

ARLINGTON COUNTY COMMUNITY SERVICES BOARD

Mental Health Committee

October 23, 2019

Approved 11/13/19

Committee Members Present: Dori Mitchell (Co-chair), David FitzGerald (Co-chair), John Mitchell, Anne Hermann, Bob Carolla, Leslie Gosling, Cecelia Revilla

Committee Members Absent: Caroline Bragdon, John Blount, Scott Brannon, Tom Quinn, Debra Byrd, Betsy Greer, Sherry Coles, Judy Deane, Sam Howlett, Wayne Bert, Tameka Parker, Joe Klem, Steven Gallagher, Meade Hanna

Others Present: Florence Jones

Staff Present: Alan Orenstein, Rebecca Wright

Call to Order: The meeting was called to order at 5:05 pm at the Clarendon House.

Approval of Minutes: The 9/11/19 minutes were approved without changes.

Presentation: Ms. Wright explained that Clarendon House is a community-based rehabilitation program working with adults with serious mental illness. The program provides a wide array of services to clients. These include curriculum-based psycho-education, social/recreational programs, case management, and medication and psychiatric care.

She summarized the history of the program which started as a Clubhouse about 25 years ago, and it converted into a psychosocial rehabilitation program after much training by GMU in curriculum development and lesson planning about 4 years ago. The program offers an extensive psycho-educational curriculum to assist in independent skill building, decision-making, recovery, wellness and increased functioning.

Clarendon House also provides case management and crisis intervention services that includes home visits, and assistance with financial entitlements, apartment searches, medical issues and resources, and obtaining needed community resources and entitlements. The program includes a psychiatrist and nurse to provide continued education and assistance with symptom management, medication and medical issues.

There were a number of questions from the Committee members regarding, for example, the referral process, the predominant diagnoses, the age of clients and participation of young adults, and relative level of care.

Outpatient Director's Report:

- Committee schedule: Dr. Orenstein reported that all presenters confirmed, except for the presentation by VHC. Ms. Hermann and Ms. Mitchell indicated the people at the VHC meeting today were not relevant to the MH IOP plan, so there was no clarification if a VHC representative could present. Follow-up: Dr. Orenstein will follow-up with Mr. Russell regarding scheduling a VHC person for an IOP presentation to the MH Committee.
- Dr. Orenstein reminded members of upcoming CSB Orientation 10/29/19.
- Dr. Orenstein reviewed the format and agenda of the upcoming joint meeting with the CFS Committee 11/13. The meeting will be held in 2120 Washington Blvd "Sequoia 3" room 424 at 6 pm. We should focus on our common purpose, the transition of and special services to young adults. We plan also for a presentation and discussion until about 7:00 pm, so the Committees have time for a

business meeting after the joint meeting. Regarding content, Dr. Orenstein proposed that the CFS Committee briefly describe their services to aging-out young people, the referral and transition process to adult services from the CFS' point of view, and the number transitioned to adult services. The MH Committee Chairs indicated an interest in young adults from foster care and those with a dual diagnosis of autism. Regarding the young adult services, the MH Committee wanted to hear about First Step and Edge services and the numbers served; how the transition works from the adult services side; how housing and employment and education services are provided; and the connection to the jail diversion process. Follow-up: Dr. Orenstein will inform Ms. PremDas of MH Committee questions.

Co-Chairs' Report:

Ms. Michell presented the following items:

- She requested feedback of website resources and how to proceed in implementing this. Since there are a number of resources compiled by Mr. Carolla, it was decided after discussion that for clarity and relevance, the referenced resources should include only major resources of interest to community users. There was discussion also of who was responsible for website design and maintenance that the Committee should work with. After discussion, it was decided that the chairs should connect with Ms. Warren about proceeding. Follow-up: Ms. Mitchell and Mr. FitzGerald will discuss with Ms. Warren the best way to proceed with website improvements.
- There was a meeting of the VHC architecture group regarding psychiatric services ward design. Completion of new buildings at the site of the Edison buildings is not expected until as late as 2022.
- The Group Home RFP advertisement closes 10/31 and a submission review committee is being formed.

Mr. FitzGerald reported the following:

- There will be a Legislative forum 11/6. The main mental health issue to be addressed by the State Legislature is the need for more psychiatric beds, in his opinion, and he will be speaking to that to the members of the legislature. According to the Treatment Advocacy Center, Virginia is short 1,000 psychiatric crisis in-patient beds.
- Dr. Palmieri is working on the Emergency Services (ES) co-responder procedures, which may be a regional process.
- An interview panel for the CSE Bureau Chief has been formed and will include Ms. Mitchell with inputs from Mr. FitzGerald and others, and it will meet next week on 11/1 and the week after on 11/6.
- The judge and the public defender are working out differences regarding the MH docket. A revised MH Docket application is expected by the end of next week 10/31, and that application, containing an explicit path for pre-plea procedures, will be made available to the public and be part of another public meeting in November.
- It was noted in the MH Criminal Justice Review Committee that the Arlington Police are refusing to "criminalize" the behavior of patients in VHC when called to respond to problems on the ward.
- Mr. FitzGerald has been seeking ES policies and procedures and has discovered that there are few, and the ones that exist have not been updated in many years. Dr. Palmieri is working on creating new documentation with Alexis Mapes of ES and Mr. Russell, and the target for completion is the end of the month.
- Mr. FitzGerald noted that MOT law is hardly used as a clinical tool in Arlington and he is advocating for changes, such as expanding the maximum 90-day plan period to up to 180 days, and for addressing cases where patients cannot agree to a plan due to anosognosia (lack of insight).

Announcements: Ms. Hermann noted that there will be a Legislative Forum with the Commission on Aging 11/7 and she will send a flyer to Dr. Orenstein for distribution to the Committee. Follow-up: Dr. Orenstein will distribute the flyer when received.

Adjournment. The Committee adjourned at 7:10 pm.