

## Child and Youth Community Services Board Meeting Minutes

June 19<sup>th</sup>, 2019

6:00-7:00pm

**Committee Present:** Wendy Carria, Kim Durand, Marguerite Tomasek, Asha Patton, Linda Staheli,

**Child and Family Services Division (CFSD) Staff:** Shari Lyons, Jamii PremDas, Deborah Warren, Carla Turcios, Laura Raggins

**Guest:** Linda Staheli

**Absent:** Betsy Greer, Joanne Del Toro, Janine Finnell, Frank Haltiwanger, Kathy Panfiel,

### 1. Linda Staheli

- a. Staheli noted she had previously worked on Capitol Hill and the White House but moved to work on services specifically for youth. Ms. Staheli noted she has now been in Arlington County for approximately six years focusing on children with Attention-Deficit/Hyperactivity Disorder and Dyslexia. Ms. Staheli's goal is to connect networks with partners and peers through small gatherings that ensure safe and neutral space for all.
- b. Middle Schools and High Schools: Ms. Staheli is focusing on bringing mental health awareness and support into Arlington Public Schools. She has assisted Brenda Wilkes speaking at schools about Mental Health for a total of four years. Ms. Wilkes has spoken to approximately 500 teens about Mental Health in those four years. Ms. Staheli noted she is lobbying for school-based Mental Health services and has identified that teens need assistance in multiple different ways. Ms. Staheli noted the curriculum of "Our Minds Matters" that assist in specific school club organizations.
- c. Ms. Staheli reviewed her established "Global Co Lab Network" that notes a focus of mental health for kids. She noted that there have been 50 gatherings over the past five years to include topics such as "Teens Dream", "Eco-Teen Network", virtual rooms, and expressing dreams and developing goals. Ms. Staheli noted that "Global Co Lab Network" has partnered with NAMI and that she has had multiple level of volunteers to include teens; noting that they are "eager to be change makers". Ms. Staheli noted various virtual rooms currently available that include "Plastics", "Hunger", and "Mental Health" and that there is the ability for the virtual rooms to be "winners" and that the philosophy is to cultivate universal team leaders. Ms. Staheli noted the specific Mental Health Team Leaders from the "Dream Hub" that was launched in October, 2018 and that they are creating an environment for teens to promote issues and reduce the stigma of mental health.

### 2. Carla Turcios

- a. Ms. Turcios has been with Arlington County for approximately six years, previous experience as a counselor in Fairfax County for Juvenile and Adult court services; noting work specifically with couples and families. Ms. Turcios also noted that she has experience working within the Domestic Violence continuum. Ms. Turcios noted that her current role includes assessments, referrals, engaging with multiple levels of staff, and working directly within the juvenile court system for those children and youth specifically at-risk or currently have court-involvement.

- b. Ms. Turcios noted some of her main duties and responsibilities to include being requested to aid in the holding cell for children and youth who are currently decompensating, attending hearings to engage youth in services to avoid court involvement, engaging and providing youth and their families with psychoeducation related to services, and assisting Probation Officers with linking youth to services and resources.
        - c. Ms. Deborah Warren requested information related to the top three issues related to current trends within the Juvenile and Domestic Relations Court system. Ms. Turcios noted the highest level of services related to Substance Abuse, Depression, and Anxiety. Ms. Turcios noted that truancy is also a present challenge but does not appear to be as frequent as the other challenges. Asha noted that a trend she is seeing within her current referral base deals with families that want to be court involved to receive assistance and guidance. Asha noted that Ms. Turcios' supports and services appear to help children and youth receive the support without needing to be court-involved.
        - d. Ms. Turcios noted that Juvenile and Domestic Relations Court Intake Officers are now calling her prior to having the youth being placed with a CHINS(Child In-Need of Services/Child In-Need of Supervision) to explore supports and services that could be put in place instead of the CHINS petition.
        - e. Ms. Turcios noted that she does have some flexibility to address reproductive and sexual health with youth and is passionate about helping the community. She also noted that if she is not able to find a solution, she is able to receive great support from her supervisor, Laura Raggins, and the Children's Behavioral Health Bureau Chief, Jamii PremDas.
        - f. Ms. Staheli asked Ms. Turcios about how Ms. Turcios currently engaged the youth in services. Ms. Turcios noted that she is engaging in activities and events that bring awareness to the community and teams with partners such as the Teen Network Board and Student Advisory Board.
3. Kim Durand
  - a. Ms. Durand provided information related to the Arlington Partnership for Children and Youth Foundation(APCYF) and noted the recent community report that intentionally reached out to teens for engagement. Ms. Durand noted the following three questions were conducted during the collection of the data for the community report: "What stands out?", "Why is it like that?", and "What are strategies to work on?". Ms. Durand also noted that APCYF is focusing on creating an advocacy plan with the School and County and both board levels to assist in collecting helpful information for all system partners.
  - b. Ms. Durand noting a specific rising 8<sup>th</sup> grader as attending a recent showing of "Angst" and that that individual and their mother asked for tips related to how to address Mental Health moving forward.
4. Same Day Access
  - a. Ms. Warren congratulated Ms. PremDas on the integration of Same Day Access during this FY19!
  - b. Ms. PremDas noted an increased in 40% from children and youth served from FY18 to FY19 thus far.
5. Ms. PremDas ended the meeting noting that there will probably not be a CYCSB meeting during the month of August 2019.