



# The Arlington Community Services Board

2100 Washington Boulevard  
Arlington, VA 22204  
(703) 228-5150 FAX: (703) 228-4853



**Anne Marie C. Hermann**  
ACCSB Chair

October 17, 2018  
2100 Washington Blvd.  
Lower Level Auditorium  
Arlington, Virginia  
7:00 pm – Full Board Meeting

**Deborah Warren**  
DHS Deputy Director/  
CSB Executive Director

**Present:** Anne Hermann, Carol Skelly, Dori Mitchell, Asha Patton-Smith, Joanne Del Toro, Steve Taphorn, Gretchen Foster, David FitzGerald, Frank Haltiwanger, Cherie Takemoto

**Excused:** Steve Gallagher, Judy Deane, Jenette O’Keefe, Linda Kelleher, Jim Mack

**Guests:** Sherry Coles, Wendy Carria, Lynne Kozma

**Staff:** Kelly Mauller, Deborah Warren

**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.

**Approval of the September 19, 2018 ACCSB Meeting Minutes**

Chair Hermann called for a motion to approve the September 19, 2018 ACCSB Full Board meeting minutes. Mr. FitzGerald motioned to approve minutes, Ms. Mitchell seconded the motion, and the minutes were approved with no changes.

**Presentation: Arlington Response to Opioid Crisis**

Suzanne Somerville, Residential and Specialized Clinical Services Bureau Chief, presented about Arlington County’s response to the opioid crisis. Ms. Somerville stated that the Arlington Addiction Recovery Initiative (AARI) began in January of 2017 and has representation from the Department of Human Services (DHS), Police and Fire Department, Sheriff’s Office, Commonwealth Attorney’s Office, Probation, Public Schools, Non-Profits, Treatment Providers, Families, individuals in recovery and medical/hospital staff. She added that AARI’s goal is to increase collaboration and relationships across the County and between Government and Community Programs.

Ms. Somerville reported that many community outreach events have been held. They are as follows:

- Town Hall – October 12, 2017 – panel discussion moderated by NBC4 Anchor, Jim Handley
- Town Hall – May 2, 2018 – Resource fair with over 25 agencies and vendors
- County Fair – August 17<sup>th</sup> & 18<sup>th</sup>, 2018

- Farmer's Market – August 29, 2018
- Nauck Community Day – September 15, 2018

Ms. Somerville reported that information to the community and social media has been increased.

- A website was created <https://health.arlingtonva.us/opioid-awareness>
- Outreach cards for first responders to hand out were developed
- A brochure and flyers were created for community events
- A number for opioid crisis calls was established with Crisislink – there were 52 calls in FY18
- Daily social media blasts were conducted during International OD Awareness Day Week
- Quarterly outreach to the community using Arlington's established social media

Ms. Somerville stated that 128 individuals including clients, staff and the community have completed Revive! Training. REVIVE! is a program of the Commonwealth of Virginia that makes naloxone (Narcan®) available to lay rescuers to reverse opioid overdoses. REVIVE! trains individuals on what to do and not do in an overdose situation, how to administer naloxone, and what to do afterwards (Revive! source: <https://www.fairfaxcounty.gov/community-services-board/heroin-opioids/revive>). Ms. Somerville added that a State Grant was secured to purchase Naloxone.

Ms. Somerville stated that the Police Department installed three permanent drug take back boxes in Arlington. They are installed at the following locations:

- Fire Station #2 – 4805 Wilson Boulevard
- Fire Station #9 – 1900 S. Walter Reed Drive
- Police Station #14 – 14<sup>th</sup> Street & Courthouse Road

Ms. Somerville reported about additional goals for AARI.

- Increasing accessibility to needed treatment – Same Day Access to services for individuals with a substance use disorder; amended the Phoenix House contract to allow for Medication Assisted Treatment (MAT)
- Utilization of MAT – Office Based Opioid Treatment Program (OBOT) that offers Suboxone and Vivitrol options combined with group and individual therapy
- Drug Court Treatment Program – A 5 phase, 15-month program comprised of Moral Reconciliation Therapy, psycho-education, group and individual therapy – there have been 13 graduates since 2013
- Alternative sentencing – Jail Diversion, Dual Diagnosis Therapist and a community residential team identify individuals who would benefit from community treatment and whose charges are appropriate; post court: one staff will evaluate the individual to determine appropriateness for multiple DHS programs
- A network of peer volunteers is being developed
- Police and DHS outreach staff are identifying non-fatal overdoses and attempting to engage the individual in services
- A plan is being developed to address substance exposed infants
- A dashboard has been created to track opioid related information
- A national overdose mapping program has been developed

Questions and Answers:

Ms. Del Toro asked if withdrawal from opioids is worse than withdrawal from other substances. Ms. Somerville responded that alcohol and benzodiazepines are the only substances that an individual can die from during withdrawal. She added that withdrawal from opioids is more equivalent to extreme flu-like symptoms and the individual will not die.

Ms. Warren asked about the Safe Station Program. Ms. Somerville responded that Safe Station is an initiative where an individual can walk into most fire stations, ask for help and be referred to services. She added that Virginia's Commonwealth Attorney created a Safe Station in Arlington's Magistrate Office. She stated that when an individual requests help in the Magistrate's office, the police will be contacted, a background check will be conducted to check for outstanding warrants and then DHS will be contacted so that a Peer Specialist can meet with the individual. She added that, whereas the Magistrate's Office may not be the best location, the initiative is a step in the right direction.

Ms. Coles asked if there is information about opioid use in the senior population. Ms. Somerville responded that data is reporting an increase in opioid abuse in the aging adult population.

Chair Hermann thanked Ms. Somerville for presenting.

### **Legislative Delegation Forum November 7<sup>th</sup>**

Chair Hermann reminded the members about the CSB Annual Legislative Delegation Forum with Arlington's legislators will be held on November 7, 2018 at 2100 Washington Boulevard in the lower level auditorium during the first hour of the CSB Executive Committee meeting. Chair Hermann invited all CSB members to attend.

She reported that the following legislators have responded that they will attend:

- Senator Favola
- Senator Ebbin
- Delegate Sullivan
- Delegate Hope
- Delegate Lopez

The committee agreed to present about the following budget and legislative recommendations:

#### **Budget recommendations:**

1. Restore proposed FY19 and FY20 reductions to CSBs as a result of Medicaid expansion – Ms. Warren will present
2. Fully fund StepVA – Ms. Warren will present

Ms. Warren stated that CSBs are now mandated by the State to provide Same Day Access and Primary Care Screenings but were not provided with enough funding to support services and that training is insufficiently offered and funded to train staff providers. Ms. Warren reported that, per StepVA, CSBs are expected to implement seven additional services by 2021.

3. Enhance capacity for assessing and treating individuals with autism and co-occurring behavioral health conditions through expert clinical assessment and consultation – Ms. Deane will present
  - Establish regional multi-disciplinary teams comprised of psychiatrist, psychologists, nurses and other relevant professionals to diagnose and treat individuals with Autism Spectrum Disorder (ASD) and co-occurring behavioral health conditions as well as provide consultation to physicians, school personnel, family members and other stakeholder serving individuals with ASD.

#### **Legislative recommendations:**

1. Support for legislative action that would lead to increased utilization of Mandatory Outpatient Treatment (MOT) – Mr. FitzGerald will present

2. Support legislative action to include individuals with caregivers over the age of 60 in the Priority One wait list for the Developmental Disabilities (DD) Waiver. Propose the following amendment to the Priority One criteria. Add “the individual has aging caregivers, aged 60 years or older.” – Ms. Skelly will present

### CSB Executive Director’s Report

- ✓ Ms. Warren directed the members to the handout “Understanding Arlington’s FY20 Budget”. Particular topics of interest include:

#### Closing the budget gap

- Addressing the shortfall in FY20 could require reductions to County services

#### Budget Challenges - maintaining commitments to fund County and community projects

- Growing school enrollments
- Rising costs for Metro
- Paying off public debt
- Competitive workforce funding

#### Revenue Options

- Avoiding significant service reductions would require an increase in taxes or fees, potentially including taxes on residential and commercial real estate

Ms. Warren provided a timeline of the budget process. There are two key public input opportunities in the budget process.

- County Manager gathers public input in the fall and winter of 2018
- County Manager releases proposed budget in February of 2019
- County Board gathers public feedback in February and April of 2019
- County Board adopts final budget April of 2019

Ms. Warren provided an update about Medicaid Expansion (Cover Virginia). She stated that Dr. Jennifer Lee, Agency Director for the Department of Medical Assistance Services (DMAS) is scheduled to present in a public forum about Medicaid Expansion and Enrollment on October 26th at 2100 Washington Boulevard in the lower level auditorium from 2:00 p.m. to 4:00 p.m. Ms. Warren stated that an outreach strategy has been developed which will include evening and Saturday hours to assist individuals to apply for Medicaid coverage.

Ms. Warren stated that, to fund Medicaid expansion, State general funds allocated to localities throughout the State, by DBHDS are being reduced in FY19 and FY20. Ms. Warren stated that the reductions are based on the premise that CSBs would earn additional Medicaid revenue and would be able to bill for case management services.

Ms. Warren stated that County Board Chair, Katie Cristol, submitted a letter to Governor Ralph Northam regarding the FY19 and FY20 reductions in funding for services due to the expansion of Medicaid. Ms. Cristol, in her letter, states that “the County Board is requesting that the Department of Behavioral Health and Developmental Services (DBHDS) reduction to CSBs be restored during the initial implementation of Cover Virginia (Medicaid expansion), and that the state be open to reviewing its impact and the FY20 reduction to CSBs as well.”

Ms. Warren stated that Arlington is slated to receive \$277,000 from the Virginia Department of Social Services to increase eligibility operations by hiring individuals to process an anticipated 7,000 applications. She reported that an analysis was completed in August to determine how to manage the

potential 3,000 new Medicaid eligible cases on an on-going basis. She added that the analysis identified the need for 6 FTEs; 4 Eligibility Workers, 1 Supervisor, and 1 Administrative Technician.

Ms. Warren stated that the County Board Chair is advocating to the Virginia Municipal League and that County Board Member, John Vihstadt, has spoken to the Virginia Association of Counties (VACO) to advocate for allowing CSBs to keep their State funding for FY19 instead of taking a reduction.

- ✓ Ms. Warren provided an update on the draft site plan conditions for the VHC expansion. She stated that DHS and VHC agreed on the following five conditions
  - Prior to submitting the COPN request, VHC shall seek the approval of the County Manager or his designee for the number of beds requested and the allocation of beds between psychiatric beds and substance use beds
  - Prior to seeking the approval of the County Manager or his designee, VHC shall confer with County staff and CSB representatives to apply the jointly developed methodology for demonstrating the public need for the increase in the number of beds and the allocation of beds between psychiatric beds and substance use beds
  - VHC shall consult with County staff and the CSB representatives in developing the expansion of the psychiatric unit
  - VHC shall consult with County staff and the CSB representatives in developing the expansion of the Emergency Department
  - VHC shall seek the approval of the County Manager or his designee for the plan to develop the new Behavioral Health Services Center

Ms. Warren stated that an agreement was not reached on increased services for children and adolescents. She added that there is community support requesting that VHC contribute \$200,000 in funding per year, for five years, to the Mobile Crisis Response (CR2) Program. Ms. Warren stated that the County Board deferred a decision on giving VHC approval for a land swap, contingent on making changes in the draft site plan conditions. She added that the County Board requested that VHC improve relationships with the surrounding neighborhoods and review services for children and adolescents.

- ✓ Ms. Warren directed the members to the Health Planning Region 2 (HPR2) budget priorities (Included in Member Packet).
- ✓ Ms. Warren directed the members to the VACSB draft FY19 - FY20 budget priorities (Included in Member Packet). She stated that the VACSB is advocating for funding for three priorities.
  - StepVA - requesting funding to implement the remaining services in the StepVA model
  - Increase the Medicaid Early Intervention case management reimbursement rate
  - Reduce the waiting list for DD Waivers by focusing on those individuals on the waiting list who are categorized as "Priority 1"

### **Miscellaneous Updates/Information**

- ✓ Chair Hermann reported out about the Northern Virginia Aging Network (NVAN) Annual Breakfast held on September 24<sup>th</sup> at the Fairfax Marriott at Fair Oaks located at 11787 Lee Jackson Memorial Hwy in Fairfax. The keynote speaker was Dr. Jennifer Lee, Director of the Department of Medical Assistance Services (DMAS), who spoke about Medicaid expansion in Virginia.
- ✓ Chair Hermann reminded the members about the CSB New Committee Member Orientation scheduled for October 23<sup>rd</sup> from 6:00 p.m. to 8:00 p.m. at 2120 Washington Boulevard in room 424. Anyone wishing to attend should RSVP Ms. Mauller.

- ✓ Chair Hermann reminded the committee about the upcoming joint Child and Family Services/Mental Health/Developmental Disability Services meeting on November 8<sup>th</sup> from 7:00 p.m. to 9:00 pm. at 2100 Washington Boulevard in the lower level auditorium about gaps in services for individuals with autism.

Ms. Skelly stated that the purpose of the meeting is to discuss young adults with a diagnosis of autism who are presenting for services with serious mental health conditions. Ms. Skelly provided an overview of the agenda:

- Introductions
- Ms. Warren will present about research results and what the County is currently doing to address the issue
- A panel discussion will be held with three speakers:
  - Alan Orenstein, Outpatient Clinical Services Bureau Chief
  - La Voyce Reid, Developmental Disabilities Bureau Chief
  - Ginny Conroy, licensed special educator and the Founder and Principal of Social Grace LLC
- Community Input

Ms. Skelly added that, after the meeting, a working group could be developed since the issue crosses CSB programs.

- ✓ Chair Hermann announced that Delegate Patrick Hope was selected by the Speaker, Kurt Cox, to serve on the Virginia State Substance Abuse Services Council. She added that Delegate Hope expressed an interest in attending a CSB Substance Use Disorder Committee meeting.
- ✓ Chair Hermann announce that Delegate Alfonso Lopez was appointed to the Virginia Commission on Employee Retirement, Security and Pension Reform.
- ✓ Chair Hermann distributed the Northern Virginia Aging Network (NVAN) FY19 budget and legislative priorities.
- ✓ Ms. Warren announced that Arlington Central Library, in joint sponsorship with Arlington DHS, will host an Arlington Reads event on November 13<sup>th</sup> at 7:00 p.m. at Central Library located at 1015 N. Quincy Street. Journalist and bestselling author, Beth Macy, will present about her book "Dopesick: Dealers, Doctors and the Drug Company that Addicted America".
- ✓ Ms. Warren announced that Dr. Melton, DBHDS Commissioner, is scheduled to meet with the DHS/CSB Leadership Team on October 19<sup>th</sup> for a site visit.
- ✓ Ms. Warren reported that the CSB will not hold a 50<sup>th</sup> anniversary event on November 2<sup>nd</sup>. She added that DHS is celebrating 50 years as well.
- ✓ Ms. Mauller distributed the CSB FY18 Annual Report for final review and approval. The members approved the annual report pending Ms. Warren's Executive Summary submission.

### **Adjournment**

The Arlington County Community Services Full Board meeting was adjourned by Chair Hermann at 8:50 p.m.

Respectfully submitted by Kelly Mauller