



The Arlington Community Services Board
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Anne Marie C. Hermann
ACCSB Chair

December 13, 2017
Sequoia I
2100 Washington Blvd., Auditorium
Arlington, Virginia
7:00 pm - Full Board Meeting

Deborah Warren
DHS Deputy Director/
CSB Executive Director

Present: Cherie Takemoto, Judy Deane, Jenette O'Keefe, Adele McClure, Laura DeMaria, Jay Ternernt, Dori Mitchell, Anne Hermann

Excused: Joanne Del Toro, Frank Haltiwanger, Carol Skelly, Linda Kelleher, Atima Omara, Adele McClure, Leslie Gosling, Asha Patton-Smith

Staff: Kelly Mauller, Deborah Warren

Public Comment(s)

There was no public comment.

CSB Recognition of Kay Halverson, Executive Director, Mary Marshall Assisted Living Residence (MMALR).

Chair Hermann stated that Ms. Halverson was recognized nationally by VOA earlier in the year with the prestigious Nolte award. On behalf of the CSB, she congratulated Ms. Halverson and read in part from a letter from Mr. Nolte, for whom award was named.

Chair Hermann stated that Ms. Halverson has been with VOA since 1981 serving individuals with disabilities in a variety of programs. She added that in 2012 Ms. Halverson was asked to join VOA's national serves to take on a new challenge, which was MMALR. Chair Hermann stated that, since taking on MMALR, Ms. Halverson has been the Executive Director, ensures that the residents have a nurturing and caring home, effectively manages staff and provides opportunities for leadership development. She added that Ms. Halverson is also certified as a Mental Health First Aid Instructor.

Chair Hermann concluded by stating that it is an honor to recognize Ms. Halverson for her leadership in many ways and locations for VOA for over 35 years and presented her with a certificate of appreciation.

Harry Ayling, Senior Adult Mental Health Aging and Disability Services Program Manager, stated that he is impressed by the happiness of the MMALR residents, adding that their happiness is due, in part, to Ms. Halverson.

Ms. Halverson stated that she has a passion for working with aging adults with disabilities and she is appreciative of the support from the CSB.

CSB Staff Recognition Award

Dilys Chebe, Program for Assertive Community Treatment (PACT) Team psychiatric nurse, was nominated to receive the December 13, 2017 CSB staff recognition award. Ms. Chebe was nominated by PACT Team Assistant Supervisor Mark Doering. Mr. Doering stated that Ms. Chebe is currently the only nurse on the PACT team whereas there are normally three nurses. He added that Ms. Chebe stepped into the role of lead nurse and carried a larger case load. Mr. Doering stated that Ms. Chebe also took on the responsibilities of pre-authorizations for medications, communicating with pharmacies for medication refills, managing medication lists for each client, performing injections and nursing assessments as well as many other duties. Mr. Doering concluded by stating that Ms. Chebe always explores ways to improve services.

Ms. Chebe thanked Mr. Doering and the CSB adding that she was appreciates being recognized.

CSB Recognition of Wayne Bert, former CSB Member

The CSB recognized Wayne Bert for his years of service on the CSB. Mr. Bert recently resigned his position on the board. Chair Hermann stated that the CSB appreciates Mr. Bert's service on the Board, his Co-chairmanship on the Mental Health Committee and the Mental Health Criminal Justice Review Committee (MHCJRC). Chair Hermann presented Mr. Bert with a certificate of appreciation.

Mr. Bert thanked the CSB and stated that he enjoyed working with the board. He wished the CSB all the best.

Ms. Deane stated that Mr. Bert is one of the longest standing member of the MHCJRC and that he has made contributions to both the Mental Health and Employment Committees as well.

Approval of the November 15, 2017 ACCSB Meeting Minutes

A quorum was not reached to approve the November 15, 2017 ACCSB Full Board meeting minutes. The minutes will be approved at the January 17, 2018 full board meeting. Ms. Takemoto presented preliminary feedback about the November minutes.

Prioritize FY19 CSB Local Budget Requests

Chair Hermann opened a discussion about prioritizing the FY19 CSB local budget requests (Refer to Handout). Chair Hermann noted that, since a quorum was not met for tonight's meeting, the members will not be able to approve an order of prioritization of the request.

Ms. Deane asked about the budget timeline process. Ms. Warren reminded the members that the County Manager had requested that all departments submit proposed budget reductions in September. She continued, stating that DHS Director Anita Friedman, met with the Deputy County Manager in October to discuss the proposed budget reductions. Ms. Warren stated that all departments are being scheduled to meet with the County Manger to discuss departmental budget reductions. The County Manager will announce a decision about the departmental reductions in January. Ms. Friedman has not yet submitted a DHS budget proposal to the County Manager. Ms. Warren stated that several positions are being filled by reallocation of other positions.

Ms. Warren reported that non-profit organizations, Linden Resources and Melwood, have entered into an agreement of affiliation and will become the leading provider of jobs and development opportunities for individuals with differing abilities in the Greater DC Metro area. She added that DHS met with the organization leaders and raised the issue of a pilot for customized employment. She stated that the organization is interested in working with DHS on a pilot program.

The requests, in preliminary priority order by committee, are as follows:

Adult Mental Health Services

1. 1.0FTE MH Therapist for the young adult MH services (First-STEP)
Estimated Cost: \$100,000
2. 1.0FTE MH Therapist for the MH Community Support Teams
Estimated Cost: \$100,000

Substance Use Services

1. 1.0 FTE Peer Outreach position to be involved in many areas to include:
 - a. Opioid outreach
 - b. Homeless outreach/linkage to services
 - c. Connection of unengaged or under-engaged clients
 - d. Re-entry “warm hand-off” from jail and residential treatment back to communityEstimated Cost: \$65,000

Developmental Disability Services

1. A 3-year pilot for a customized integrated employment internship and placement program modeled on Pathways to Careers to begin in FY 2019.
Estimated Cost: \$120,000
2. Non-monetary: Self Directed Services (SDS) - helps adults with developmental disabilities learn or improve important skills so they can be active in their communities. Families participating in SDS enter into service agreements with the CSB and receive funds to purchase community-based support services to access activities they believe are meaningful and beneficial to their family member.

Request: approval for a development and implementation plan of a self-directed services delivery option. If the proposal results in cost or staffing requirements that cannot be met within the existing DHS budget, then the CSB would make another request for FY20.

Governor McAuliffe Opioid and Mental Health Budget Proposal Action Announcement

Ms. Warren directed the members to an email from Governor McAuliffe regarding his proposed budget actions. She stated that the Governor announced that his proposed 2019 – 2020 biennial budget will include \$76 million to help combat the opioid epidemic and improve behavioral health treatment.

The proposed funding will improve behavioral health services through community services boards; expand access to drug courts, establish residential treatment programs for non-violent offenders; hire more parole and probation officers; pay for six additional forensic scientists to test substances and expand access to medically assisted treatment (MAT) for individuals with opioid addictions. The breakdown of the proposed funding is as follows:

Opioids (Total \$18 million)

- Replace grant funds for MAT with general funds (\$10 Million)
- Support Permanent Supportive Housing (PSH) for pregnant women with substance use disorders (\$2.5 million)
- Expand drug courts (\$800,000)
- Establish residential opioid treatment programs for offenders (\$877,872)
- Increase probation and parole officers (\$2.3 million)

- Fund six additional controlled substances forensic scientist positions and provide for overtime funding for existing scientists in 2019 to help address the case backlog in this section (\$1.3 million)
- Provide non-general funds and two positions for drug court evaluation and monitoring (\$350,642)

Mental Health (Total \$57.8 million)

- Expand supportive housing for adults with SMI (\$4.6 million)
- Support community services as a result of mental health facility census (\$4.8 million)
- Funds to implement Primary Care Screening to all 40 CSBs in Virginia (\$11.2 million)
- Funds to implement Same Day Access (SDA) at CSBs (\$11.8 million)
- Complete implementation of SDA-STEP VA (DMAS) (\$6.4 million)
- Fund for Discharge Assistance Planning (DAP) for individuals on the Extraordinary Barriers List (EBL) at state mental health facilities (\$6.9 million)
- Fund costs of positions and non-personnel resources to support the 56 bed expansion at Western State Hospital (\$5.6 million)
- Funds to Catawba and Piedmont Geriatric hospitals to offset the loss of Medicaid Disproportionate Share payments (\$2.2 million)
- Establish specialized programs for counseling veterans (\$447,900)
- Expand mental health court dockets (\$1 million)
- Fund programs and additional personnel to treat SMI offenders in secure settings (\$2.9 million)

Statewide CSB Executive Directors Meeting

Ms. Warren reported out about the mandatory Statewide CSB Executive Directors Meeting held in Richmond on November 30th. She stated that each region was asked to develop a presentation highlighting what approaches have been implemented to address lowering the number of individuals that are admitted to state mental health facilities and improving the discharge process. Ms. Warren noted that Region II represents 28% of the State but only 14% of all State psychiatric hospital admissions. Ms. Warren distributed several handouts.

Ms. Warren provided an overview of services that the Arlington CSB already provides. They are as follows:

Pre-crisis early intervention and inpatient diversion programs

Existing regional resources:

- Crisis stabilization unit (CSU)
- REACH Crisis Therapeutic Home (CTH)
- Behavioral Health (BH) child mobile crisis response team
- REACH adult and child mobile crisis teams

Existing local CSB resources:

- 23-hour beds/calming rooms
- BH mobile crisis response teams
- CIT trained police and assessment sites for exchange of custody

Expedition transfer from Northern Virginia Mental Health Institute (NVMHI)

- 29 insured Temporary Detaining Order (TDO) individuals were transferred from NVMHI post hearing
- 9-day median length stay at NVHI
- 27% of admissions to CSUs were hospital step-down and many of these were from NVMHI

Collaborative Efforts Among Systems

- Census management meetings

- Solution finders list
- On-going collaboration between CSBs and their primary local hospital
- TDO task force

Creative Program Development

Regional BH adult programs

- Intensive Community Residential Treatment (ICRT)
- ICRT step down
- Crisis stabilization
- Regional older adult facilities mental health support program (RAFT)

Local CSB(s) programs

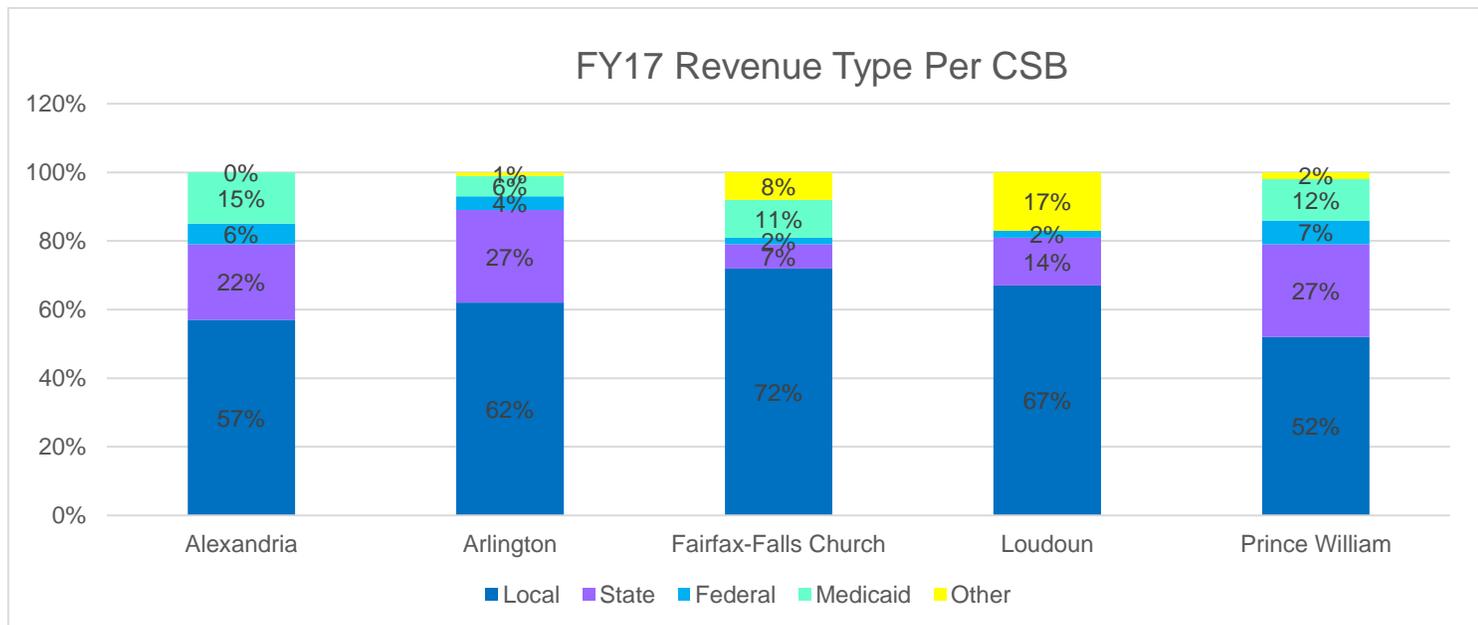
- 23-hour bed/calming rooms
- Intensive community case management
- Residential support continuum
- BH mobile crisis
- Community PACT teams
- Supported employment
- Recovery specialists and recovery wellness centers

Children in the community

- Regional BH children’s mobile crisis

Ms. Warren provided an overview of new challenges impacting community capacity.

- CCC+ MCO recruitment/hiring of CSB staff – the CCC+ MCO are recruiting CSB and vendor staff and are reported to be paying higher compensation and promoting telework. The loss of qualified and knowledgeable staff and the cost of replacing these individuals is negatively impacting community capacity.
- Exhausted local/regional DAP allocation – Region II has exhausted local/regional DAP allocation. New ongoing DAP requests are being submitted to DBHDS with a BH funding request which takes more staff time, both in DBHDS and in the region, and slows the placement process.



The average local funding for northern Virginia is 62%

Ms. Warren stated that the attendees of the Executive Director's meeting broke out into groups, by region, and that a representative from the Department of Behavioral Health and Developmental Services (DBHDS) met with each group to brainstorm ideas about moving individuals out of the state hospital system or divert them from hospitalization.

The following items were discussed by the Northern Virginia Region II CSB:

- Higher utilization groups, which are clients with a higher rate of hospitalizations
 - Is there a better way to identify these individuals?
 - Are there additional resources available to improve stabilizing an individual to reduce hospitalization?
- Protocols for escalating decision making for challenging individuals receiving services in the state hospital system and are having difficulties with discharging
- Improved criteria requirements for Local Inpatient Purchase of Service (LIPOS) funding for individuals who need hospitalization, and/or, positioning a discharge person at the state hospitals in an effort to have continuity of care. LIPOS is funding dispersed by the State to the Region for CSBs to purchase private psychiatric hospital beds for individuals with no healthcare benefits when admission to a state psychiatric hospital is not possible (source: www.fairfaxcounty.gov)
- Ability to provide medical assessment in Emergency Services within the DHS Behavioral Healthcare Division

Ms. Takemoto asked what revenue opportunities are available through Medicaid. Ms. Warren responded that CSBs are ensuring that all individuals that are eligible are enrolled, utilization of proper billing practices and coding appropriately.

Ms. Warren provided an overview of the DBHDS financial realignment plan. She stated that the plan would impact usual business through a 4-year process.

- Year 1 goal 2019 – build alternatives to state hospital placement.
- Year 1 projected results – 178 discharges; reduce the EBL from 170 to 117

- Year 2 goal 2020 – finalize bed utilization targets and funding distribution
- Year 2 projected results – 144 discharges; reduce the EBL from 117 to 88

- Year 3 goal 2021 – reduce the state hospital average daily census (ADC) by 80

- Year 4 goal 2022 – implement full realignment
- Year 4 projected results – reduce and maintain census at ADC of 1,280 vs. current projection of 1,460 for FY22

Ms. Takemoto expressed that, given this information, there may be a future opportunity for advocacy.

Public Hearings on the Governor's Proposed 2018-2020 Biennial State Budget

Chair Hermann announced that the House Appropriations and Senate Finance Committees of the Virginia General Assembly will hold regional public hearings (Included in Member Packet) on the Governor's proposed amendments to the 2018-2020 biennial state budget as follows:

WEDNESDAY, JANUARY 3, 2018 (Hearings begin at 10:00 a.m.)

- Loudoun County – Northern VA Community College at Loudoun, Waddell Building
- Radford – Radford University, Kyle Hall

WEDNESDAY, JANUARY 3, 2018 (Hearings begin at 12:00 noon)

- Virginia Beach – Tidewater Community College, Virginia Beach Campus, Student Center
- Richmond – Science Museum of Virginia, Dewey Gottwald Center

The purpose of the hearings is to receive comments on the Governor's proposed 2018-20 biennial state budget. Those persons wishing to speak may register at each hearing site no earlier than one hour prior to the start of the hearing.

Speakers will be taken in the order of registration. Each person may register only one speaker at a time. Speakers are asked to limit their comments to three minutes or less. Speakers representing groups and organizations should consolidate remarks to reduce duplication.

Persons unable to attend may comment in writing to either:

Delegate S. Chris Jones
P.O. Box 406
Pocahontas Building
Richmond, Virginia 23218

OR

Senator Thomas K. Norment, Jr.
Senator Emmett W. Hanger, Jr.
P.O. Box 396
Pocahontas Building
Richmond, Virginia 23218

Arlington Delegation Public Hearing

The members discussed attending the Arlington Public Legislative Delegation. Ms. Mauller will email CSB Arlington County Legislative Liaison, Pat Carroll, to request the date for the Delegation. The members will develop talking points.

Informational Items

- ✓ Ms. Deane provided an update about the recent Virginia Hospital Center (VHC) expansion meeting.
 - The next meeting to discuss the number of beds needed will be held in early January
 - Personally attended a meeting with children's advocates last week
 - The site plan review process is moving slower than anticipated by VHC
- ✓ Chair Hermann reminded the members that Secret Santa is still collecting Secret Santa gift cards for the residents of the Mary Marshall Assisted Living Residence (MMALR) and the Mental Health Group Homes. She stated that Target gift cards are preferred in denominations of up to \$25. Chair Hermann noted that cash and check donations are welcome. Checks should be made out to the Arlington County Treasurer. Donations will continue to be collected through the holiday season. Ms. Mauller will provide the tax forms to the members.

Ms. Mitchell stated that every year, on the first Sunday in December, Target sells their store brand gift cards with a 10% discount.

- ✓ Ms. Takemoto noted that the November full board minutes state that Ms. Warren would provide an update on the Employment Committee meeting that she recently attended. Ms. Warren responded that she requested a draft one page summary of the meeting which she has reviewed and sent back to the committee for corrections.
- ✓ Ms. Takemoto inquired about the DHS staff meeting that was held on December 6th to discuss gaps in services for individuals with autism. Ms. Warren responded that the meeting was held to brainstorm ideas to develop a proposal for a study for services.

- ✓ Mr. Mack reported that the retirement celebration held on December 13th for County Board Chair, Jay Fisette, was well attended.
- ✓ Ms. Warren reminded the members that the VACSB Legislative Conference will be held on January 16th and 17th, 2017 at the Hilton Richmond Downtown Hotel. The purpose of the conference is to provide knowledge and perspective on current budget, legislative and advocacy information relevant to community behavioral health.

Adjournment

The Arlington County Community Services Full Board meeting was adjourned by Chair Hermann at 9:00 p.m.

Respectfully submitted by Kelly Mauller