

**Arlington Community Services Board (CSB)**  
**Children and Youth Committee**  
**5/1/17– Arlington County DHS, Lower Level Room A**

**Committee Present:** Frank Haltiwanger, Janine Finnell

**Child and Family Services Division (CFSD) Staff:** Linh Nghe, Jana Lee, Tiffany Lee

**Called to Order:** 6:30pm

**Minutes review/approval:** Postponed until the next meeting.

**Presentation:** Suzanne Somerville (Adult Services- Review of Substance Abuse)

There are 129 overdose deaths a day. Opiate trends have surpassed vehicle accidents.

Legislation has passed preventing more than 7 days of certain prescriptions in the emergency room, chronic pain management patients have to have a plan to come off of them, they can't just be on prescriptions for chronic pain long term.

There has been an increase in Benzodiazepines being prescribed, Xanax is particularly popular, it doesn't allow kids to learn to manage emotions and self-regulate

Work is being done with CFSD staff to form partnerships in the community, Arlington Addiction Response Initiative is a local collaborative of community partners monitoring this issue.

Most abusers of medication report getting the medication from friends or parents, leftover medication.

There is a database that law enforcement and medical doctors can pull to be able to see all of the medications an individual is prescribed.

VA is ranked 20<sup>th</sup> in the country on opioid death.

(Will follow up with specific Arlington numbers)

In adults, there has been a fatal overdose increase in 2016 heroin surpassed cocaine for the first time, no child opioid arrests or diagnosis information available at this time.

There has been a Narcan increase noted as well.

What is Arlington doing?

Community education and outreach, Theo Stamos interested in targeted parent outreach, Frank to follow up with Theo and Suzanne

OBOT (Office Bases Opioid Treatment): Suboxone, blocks receptors affected by opioid. This allows for craving management. Suboxone levels out and is thought to be a more effective system, also thought to be effective for pain management. Goal is to transition people from having a need to being able to manage without it. There are different phases throughout treatment. The goal is to engage participant in continued community resources as part of treatment. The program started in February of 2016, and is off to a great start. To be eligible, they have to be voluntary.

Q: How are they identified?

A: They have to go through intake process, this hasn't been advertised outside of DHS yet.

Q: Is the program based in a hospital?

A: Dr. Palmieri is the attending physician and he watches them come in and take medication to monitor for signs of distress.

We are currently examining highest utilization clients and looking at what we else can do for them.

Community education is a huge part of this initiative. A family focus group was held for families who had students in high school to talk about what they feel like they need, some schools are not allowing community experts, police officers etc. to do education within the schools and to have proper parent involvement.

Possible suggestion for the future:

- Peer outreach overdose team, that would be called when there is a reported overdose, including recovery community. There is only one peer volunteer currently.
- Strengthening transitioning services out of residential treatment should be explored as well.
- Reviewing medications prescribed and alternative sentencing for youth. Alternative sentencing in the jail. Someone comes in needing treatment and sending them to jail isn't doing any good.
- Prevention needs to be increased, currently there are only 2 FTE's to carry out prevention work.

**Monthly Stats/Outreach Updates/Upcoming:**

Q: Number of youth served in detention center? Increase of outreach efforts occurring there, will follow up on increase in numbers.

**New Business:** N/A

**Old Business:** Following up on work plan

**Announcements:**

**May:** Mental Health Awareness Month, activities and events reviewed. Link to send out Resilience dates for the video.

**Next Meeting:** September 18, 2017 Arlington County DHS, Conference Room 380