

**Arlington Community Services Board (CSB) – Children and Youth Committee**  
**June 1, 2015**

**Committee Present:** Shauna Alonge (Chair), Asha Patton-Smith (Incoming Co-chair), Betsy Greer (phone), Marguerite Tomasek, Joanne DelToro, Erica Jackson, Jarrod Nagurka.

**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 6:35 p.m.
2. **Minutes:** The April minutes were sent to the CSB and resent to committee members. The June minutes will be finalized and sent to the CSB.
3. **Carlin Springs:** It is an elementary community school. This, which means that it provides additional services (e.g., workshops, fairs) to meet the needs of the community as well as children. Carlin Springs targets Spanish speaking families for additional services. The community school program initially was a program associated with the Partnership, but is now a separate program. Statistics relating to those participating in services offered at Carlin Springs will be shared separately as soon as available.

The services offered by the school include a qualified bilingual therapist from CFSD, who is almost full-time at the school and also takes referrals from nearby outside of the school (There used to be 4 therapists in schools from CFSD). There is also a part-time psychologist. The therapist gets 100 or more referrals per year. Usually, 20 qualify for full blown mental health services, while the others may receive other services like case management. The diagnoses for clients at Carlin Springs are similar to those seen at DHS. CFSD is considering adding groups to services there. In addition, it will add the Strengthening Families program (focused on tobacco use) to in the fall.

Carlin Springs' services are an effort to support clients that might not come into Sequoia, not just the Latino populations. A committee member asked about the possibility of expanding the program. However, there are not enough resources to do that and it might not be the best use of resources. Another committee member noted that schools in this region prefer to handle issues in-house. In addition, some parents prefer to handle issues quietly and in private. So, the committee members were unsure how receptive others would be such a program.

4. **Mapping:** CFSD plans to work with the County's GIS office to create interactive maps of the county. Potential mapping includes:
  - Where the mental health population lives by zip code, school and residence.

- Where the child welfare population lives, and
- Where foster homes are located.

All of these could be overlaid by population and mental health resources. There was also some discussion of mapping 911 calls.

5. **Monthly Statistics:** The monthly statistics were discussed noting that emergency services primarily come from schools. In addition, it was noted that there are four young people 19 or older receiving services for whom transition is not yet appropriate. The monthly statistics will also be sent out with the minutes.
6. **Transition of Young Adults:** Transitioning young people that need adult services is not going as well as we would like. CFSD has requested /comment. Dr. Stowe has discussed with Darcy from NAMI. Both CFSD and Adults services are willing however, the divisions have different leverage. At that age there is a decrease in young adults' willingness to accept services. There was discussion regarding a desire to have a different handshake (transition) method, maybe have the handshake occur farther after the 18<sup>th</sup> birthday. It was suggested that the transition process should start well before the 18<sup>th</sup> birthday and that the Committee might consider how best to get the word out. Maybe it's best to target families rather than young people.

There are ways to engage young people; ways to give them information and options. The question is how can CFSD manage what is within our control to assist them. Court involvement is sometimes a wakeup call for youth and families.

There was a request for clarification regarding the process and how it is explained to young people. Six months prior to 18<sup>th</sup> birthday a discussion is begun by therapists with youth and families regarding transition, building resilience, termination of current services, and review of symptoms and options. Youth are not cut from services cold turkey. Some youth don't need additional services at the time of their 18<sup>th</sup> birthday, but may later receive diagnoses that meet the more stringent criteria used for adult services. There are efforts to do a warm hand off for the few youth that meet adult services criteria at the time of their 18<sup>th</sup> birthday.

The real problem is young people served by the private sector for mental health services. Most Arlington young people are insured through their parents' insurance and get services that way. Young people aren't going to ask for services after 18<sup>th</sup> birthday. The Committee acknowledged that there are constraints for DHS staff and parents of young adults. It was expressed that parents' need power of attorney. In addition, DHS workers attend IEP meeting upon the request of parents and it is not feasible to greater participation in IEP meetings. Committee member, JoAnne DeToro, provided the Committee with a summary regarding Special Education Parent Teach Association (SEPTA). She is willing to set up and

participate in an introductory meeting. She further described SEPTA programs/workshops like Celebrate Calm and Fostering Intrinsic Motivation workshops. Dr. Stowe and Ms. DeToro will meet with SEPTA. Would DHS be willing to participate in events like that for free? Working with SEPTA may be a way to increase dissemination of information.

- 7. Mental Health Task Force:** Shauna Alonge attended a task force meeting recently. The minutes were shared with Betsy Greer and Dr. Stowe. The other committee members would like the minutes and action items from that meeting as well. Items discussed included mindfulness and the Whole Child Conference. There some consideration regarding changing the name of the conference. It was suggested that there be earlier advertisement for the conference. It was also questioned whether Week of the Young Child (WOYC) should take place at the same time and maybe have it at Kenmore. There will be an Enduring Silence demonstration at Langston in September.

DHS is on the task force's schedule for August. It was suggested that there be a one-pager that includes information regarding DHS and APS then. Maybe CFSD can start with the one-pager used in last year's backpack packets. CFSD should also do that again this year for the first day of school and again later in the school year, like October or November. Later in the fall maybe it should be targeted to a couple of schools (e.g., Carlin Springs). CFSD should also consider using a separate track-able phone on those one-pager. Another option to consider sending one-pagers to be sent out with report cards. SEPTA might be willing to help cover the cost. Last year the printing cost was approximately \$2000. Last years' one-pager has been sent for the Committee's review.

- 8. Budget:** A presentation regarding the budget was made to the CSB. A jail based position was renewed and made permanent. A copy of that presentation has been attached as well.
- 9. CSA/FAPT Process:** Dr. Stowe provided a brief history regarding Comprehensive Services Act for At-Risk Youth and Families (CSA) and Arlington's Family Assessment and Planning Team (FAPT). A link to the FAPT description on the DHS website was also shared, [CSA/FAPT - Child & Family Services](#). The CSA/FAPT Coordinator is Hadley Corcoran and Glenda Pittman has financial responsibility related to CSA and FAPT. FAPT members include parent representatives, service providers and DHS and APS staff as appropriate. Cases appropriate must have contact with more than 1 agency. A sliding fee scale is used to collect from clients. CFSD is now more actively implementing this scale than in the past.

FAPT has a smooth process. It meets on Tuesdays', Wednesdays, and Tuesday evenings. Cases are reviewed at six months and monthly after the six month mark. FAPT is using the funds responsibly. There has been a decrease in funds, but an increase in results due to the

current process of reviewing cases. Most services are provided in Virginia with the exception of placing some youth at Coastal Harbors a facility in the Carolinas. CFSD may also pay for transportation to assist with the process.

**10. DHS Community Participation:** There are efforts to increase CFSD community participation and reach young people by using “tweet-ish” language and conducting workshops etc. These efforts include working with the Partnership’s Teen Network Board (TNB) that includes youth, Kim Durand, Michael Swisher, Christian Haase and others. There are Mental Health First Aid workshops scheduled for June 11<sup>th</sup> and 18<sup>th</sup> for service providers at the Unitarian Universalists church. Other efforts include:

- APS First Day Packet Flyer.
- APS August Presentations.
- Community Awareness Activities.
- Stress
- Mental Health First Aid trainings (2) with the support of the Partnership
- A Housing program
- LGBTI: There is an event scheduled for June 12<sup>th</sup>.
- August Schedule

**11. July Meeting Topic-TNB:** The TNB will participate in the July Committee meeting. The Committee will narrow the topic for them in advance.

## **12. Other Questions and Comments**

- A Committee member requested that CFSD provide statistics regarding home-based services regularly, with monthly statistics, if possible. Is it possible to also provide statistics related to treatment day schools?
- A committee member asked a question about suicides in the County based on a recent news item regarding an uptick in the number of suicides committed by elementary school aged African American children. However, there have been no public school suicides in Arlington County. There was also some discussion of mental health access of ethnic groups, disproportionality and the historically lower levels of suicide among the African American population.
- Paraphernalia: Based on discuss with NAMI representative Lisa, CFSD will have stress balls that read “**Got Stress, Call DHS**” with a contact number at the County Fair. Stress is a good word to draw people into discussions of mental health. It’s a buzz word that allows you to meet people where they are. However, it’s too bad that there is a need to use neutral words get to people.

**Old Business:**

**13. Joint Meeting Review: Adult Services & Substance Abuse:** A committee member was impressed with coordination between DHS and Substance Abuse. They would like similar coordination with APS. However, it was noted that it's easier to coordinate with Substance Abuse because there is a clearer population. It is also easier in terms of implementing programs like Botvin Life Skills Program because everyone should have that information.

Meeting adjourned at 8:30 p.m.

**Next meeting:** Monday, July 6th, 6:30 p.m., lower level room A at the DHS Stambaugh/Sequoia building.