

Arlington Partnership for Children, Youth, and Families

May 31, 2016

Notes

Opioid Follow-Up from Planning & Development Committee

Kim Durand reviewed the list of potential next steps as discussed by the Planning and Development Committee:

- Encourage departments, agencies, and APS to share information and data with each other.
- Support forums and events put on by others.
- Use the APCYF Facebook page and e-mail subscription list to share articles, additional resources, and links to websites for parents and the community.
- Work with APS to provide information at the 9th grade orientation meeting for parents.
- Provide articles/information to faith community, civic associations, Next Door and others to use in their communications vehicles.
- Educate parents regarding potential overuse of painkillers for things like tooth extraction and athletic injuries, as well as inform them of the means for disposing of unused pills.
- Work on some way to message doctors to avoid over prescribing pain medications; ask them to include information on disposal of unused pills.
- Find out what are the regulations regarding prescription medications in VA and advocate accordingly.

Several additional suggestions were added as a result of our discussion:

- Talk with doctors to find out what they are doing (example [CIGNA](#) note that Cintia Johnson referred to.)
- Provide information on what to do with unused medication when it is prescribed to make it as easy as possible, rather than having to wait for only two efforts through the County Fire Dept.
- Partner with READY and/or Second Chance to take a role on these items.

K-9 Searches in High Schools

We are aware that APS is conducting K-9 searches in the APS High Schools. There are many discussions on-line with arguments for both sides. Cintia Johnson shared that the information has been shared widely to parents that the searches will be happening, but when and where will remain random. Opioids are very serious, as are all drugs. APS wants to promote safety, awareness and talking to our kids. Cintia reinforced that APS is not looking to be punitive, but wants to focus on safety. This is a partnership between APS and the Police. Jim Tuomey shared that the Arlington Police have been doing these searches at Bishop O'Connell and they have not had any issues with the searches.

Mental Wellness Discussion on Resilience

Dr. Alfiee Breland-Nobel presented information on Trauma Informed Care as an introduction to Adverse Childhood Experiences (ACEs). Her power point is attached. We then viewed a 15 minute TedTalk by [Nadine Burke Harris](#) view it [HERE](#).

Discussion

Siobhan Grayson, who is a member of the Trauma Informed Care Team, and Sandra Triveri, who is at Carlin Springs Community School as well as with DHS Child and Family Services Behavioral Health Bureau provided additional information during the discussion period.

Child & Family Services Division staff is trained on Trauma Informed Care and as part of their intake, they do assessments to understand previous traumas. At Carlin Springs, Sandra can work with families who may not have a diagnosis, but through her assessments, she can connect them with services to support their needs. The school has programs in place to support everyone in the school to create a safe place – physically and emotionally.

Immigration is a huge ACE that could include culture shock and/or a lack of a support system here. We (providers) don't want to work in a vacuum; we need to coordinate services to work together across all systems.

Mental Health First Aid (MHFA) training is being offered to teachers and staff and all new teachers have to take it. Siobhan is a certified trainer for the program. APS wants all teachers equipped to be empathetic to where students' mindset's are. MHFA is also being offered to out-of-school time providers like Extended Day, YMCA and Parks and Rec. Librarians have also been a part of the MHFA trainings. This training is offered so that participants will be able to recognize when there is an issue, not diagnose the issue, but offer supports and guidance for how to respond.

There are other trainings with a mental health focus as well – Arlington police have been involved with Crisis Intervention Training so that officers are able to identify citizens who may be in crisis. There is also a training called ASIST *Applied Suicide Intervention Skills Training* that officers have participated in.

The Gang Prevention Unit goes out to do un-announced home visits when they see activity on a particular youth's social media. They want to reach the kids before they're court involved to prevent gang involvement.

IDEAS:

- Parent Resource Center to help parents understand ACEs and resources that are available.
- Provide training in partnership between county and APS – so that we can share training resources.
- Provide parent workshops so they can be informed.
- Work on normalizing mental health, involving more people from the entire community in the conversations.
- Systems need to work with each other to avoid youth falling through the cracks, sharing information, data, files and resources.
- Provide Universal Screenings (although Sam cautioned against screening for something we can't do something about).
- The community has to value that "other adults" can help support youth.

- Announcements
 - Out-of-School Time Conference – November 4th – Call for Presenters
 - June 25 Anti-Gang Soccer Tournament



SUMMER MEETING SCHEDULE:

June 21 6:00 – 8:00 Sequoia Auditorium

July 19 6:00 – 8:00 PICNIC at Quincy Park (By Central Library)

August 23 6:00 – 8:00 Sequoia Auditorium



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