

ARLINGTON COUNTY COMMUNITY SERVICES BOARD

Mental Health Committee

January 28, 2015

Approved 2/25/15

Committee Members Present: Anne Hermann (Co-Chair), Judy Deane (Co-chair), Scott Brannon, Caroline Bragdon, John Blount, Debra Byrd, Ann Wroth, Richard Smith, Lee Long, Wayne Bert, Dayna Belfiore

Committee Members Absent: Tom Quinn, Sam Howlett, Brian Berke, Betsy Greer, Sue Lowry

Staff: Alan Orenstein, Alexis Speight, Carol Sacks, Sandy Clark

Guests: Alice Straker, Timothy Brown, Lisa Lewis, Krista Hale

Call to Order: Ms. Hermann called the meeting to order at the Drewry Building at 6:05 p.m.

Approval of Minutes: The Committee approved the 1/7/15 minutes with correction.

Presentation: The three Community Support Team Managers (Sandy Clark, Alexis Speight, and Carol Sacks) gave an overview of the Teams. Dr. Sacks provided a brief general overview of the Teams which serve about 1000 seriously mentally ill adults at any given time and about 1500 over a year. Dr. Speight detailed the intake process, and Ms. Clark described two examples of clients that are served. Each manager then provided more details of the specializations of their team, in addition to the wide range of general outpatient services they all provide. Team A is located at the Sequoia Building, has a caseload of 375 with 11 staff. In addition to providing general outpatient services to south Arlingtonians, Team A serves monolingual Spanish speakers and young adults. Team B has a caseload of 374 with 11 FTE staff. This team serves monolingual Vietnamese speakers, provides MH Skill Building services, and provides time-limited therapy services to non-SMI clients. Dr. Sacks also serves as coordinator for DBT and IMR services. Team C has a caseload of 364 clients and 8.5 staff, with 1.5 vacancies. Therefore, at 40:1, caseloads are higher than the Team standard of 32:1. This team specializes in serving clients with dual MH and SA disorders. As is the case with the other teams, Dr. Speight noted that staff are trained in various therapy services including DBT, EMDR and cognitive therapy. The managers noted that there is a particular need for case managers, in order to bring caseloads closer to the 32:1 standard. They also said that one of the most common issues their clients have problems with is housing. In particular, clients who are facing eviction have few options other than homeless shelters which are difficult for people with SMI to navigate, because they are noisy and stressful. They said that the two 4-bed transitional houses (Carlin Springs 1 and 2) are a much better option for people with SMI, but there is a wait list of about 20.

Mental Health Director's Report: Dr. Orenstein detailed the current plan for moving services from Drewry and Clarendon House to Sequoia 3. The move will begin in April and will be completed in August. He also distributed a Washington Post article regarding initiation of the Virginia GAP insurance coverage for uninsured clients with a serious mental illness, and he described the status of the required assessments and applications.

Chair's Report: Ms. Herman distributed and reviewed the latest version of the MH Committee FY16 priorities. Items related to Psychiatric services, crisis intervention center, and CIT coordinator may have alternate funding. The MH Peers item was withdrawn, despite strong support from the Committee, because it has been turned down three times by the County Board members, who have made it clear that they do not believe it is an appropriate use of County funds. Also, there was consensus that the CIT coordinator has the highest priority. The MH therapist in the jail item remains. However, Ms. Belfiore said

that another committee she participates in has been looking at the issue. She offered to share statistics that are available from that committee on changes in the mental health client numbers in the jail. Ms. Deane and Ms. Hermann noted that the Committee remains seriously concerned about the fact that there is now a 10 day wait period for intake. However, the Committee is not proposing any advocacy in this area for 2016, because they have been told that Ms. Tschopp is reviewing the functioning of the Intake program and is hopeful that the wait-time issue can be resolved through re-organization, rather than staff increase.

Ms. Hermann noted the very successful PACT Advisory Committee staff acknowledgement luncheon. It was attended by Mary Hines and Ms. Tschopp. She also noted that Ms. Greer had suggested at the 1/7/15 meeting that Mr. Burke speak with the Police Chief regarding funding the CIT trainer and this resulted in support from the Chief.

Adjournment and Next Meeting: The meeting adjourned at 8:00 PM. The next meeting will be 6:00 PM, February 25, 2015 in Room 201 Drewry Center.