

ARLINGTON COUNTY COMMUNITY SERVICES BOARD

Mental Health Committee

November 13, 2019

Approved 12/11/19

Committee Members Present: 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

Committee Members Absent: Caroline Bragdon, John Blount, Scott Brannon, Tom Quinn, Debra Byrd, Sherry Coles, Wayne Bert, Tameka Parker, Meade Hanna, Leslie Gosling

Others Present: Jenette O'Keefe (CSB), Deborah Warren (DHS), Asha Patten-Smith(CSB), Wendy Carria (CSB), Frank Harltiwanger (CSB), Kathie Panfil (CFS), Marguerite Tomasek

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

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

Joint Meeting of MH Committee with Child and Family Services 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 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.

Business Meeting:

Approval of Minutes: The 10/23/19 minutes were approved without changes.

Outpatient Director's Report:

Dr. Orenstein noted the amendments to the Committee schedule: Job Avenue will present 12/11 (since the VHC Partial Hospitalization Program will not be developed in the short run), and Dr. Palmieri agreed to provide an update to the VHC after care process at his scheduled Co-responder Model Committee presentation 1/11/20 and at the next meeting of the full Community Services Board. Both Mr. Campos and Dr. Palmieri confirmed. The 3/25/20 meeting in which a Behavioral Health Docket update is scheduled is still to be finalized.

Co-Chairs' Report

Ms. Mitchell thanked Dr. Orenstein for organizing the well-attended CSB Orientation 10/29.

On her request, there was substantial discussion of the proposed mental health resources website, using the draft outline she distributed. Some of the issues raised during the discussion were: the page placement of crisis services; legal issues in listing psychiatrists and lawyers specializing in mental health law (Ms. Warren indicated she will follow-up); the DHS plan to upgrade the website (Ms. Warren noted the revisited web site will not be static and will be built over time); the importance of addressing the concerns of families; using person-centered language; balancing positive books listed with those that may be negative; adding information about guardianship and medication; and assuring that the site is tracked and maintained current. There was a consensus that the preferable site title was "Arlington County Mental Illness Resources". Mr. FitzGerald indicated he wanted all suggestions and asked that members send the tracked draft to him and Ms. Mitchell. After an active discussion and extension of the deadline, the Co-chairs requested that feedback be sent to both no later than 11/22, so that they could get back to Ms. Warren by about 11/25. Mr. FitzGerald stressed that he will handle the feedback if Ms. Mitchell is unavailable due to travel plans.

Ms. Michell announced that the DHS Holiday Marketplace will occur 11/15 from 1-3:00 pm at Sequoia 1; the upcoming Group Home Committee meeting is 11/21; and there will be a meeting about the Northern Virginia Juvenile Detention Center 11/21/19, 7-8:30pm at the Arlington County Central Library.

Mr. FitzGerald noted that there will be a meeting regarding the new Behavioral Health Docket draft at a 11/18/19 6-8pm meeting at the DHS Sequoia 1 Auditorium. He also noted some changes allowing both pre and post- plea options. The Mental Health Criminal Justice Review Committee with Ms. Somerville as the new chair has loosened restrictions on membership requirements.

Announcements:

Ms. Deane noted that VHC's not developing a partial hospitalization program did not conform with the CSB-VHC agreement. Ms. Warren noted she brought this to Ms. Friedman's attention and Ms. Friedman will approach the County Manager. There was further discussion of next steps, and Ms. Warren indicated she would keep the Committee informed of follow-up actions.

Adjournment. The Committee adjourned at 8:10 pm.