

ARLINGTON COUNTY COMMUNITY SERVICES BOARD

Mental Health Committee

September 26, 2018

Approved 10/24/18

Committee Members Present: Judy Deane (Co-chair), Dori Mitchell (Co-chair), John Mitchell, Wayne Bert, David Fitzgerald, Steve Gallagher, Tameka Parker, Tom Quinn, John Blount, Anne Hermann, Leslie Gosling, Betsy Greer

Committee Members Absent: Sam Howlett, Tamara Theiler, Caroline Bragdon, Debra Byrd, Scott Brannon

Others Present: Deane Mullins (CRI), Lila Corey (CRI), Meade Hanna (NAMI)

Staff Present: Alan Orenstein, John Palmieri

Call to Order: The meeting was called to order at 4:00 pm.

Approval of Minutes: The May 2018 minutes were approved without correction.

Outpatient Director's Report

The PACT SAMHSA grant request was not approved. Final DBHDS approval is pending for the ongoing funding of 4 additional PSH apartments and added housing specialist support, totaling approximately \$84,000. These apartments, like the existing DBHDS-funded apartments, are for persons who are homeless and coming out of the hospital.

The CSB Orientation is scheduled for 10/23/18 in SEQ 3 424 at 6:00 pm

There followed discussion of the agenda for the coming year. The following was proposed by the Committee:

- 10/23 CSB Orientation
- 10/24 Emergency Services
- 11/8 Joint meeting with DD Committee re Autism
- 12/5 Police and CIT
- 1/23 Young adult services
- 2/21 Housing
- 3/27 Psychiatric services
- 4/24 TBD
- 5/22 Budget proposals (and 6/26, if necessary)

Follow-up: Dr. Orenstein will confirm the proposed agenda with the presenters and distribute the updated schedule to members, Ms. Mauller and other requestors.

Chairs' Report

Ms. Mitchel noted that the next We Care Diner will be at the Fillmore group home 11/27/18 at about 4:30 pm. The last diner at another group home resulted in positive feedback from clients and attending family members. Participants suggested increased activities, and Ms. Mullins noted that residents recently visited Kings Dominion and that this kind of activity is supported by fund-raising. Also, new furniture was acquired, as was suggested. Ms. Greer said that the annual Clarendon House dinner is

intended to include the group home residents. It was agreed that it needs to be better communicated by CRI.

Ms. Hermann noted that the CSB 50th anniversary originally planned to coincide with another event will be rescheduled to a date to be determined.

Review of Budget Proposals:

The reason for Dr. Palmieri's invitation was reiterated by Dr. Orenstein and Ms. Deane: to comment on the program budget proposals and to describe his own priorities and other significant projects in the BHD. Ms. Deane asked about the status of the BHD reorganization last year. Dr. Palmieri described the rationale for the change, the major aspects of the restructuring (viz., the addition of the SA outpatient team to the new Outpatient Services bureau), and he added that it was implemented and is functioning very well.

His review of the program budget proposals is summarized as follows:

- Forensic position (Human Services Specialist II): Now that more service demand data are available, he believes program expansion is warranted and he supports this proposal.
- Emergency Services (MH Therapist II): Although the night shift only has single coverage, he is considering an internal resolution, such as moving a position or using one-time state funds. He noted that utilization during this shift now is low. The members suggested some possible ways to increase use, such as referrals from VHC, changing the name, highlighting the service on the website, or accepting that there may not be the demand.
- PACT Peer Specialist (Human Services Specialist II): While the efficient use of the current peers varies among programs, a peer specialist in PACT would be a huge benefit, especially since engagement is a major challenge in serving PACT clients. Therefore, he supports this proposal.

With respect to Dr. Palmieri's priorities, his major concern now is the anticipated FY2020 County budget shortfall, and he noted efforts of a DHS revenue maximization committee to reduce the gap. In response to a question, he agreed that the use of grants and students would be helpful. Ms. Deane asked his view of the current discussion of services to people with Autism Spectrum Disorders. He said he favored a regional approach. The issue was not so much the number of clients, but rather that there is a challenge serving these clients, given the range of autism-related services needed and the experience level of staff with this disorder.

Dr. Orenstein noted the Committee needed to settle on its priority recommendations, and Ms. Deane indicated we can do this at the next meeting. Follow-up: Dr. Orenstein will add budget recommendations to the next meeting's agenda.

Adjournment. The Committee adjourned at 6:00 pm.

In case of bad weather, the Committee meeting will be cancelled if evening activities are cancelled at the Arlington Public School website <https://www.apsva.us/>