



The Arlington Community Services Board

2120 Washington Boulevard
Arlington, VA 22204
(703) 228-5150 FAX: (703) 228-4853



Anne Marie C. Hermann
ACCSB Chair

March 21, 2018
2120 Washington Blvd.
Arlington, Virginia
7:00 pm – Full Board Meeting

Deborah Warren
DHS Deputy Director/
CSB Executive Director

Present: Cherie Takemoto, Judy Deane, Anne Hermann, Frank Haltiwanger, Jim Mack, Carol Skelly, Steve Taphorn, Adele McClure, Dori Mitchell, Asha Patton-Smith

Excused: Linda Kelleher, Jenette O’Keefe, Joanne Del Toro, Jay Ternent, Atima Omara, Leslie Gosling

Staff: Kelly Mauller, Deborah Warren, Anita Friedman

Public Comment(s)

Public comment is limited to 5 minutes. At the discretion of the CSB Chair, additional time may be given. There will be a brief opportunity for the board members to ask questions but no discussion of the matter will be held at the time.

There was no public comment.

Introduction

Chair Hermann introduced Sergeant Steve Taphorn, Arlington County Police Operations Division. Mr. Taphorn was appointed to the CSB full board by the County Board Office in March. Mr. Taphorn stated that he has been employed with the County for 18 years and that he is the Commander of the Hostage Negotiations Team. Mr. Taphorn provided a brief background of his professional experiences.

CSB Staff Recognition Award

Patrick Gallagher, Mental Health Therapist, Substance Use Outpatient Services, was nominated to receive the March 28, 2018 CSB Staff Recognition Award. Mr. Gallagher was nominated by Octavia Madison, Substance Use Outpatient Services Supervisor, Outpatient Clinical Services Bureau. Alan Orenstein, Outpatient Clinical Services Bureau Chief, spoke on behalf of Ms. Madison who was unable to attend. Mr. Orenstein stated that Mr. Gallagher has been providing services to Arlington’s clients for 10 years and has over 35 years in working with adolescents and adults with substance use issues. He then cited an instance when Mr. Gallagher went above and beyond to assist a challenging client. Mr. Orenstein added that Mr. Gallagher also facilitates a men’s relapse prevention group. Members of the group attended the meeting to show their support for Mr. Gallagher.

Mr. Gallagher thanked the CSB members for recognizing him and the members of the group who attended to show their support of him.

CSB Distinguished Service Award

Adele McClure, CSB Member, was awarded the CSB Distinguished Service Award. Ms. McClure has resigned her seat on the CSB full board as she has accepted an appointed position as Outreach and Policy Director for Lt. Governor Justin Fairfax.

Ms. McClure stated that it has been an honor to serve on the board and thanked the members for their continuing work. She added that she will take what she has learned with her to her new position.

Ms. Friedman thanked Ms. McClure for her work with the Executive Committee of the 10-Year Plan to End Homelessness and the Health Services Agency for Northern Virginia.

Ms. Warren and Chair Hermann thanked Ms. McClure.

Annual Consumer Art Show

Marti Mefford, Substance Use Case Manager, Residential and Specialized Clinical Services Bureau, announced that the 9th Annual Consumer Art Show will be held on the evening of May 17th from 4:00 p.m. to 7:00 p.m. and during the day on May 18th from 11:00 a.m. to 2:00 p.m. at 2120 Washington Boulevard on the 4th floor.

Ms. Mefford stated that she is the lead staff person organizing the art show. She added that the art show has grown from 5 artists to 15 artists displaying and selling their works of art. The artists are known as the "Artists of the Sequoia Roundtable". Ms. Mefford noted that staff are looking at creative ways to raise funds for the Art Show and the Expressive Therapy Program.

Ms. Mefford provided a brief overview of events that occurred in the Expressive Therapy Program throughout 2017.

- An art intern offered individual art therapy and facilitated a drop-in art group
- A young adult workshop was held
- A client is leading a watercolor workshop for other clients
- A rotating hanging art gallery was initiated in the lobby of 2120 Washington Boulevard (all of the art is for sale)
- The artists were invited to show their artwork for 2 months at Gallery 3700
- Client artwork has been installed in the meeting room hallways on the third floor of 2120 Washington Boulevard
- A client was awarded as Grand Champion at the Arlington County Fair Contest

Ms. Mefford stated why expressive therapy is important.

- Promotes decreased social anxiety and isolation
- Provides a safe place to practice healthy coping skills, mindfulness and social skills
- Art is self-soothing
- Assists in building self esteem
- Groups build friendship and a supportive network of like-minded individuals

Ms. Warren reported that she is assembling materials for Mental Health Awareness Month which is in May. She added that she will provide links to all of the activities including the Art Show.

Approval of the February 21, 2018 ACCSB Meeting Minutes

Chair Hermann called for a motion to approve the February 21, 2018 ACCSB Full Board meeting minutes. Mr. Mack motioned to approve the minutes, Ms. Deane seconded the motion, and the minutes were approved as amended.

Community Meeting on Homelessness Report

Anita Friedman, DHS Director, reported about the recent Community Meeting on Homelessness (Refer to Handouts). She stated that a 10-Year Plan to End Homelessness initiative began in 2008 with the goal of ending homelessness in Arlington by 2018. Ms. Friedman stated that the annual Point in Time Count of homeless individuals in Arlington has decreased from 600 individuals in 2008 to 231 individuals in 2017 and 220 individuals in 2018. She added that, overall, homelessness in Arlington has been reduced by 65%.

Ms. Friedman stated that a meeting was held at Marymount University on March 24th with the key people that were involved over the 10-year period. She noted that Senator Barbara Favola was among the attendees and that County Board member, Katie Cristol, presented a speech.

Ms. Friedman stated that, as the 10-year plan is ending, a new plan is being initiated called Within Our Reach. Within Our Reach is a 3-year plan for continuing work to reduce the number of individuals who experience homelessness, and to assist those who do become homeless to return to housing stability as quickly as possible. Ms. Friedman stated that work remains to be completed in the following areas:

- Disproportionate number of African American individuals in need of homeless services
In 2017, 65% of individuals that were provided emergency shelter in Arlington County were of African-American descent. Root causes of housing instability, vulnerability for homelessness and barriers for individuals of color will be assessed.

The Arlington County Continuum of Care (CoC) will create a plan to meet the needs of African-Americans experiencing homelessness in the Arlington community. The effort will include tracking outcome measures by race across Continuum of Care programs.

- Employment
An increasing number of clients served by CoC programs have a limited path to employment due to a lack of citizenship, educational attainment, limited work experience and/or other barriers.

The CoC will broaden the entry level skills and employment path for those being served with a goal for individuals to overcome homelessness and earn a livable wage that allows them to afford housing. The CoC will examine successful programs in other localities and determine applicability for Arlington residents.

- Recidivism
In 2015, the number of individuals returning to homelessness after 2 years in permanent housing was 25%; this number decreased to 22% in 2016. The goal of the CoC is to determine the reasons for returning to homelessness and develop strategies to reduce recidivism.
- Family Homelessness
In 2017, the family shelters served 61 households; 58% were children. The federal plan to end homelessness has designated 202 as the target year to end family homelessness. The CoC will develop a plan to end family homelessness and develop specific supportive services to meet the complex needs of these families.

- Youth Homelessness
There are two perspectives of youth homelessness; unaccompanied youth below 18 and transitional age youth ages 18-24. In 2016, the Arlington point in time count identified 21 homeless youth and, in 2017, 27 homeless youth – an increase of 28.5%. The CoC will address the needs of transitional age youth households to determine the types of shelter, housing and services needed. A process will be established for identifying the extent of unaccompanied youth and transitional age youth in Arlington.
- Aging Population
In 2017, 29% of individuals served in an emergency shelter were 55 years of age and older. The CoC will identify an “early warning system” that can identify, intervene and track individuals at risk of becoming homeless with an emphasis on the elderly population living on a fixed income. For those individuals who do homeless, the CoC will examine expanded housing solutions.
- Immigrant Households
A key challenge in supporting this population is that many otherwise qualified households cannot access relevant safety net programs, including housing assistance programs, due to issues of immigration status. These barriers create longer stays in emergency shelters and choices in unsafe housing, including living on the street.

The CoC will conduct research into what communities similar to Arlington are doing to support immigrants who experience homelessness and housing instability. The CoC will also provide training and share information among homeless service providers to ensure these households remain informed of their options. The CoC will seek community and private support to assist immigrant households overcome barriers to their housing stability.

- Domestic Violence
Domestic violence is one of the leading causes of homelessness for families and the leading cause of homelessness for women. Over the past 3 years, Arlington’s Sexual and Domestic Violence Hotline has seen over a 50% increase in calls for help. The CoC will provide solutions to homelessness that are trauma-informed, support survivors’ long-term safety and reduce cycles of violence that often destabilize housing and other basic needs for individuals impacted.

Ms. Friedman stated that implementation plans will be updated annually with action steps and reports on progress. She concluded by noting that the CoC is looking for volunteers. The members discussed current housing options for individuals experiencing homelessness.

Reporting Measures Update

Mr. Russell, Assistant BHC Division Chief, was unable to attend the meeting. The reporting measures update was deferred to the April 9th CSB Executive Committee meeting.

Debriefing: CSB Budget Meetings with County Board Members

Chair Hermann opened a discussion about the CSB meetings with the County Board members. The meeting dates were as follows:

- March 13th 1:00 – 2:00 with Christian Dorsey
- March 15th 3:00 – 4:00 with Erik Gutshall and Libby Garvey
- 4:00 – 5:00 with Katie Cristol and John Vihstadt

The following CSB members presented:

March 13th

Anne Hermann,
Atima Omara
Leslie Gosling
Carol Skelly
Jenette O'Keefe
Judy Deane
*Grant Furick

March 15th 3:00 – 4:00

Leslie Gosling,
*Steve Pottmyer
Carol Skelly
Jenette O'Keefe
Judy Deane
Anne Hermann

March 15th 4:00 – 5:00

Leslie Gosling
Anne Hermann
Carol Skelly
Jenette O'Keefe
Judy Deane
*Steve Pottmyer
Atima Omara

(* = Community member of the Substance Abuse Committee)

Chair Hermann stated that the meetings went well. She added that the County Board members asked questions and that constructive conversation was held. The members discussed the meetings.

Ms. Friedman asked if the members present non-budgetary concerns at any of the regular County Manager or County Board work sessions. Ms. Deane responded that the CSB presented about the Virginia Hospital Center (VHC) expansion during a budget work session.

Ms. Warren provided examples of topics that the CSB could present to the County Board members.

- Promoting the CSB 50th anniversary celebration
- Same Day Access progress and impact
- Follow up on the VHC expansion
- Developmental Disabilities – inclusive integrated employment
- How Arlington has addressed the opioid crisis

CSB Spring Retreat Planning

Chair Hermann opened a discussion about the CSB Spring Retreat scheduled for May 19th at 2120 Washington Boulevard in room 424. The committee suggested several topics of discussion:

1. Strategic planning for the upcoming and past fiscal year's budget
2. How to proceed in times of reductions – presentation by Dr. Michael Gillette, Ethics Expert, Bioethical Services of Virginia, Inc.: Ethics Program - Chair Hermann stated that Mr. Gillette is not available to present in May.
3. CSB and Committee structure, content and process
4. CSB 50th anniversary – 50 years of progress
5. Community engagement

Ms. Warren provided a brief background about Mr. Gillette's work. She will attempt to schedule a presentation from him to the CSB in the fall. The members will continue to plan for the Spring retreat.

Miscellaneous Updates/Information

- ✓ Chair Hermann reminded the committee that the Public Budget Hearing will be held on Tuesday, April 3rd and the Tax Rate(s) Public Hearing will be held on Thursday, April 5th. Both hearings begin at 7:00 p.m., in County Board Room 307, 2100 Clarendon Boulevard.

Advanced sign-up registration for the Public Budget Hearing started on March 27th and the advanced sign-up for the Public Tax Rate Hearing begins on March 29th at 8:00 a.m. Advanced sign-up will close at 5:00 p.m. the day before each hearing.

The following CSB members agreed to speak at the Public Budget hearings:

- Cherie Takemoto
- Carol Skelly
- Jenette O'Keefe

Several members of the subcommittees will also speak at the Public Budget Hearing. The members decided to submit a letter of support to the County Board regarding the Public Tax Rate after the hearing.

- ✓ Chair Hermann reminded the members about the annual Offender Aid and Restoration (OAR) will hold their 10th Annual Second Chance Fundraising Breakfast on Tuesday, April 24, 2018 from 7:45a.m. to 9:00a.m. at the Crystal Gateway Marriott in Crystal City. This event is a fundraiser to support OAR's programs, but there is no minimum and no maximum donation expected. RSVP is required to attend this event.

Mr. Mack and Chair Hermann, will be hosting a table at the event. Members wishing to attend should email Mr. Mack or Chair Hermann.

- ✓ Ms. Warren reminded the members that the VACSB Training and Development Conference will be held May 2nd through May 4th in Norfolk, Virginia. Anyone wishing to attend must notify Ms. Mauller by March 30th.
- ✓ Ms. Mitchell announced that the Mental Health Group Homes Committee will hold 4 "WeCare Dinners" this year at the Mental Health group homes. She stated that the dinners are a collaboration of County, CSB, residents, family members and the vendor. She added that the first dinner will be held on April 11th at the 13th Street group home. The vendor CEO, Arthur Ginsberg, will be in attendance. Ms. Mitchell stated that the spirit of the dinners is to speak with the group home residents about what they like, what they would change and their overall experience of residing in the group home. Ms. Mitchell will write a summary about the first dinner for the group home vendor to review and then present to the Mental Health Committee and the CSB. She noted that the goal of holding the dinners is to ensure that the group homes are healthy in a collaborative manner. She added that an anonymous questionnaire will be sent to family members who cannot attend.
- ✓ Ms. Mauller announced that the CSB Annual June Awards Ceremony will be held on June 20th, one hour prior to the regular full board meeting at 2100 Washington Boulevard from 6:00 p.m. to 7:00 p.m. in the lower level auditorium. She stated that the call for nominations will go out this week and that the deadline for submissions is Friday April 20th. She asked the members to consider nominations for Community Partner Awards.
- ✓ Chair Hermann reported that DHS hosted a REVIVE! Training for CSB members on March 26th at 7:00 p.m. at 2120 Washington Boulevard. REVIVE! is the Opioid Overdose and Naloxone Education (OONE) program for the Commonwealth of Virginia. REVIVE! Provides training to professionals, stakeholders and others on how to recognize and respond to an opioid overdose emergency with the administration of naloxone (Narcan). Several CSB members attended the training.

Ms. Warren stated that the training was presented very well. She noted that Naloxone can be administered with a nasal spray device into the nose or by intramuscular injection with an EpiPen. She

added that the group learned how to detect whether an individual had overdosed or was only very impaired. Ms. Warren stated that the group also learned that one of the most successful avenues to connect an individual to treatment is through the administration of Suboxone, which decreases the desire to use opioids.

- ✓ Ms. Skelly announced that the Site Plan Review Committee (SPRC) will begin discussions about community benefits associated with the Virginia Hospital Center expansion on April 19th.

Ms. Deane announced that a meeting with Virginia Hospital Center is schedule for April 10th to discuss the number of psychiatric beds needed. She noted that VHC is considering implementing an intensive psychiatric outpatient treatment program. She added that there has not been very much progress in discussions about psychiatric beds for children. Ms. Deane stated that VHC is implementing an intake team in the emergency department that will provide a mental health assessment and placement of an individual. She noted that VHC is continuing to discuss restructuring the psychiatric ward.

- ✓ Ms. Deane stated that the Mental Health Committee spoke with Leslie Weisman, Client Services Entry Bureau Chief, about how family members can provide input into CIT and Criminal Justice issues.
- ✓ Chair Hermann announced that a 50+ Employment Expo will be held on April 30th from 10:00 a.m. to 2:00 p.m. at the Fair Oaks Marriott located at 11787 Lee Jackson Memorial Highway in Fairfax. The Expo is for individuals over the age of 50 who are looking for employment. Recruiters from employers, including non-profits, government, healthcare, retail, technology and more will be on site.
- ✓ Mr. Mack announce that a Substance Use Town Hall: One Crisis, One Community, One Conversation, will be held on May 2nd from 7:00 p.m. to 9:00 p.m. at Kenmore Middle School. The Town Hall will focus on recognizing the signs of substance use, what Arlington County is doing to address substance use throughout the community and where and how to get treatment for someone with a substance use issue. The Town Hall is being hosted by the Arlington Addiction and Recovery Initiative (AARI). AARI is a collaboration of stakeholders, citizens, first responders and law enforcement.

Adjournment

The Arlington County Community Services Full Board meeting was adjourned by Chair Hermann at 9:10 p.m.

Respectfully submitted by Kelly Mauller