

## **Arlington Community Services Board – Children and Youth Committee**

**January 7, 2013**

Committee Present: Janine Finnell, Betsy Greer, Linda Staheli, Marguerite Tomasek, Naomi Verdugo (via phone)

Staff: Tom Wallace (minutes)

1. Call to order: meeting called to order at 4:05 p.m. by Betsy Greer.
2. Minutes review and approval: minutes from December 2012 meeting were reviewed and approved. Tom Wallace will follow up on obtaining a copy of the issue of the Psychiatric Rehabilitation Journal devoted to transition, which was discussed at the December meeting and mentioned in the minutes.
3. Statistics: three statistical documents were circulated and discussed. The first was the monthly service stats, which did not hold any significant surprises. December was the first month since the start of FY 2013 in which no psychiatric hospitalizations occurred. The second document circulated was the CSB call screening data for July to December 2012 (the first two quarters of FY 2013). Tom Wallace discussed the numbers in the report, which provides information about where callers were referred if not receiving services from CFSD. The document is attached to these minutes for a final review before submission to the larger CSB. The third document was a chart listing the primary diagnoses of clients served by CFSD in the first two quarters of FY 2013. Mood disorders (depression, bipolar, etc.) account for just under 28% of the diagnoses, followed by attention, anxiety, and adjustment disorders. Tom Wallace discussed the prevalence of these diagnoses and answered questions about several of the other disorders/diagnostic categories further down the list. Further specificity, including diagnoses by age group, will be provided in future reports.
4. Report from VACSB Children's Council: Tom Wallace attended the Virginia Association of Community Services Boards' Children's Council meeting on December 7 at the Henrico CSB. The council meets quarterly, and is attended by CSB staff from around the state. At the December meeting, updates were provided by the three regions that received crisis grant funding, and Margaret Nimmo Crow of Voices for Children reiterated her organization's advocacy for getting funding for the other two regions—one of which is Region 2 from Northern Virginia. Tom Wallace will continue to attend these meetings—the next is in early March—and will report out at this committee's meetings.
5. Action plan update. The committee reviewed the updated action plan, which includes color-coding for items accomplished and items in process. Several items will require research and updating. The document will be reviewed monthly at this committee's meetings.
6. Preparation for orientation meeting with County Board liaison: Discussion continued regarding setting up a meeting with Libby Garvey, Board liaison to DHS, to inform her about services for young people provided by the CSB, and strides made in the quality of services.

Members learned after the meeting that Board Member Mary Hynes is taking on the DHS liaison role. The committee will continue planning for a meeting with her. A preliminary outline of the agenda is below:

- a) Welcome, with Naomi Verdugo or Betsy Greer showing Ms. Hynes the report from Mary Thornton and discuss how far CFSD has come (providing examples, such as the doubling in the number of young people seen by the psychiatrists, the elimination of the wait list for services, staff trained on a common set of approaches)
- b) Heather Stowe or Tom Wallace to provide info on accessing services through the front door and how case management works, while providing quotes (on screen or on paper) from parents saying how services made a difference
- c) Report from court liaison Fredy Martinez, describing the positive impact his position has made
- d) Report from youth transition case manager Kacey Sista
- e) Report from a parent or two, such as Janine Finnell
- f) Summary from Heather Stowe or Tom Wallace, including challenges that remain, such as improved access to schools, developing an engaging program for more transition-age teens, issues with the court.

7. Planning for February meeting with Brenda Wilks, APS Assistant Superintendent for Student Services: The committee discussed topics to address with Dr. Wilks at the meeting. They are as follows:

- a) Comments on brochure and discussion of how best to distribute CFSD brochure to parents of APS students (first-day packet or some other way)
- b) Suspensions (by disability category and grade)
- c) Results of follow-up on special-ed kids who graduated one to five years ago. How do the MH kids do relative to other kids?
- d) Graduation rates of students with disabilities compared to others (can we get data for ED and OHI separate from others?)
- e) MH cadre: describe their training, what they do, what schools have and what schools don't have these cadre members, what impact they've made
- f) MH training for teachers, nurses (e.g., in-service training)—time to reschedule the training NAMI parents did with Wendy Carria and other APS staff? Perhaps CFSD should be on the agenda so teachers and other staff understand eligibility and how to refer kids?
- g) Collaboration between Dr. Wilks and the assistant superintendent for curriculum and why this is important
- h) Time to re-engage the NAMI-DHS-APS Mental Health Task Force?

8. Announcement: Betsy Greer discussed her focus on the expansion of Medicaid in Virginia during the 2013 legislative session, now underway. The Virginia Poverty Law Center is taking the lead on this.

Meeting adjourned at 5:45 p.m.

Next meeting: Monday, February 11, at 4:00 p.m., in lower level room C at 2100 Washington Blvd. Brenda Wilks has confirmed her attendance.