnership with PDPH to advocate for and ensure:
- Vaccine plan for vulnerable populations including sheltered and unsheltered individuals.
- Vaccine equity and prioritization for homebound individuals with ID disabilities, who live in congregate settings, group homes and other structured settings to receive vaccines in their settings.
- Partnership with DBHIDS, PDPH and Drexel Autism Institute to develop Sensory Rooms in PDPH vaccine clinics.
- Partnership with some DBHIDS providers to create onsite vaccine clinics for vulnerable populations who can travel with assistance.



# CMO Division: Vaccine Update, cont'd

- DBHIDS launched ***Boost Your Mood*** campaign in recognition of the impact of the pandemic on the community. Check out our website for additional information and resources. Brochures available at vaccine clinics.
- QR code to our brochure is on the last page of this presentation.
- Continue to explore opportunities to partner with PDPH to increase the number of people vaccinated in Philadelphia.
- PDPH is willing to participate in and facilitate listening sessions for provider organizations with staff/residents that may have some hesitation taking the vaccine.



# Vaccine Resources from Philadelphia Dept of Health

Please find FAQs in multiple languages here:

<https://vax.phila.gov/index.php/notices/specific-covid-19-vaccine-faq-sheet/>

**Weekly Updates from PDPH on mass clinics, vaccine efforts and distribution:**

<https://www.phila.gov/2021-02-10-weekly-philadelphia-covid-19-vaccine-distribution-updates/>

Participants can call 311 or fill out the online Vaccine Interest Form at <https://covid-vaccine-interest.phila.gov/> to sign up for vaccination with the city at either the Convention Center, community mass clinic or pharmacy.

**PDPH holding mass clinics in North and West Philadelphia (500 vaccines per day), multiple days a week.**

<https://www.phila.gov/2021-02-10-weekly-philadelphia-covid-19-vaccine-distribution-updates/>

<https://www.phila.gov/2021-03-16-everything-you-need-to-know-about-the-citys-vaccine-clinics/>



# Vaccine Resources from Philadelphia Health Dept.

- Ongoing vaccination at Convention Center with FEMA; additional sites opening weekly.
- Black Doctors COVID Consortium another option if eligible by zip code.  
<https://blackdoctorsconsortium.com/free-covid-19-testing/>
- FQHCs have supply of vaccines and will take appointments for individuals if able to come onsite.
- Health Dept has partnered with Septa to make free transportation available to all PDPH and FEMA run vaccine centers. Flyer attached.

# SEPTA RESOURCES FOR CENTER CITY VACCINATION CENTER & PDPH COMMUNITY CLINICS

Thanks to our friends at SEPTA, getting to the Center City Vaccination Center (CCVC) and the PDPH Community Clinics is easily accessible for all residents who require transportation assistance.



## SEPTA Transit Passes

Free Round-trip transit passes for vaccination appointments are available for distribution through community partners. Transit passes must be tracked by partner organizations. For more information, please e-mail [oem@phila.gov](mailto:oem@phila.gov)



## Seniors ride FREE and reduced transit fare for people with disabilities under age 65

Adults age 65 and older can ride free and individuals under age 65 with a qualifying disability can ride at half-fare at all times on SEPTA buses, trackless trolleys, trolleys, Broad Street and Market Frankford lines, and Regional Rail. Seniors can ride free by scanning a PA driver's license or ID card issued before July 2017 on all SEPTA vehicles, or by registering for a Senior Ride Free Card. To register call 215-580-7145 and press #6. Call center hours are Monday – Friday, 8 a.m. – 5 p.m.



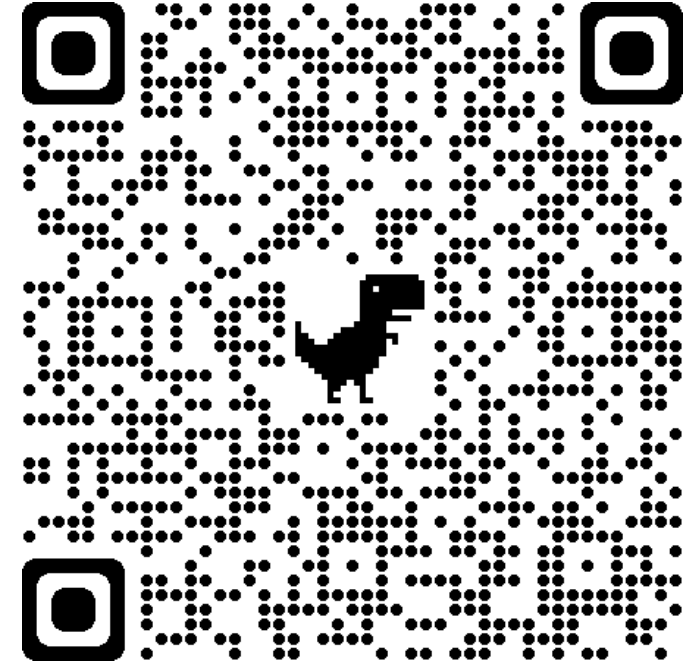
## SEPTA CCT Connect Services

SEPTA CCT has expanded their services for seniors and individuals with disabilities and/or access and functional needs who require assistance getting to and from CCVC and the PDPH Community Clinics. This service is free of charge. Individuals can request a ride to their vaccination appointment by calling 3-1-1 and selecting Option 5 between 8 a.m.-8 p.m. Monday through Friday. Requests should be made at least 72 hours before the date of the appointment.



## Community Shuttle Services

Shuttle service is available for community organization that need transportation support and can organize groups of 20-100 people for vaccination clinics. Community groups should work with the health department to coordinate clinic appointments. Shuttles must be scheduled at least 3 days in advance. Inquiries can be sent to [oem@phila.gov](mailto:oem@phila.gov).





# CMO Division: RFI for Adult Crisis Services

- Received 14 submissions
- Providers expressed interest in short- and longer-term mobile crisis response and behavioral health urgent care center.
- Valuable information around staffing models for all services, will inform content development for the procurements to be issued, pending funding.



# Planning Innovation

## Roland Lamb, Deputy Commissioner

City of Philadelphia



DEPARTMENT of BEHAVIORAL HEALTH  
and INTELLECTUAL disABILITY SERVICES

# Language Access E-Learning Course



## LANGUAGE ACCESS

1 in 5 Philadelphians speaks a language other than English at home

EQUAL ACCESS TO CITY GOVERNMENT

SHOULD BE A RIGHT TO ALL PHILADELPHIANS

The Language Access Charter Amendment, introduced by Councilwoman Quilones Sánchez, will ensure uniform standards are followed by all city agencies, boards, and commissions including City Council, the City Commissioners, the District Attorney, & the Board of Revision of Taxes.



- Individuals with Limited English Proficient (LEP) and/or who are Deaf and Hard of Hearing (DFHH) are entitled to language access services.
- An easy online course and procedure are available as both a tool and resource for service providers to provide language access services and can be accessed by April 12.
- Any questions about the Course, email DBHIDS Learning Hub at [DBHIDS.LearningHub@phila.gov](mailto:DBHIDS.LearningHub@phila.gov)
- Any questions about Language Access Procedure, email [DBHIDS.LanguageAccess@phila.gov](mailto:DBHIDS.LanguageAccess@phila.gov)

# Planning Innovation: Upcoming Event:

## 14<sup>th</sup> Annual DBHIDS Faith & Spiritual Affairs Conference

Contact us: [DBHIDS-FSA@phila.gov](mailto:DBHIDS-FSA@phila.gov)

14th ANNUAL  
**FAITH & SPIRITUAL AFFAIRS**  
CONFERENCE

**KEEPING THE FAITH**  
Connecting through Quarantine

**APR 29 & 30**  
10 a.m. - 2 p.m.  
VIRTUAL EVENT

**Howard C. Stevenson, PhD**  
KEYNOTE SPEAKER

For more information email [DBHIDS-FSA@phila.gov](mailto:DBHIDS-FSA@phila.gov)

City of Philadelphia  
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AND INTELLECTUAL QUALITY SERVICES

**BHTEN**  
Behavioral Health Training & Education Network

**pennsylvania**  
HUMAN RELATIONS COMMISSION

Photo: Steve Weink  
Mural Arts Philadelphia

**DBHIDS**



## 14<sup>th</sup> Annual DBHIDS Faith and Spiritual Affairs Conference.

- ❑ This Year's Theme: **“Keeping the Faith, Connecting through Quarantine.”**
- ❑ Two Day Event: Thursday, April 29<sup>th</sup> and 30<sup>th</sup>. 10:00 AM – 2:00 PM each day.
- ❑ The Event will be Virtual this year on Zoom – [Click Here to Register](#).
- **\*\*The first 200 registrants will receive a free token of appreciation.\*\***
- For a detailed agenda, [Click Here](#).



## Faith and Spiritual Affairs, cont.

### Keynote Speaker:

[Dr. Howard Stevenson](#)

### Speakers and/or Panelists:

[Donald Price, PhD](#)

[Amberlee Venti, LPC](#)

[Diane Abatemarco, PhD](#)

[Meghan Gannon, PhD](#)

[Saronrng \(Rorng\) Sorn, MS](#)

[Rev Dr. Lori Banfield, MTS, DMFT](#)

[C. Virginia O'Hayer, PhD](#)

[Nick Lordi, BA](#)

[Suja Matthew](#)

[Reverend Naomi Washington-Leapheart](#)

The Conference will also have a *Wellness Hour* that will connect you mentally, physically or socially. Choose to take some time to listen to spoken word, learn the art of Zhong Xin Dao, update your Zumba skills or just connect and network with others. This conference will offer these experiences and so much more. For Wellness hour schedule [\*\*CLICK HERE.\*\*](#)



# Wrapping Up...

- Questions
- Comments
- Announcements

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## **Closing Remarks**

- Roland Lamb, Deputy Commissioner

## **Next Executive Directors' Meeting:**

- Wednesday, June 2, 2021 at 9:00 AM



# Thank you for joining us!

To be added to the Executive Directors' distribution list for this meeting, please send your contact information to:

[James.Peterson@phila.gov](mailto:James.Peterson@phila.gov)

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