

ARLINGTON COMMUNITY SERVICES BOARD

SUBSTANCE ABUSE COMMITTEE MINUTES

April 27, 2015

Members Present: Jim Mack (Chair), Wes Sanchez, Lonnie Ford, Shauna Alonge

Members Absent: Keith Whyte, Craig Dabney, Charlie Baughman, Pattie Aaron, Shawn Buckner, Jenette O'Keefe, Len Fischer

Child and Family Committee: Shauna Alonge (Co-chair), Betsy Greer, Asha Patton-Smith, (Co-chair) Linda Staheli

BHD Staff: Dr. Joe Bullock, Dr. Heather Stowe, Sharon Lawrence, Bonita Parker

- I. CHILDREN AND FAMILY PROGRAMS OVERVIEW:** Dr. Heather Stowe, Division Chief for the Children and Family Services Division (CFSD), was introduced to committee members and provided a comprehensive overview of services offered in her division. Dr. Stowe described the staff and prevention services available through CFSD. There are two prevention staff offering an array of prevention and outreach services designed to address substance use, life skills development and overall mental health issues by way of specialized programs such as the Botvin Life Skills Program. The Botvin Life Skills Program has been implemented in one school (i.e., Gunston Middle School) and prevention staff are planning to expand implementation of this special program into other Arlington public middle schools. The program has served 160 students so far and has been well received.

In addition to programs like the Botvin Life Skills approach, prevention staff also offer other mental health intervention services such as the Mental Health First Aid and Applied Suicide Intervention Skills (ASIST) programs which are designed to teach laypersons in the community techniques to become more proactive helpers in response to individuals experiencing mental health issues. Dr. Stowe noted that there are 32 young people with substance abuse as a primary issue being served in CFSD. 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.

- I. SA DIRECTOR REPORT:** Dr. Bullock, SA Bureau Chief, presented an overview of the SA Bureau's continuum of care services for adult clients entering treatment with a primary diagnosis of substance abuse or dependence. Dr. Bullock specifically focused on presenting demographic and treatment data for young adults served during FY 15 between the ages of 18 and 25. Dr. Bullock also reviewed several overlaps in services for consumers transitioning from adolescent to adult treatment and collaboration with the Children and Family division. Dr. Bullock noted that the Bureau offers outpatient and jail based services with 700 – 750 consumers using those services. Dr. Bullock stated that roughly thirty-two

percent of those consumers served have co-occurring substance abuse and mental health diagnoses. Adult services uses a triage method that provides services to those consumers with serious mental health diagnoses co-occurring with substance use are served by Adult MH staff rather than Substance Abuse Services. Clients with less severe mental health diagnoses (mild to moderate symptoms) receive services from SA Services staff. 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 – 6 months. The committee discussed common topics about prevention and treatment services in a variety of contexts, including work with the dually diagnosed adolescent, improved partnerships and other prevention initiatives.

NOTE: May meeting date change! The next SA Committee meeting will be held on Monday, May 18, 2015 at 6:30 pm so as to avoid conflict with the Memorial Day holiday and will be a site visit to the Demeter House Women's Program.