

## ARLINGTON COUNTY COMMUNITY SERVICES BOARD

### Mental Health Committee

January 23, 2019

Approved 2/27/19

**Committee Members Present:** Judy Deane (Co-chair), Dori Mitchell (Co-chair), David FitzGerald, Debra Byrd, Steven Gallagher, Tom Quinn, Betsy Greer, Sam Howlett, Leslie Gosling, John Blount

**Committee Members Absent:** Caroline Bragdon, Scott Brannon, John Mitchell, Wayne Bert, Tameka Parker, Anne Hermann, Tamara Theiler,

**Others Present:** Meade Hanna, Sherry Cole, Lila Cory (CRI)

**Staff Present:** Alan Orenstein, Shelli Wargo, Jessica Sleep, Robin Joseph, Ollie Russel

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

**Approval of Minutes:** The 12/5/18 minutes were approved without correction.

#### Young Adult Services Presentation

Ms. Sleep started by providing an overview of the young adult services, called First STEP (Specialized Treatment and Engagement Program). The program admits all seriously mentally ill Arlingtonians aged 17.5 to 24 and will continue services to these young people until aged 30. Services include: psychiatric services, supported employment and education, skill building, individual therapy, the EDGE Independent Living Skills Program, family support, case management, outreach, medical services (via Neighborhood Health), Permanent Supported Housing (via the DHS Housing Division) and other residential services (via contract). Referrals are received from a wide range of sources including families, schools, the CSB's Child and Family Services, courts, foster care, etc. Referrals are assessed and admitted through the Division's Intake (same day access) unit. In addition to the program coordinator (Jessica Sleep), there are 3.5 FTE case managers, a peer specialist and the EDGE program coordinator that form the young adult service team.

Ms. Joseph described the EDGE program that was initiated in 2012 to provide psychoeducational workshops focusing on personal development and teaching a variety of life skills. The program values personalized activities that are hands-on and relevant to the young adults, practices social skills, and relates closely with the case management staff. There are about 15 different workshops monthly that engage about 45 clients at any given time and about 65 over the year. Over the past year, the program added multiple community outings, a certified peer specialist and skill building worker participation; created a client-develop handbook and creative comic book (distributed); and established a young adult Action Committee.

Ms. Wargo, Team A Program Manager, distributed a comprehensive table of young adult service utilization and outcomes and responded to several questions posed by Ms. Deane before the meeting. During FY18 there were 278 young adults (18-29) served by the Outpatient Bureau, which is a notable increase since 2016 (162). The major diagnoses were depression, anxiety, substance abuse, and schizophrenia and other psychoses. There were 39 clients in residential services and supported housing; 55 clients were served by supported employment and 60 were provided supported education. Forty-nine percent of clients provided supported employment found jobs and 96% maintained them. Sixty percent of clients were provided permanent supported housing maintained the housing at least 2 years.

In response to questions, Ms. Wargo noted that 115 young people were served by other than the young adult case managers mainly due to a “spill over” to the rest of Team A staff.

There followed a very active discussion of the young adult services with many questions and comments. These included: questions clarifying program eligibility; the conduct of outreach and engagement; examples of a “typical” client served; the utility of current services to clients diagnosed with an Autism Spectrum Disorder and the number served dually diagnosed with serious mental illness and autism; and what might be driving critical views by some families.

### **Outpatient Director’s Report**

Dr. Orenstein provided the following brief updates:

- Medicaid Expansion was implemented with staff informing clients and assisting in their enrollment, if they appeared to be eligible.
- The Committee’s budget recommendations were among those being discussed by the Board and DHS management.
- The Welligent electronic health record is in process of being planned and it is anticipated staff training will begin this Spring. This will be a challenge for staff.
- Since Same Day Access was started 13 months ago and the impact is becoming clear. The monthly MH admissions increased 28%, and the number served increased 5%. However, the census increased only 2%, about what has been typical yearly for several years. This appears due to “utilization management”, ensuring new admissions conform with eligibility criteria and inactive clients are discharged timely after outreach.

### **Chairs’ Report:**

Ms. Deane noted that the 3/27/19 meeting date did not have an agenda and she prompted suggestions. After a brief discussion, it was decided to invite both the PACT team and Clarendon House for a brief presentation. Follow-up: Dr. Orenstein will arrange the agenda for the March meeting. Mr. Gallagher suggested that complex material like the young adult service data table be distributed to the members beforehand. Dr. Orenstein agreed

**Announcements:** None

**Adjournment.** The Committee adjourned at 7:50 pm.