

**Arlington Community Services Board (CSB) – Children and Youth Committee**  
**October 20, 2014**

**Committee Present:** Shauna Alonge, Janine Finnell, Marguerite Tomasek, Naomi Verdugo, Asha Patton Smith, Erica Jackson, Jim Mack (CSB chair)

**Staff:** Heather Stowe, Bonita Parker (minutes), Linh Nghe, Christian Haase, Violetta Battle, Kaceyia Sistere

1. **Call to order:** The meeting was called to order at 6:30 p.m. by Shauna Alonge.
2. **Minutes:** The September minutes were finalized and will be sent to the larger CSB.
3. **Monthly statistics:** There were no statistics to present during the meeting, however, statistics will be sent to the committee before the next meeting. A contact list for attendees was developed. Heather noted that the number of clients seen remain steady from before. It was requested that the report on diagnoses be shared with the committee again as well as the number of outreach events. It will be reported monthly. The committee will also review the statistics report for the continued appropriateness of the items. Heather noted that the most common diagnosis is Generalized Anxiety Disorder (GAD). Other diagnoses include Schizotypal or Schizophrenia symptoms. Asha agreed that common diagnoses in her practice are Autistic Spectrum, GAD, and Depression.
4. **Budget priorities:** There was discussion of the requested FTEs including a bilingual position. It was further discussed as to how bilingual services are currently provided. Clients are referred elsewhere or interpretation services are used. Another requested position is a position for parents of teens. Dusty, a committee member, has reported an uptick in Juvenile Justice numbers.

There is a new report card from the Arlington Partnership for Children Youth and Families (the Partnership). It should be released in with the next 30 to 60 days. The statistics reported in the new report are pretty similar to the last report card from 2011. However, there is a focus on use of prescriptions drugs, bullying, alcohol use, depression and suicidality of LGBTQ youth. These numbers are much higher. In addition, there have been a number of suicides of young men in Fairfax attributed to school and test-related anxiety. Since SOLs will be changing in Arlington County, this is something to be mindful and watchful of and prepare for a possible uptick in suicides among young people in the County. There was one suicide in Arlington County in May 2014. That young person attended a private school and was not at all associated with Child and Family Services Division (CFSD). There have been 14 Arlington cases with CR<sup>2</sup>. There was a request to have CR<sup>2</sup> contact information more available. Someone will check their website or the Teen Network website for that contact information.

5. **Report on DHS/APS meeting:** Heather recently attended a meeting with Arlington Public Schools (APS) and National Alliance on Mental Illness (NAMI). NAMI representatives did not attend that meeting, however, six to seven APS staff attended the meeting with Heather. APS staff included Dr. Wilks, Wendy Carria, Jeff Carpenter and two mental health training staff. Programs were discussed. Heather briefed attendees on CR<sup>2</sup>. In addition, Maria Thomas will brief school counselors on CR<sup>2</sup>.

There is a cadre of 24 APS staff trained to recognize student distress, make referrals etc. This cadre receive a monthly newsletter. CFSD will begin to contribute to this newsletter. A new cadre of APS staff will begin in January. The lead person (I missed her name) seems open to additional assistance from CFSD. It was noted that there is information [about CR<sup>2</sup>] to go in backpacks. CFSD will be included in the process. There are representatives of the cadre at some schools, but not all schools have representatives. Theresa Gordon is doing outreach regarding cadre training to get more schools represented.

There is an 8 hour training, Mental Health First Aid. Jeff Carpenter noted that 8 hours is too much for APS staff. Someone may try to break it up into pieces to better accommodate APS staff.

It also noted that Arlington schools may be conducting a drop-out rate study. Of interest are rates and risk factors. A university, maybe Johns Hopkins, may have been hired. Committee members questioned the inclusion of students with IEPs and Special Education students. Wakefield High School has a potential drop out mentoring program.

## 6. Substance Abuse Education and Prevention/Transition Services:

**Substance Abuse Education and Prevention:** Behavioral Health Bureau (BHB) is in the midst of assessing the community's prevention needs and developing programs to meet those needs. Strategic Prevention Framework is used in all program conceptualization and implementation.

Some of the exciting programs that are in place or upcoming are:

- Expanding **Strengthening Family Programs** to include Elementary School students
  - Based on need and popularity of the 11-14 Strengthening Families curriculum the 6-10 curriculum will be implemented soon.
- **Botvin Life Skills group** for Middle School students (N=160 @ Gunston)
  - The Life Skills curriculum teach drug resistance skills, personal self-management skills, and general social skills.
  - Pre- and post-testing will be analyzed at the conclusion to determine effectiveness.
  - Currently working with other middle schools to implement the Botvin curriculum.
- **Suicide prevention and substance abuse prevention campaigns** with high school students
  - Currently developing a social media campaign competition for youth.
  - The goal is to empower youth, promote Substance Abuse (SA) prevention, and collect ideas for future prevention efforts.
- **Suicide prevention workshops for community members** (ASSIST, Mental Health First Aid)
  - Currently working with the BHD training committee to implement ASSIST and MHFA across Arlington.
  - The training is intended for anyone in the community.
  - The goal of both trainings is to decrease stigma and how to help individuals with MH issues.
- **SYNAR Vendor education** to reduce the sale of tobacco products to youth
  - This summer we visited 46 tobacco vendors in Arlington and provided them with education, materials, posters, and stickers regarding the risks of selling to youth, how to identify fake ID's, statewide statistics, and instructions on how to say "no" to minors.
- **Regional Suicide Prevention Grant**
  - The region was awarded \$120,000 for suicide prevention. BHB is in the program development and implementation stage. A brochure and website is being developed to advertise the task force's strategic plan.
  - BHB has partnered closely with the Partnership:
    - Christian is the adult ally for the SA committee on the Teen Network Board.

- The SA committee is organizing several events in the community including: project sticker shock, Above the Influence Day, and Red Ribbon Week.
- BHB has worked closely with Whitney Strand from the READY Coalition on organizing a teen binge drinking town hall over the summer and with our SYNAR project.
- BHB Prevention staff provided 3 separate workshops at the Assets Conference on 10/18/14.

Data excerpts from Arlington's 2013 Youth Risk Behavior Survey (YRBS) were shared in the context of data-informed program development.

**Transition Services:** Violetta provided an overview of BHB Intake Unit to include the following:

- Team composition of therapists and transition specialists
- Team function/duties
  - Screening
  - Intake/Assessments
  - Case Management
  - Therapy

Kacey provided a summary of transition work over the past year to include:

- Ongoing collaboration with APS transition specialists
- Providing consultations to schools and families as requested
- Providing consultations with other DHS staff
- Providing direct individual therapy and case management services
- Providing family support sessions
- Providing consultations to other agency clinicians on transition supports.

Upcoming activities include gender specific transition groups to manage issues related to transition as they impact adolescents.

**6. Old Business:** Crisis Stabilization, CR<sup>2</sup>, reports monthly data. They reported seven Arlington County cases. They have met (or will meet) with school counselors and emergency services. Crisis stabilization has only been in operation a couple of months, but are quickly reaching capacity if the rate of use remains the same. It is a regional program and Prince William County is the largest user.

Heather included with the agenda a copy of the letter from Governor McAuliffe regarding the State budget. The basic message is that there are limited funds in the State's budget. However, given the incident with State Senator Deed's son there may be some (a little) additional funds made available for mental health issue. There is also consideration as well as information regarding closure of Virginia's Training Centers. The State is yielding to concern regarding closing the training centers without providing other options for similar services.

Heather invited the committee as well as the CSB to a presentation on the RAISE project to be held in the Sequoia Building auditorium on November 21<sup>st</sup> at 12 noon.

Heather shared information with the committee about the APS' Arlington Tiered System of Support (ATSS) as well as notes from the Mental Health Task Force meeting which discussed ATSS and the mental health cadre previously mentioned. ATSS is an assessment using a national evidenced based model to evaluate reading, math and mental health (or well-being). However, APS has not yet chosen a measure

for mental health. The schools have hired someone, Kelly Krug, to coordinate the project in Arlington County. It seems that it will be implemented across the State.

7. **Committee Calendar:** There was review of the calendar for the year through May, 2015. The topic in November will be Juvenile justice issues with speakers including Kaitlynn, Heather Gale, Liane Rozell and Fredy Martinez (instead of in December). December's meeting will feature Kim Durand from the Partnership discussing the newly released 2013 Community Report Card on the Status of Children Youth and Families. January is likely to include evidenced based practices used by CSB, CFSD and community partners. The committee would like to have Kelly Krug of APS discuss ATSS. In March, there will be a joint meeting with Substance Abuse. Yong Adult Services is to be invited as well. Heather will confirm a speaker from Adult Services, probably in April. Finally, in May there may be a presentation on FAPT. Since there is a training presentation for Guardian Ad Litem (GALs) developed it can be repurposed for the committee. The meeting ended with discussion of Community Services Act (CSA) standardization being implemented at the State level. CFSD began similar efforts two years ago. In addition, there was discussion of the relationship with Dominion Hospital. Heather has asked a representative of the hospital to speak with the committee. If that can be scheduled for January, the committee will push back the other topics to later meetings.

8. **Other Items:** The committee owes APS a speaker, but Justine might still do that. Naomi will send Heather dates. Finally, the committee would like to conduct site visits. Potential sites include Phoenix House and the Detention Center. Diane Manganelli will work to get the committee into the Detention Center.

Meeting adjourned at 8:35 p.m.

Next meeting: Monday, November 17, at 6:30 p.m., in lower level room A at the DHS Stambaugh/Sequoia building.