

Arlington Community Services Board – Children and Youth Committee DRAFT

March 10, 2014

Committee Present: Shauna Alonge, Earl Conklin, Janine Finnell, Betsy Greer, Marguerite Tomasek

Staff: Tom Wallace (minutes)

1. Call to order: meeting called to order at 4:05 p.m. by Shauna Alonge.
2. Minutes: minutes from the February meeting were reviewed and approved.
3. Monthly statistics: total numbers served continue to be lower than last year. Tom Wallace has reviewed reporting procedures to ensure accuracy and a clean, unduplicated count of clients served, and the report is accurate. There is a steady flow of new cases entering the system. Further discussion focused on number of children in residential placements and their diagnoses. Tom Wallace will research this information to report at a future meeting, and will also report on residential numbers in Alexandria and Fairfax.
4. Clinical diagnoses: Tom Wallace circulated statistics on the primary diagnoses of clients served thus far in fiscal year 2014. Comparison of last year's statistics was provided, and the percentages of diagnostic categories remain similar, with mood disorders the highest percentage at 28.6%, attentional disorders next at 14.2%, and anxiety disorders at 13.7%. Substance abuse disorders were primary diagnoses for 10 percent of clients served in fiscal year 2014 year-to-date. This data will be provided to the committee every six months.
5. Action plan: The committee reviewed the behavioral healthcare action plan and discussed priorities. It was agreed that collaboration with Arlington Public Schools will be moved to the top priority. Discussion also focused on updates on evidence-based practices that staff have been trained in, and plans for ongoing training. Another evidence-based practice, Multisystemic Therapy (MST), was discussed at length, including the difficulties associated with implementing it with fidelity, the limitations on caseload size for those who provide it, and the costs for training and implementation. While MST may be an appropriate intervention for those who have been involved in the juvenile-justice system, it is not clear that MST is appropriate for the population we have in residential treatment. Tom Wallace will get the diagnoses for those in residential treatment. The updated action plan will be circulated with these minutes and will continue to be reviewed at each meeting of this committee.
6. DHS-APS collaboration update. The March 3 meeting of the Mental Health Task Force was canceled due to snow. Tom Wallace will follow up with school staff to reschedule. In the meantime, Tom Wallace has collaborated with the schools' Jeff Carpenter to schedule a "meet and greet" of the behavioral healthcare staff and the schools' psychologists, counselors, and social workers, scheduled for March 19. Public health nurses will also be invited. The agenda will include a review of the programming offered by each department, and collaborative activities involving case studies and ways schools and the CSB might respond to those cases.

7. New business:

- Betsy Greer reported that school social workers in Loudoun County will receive training in the NAMI Basics course
- Betsy Greer reminded the committee about the June 4 forum, co-sponsored by NAMI, on innovative community approaches to children's mental health. Further details are to follow soon.
- Earl Conklin reported that the new court psychologist has begun work.

8. Old business:

- Tom Wallace provided an update on the crisis stabilization project. A regional group of reviewers (including Tom) selected the two top responders to the request for proposals. Oral presentations were held and the group selected a final candidate. The scope of work for the contract has been developed and sent to county purchasing. It is hoped that services will start in late April or May.
- Tom Wallace met with his counterpart in Alexandria to learn more about the "parent coaches" being hired in Alexandria as part of the systems of care grant. The coaches are similar to Arlington's Behavior Intervention Services (BIS) staff (2 FTEs), who work with parents, mainly in their homes, to develop plans to address children's behavioral issues. This has been a long-term and very successful program in Arlington. The committee would like to hear more about it and will invite a BIS staff person to a future meeting.
- Tom Wallace will review data on suicide/suicidal ideation among teens in Arlington with Kim Durand, coordinator of the Arlington Partnership for Children, Youth and Families. The data will be shared with this committee, as will the information to be included in the 2014 community report card, which is being released soon.
- The county hiring slowdown has been lifted. Three vacant positions were in recruitment before the slowdown ended, and interviews begin on March 12. The other two vacant positions will be recruited when given the go-ahead by County Human Resources.
- Performance measures: outcome measures for outpatient behavioral health services are in the process of being developed. These will be shared with the committee. Betsy Greer asked about long-term follow up with clients. This can be a challenge to do, given limited resources and the difficulties in tracking down clients after services have ended. Further research on this will be conducted.
- Budget planning: Betsy Greer recommended that the committee not pass up the opportunity to put budget priorities forward in future years, as was done this year. The committee agreed.
- GAL training: Earl Conklin raised the issue of GALs being unfamiliar with services available through DHS. A training had been done for GALs several years ago; a refresher training needs to be scheduled.

9. Agenda planning: The group discussed revisiting the agenda plan for upcoming meetings. It is attached to these minutes. Shauna Alonge will reach out to the chair of the Mental Health

Committee to confirm attendance of this committee at their April meeting, at which Dr. Justine Larson, the CSB's medical director, will be speaking.

Meeting adjourned at 5:35 p.m.

Next meeting: Monday, April 7, at 4:00 p.m. in room 107 at the Drewry Building.