



The Arlington Community Services Board
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James Mack
ACCSB Chair

Cynthia Kemp
Executive Director

January 23, 2013
George Mason Center Conference Room
1801 George Mason Dr.
Arlington, Virginia
7:00 pm – Full Board Meeting

Members Present: James Mack, Linda Kelleher, Brian DeAtley, Barbara Jones, Anne Hermann, Judith Deane, Brian Berke, Cynthia Fagnoni, Scott Brannon

Members Excused: Jenette O'Keefe, David Kidwell, Shauna Alonge, Keith Whyte, Naomi Verdugo, Moira Saucedo

Staff Present: Cynthia Kemp, Farah Shakour, Kelly Mauller, Alan Orenstein, Joanna Barnes, Thomas Wallace

Public Comment (s):

There were no public comments.

Mr. Mack opened the Arlington County Community Services Board (ACCSB) meeting with a reminder to the members to submit their Financial Disclosure Statements immediately after the meeting.

Approval of the December 19, 2012 ACCSB Meeting Minutes:

ACCSB Chair Mack called for the review and approval of the minutes for the December 19, 2012 CSB Full Board Meeting. The Members reviewed the minutes. Chair Mack called for a motion to approve the minutes. Mr. Berke motioned to approve the minutes, Ms. Deane seconded the motion and the minutes were approved with one correction.

Staff Recognition

Dr. Sawson Asterbadi, Clarendon House and Older Adult Psychiatrist, Department of Human Services, was nominated to receive the January staff recognition award. Dr. Asterbadi was nominated by Dr. Justine Larson, Department of Human Services Medical Director. Dr. Larson commended Dr. Asterbadi for her years of service with Arlington County as a psychiatrist for Clarendon House and for seniors in Aging and Disabilities. Dr. Larson stated that Dr. Asterbadi is a great team player and is always open to collaboration with others. Dr. Larson stated that Dr. Asterbadi is consistent in her responsibilities and works well on the team. Rebecca Wright, Clinical Supervisor at Clarendon House stated Dr. Asterbadi has done a wonderful job since coming on board with the County and is very caring and empathetic with consumers. Ms. Wright also stated that Dr. Asterbadi meets with staff and clients on a regular basis and updates the staff about medications and medical issues concerning their clients. Dr. Asterbadi thanked Dr. Larson, Ms. Wright and the CSB and stated she depends on the support of the CSB. She also stated that the services provided are a team effort. Chair Mack thanked Dr. Asterbadi, Dr. Larson and Ms. Wright and conferred the award. Dr. Asterbadi was accompanied by her mother and son.

Presentation: Rental Assistance and Permanent Supportive Housing Program Overview and Update

Chair Mack introduced Cynthia Stevens, Housing Assistance Bureau Chief of the Economic Independence Division, Department of Human Services. Ms. Stevens presented information on housing options in the County including Rental Assistance, Housing Grants and Permanent Supported Housing (*Refer to Handout*).

Ms. Stevens explained to the members that the Housing Assistance Program is part of the Economic Independence Division which provides important supports to Arlington's low income residents. Ms. Stevens stated that these supports include employment services, crisis assistance, food, housing assistance (including shelters) and public assistance.

Ms. Stevens gave an overview of the homeless and very low-income population in Arlington:

- 451 homeless persons were in shelters and on the street as of January 2012
- 425 persons with disabilities and critical housing needs require permanent supportive housing
- 7.7% of Arlington's population lives below the federal poverty level (up from 5.9%)
- Supportive services are provided by Behavioral Healthcare Division (BHD) staff for people with mental illness and substance abuse disorders living in permanent supportive housing units

Ms. Stevens informed the members that there are several Housing Assistance Programs including:

- Housing Choice Voucher Program – supported by federal funding
- Housing Grants Program – supported by local funding
- Permanent Supportive Housing – Supported by local and federal funding
- Transitional Housing – Supported by local, federal and private funding
- Homeless Prevention and Rapid Re-Housing – supported by local, state and federal funding
- Shelters – supported by local and private funding

Ms. Stevens continued the presentation explaining that there are three main types of Housing Assistance Programs - Housing Grants, the Permanent Supportive Housing Program and the Housing Choice Voucher Program. She gave a brief overview of each program.

Housing Grants – Ms. Stevens distributed a brochure on the Housing Grant Program to the members (*Refer to Handout*). She stated that the program's purpose is to provide rental assistance to low-income households so that they can afford to live in Arlington. She stated that the program is 100% locally funded. Ms. Stevens stated the income limit cannot exceed 42% of the area median income based on the size of the household. Ms. Stevens stated that the County has approximately 6,000 Committed Affordable Units (CAFs) that are developed by non-profit organizations and that these non-profit organizations are partially funded with County funds. She added that nonprofit organizations agree to keep the units affordable for a period of at least 20 years and up to 60 years. Ms. Stevens stated the Committed Affordable Units (CAFs) are not affordable to the lowest income population and that is why rental assistance funding is necessary. She stated 80% of people who have a housing grant move into a Committed Affordable Unit (CAF). She stated the number of persons who received a housing grant has increased this past year. Ms. Stevens stated that in order for persons to qualify for a housing grant a family's personal assets may not exceed \$35,000.

Permanent Supported Housing Program (PSH) – Ms. Stevens stated that the PSH program's purpose is to house and support low-income adults with disabilities in permanent, affordable apartments. Ms. Stevens stated the source of the subsidy is from local and federal funds. She stated the funding covers the cost of rent and utilities. Ms. Stevens stated the program has a very high success rate; sighting that of the 219 residents served between 2004 and 2012, 71% of those residents remain in the program and that 19% of residents went to other permanent housing. Dr. Orenstein, Bureau Chief of Mental Health Services affirmed the success of the program. Ms. Stevens stated that there is a waiting list, called a pool, and that it can take three or four months for a person in the pool to receive a PSH unit.

Housing Choice Voucher Program (HCV - also known as the Section 8 Program) – Ms. Stevens stated that the Housing Choice Voucher Program is a federal rental assistance program funded by the U.S. Department of

Housing and Urban Development (HUD). Ms. Stevens explained that a Housing Choice Voucher is a document that enables low income families to seek, choose and lease safe, decent and affordable privately owned rental housing. Ms. Stevens noted that the vouchers are portable and can be utilized in other jurisdictions throughout the United States. She stated that there is a waiting list for the program and the program is highly regulated. She noted that the waiting list was opened for the first time in five years in April of 2012 and that Arlington currently has approximately 1,400 vouchers in the community. Ms. Stevens stated that the program is solely funded by federal funds.

Ms. Stevens distributed a handout to the members on the Homelessness Prevention and Re-Housing Program (HPRP). Ms. Stevens explained to the members that the Homelessness Prevention and Re-Housing Program allows residents to apply for short term assistance until they can improve their situation. She stated that the program provides assistance for security deposits, the first month's rent and other immediate expenses. She stated that this assistance can be received for up to nine months and that the program does require that improvement goals are met.

The members thanked Ms. Stevens for her presentation about Arlington County's Housing Assistance Programs.

ACCSB Executive Director's Report

ACCSB Executive Director Cynthia Kemp reported the following:

- Ms. Kemp introduced Thomas Wallace, Child and Family Services Bureau Chief, who gave a quarterly update on the progress made in Children and Adolescent Behavioral Healthcare Services. Mr. Wallace stated that the Action Plan was developed from a review of the County's services. He stated the three main areas reviewed were the organizational structure of child and family services, the clinical model of care and compliance issues.
 1. Organizational Structure - Mr. Wallace stated that Arlington implemented a program last Fall called The Front Door which is a program designed to streamline and consolidate the intake process and scheduling. He stated a staff member has been appointed to perform intake interviews on a full time basis beginning in early February. Mr. Wallace stated that performance measures have also been implemented which include front door services. Mr. Wallace stated that every child and family will be requested to take a survey after going through the intake process. He noted a separate survey will be completed by parents and children in order to measure their satisfaction level with County services. Mr. Wallace stated a Risk and Quality Manager has been hired and will help develop the performance measures.
 2. Clinical Model of Care - Mr. Wallace reported that staff has received Cognitive Behavioral training. Mr. Wallace announced that Dialectical Behavioral training and Motivational Interviewing training will soon be implemented. He explained that Motivational Interviewing is a collaborative conversation to strengthen a person's motivation. Mr. Wallace will provide an update about the training after the next quarterly meeting. Mr. Wallace reported that staff are currently being licensed and that two additional staff members will be licensed in the next few months in the areas of social work and professional counseling. Mr. Wallace reported that efforts are underway to enhance collaboration with the Arlington County Public Schools system.
 3. Compliance - Mr. Wallace reported on the compliance of documentation. He stated paperwork is being closely monitored to ensure documentation meets all state and federal regulations. Mr. Wallace reported that progress and improvement are being made. Ms. Kemp stressed the importance of proper documentation for clinical and financial outcomes.
- Chair Mack announced to the members that the CSB Executive Director has drafted a proposal to the Arlington Community Services Board to apply for a grant to support the Arlington Drug Court plan. Ms. Kemp stated that Arlington has received approval for a Drug Court but that there is no funding to implement it fully. She stated that Arlington is currently utilizing existing resources to put the Drug Court into place, but that this is not a sustainable plan. Ms. Kemp requested approval from the CSB to apply for a

Bureau of Justice Assistance Grant to establish a Drug Court in Arlington (*Refer to Handout*). Ms. Kemp stated that, at this time, the amount of funding needed is unknown but it will be determined as the staff develops the proposal. The CSB members unanimously approved the request.

- At the request of the CSB, Ms. Kemp gave a review of the efforts of the CSB staff to address mental health concerns and potential gun violence (*Refer to Handouts*). Ms. Kemp gave an overview of three different elements in assessing the risk of violence and providing key services for people with mental illness:

1. Predicting Violence:

Ms. Kemp reported that there is no effective way to predict violence in a person with a mental illness; however, there are multiple key factors that can contribute to increased violence. Ms. Kemp gave a few examples of these factors.

2. Essential Elements for a Behavioral Healthcare System to Address and Manage Risks:

Ms. Kemp reviewed some of the most important elements of a competent behavioral healthcare system:

- Accessible services
- Quality evidence based services
- Highly trained staff
- Readily available mental health emergency services
- Mandatory or assisted outpatient treatment
- Jail diversion
- Educated and aware community

(***Sources:** DBHDS, SAMHSA, Treatment Advocacy Center and NAMI)

3. Actions taken by Arlington to address mental health needs in the community:

- Accessible, quality services and 24/7 emergency services
- Staff are trained in completing risk assessments
- Mandatory outpatient treatment is available in Arlington, though not frequently used
- Jail diversion and forensic programming
- Education to the community on a variety of topics and services

Ms. Kemp explained to the members that Mental Health First Aid is education to help the public identify, understand, and respond to signs of mental illnesses and substance use disorders. She noted that there is support in the General Assembly to provide funding to train staff to continue the Mental Health First Aid program.

- Ms. Kemp reported on the group homes (*Refer to Handout*). Ms. Kemp reported there was one death in one of the Intellectual Disabilities homes. She stated that the death was not unexpected.
- Ms. Kemp gave an overview of the financial report (*Included in the Member Packet*). Ms. Kemp reported that CSB programs should be at 41% of the yearly target and they are at 38%. She stated that regular monitoring and improvements continue to be implemented. Ms. Kemp stated that the Arlington CSB is consulting with another CSB to observe their processes for full cycle billing.
- Ms. Kemp gave an update on the Department of Justice (DOJ) settlement regarding the timeline for closure of the Northern Virginia Training Center (NVTC). She directed the members to the letter from the Commissioner of the Department of Behavioral Health and Developmental Services (DBHDS), James Stewart (*Included in the Member Packet*) responding to Arlington County, Fairfax-Falls Church and Prince William County Community Services Boards request to reconsider its timeline for the closure. Commissioner Stewart's letter states the Department of Behavioral Health and Developmental Services

(DBHDS) is working to ensure a safe, smooth transition of individuals from Northern Virginia Training Center (NVTC) to the community.

- Ms. Kemp announced that Leslie Weisman, Bureau Chief of Client Services Entry, has been appointed to the Mental Health Workgroup of the Governor's Taskforce on School and Campus Safety.
- Ms. Kemp reminded the members of the upcoming Family and Support Network Orientation to the Behavioral Healthcare Division Services that will be held February 4, 2013 from 6:00 p.m. to 8:00 p.m. in the Sequoia Building's lower level auditorium (2100 Washington Boulevard Arlington, VA).
- Ms. Kemp displayed the HIDTA (High Intensity Drug Trafficking Area) award that was presented to the ACT Team for their efforts to reduce recidivism.
- Ms. Kemp distributed copies of the VACSB Annual Report to the members.
- Ms. Kemp thanked the CSB for their letter of appreciation to the staff (*Included in the Member Packet*).

ACCSB Chair's Report

ACCSB Chair James Mack reported the following:

- Chair Mack reported that the County Manager's Proposed FY14 Budget is slated to be released on February 23, 2013, at the Saturday board meeting. He informed the members that the CSB meets on February 20th and does not meet again until March 20th. Therefore; the CSB Executive Committee will hold a special meeting on Thursday February 28, 2013 from 6:00 p.m. to 8:00 p.m. to review the County Manager's proposed budget and plan for advocacy with the County Board in March. The meeting will be held at the George Mason Center (GMC), 1801 N. George Mason Drive. All CSB members are welcome to attend the meeting. Ms. Kemp distributed the work session schedule for the County Board FY14 Budget Meetings.
- Chair Mack announced that the meetings with the County Board members have tentatively been scheduled for the mornings of March 19th and 21st. Chair Mack will provide more details as the dates are confirmed.
- Ms. Kemp informed the members that she has requested that Suzanne Lane, Operations Support Team Manager in the Behavioral Healthcare Division, present an overview of the County Manager's budget at the special budget February 28th CSB meeting.
- Chair Mack reported on the Public Hearings with State Legislators on January 4, 2013. Several CSB members attended and gave testimony (*Copies of the Testimonies Included in the Member Packet*). Chair Mack thanked the members for their attendance and presentations.
- Chair Mack opened a discussion on the letters to the monies committees. Ms. Kemp distributed a draft letter to the Commonwealth of Virginia's, House Appropriations Committee (*Included in Member Packet*). Ms. Kemp gave an overview of the content of the letter. The members reviewed and discussed the letter and will provide their comments to Ms. Shakour by Friday. A letter will go to both the Senate Finance Committee and the House Appropriations Committee.
- Chair Mack announced two upcoming presentations:
 - In February, Andrew Sperling of NAMI will present on Mental Health Parity issues.
 - The presentation by Rhonda Williams from the Alexandria CSB on substance abuse among older adults will be rescheduled for April.

Report Out on ACCSB Retreat Initiatives:

Arlington County Housing Study

- Ms. Kelleher reported her findings on the County's long term housing study (*Refer to Handout*). Ms. Kelleher is the CSB's representative on this study. Ms. Kelleher stated that appointments to the committee are still pending and awaiting approval by County Manager, Barbara Donnellan. Ms. Kelleher informed the members that Reverend Hamlin of the Macedonia Baptist Church in Arlington has been appointed as Chair to the housing study group. She noted that Reverend Hamlin was involved with another project involving faith based affordable housing in conjunction with AHC Management, a full service property management company, last year. AHC provides housing services in the mid-Atlantic region to low and moderate income families and individuals. Ms. Kelleher reported that the first part of the housing study process involves issuing a Request for Proposal (RFP) that will commission an organization to survey Arlington's housing needs. She stated that the recommendations will be forwarded to the County Manager first and then to the County Board. Ms. Kelleher reported the Housing Study Committee has not held a meeting thus far. Ms. Kelleher will provide an update as more information becomes available.

Mary Marshall Report

- Ms. Hermann reported on the Mary Marshall Assisted Living Facility (MMALF). Ms. Hermann reported the Advisory Committee met January 10, 2013 and that the Director of Food Services was in attendance. She reported there is now a Food Committee run by the residents, and they, along with the Director of Food Services, are working together to provide healthier food choices to residents. Ms. Hermann stated the facility is still looking for a Director of Nursing. She stated the facility is working on their website to announce volunteer needs and a resident wish list. She reported the most expensive wish list request was for a salad bar. Ms. Hermann reported that a member of the Advisory Committee contributed a piano to the facility and another person is contributing free piano lessons. Ms. Hermann thanked the CSB members again for their holiday gift card contributions.

Informational Items

- Mr. DeAtley announced that the annual AbilityOne Design Challenge will take place on Thursday, February 14th and Friday, February 15th. He stated this is a national design shop competition for students with an interest in aiding persons with disabilities through engineering. He informed the members that the event will be hosted by Arlington at the Westin Arlington Gateway. Mr. DeAtley will email more details to Ms. Shakour who will distribute the information to the CSB members. Mr. DeAtley stated that six student teams will present their device to a field of professional rehabilitation judges and that there is an awards ceremony afterwards.
- Mr. Atkins stated that earlier in the month a quarterly meeting of the Partnership for a Healthier Arlington was held. He stated the partnership is a joint group of public and private people involved in health care in Arlington. He suggested that the CSB appoint a liaison to one of these groups.

The Arlington Community Services Board meeting was adjourned at 9:20 p.m.

Respectfully submitted by Kelly Mauller