

ARLINGTON COUNTY COMMUNITY SERVICES BOARD

Mental Health Committee

April 25, 2019

APPROVED: 5/22/19

Committee Members Present: Judy Deane (Co-chair), Dori Mitchell (Co-chair), John Mitchell, David FitzGerald, Debra Byrd, Steven Gallagher, Sam Howlett, Tameka Parker, Anne Hermann, Tom Quinn

Committee Members Absent: Caroline Bragdon, Tamara Theiler, John Blount, Betsy Greer, Wayne Bert, Leslie Gosling, Scott Brannon, Sherry Coles, Meade Hanna

Others Present: Bob Carolla (guest)

Staff Present: Lilian Tidler, Mridu Tripathi, Patricia Andrews, Eduina Martins, Brice Hudson

Call to Order: The meeting was called to order at 6:00 pm.

Approval of Minutes: The 3/25/19 minutes were approved without corrections.

Presentation:

After introductions, Dr. Tidler provided a comprehensive overview of the Psychiatric Services Bureau. Major topics were the following: overview of the organizational diagram of services; a summary of psychiatric staff including 8.74 FTE County psychiatrists and 1.55 FTE of contract services provided by 4 physicians; and a description of the appointment scheduling and refill activity of the administrative support staff. She also described her view of “recovery” and the treatment engagement activities of Psychiatric Services. She summarized motivational interviewing and the Stages of Change model used with clients. Dr. Tidler also described a common deficit in self-awareness (Anosognosia) among some seriously mentally ill clients that impacts their engagement in services and willingness to take medication. She noted that Psychiatric Services prescribes antipsychotic medication to 751 clients. Dr. Tidler also briefly overviewed the Psychiatric Services Performance Management Plan indicating 1980 clients were served in FY18; a reduction in wait times for the initial psychiatric evaluation (below the 21-day standard); and that 96% of surveyed clients reported symptom improvement.

Ms. Mitchell questioned how weight issues are handled in light of state’s new requirement for BMI assessment and research showing weight stigmatization contributes to psychiatric stress. Dr. Tidler said that clients have the right to refuse being weighed. Ms. Mitchell suggested that in light of the state’s requirement to determine BMI and address overweight and obesity and pre-diabetes and diabetes, the medical nutrition therapy services of a registered dietitian-nutritionist (RDN) be incorporated. Collaboration for nutrition services with the free clinic, public health department and Cooperative Extension Services (nutrition classes) were discussed. Ms. Mitchell also suggested that Psychiatric Services have a role in the training of group home staff regarding the county’s recovery philosophy and appropriate practicalities given client level of care and needs. Mr. FitzGerald asked about the Medical Director’s role in the line of clinical authority and policy making, particularly in relation to decriminalizing mental illness. Dr. Tidler noted she was the director of the Psychiatric Services Bureau and Dr. Orenstein summarized the line of authority from supervisor to Bureau Chief to Division Chief and DHS Deputy Director. There were also questions about the client attrition rate from the initial clinician contact to the first psychiatric appointment; and the connection with

Virginia Hospital Center, particularly communication from the hospital about discharges and assistance with the connection to the CSB for aftercare services.

Outpatient Director's Report:

Dr. Orenstein distributed the draft Area Agency on Aging agreement. There was a question about the 55-year-old age criteria for Mary Marshall but scope of Area Agency on Aging was from 60 years of age. After this was answered by Ms. Hermann, the Committee indicated approval of the updated agreement. Follow-up: Dr. Orenstein will forward the draft agreement to the DHS Executive Director for signature with indication of the MH Committee review.

The next meeting is scheduled for 5/22/19 and the main agenda item will be a general program overview as background to a discussion of FY21 Budget recommendations. Follow-up: Dr. Orenstein will update the Program Review document and solicit preliminary budget priority items from the MH program managers.

Chairs' Report:

Ms. Deane noted that the FY2020 County budget will include an additional 1.5 FTEs for DHS CSB services, instead of the 2.5 FTEs the CSB had requested. The County Board directed the CSB & DHS to work together to decide how the 1.5 FTE should be utilized. Ms. Deane thanked all members that had been involved in advocating for the additional FTEs.

Ms. Mitchell noted there is an upcoming meeting with the Police Chief, and she suggested that questions be forward to Dr. Orenstein. Follow-up: As requested by the chair, Dr. Orenstein will receive discussion item suggestions from members, forward these to Mr. Taphorn the MH Committee police representative, and copy Ms. Hermann and the MH Committee chairs.

Ms. Mitchell reported the criminal incidents at the MVLE center in Fairfax where 12 Arlington County clients attend. The CSB will address personal safety risk management. She suggested that routine inquiry about personal safety be added to Risk Assessment (suicide) when all CSB clients meet with clinicians.

The next WeCare Dinner will be at the Vaughan Ball Group Home on Tuesday April 30. The Virginia Hospital Center committee will have its first meeting with VHC on May 7 at 2:00 pm to begin the process of ensuring that VHC lives up to the commitments made in the Site Plan Review Document. The meeting will include CSB staff and representatives from all four sub-committees.

Announcements:

Mr. FitzGerald noted new laws that will be effective 7/1/19:

- Virginia jails can medicate over an inmates' objections, if consistent with specified criteria
- When entering jails, screening for mental illness will be required, and if mentally ill, the individual can't be released without a follow-up treatment plan.

Adjournment. The Committee adjourned at 8:00 pm.