

**Arlington Community Services Board (CSB) – Children and Youth Committee**  
**December 15, 2014**

**Committee Present:** Shauna Alonge (Chair), Joanne Del Toro (by telephone), Janine Finnell, Betsy Greer, Erica Jackson, Asha Patton Smith, Marguerite Tomasek,

**Staff:** Kim Durand (speaker), Anita Friedman (Human Services Director), Bonita Parker (minutes)

1. **Call to order:** The meeting was called to order at 6:30 p.m. by Shauna Alonge.
2. **Minutes:** The November minutes were finalized and will be sent to the CSB. There was also discussion of changing meeting day and time. The fourth Monday at 6:30 of each month may be a possibility.
3. **Monthly Statistics:** The Committee reviewed the monthly statistics. Members expressed concern regarding the lack of behavioral health presentations provided to the community. Kim Durand noted that there have been efforts to offer to present to a variety of groups (e.g., Kiwanis). It seems that none of the groups contacted Heather. The Committee would like a presentation that conveys information about Behavioral Health Bureau (BHB) services also noting that insurance is not needed for intake, assessment, and care coordination services. Kim offered to make such offer again. The Committee would like to provide her with a blurb for that purpose. Desired organizations may include churches and civic organizations.

Anita noted the need for a concerted outreach strategy. The Committee then noted that Tom Wallace, as BHB Chief, was doing outreach. Anita also noted that the County has gone to places for marketing like the Sun-Gazette. Kim noted Partnership community outreach as well. Betsy offered to go to Barbara Donnellan, the County Manager, personally to discuss collaboration between Arlington Public Schools (APS) and the Department of Human Services (DHS).

Mental Health Taskforce. Taskforce meetings should include the BHB Chief and Brenda Wilks, APS Assistant Superintendent of Student Services who pull other stakeholders and staff together. There was a very good meeting last year that should be annual. Officially, those meetings should take place on a quarterly basis with one such meeting as a working meeting including only APS and BHB. Kim offered to investigate. Betsy offered that ideally a school nurse would direct parents to DHS when parents think something's not right with their child. She offered a Minnesota model as an example where behavioral health staff are assigned to each school.

As a follow up from discussion at the November Meeting, Committee members met with APS Substance Abuse Counselors, who represented all Arlington High Schools and Middle

Schools. The process: students meet with the substance abuse counselor, who may contact students' parents with student's permission; and counselors, who are not licensed clinical social workers (LCSWs) or therapists, then provide recommendations, rather than complete assessments. If following this process, parents contact BHB due to concerns they may be turned away [because assessments have not been provided or the parents don't have the language to convey their concerns in a way that BHB staff understand the issues]. To address this, APS counselors intend to begin talking parents through their contact with BHB. Shauna again expressed concern about the criteria used for Seriously Emotionally Disturbed (SED). She noted that Adult Services has added non-SMMI to its criteria. Other Committee members noted the broad nature of the criteria for SED. APS substance abuse counselors also have a list of requests related to BHB services that includes weekend and evening hours, which has been shared with Diana Manganelli of BHB. Counselors liked the BHB program called Phase 1, which existed at least ten years ago, that provided long term assessment services.

APS substance abuse counselors reported to Committee members increased drug use in middle schools, use of heroin and hallucinogens. Anita noted that marijuana use isn't taken seriously. Asha added that marijuana is now often laced with hallucinogens and heroin is very cheap now. Finally, it was noted that there are not enough substance abuse counselors in APS schools.

4. **The Arlington Partnership for Children, Youth and Families (The Partnership):** Kim Durand provided information regarding the Partnership, its membership, history and work. She noted that the Partnership includes APS, DHS, Juvenile Courts, Libraries, Police, Parks and Recreation staff along with community members. It is a community led organization that was founded in 1999. The Partnership conducts surveys collecting longitudinal data regarding children, youth and family needs. Every three years, the Partnership produces the Community Report Card on the Status of Child Youth and Families, which reports on results of the Developmental Assets Profile initially developed by the Search Institute and the Youth Risk Behavior Survey (YRBS) from the Center for Disease Control and Prevention. The Community Report Card includes results of surveys of 2,500 sixth, eighth, tenth and twelfth grade students of Arlington County Schools and is used to identify focus topics for community outreach. Likely topics include childhood obesity, bullying, mental health and positive relationships in the coming year.

Surveys. Kim noted several results from the two surveys in her presentation. Surveys show a decreasing trend regarding number of hours of sleep correlated with increasing use of electronic devices with increasing age. Feelings of sadness and hopelessness were more likely among girls and also varied by sexual orientation. Willingness to discuss issues with parents decreased with increasing age.

The Developmental Assets Profile is used to identify children's and youths' strengths and supports. Kim noted that the average number is nineteen assets of forty for Arlington County children and youth in the most recent survey. Specifically, there were twenty developmental assets identified for eighth and tenth graders, while nineteen assets were identified for twelfth graders. Fifty-three percent of Arlington participants were identified as vulnerable or at risk. Forty-three percent of Arlington high school seniors reported drinking alcohol in the past 30 days.

Youth Risk Behavior Survey. Risky Behavior includes questions related to drinking, smoking along with eating, exercising and other risky behaviors.

Ready Coalition. Kim noted several of the partners included in the Partnership: the Ready Coalition, the Teen Network Board (TNB), Care for Change, Second Chance, Out of School Time Council, APS, and Arlington County. The coalition usually meets quarterly but may meet more often when needed.

Outreach efforts. The Partnership has been included in the APS Strategic Plan, has a YouTube station, has [www.arlingtonfamilies.com](http://www.arlingtonfamilies.com), and participates in the Whole Child Conference. Its Community Report Card will be rolled out the morning of January 21<sup>st</sup>. The Partnership will have a second event in February in the evening to discuss its four following focus topics: mental health, bullying, childhood obesity, positive relationships. Kim invited the Committee to attend Partnership meetings, participate in the Community Report Card roll out and share a table at the Whole Child Conference. She noted that Committee participation can help drive the focus of the Partnership. Kim would like the Committee and the Partnership to work together by attending each other's meeting. Kim can attend the Committee meetings on a bi-monthly basis. Shauna noted that DHS staff doesn't attend Partnership meetings. (Kim attends but not as a DHS representative.) There are active members of the Partnership from the County Board and School Board. The new chair is Devashi Patel.

Questions and Comments. The Partnership have been conducting surveys since 2000. Then 18 developmental assets were identified for Arlington County children and youth, now there are 19. Justine Larson, child psychiatrist, is conducting seminars through APS with approximately 100 parents. Betsy mentioned that she would like more focus on middle schools. The Partnership information packet includes Developmental Asset Data, YRBS Data along with general information about the Partnership and the READY Coalition. Kim will also provide links. Kim supplied her email address to those interested in presenting to TNB. Members invited Kim to the Parents' NAMI meeting. Committee's budget priorities include services to parents and BIS and the need for Spanish speakers. The Committee discussed the

Suicide Abuse Prevention Taskforce membership and development of its website. What is the number of suicides in Arlington County? Alan Orenstein would have this information, but not numbers specifically regarding children and youth. Do other localities have entities similar to the Partnership? Alexandria and Fairfax do have similar entities but either do not or are just beginning to conduct surveys.

**Old Business:**

5. **Salon:** This discussion was tabled to be discussed at a future meeting.
6. **Site Visits:** The Committee will visit the Juvenile Detention Center at approximately 7 pm on January 26<sup>th</sup>, due to the Martin Luther King holiday. The Committee will meet at the detention center, take a tour and meet the director and maybe a mental health staff person. Expect to be there until 9:30 pm. The Committee asked that the Memorandum of Understanding (MOU) between DHS and the Detention Center be shared with the Committee prior to the site visit.
7. **Agenda Planning Calendar:** The Committee also discussed other potential site visits and when those possible visits could take place. Earl Conklin could not be at the meeting, but suggested that the Committee could visit Argus House or Aurora House. Two Committee members would like to visit Leland House. One would like to visit Phoenix House. A fourth member would not be able to attend another site visit. There are open meeting topics for June, July and September. The Committee decided to delay a site visit to another facility until June 2015.
8. **RA1SE Project training reminder:** The presentation will take place on February 2, 2015 at 1 pm.

Meeting adjourned at 8:25 p.m.

Next meeting: Monday, January 26, 7:00 p.m., at Northern Virginia Juvenile Detention Center, 200 S. Whiting St. Alexandria, VA 22304, 703.461.4085.