

ARLINGTON COUNTY COMMUNITY SERVICES BOARD FISCAL YEAR 2009 ANNUAL REPORT

CSB Annual Report 2009 Message — Carol Skelly, Chair



The Arlington County Community Services Board members and staff are pleased to provide our 2009 Annual Report highlighting our activities and accomplishments during the past fiscal year. Our programs focus on building best practice services in order to assist each individual who comes to us to achieve a better life - a life where the symptoms of mental illness are reduced, where recovery from alcohol and drugs can be a reality, where our consumers can live, work and play as a part of the community.

This past year has been especially challenging, due to reductions in State and local funding which resulted from the economic recession. The CSB responded to cuts in funding mainly by consolidating staff positions and improving administrative efficiencies wherever possible in order to minimize adverse impacts on services to consumers. This has placed extraordinary demands on our staff to accomplish more with fewer resources and we are proud of their dedication and hard work in maintaining services. Largely through their efforts, progress continued in reviewing current practices, establishing new programs, and improving outreach to consumers. CSB members were also a strong voice advocating for services before the State legislature and the Arlington County Board.

The CSB's work could not have been achieved without the commitment and dedication of our important partners, especially the County Board, County Manager, Department of Human Services, nonprofit partners, and community advocates. We look forward with great hope and expectation to 2010 as we build on 2009's successes.

ARLINGTON CSB HIGHLIGHTS & ACCOMPLISHMENTS

Utilization of the Substance Abuse Early Recovery program increased 60% in FY 2009. 77% of the people served, successfully completed treatment in a variety of community residential programs and went on to participate in follow-up outpatient treatment thereby increased the probability of a successful treatment outcome.

Mental Health & Substance Abuse services are growing to meet the increasing need. The number of persons (at a point in time) diagnosed with a serious mental illness increased 45% compared to 2004; and the number of people receiving mental health services with an alcohol abuse or drug abuse diagnosis increased 111% and 207%, respectively.

Recidivism is down due to in-jail treatment program. According to the federal High Intensity Drug Trafficking Alliance (HIDTA), 35% of people receiving substance abuse treatment in the Arlington jail are re-arrested within 18 months, compared to 67% of the general population of jails and prisons that do not offer treatment. Thus, the jail treatment program can be characterized as cutting recidivism in half.

Between FY05 and FY09, the number of individuals receiving in-home residential supports increased 33%. This service assists people with intellectual disabilities to live successfully in the community.

The Homeless Case Management program expanded services. There was a significant increase in homeless outreach services to the Spanish speaking population with the addition of a bilingual employee. This program serves people with mental illness or substance abuse disorders and has served 240 individuals in the community at a variety of parks, food distribution centers, and through street outreach.

Emergency Psychiatric Services were expanded & better serves people in crisis. Services were expanded over the course of FY 09 to include 20 hours of Psychiatric Nurse Practitioner, 12 hours of Psychiatrist and 60 additional hours of Emergency Therapist time including 20 hours of bilingual Spanish speaking services. 79 people were provided psychiatric services through this expanded program.

Recovery oriented services were developed and expanded in FY 09. Inclusion of people with mental illness in service decisions and program planning increased. New peer directed services began operation under the CSB, including a consumer employment internship program and a consumer run drop-in center.

The volume of youth in residential facility placements was reduced by over 55% in FY 2009. As a result, 32 young people were successfully returned to Arlington and reintegrated into our community. Only two youth returned to residential care during this period due to extremely high risk

"We have freedom here... it's really so much better"



The Regional Older Adult Facilities Mental Health Support Team (RAFT) assists older adults to move from state psychiatric hospitals to placements within the community. The program, now in its second year of operation gets strong approval from clients. "You can't get a better deal than going with RAFT."

Adult Mental Health served 1403 different clients during FY 2009, which is a 21% increase compared to FY 2004.

**PROGRAM HIGHLIGHT
Parent-Infant Education**

The Infant and Toddler Connection of Arlington provided services to 557 children during FY2009, representing a 25% increase in children receiving early intervention services compared to FY2007.



Arlington has reached all state targets for identifying and serving children with developmental delays and disabilities. This has been accomplished through an effective network of screening, referrals, and collaboration to ensure early intervention services are designed to assist the family in supporting their child to develop to her or his maximum potential.

“They have a genuine desire to help people”



A client speaks out about Arlington CSB employees: “A group of people working in the light; Arlington gets very dark for some of us...but there are caring professionals to help us find our way.”



**PROGRAM HIGHLIGHT
Forensic/Jail Diversion Team**

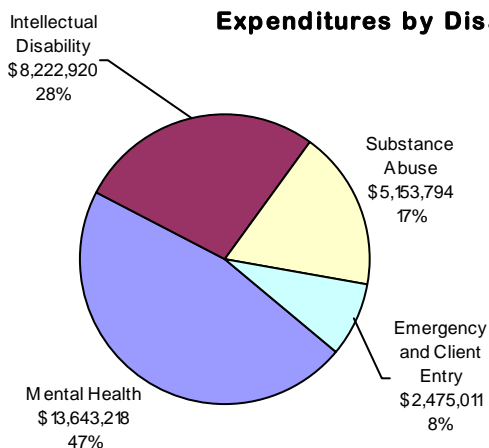
In FY 09, the Forensic/Jail Diversion Team received a state grant to expand jail diversion services. The team directs, coordinates and clinically manages the needs of individuals with mental illness who are involved in the criminal justice system in Arlington. Seventy nine people were served in FY 2009, with 81% linked to ongoing mental health care. The team also trained 30 Arlington Police Officers and Sheriff Deputies in Crisis Intervention Team training, certifying these officers in a national model to help them better manage encounters with those with mental illness.

**With This House,
Four Dreams Became a Reality**

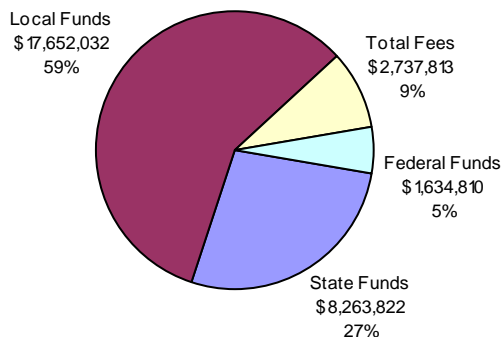
In FY 2009, the Intellectual Disability Division, partnered with RPJ Housing to complete construction of a new, barrier-free group home accessible to persons using walkers and wheelchairs, making dreams of community living a reality.

FY 2009 Resource and Service Update

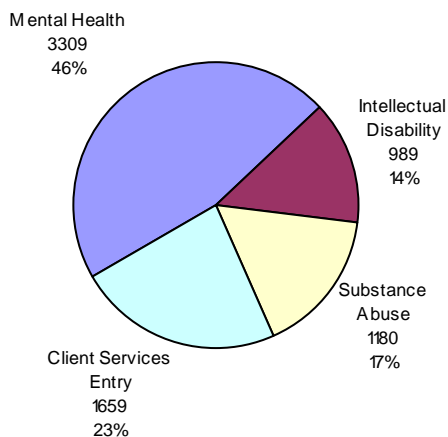
Expenditures by Disability



Revenue by Funding Source



Client Utilization by Disability



The Arlington County Community Services Board

**1725 North George Mason Drive
Arlington, VA 22207**

Directory of Services

24-hour Emergency Services:	703-228-5160
General Information:	703-228-4871
Adult Mental Health:	703-228-4864
Senior Adult Mental Health:	703-228-1700
Substance Abuse:	703-228-4900
Intellectual Disability:	703-228-1700
Child and Family Services:	703-228-1550