

Voices from the Southeast Sector: Needs Assessment of Services for Women and Girls



ERIKA O. CARLSEN
CORO FELLOW

SAN FRANCISCO MENTAL HEALTH BOARD

**GENDER-APPROPRIATE BEHAVIORAL HEALTH
SERVICES (GABHS) FOR GALS**

Agenda



- **Introductions**
- **Background Information**
- **Best Practices**
- **Needs of Women and Girls**
- **Activity**
- **Question and Answer**

Background Information



- **Coro**
- **San Francisco Mental Health Education Funds**
 - Staffing and operating the Mental Health Board
- **GABHS for Gals**
 - Gender-Appropriate Behavioral Health Services

My Project



- Worked with GABHS for Gals to conduct a needs assessment of services for women and girls living in the Southeast sector
 - Funders
 - Best practices
 - Needs
 - Addressing Safety
- Contacted and met with over 24 organizations

Best Practices



- Building trust
- Providing stability
- Fostering self-confidence and self-esteem
- Girls' groups
 - P.H.A.T. and G.I.R.L.S.

Best Practices



- Peer Mentorship
- Unconditional Care Model
- Individual and group therapy
- Meeting clients where they are

Needs



- **Low self-esteem**
- **Anxiety Disorders**
- **PTSD and on-going stress**
- **Depression and hopelessness**

Needs



- Constantly feeling unsafe
- Division of families and absent parents
- Caregiver Stress
- Youth in foster care

Needs



- Sexual abuse and sexual exploitation
- Abusive relationships
- Substance abuse
- Foster youth and homelessness

Needs



- Culturally specific and culturally competent services
- Access to affordable and/or free childcare
- Education around menstruation, sexual identity, and sexual health
- Transportation challenges
- Stigma surrounding mental health

Quote Activity



- How does this quote relate to the situation for women and girls in the Southeast sector?
- How do you react to this quote?

Quotes



- The war is here in our community
- We are working in a disappointed community
- The population deserves a certain level of empathy and sympathy, but not so much that it becomes enabling
- Self-esteem is accrued through the mastery of the skills of living
- We still hold on to our light
- Sexually active because they're looking for love
- Youth with natural leadership skills are using them in negative ways

Quotes



- Expected to live up to expectations when there was never a foundation
- They need “mother’s wit”
- Self-preservation becomes self-medication
- They need someone to advocate for them the way a family would
- Younger women need older sisters
- They don’t know who to blend in with and where to go
- When lacking in love, somebody can be capable of anything
- They think of themselves as ugly

Reflection and Q&A



- Reflection on my experience
- Question and Answer session