

ARLINGTON COUNTY COMMUNITY SERVICES BOARD

Child and Youth Committee

Joint meeting with the Mental Health Committee

November 13, 2019

Committee Members Present: Asha Patten-Smith, Wendy Carria, Frank Harltiwanger, Kathie Panfil, Marguerite Tomasek

Others Present: Jenette O'Keefe (CSB), Dori Mitchell (Co-chair), David FitzGerald (Co-chair), John Mitchell, Anne Hermann, Bob Carolla, Cecelia Revilla, Judy Deane, Sam Howlett, Joe Klem, Steven Gallagher, Steve Taphorn; Florence Jones

Staff Present: Alan Orenstein, Denise Wargo, Jessica Sleep, Robin Joseph, Violetta Battle, Kacey Sistare, Deborah Warren

Call to Order: The meeting was called to order at 6:05 pm.

Joint Meeting of Child and Youth Committee with MH Committee

Dr. Orenstein described the agenda agreed to with Jamii PremDas, the CFS Bureau Chief, including: services provided to aging out youth; the process of transition to adult services; and how foster care youth are addressed. The young adult MH staff will describe the First STEEP outpatient services and the EDGE program; and how housing, employment and education, and jail diversion are addressed.

Ms. Battle and Ms. Sistare described the transition process for aging out youngsters. There were 22 transitioned by Ms. Sistare of which one was transferred to the young adult program. She noted that most were not seriously mentally ill (SMI) and several went on to college. The client transferred was, therefore, the only one appropriate. When an appropriate client is referred, the young adult service will readily accept the transfer. Ms. Sistare also noted that when brought to her attention, she will facilitate the referral of foster care young adults to the young adult program. Ms. Wargo noted that often foster care young adults will be referred directly, and clients will enter through BHD Intake.

Dr. Orenstein introduced the young adult services, by briefly noting the activities of a planning committee over 10 years ago. The committee stressed the need for a program to help transition youth from child mental health services to adult services and that tailored the adult services to the needs and preferences of young adults. Robin Joseph, the program coordinator, described that the **EDGE** program aim is developing the skills needed for independent living. **EDGE** is one of the services that compose Team A's young adult services (**First STEP**). It is not a day program, but a series of workshops and community activities, a format more acceptable to young people than a day program. **EDGE** provides weekly life skills classes such as cooking, finding employment, GED assistance, managing expenses, health and wellness tips, etc. Clients are also encouraged to use community resources and get involved in community activities. **EDGE** served about 65 young adults over the past year, and due to a number of clients starting at the same time, many have recently graduated. Any current BHD client 17.5-27 years old is eligible for participation.

Jessica Sleep, the service coordinator, described the **First STEP** outpatient services for young adults. **First STEP** serves young people aged 17.5-29 with a serious mental illness. While client goals are individualized and person-centered, some of the broad program goals are: living more independently, reducing the frequency of hospitalization, pursuing employment and education, and developing social supports. The program is

committed to working with families and other natural supports. Ms. Sleep described the inclusion of families in the assessment process, working with the client and family to develop a helpful family-client relationship, and the operation of an ongoing, evidence-based multi-family psychoeducation group. The program provides or arranges a wide range of services including: case management, psychiatry, skill building, individual and group therapy, family supports, supportive housing, peer support, and connection with a co-located medical service. Clients may also participate in the **EDGE** activities, which is an integral part of the **First STEP** outpatient team. The program admits young people aged 17.5-24 who are seriously mentally ill and may continue to serve them up to age 29, at which point they are transferred to providers serving adults.