

Arlington Community Services Board (CSB) – Children and Youth Committee
April 27, 2015

Committee Present: Shauna Alonge (Chair), Asha Patton-Smith (Incoming Co-chair), Linda Staheli, Betsy Greer.

Substance Abuse (SA) Committee members: Jim Mack (CSB Chair), Joe Bullock (Substance Abuse Services Bureau Chief), Wes Sanchez, Lonnie Ford.

Child and Family Services Division (CFSD) Staff: Heather D. Stowe (Division Chief), Sharon Lawrence (Behavioral Health Bureau Chief), Bonita Parker (Special Projects Manager, minutes).

- 1. Call to order:** The meeting was called to order at 7:09 p.m.
- 2. Minutes:** The March minutes were sent to the CSB. The April minutes will be finalized and sent to the CSB.
- 3. Behavioral Health Bureau (BHB) Prevention and Treatment Services:** Dr. Stowe described the staff and prevention services available through CFSD. There are two BHB prevention staff. Prevention services address substance use, life skills and mental health (e.g., Botvin Life Skills Program). Botvin Life Skills Program has been implemented by BHB Prevention staff in one school (i.e., Gunston Middle School) and seek to implement it other Arlington public middle schools. The program has served 160 students. It is one example of efforts to do things differently.

In addition to programs like Botvin, BHB also offers a mental health services like Mental Health First Aid and Applied Suicide Intervention Skills (ASIST) to address stigma and ways to help with mental health issues. It was noted that ASIST is the more advanced workshop designed for and offered to community members, rather than people with mental health training. There is one scheduled for April 28, 2015 for police personnel. There was also discussion of treatment and family groups. It was further noted that there are 32 young people with substance abuse as a primary issue being served.

Within BHB, clients are initially assessed followed by individual and group treatment or family group treatment that may last 6 – 14 months. Many clients have co-occurring issues, a small percentage of clients have substance use as a primary issue but 3 adolescents have received in-patient treatment of substance abuse. There was a question regarding the ages of youth receiving in-patient treatment. There are counselors to address substance abuse and mental health with two staff that hold substance abuse certification and a third position in recruitment will be filled by a person certified to address substance abuse needs. There are efforts to collaborate with Arlington Public Schools as well. Two specialists have worked in

one middle school and BHB would like to work with other schools as well. There was some discussion of substance use/abuse in Arlington middle schools and APS resources available to address these issues as well. Committee members believe that mental health issues can be a precursor to substance use. CFSD continues to consider how best to address prevention including appropriate staffing needs.

4. **Adult SA Treatment Services:** Dr. Bullock described the relocation to Sequoia building, mission and services offered by Adult Substance Abuse Services. The Bureau will be moving to the Sequoia location (building 3) in May. He noted that the move to Sequoia for the entire Division will occur in stages over 3 – 4 months, beginning in May. Dr. Bullock noted that the Bureau offers outpatient and jail based services with 700 – 750 consumers using those services. Thirty-two percent of those consumers have co-occurring substance abuse and mental health concerns. Adult services uses a triage method that provides services to those with serious mental health diagnoses from Behavioral health rather than Substance Abuse Services. Clients with less severe mental health diagnoses receive services from SA Services. He noted that two thirds of SA Services staff are Licensed Clinical Social Workers (LCSWs) or Licensed Professional Counselors (LPCs). He also noted that SA treatment is time limited, with outpatient treatment lasting 4 – 5 months. Roughly 74 % of clients finish outpatient treatment. There is an 85 % turnover of consumers/clients. The goal is to stabilize addiction, teach recovery principles and resolve or address other issues (e.g., employment, housing). Those other issues may be addressed through skills building.

Arlington is a resource rich County that has a continuum of comprehensive services that often are not available in other localities. However, SA Services does not track the rate of return for clients because such data would be unreliable. Clients often can't afford to live in the County. Clients are primarily men and usually are ineligible for Medicaid. In response to a question, it was noted that relapse may occur because clients stop taking their medication to address mental health diagnoses following completion of substance abuse treatment to see if their symptoms are real. Clients may re-enroll in SA treatment, but are not likely to do so.

Dr. Bullock described services available through several programs described in more depth in a handout. Those programs include Phoenix House, RPC Detox, Transitional Living Program called Independence House, Cornerstones and jail based services including Act Unit.

- **Phoenix House:** It is an 8 week program with primarily populations of pregnant women, opiate users and those with HIV.
- **RPC Detox:** It is run by Volunteers of America, is a 7 to 14 day program.

- **Independence House:** It is for those in recovery but living in an unsafe environment (one that increases the likelihood of relapse). It is a 4 – 6 months often ending with clients having a deposit to use for other housing.
- **Methadone:** Twenty-four clients are in this program, five of whom are young adults.
- **Cornerstones:** It is a regional program operated by Fairfax County and serves those with mental health and substance abuse concerns. Two beds have been bought by the region. It is the only 6 – 9 month program in Northern Virginia. It was noted that it may take a few referrals due to clients’ ability to hold it together before clients enter this program.
- **Jail based services:** It now includes 12 staff including a new hire. SA Services have worked to build out the program and staff of these services. These services have been very successful.
 - **ACT Unit** is included in jail based services. It is a 9 month program for the hard core. A federal grant has allowed the treatment of anyone in jail and the monitoring of clients up to 5 years post-treatment. It uses a modified community program model. There are currently 22 men and 16 women in the dedicated unit. There are also 22 cells dedicated for the seriously mentally ill.

5. **Adult SA Services Young Adult Information.** Dr. Bullock also provided information about young adults served by SA services. He noted that for the 700 - 750 clients served, young adults are defined as young people age 17.5 to 25. Sometimes there is a more natural transition to adult services than to SA Services. SA Services are time limited. It was noted that collaboration with CFSD depends, in part, on the timing of the services needed. However, SA Services has liaisons with CFSD and Behavioral Healthcare.

In FY2014, 105 young adults (25 % of clients) received SA Services. The average of age of SA Services clients is 34 years old. Forty-five percent of these young adults received services related to alcohol use, 35% for marijuana, 11% for opiate use and the rest had their diagnoses deferred. There was also some question regarding whether opiate use has replaced use of cocaine in the past few years.

6. **Wellness Recovery Action Plan (WRAP) Program:** Min. Ford described implementation of the WRAP Program in this area. Currently there are 3 - 4 workshops for adults funded by Fairfax County. This approach to wellness planning teaches participants to recognize the early warning signs that may lead them away from recovery. There is also a WRAP for kids program that he would like to implement. Min. Ford or Becky Wright will share additional information.

7. **Other Questions and Comments:**

- There was discussion of the impact of medical marijuana in Arlington and elsewhere.
- There was also discussion of an article about a book written by a female psychiatrist about development of the young adult brain. Shauna will share additional information regarding the book and article.
- SA Services offered to set up any visits members might be interested in. A visit is already planned for Demeter House on May 18th.
- There was also discussion of having young adults in recovery talk to high school students and Peer Recovery Support Efforts. SA services should be notified regarding a grant submission for such a program soon.

Old Business:

- 8. Meeting Schedule:** Meetings will now be held on first Monday of the each month at 6:30 pm. However, the May meeting has been cancelled.

Meeting adjourned at 8:38 p.m.

Next meeting: Monday, June 1st, 6:30 p.m., lower level room A at the DHS Stambaugh/Sequoia building.