



**The Arlington Community Services Board**  
**1725 N. George Mason Drive**  
**Arlington, VA 22205**  
**(703) 228-4871 FAX: (703) 228-5234**



**James Mack**  
**ACCSB Chair**

**Beth Tschopp**  
**Executive Director**

**November 18, 2015**  
**DHS Stambaugh Building Auditorium**  
**2100 Washington Blvd.**  
**Arlington, Virginia**  
**7:00 pm - Full Board Meeting**

**Present:** James Mack, Jarrod Nagurka, Erica Jackson, Joanne Del Torro, David Gardner, Carol Skelly, Linda Kelleher, Jay Ternent, Asha Patton-Smith, Wayne Bert, Brian Berke, Barbara Jones, Leslie Gosling

**Excused:** Judy Deane, Shauna Alonge, Atima Omara, Keith Whyte

**Staff:** Beth Tschopp, Kelly Mauller, Joanna Barnes, Tabitha Kelly

The regularly scheduled Arlington County Community Services Board (CSB) meeting was preceded by the CSB’s Annual Legislative Delegation Forum. The legislators in attendance were Senator Barbara Favola (31<sup>st</sup> Senate District); Delegate Patrick Hope (47<sup>th</sup> House District), Delegate Alfonso Lopez (49<sup>th</sup> House District), Delegate Richard Sullivan (48<sup>th</sup> House District) and Delegate Mark Levine (45<sup>th</sup> House District). The purpose of the Forum was to discuss the needs of the Arlington CSB and to promote open dialogue with the members of the General Assembly representing Arlington. State budget issues and priorities related to mental health, intellectual disabilities and substance abuse were discussed, specifically:

1. Medicaid Waiver Redesign Initiative, Services for Non-Medicaid Waiver Eligible Individuals and Funding for New Medicaid Waivers - presented by Ms. Skelly.
  - Implement the proposed waiver redesign as formulated by DBHDS for FY 2017. Ensure flexible movement among the three new proposed waivers based on need.
  - Add 850 waiver slots agreed to in the DOJ settlement agreement (“settlement slots”) for the biennium.
  - Since these slots will not be sufficient to reduce the Statewide waiting list (8,100 ID and 2100 DD), add an additional 800 Individual and Family Support Waiver slots in each fiscal year for a cost of \$22 million each fiscal year.
  - Ensure that the proceeds from the sale of NVTC are placed in the State trust fund and not diverted to the general fund. Address the disparity in costs between Northern Virginia (Region II) and the rest of the State. One proposal would be to earmark a percentage of the NVTC sales proceeds to offset our higher real estate and other capital costs associated with establishing community-based services.
  - Cost to be determined by the VACSB, but estimated at \$22 million for each fiscal year.

Delegate Hope asked the age range of the individuals leaving the Training Centers. Ms. Barnes, Intellectual and Developmental Disabilities Bureau Chief, responded that the individuals leaving the Training Center range in age from 20 to 60 and over.

Delegate Hope asked how redesigning the waivers will affect the waiting list. Ms. Skelly responded that adding waiver slots each fiscal year will, over time, reduce the number of individuals on the waiting list.

Delegate Hope asked if Arlington will be able to accommodate the number of additional waiver slots that would be added each fiscal year. Ms. Skelly responded that Arlington County would only receive 8 new individuals from the urgent needs list. She added that residential housing will be the most challenging aspect of the redesign. Ms. Barnes added that Arlington County does not have the capacity for residential housing.

Delegate Hope asked how many individuals are on the urgent needs list. Ms. Barnes responded that 33 individuals are on the urgent needs list.

Senator Favola asked if the Arlington CSB has a Reimbursement Task Force in place to offer recommendations to the Governor about the waiver rate redesign. Ms. Barnes responded that she will need to report back to the Legislators.

Delegate Hope commented that some individuals that should have been placed in the Training Center were placed in an assisted living residence because there were no other appropriate facilities available. Ms. Barnes responded that 5 individuals reside in a nursing home versus the Training Center at any given point in time.

2. Reintegration Services for High-Risk Youth and Adults – presented by Ms. Patton-Smith and Ms. Del Torro.
  - For many individuals with mental health and substance use disorders, the criminal justice system is an inappropriate setting in which to expect treatment. There is a need for immediate engagement in and access to mental health services as youth and adults are diverted or transitioned from the criminal justice system. In addition, youth and young adults aging out of youth services through CSA and foster care placements would all benefit from easily accessed, wrap-around services until they are engaged and stable within the community.
  - Cost: Approximately \$250,000 to serve Arlington County residents.

Delegate Hope asked if the VACSB is aware of the priorities that the Arlington CSB is requesting. Mr. Mack responded that the requests being presented by Arlington are based on the VACSB's requests and that the members are speaking about the needs of Arlington County.

Delegate Sullivan asked who administers and determines who receives medications in the jail. Mr. Ternent responded that a Mental Health Psychiatrist contracted through Corizon Health, administers and determines which individuals receive medication in Arlington County's jail. He noted that if an individual is already taking medication, the Psychiatrist will perform an evaluation to decide whether or not to continue or change the current medication. Ms. Patton-Smith added that medications are not administered unless the proper medical documentation has been presented.

3. Enhanced Crisis Response through Workforce Development – presented by Mr. Nagurka.
  - In addition to all of the recent legislative proposals, Arlington County is looking to expand its emergency service response to 24/7/365 live coverage. Local CSBs, including Arlington, are attempting to manage the volume increase as well as the need for enhanced supervision, training and credentialing requirements.
  - Cost: \$125,000.00 - One additional FTE - \$75,000.00 Supervision, training, recruitment, shift differential.

Senator Favola asked if Enhanced Crisis Response through Workforce Development will be brought before the County Board as a CSB local budget priority. Mr. Mack responded that the CSB has not finalized its local budget priorities for presentation to the County Board.

4. Expanded Access to Medication Assisted Treatment – presented by Mr. Mack.

- New Federal rules stipulate that drug courts must offer their participants the option of Medication Assisted Treatment (MAT) in order for the drug court to remain eligible to apply for Federal Grants. Drug Courts provide court-supervised treatment to offenders in lieu of jail time. Our successful Arlington Drug Court, which began 2 ½ years ago, has been highly dependent on Federal Grant money, but currently does not offer MAT.
- Additionally, the Substance Abuse and Mental Health Services Administration and the Department of Justice (SAMHSA, DOJ) both significant funders of Arlington’s Substance Abuse and Mental Health programs, now strongly encourage states to require treatment facilities to have either staff expertise to use MAT or have collaborative relationships with other providers that do. In order for the Drug Court to ask for continued federal dollars, and to be in alignment with federal guidelines, Arlington County should begin to offer its own MAT.
- Cost: Arlington CSB MAT Program Data Projection (based on n= 10 consumers)

Staffing:

Half-day clinic: 1 day/week

Est. Psychiatrist cost = \$110.00/hr; \$440/week; \$22,880/ Annually

Est Nurse cost = \$40/hr; \$160/week; \$8320/ Annually

Medications:

Buprenorphine (Suboxone) for Est 7 clients = \$16,800/ Annually

Vivitrol for Est 3 clients = \$54,000/ Annually

Total Cost = \$102,000

Senator Favola commented that it was her understanding that Fairfax County and other jurisdictions, including Arlington, were utilizing best practices with Medical Assisted Treatment. Mr. Mack responded that Arlington County does not currently offer Medication Assisted Treatment. He added that, starting in FY17, Arlington County has a Drug Court Program which requires Medication Assisted Treatment in order to continue to be eligible to receive federal grants.

Senator Favola asked if Arlington has a contract with a community based organization that would provide drug assisted treatment for low income individuals without insurance. Mr. Mack responded that Arlington does not have a contract with a community based organization. He added that currently individuals are referred to Alexandria which provides limited drug assisted treatment to approximately 25 Arlingtonians that could be receiving treatment in Arlington if treatment were available.

5. Peer Recovery Support Services –presented by Ms. Jackson.

- Arlington County is looking to add peers in both mental health and substance abuse with an aim to reducing use of hospitalization, detox and residential care. Peers would also serve to improve outcomes, reduce suicides and self-harm, and reduce dependence on public assistance and human services.
- Two FTEs would cost approximately \$184,684, including benefits, if paid within the middle range for comparable positions.

Senator Favola recommended that the CSB include language about best practices and outcomes when presenting its local budget priorities to the County Board.

Delegate Levine recommended that the CSB include quantifying language about cost savings.

Senator Favola stated that the Governor's budget will be approved on December 17<sup>th</sup>.

Delegate Lopez asked if the VACSB has spoken with Secretary of Health and Human Services, William Hazel about their requests. Ms. Tschopp responded that the VACSB has spoken with Secretary Hazel about their requests. Delegate Lopez recommended that the Arlington CSB schedule a meeting with Secretary Hazel.

### **Public Comment(s)**

There were no public comments.

### **Approval of the October 21, 2015 ACCSB Meeting Minutes**

Chair Mack called for a motion to approve the October 21, 2015 ACCSB Full Board meeting minutes. Mr. Nagaruka motioned to approve the minutes, Ms. Patton-Smith seconded the motion, and the minutes were approved with several corrections.

### **Staff Recognition**

The Behavioral Healthcare Division (BHD) Discharge Assistance Planning Team, Client Services Entry was nominated to receive the October 21, 2015 staff recognition award. The following staff are a part of this team:

- Kelly Nieman – Supervisor
- Christopher Noble – Mental Health Therapist
- Donya Muse – Mental Health Therapist
- Harpreet Kang – Mental Health Therapist
- Meryl Davis – Mental Health Therapist

Kelly Nieman, Discharge Assistant Planning Supervisor, spoke about the team. She provided an overview of what service each staff performs noting that the team collaborates with the State's Electronic Health Information System as well as the CSB's Electronic Health Information system, families, hospitals, etc. Ms. Nieman stated that the Discharge Assistant Planning Team has discharged over 100 individuals from the State hospital into the community over the past fiscal year. She added that the team has reduced the number of individuals on the Extraordinary Barriers List (EBL) by over 60% over the past fiscal year. Ms. Davis thanked Ms. Nieman, Ms. Weisman and the CSB for their support.

Leslie Weisman, Client Services Entry Bureau Chief, spoke about Ms. Nieman. She stated that the Discharge Assistance Planning Team's work is very complex and noted that in addition to this work, Ms. Nieman is also the coordinator for the Not Guilty by Reason of Insanity (NGRI) individuals residing in Arlington. She added that Ms. Nieman is also a member of the Post Booking Magistrate Project. Ms. Weisman stated that Ms. Nieman goes above and beyond her responsibilities on a regular basis. Ms. Nieman thanked Ms. Weisman and the CSB and stated that she would not be able to do everything that she does without her team.

### **Presentation: Mental Health Docket Update**

Chair Mack introduced Leslie Weisman, Client Services Entry, Bureau Chief; Matt Foley, Chief Public Defender, Office of the Public Defender for Arlington County and the City of Falls Church and Dayna Belfiore, Sentencing Advocate, Office of the Public Defender for Arlington County and the City of Falls Church who provided an update about a Mental Health Docket.

Ms. Weisman stated that a Mental Health Court Exploratory Committee has been established to discuss bringing a Mental Health Docket Program to Arlington County. She stated that the Committee is composed

of various persons in the Arlington County Criminal Justice System and the Mental Health Team. She noted that the group meets on a bi-monthly basis. Ms. Weisman turned the floor over to Mr. Foley.

Mr. Foley stated that Arlington County does not currently have a Mental Health Docket Program and does not have the resources to implement this program. He added that Arlington County submitted a grant proposal to the Department of Behavioral Health and Developmental Services (DBHDS) for funding to implement a Mental Health Docket Program but that the proposal was denied. He noted that grant funding would be utilized to assist an individual to obtain housing and other necessary services.

Mr. Foley stated that a Coordinator position is needed to manage case-loads, and that statistical data needs to be collected to determine the number of individuals that would be served. Mr. Foley asked the CSB members for their support and assistance in advocating for funding for a Mental Health Docket Program. The members agreed.

Mr. Foley noted that Arlington County has three court entities; General District Court, Juvenile Domestic Relations Court and a Circuit Court. Mr. Foley explained the difference between a court and a docket. He stated that Mental Health dockets are informal dockets presided over by Judges but not funded or otherwise sanctioned by the State and therefore, cannot be called a court.

Mr. Foley provided an overview of Arlington County's bond initiative process. He stated that most of the individuals that are referred for a bond hearing have already gone before the General District Court. He noted that the individuals have a serious mental illness, minor charges and are homeless. He stated that Arlington County utilizes a sequential intercept model that begins with the Crisis Intervention Team (CIT). The CIT officer either takes an individual to the hospital for treatment or before the magistrate to be diverted from jail. He stated that if an individual bypasses these two points of entry into treatment or jail diversion, they are referred to the Public Defender and are held without bond.

Ms. Belfiore stated that once a client is identified as a candidate for the intercept model a plan is coordinated immediately to provide services such as housing, psychiatrist appointments, etc. She added that the process begins with a brief triage. Then the forensic team assesses the individual to see if they are a good prospect for the bond initiative. The individual's needs are then assessed and after a few days a bond motion is brought before the judge requesting no bond or personal recognizance. At this time, the individual's plan for services is presented. She stated that the court system has been very receptive to the intercept model and there have been stories of success.

Ms. Jackson asked if statistical data could be collected by observing Norfolk, Virginia's processes. Ms. Weisman responded that a meeting has been scheduled with the Mental Health Criminal Justice Review Team to discuss collecting statistical data.

### **ACCSB Executive Director's Report**

- ✓ Ms. Tschopp announced that the deadline for the members to submit their annual Financial Disclosure forms to the County Board Office is December 15, 2015.
- ✓ Ms. Tschopp announced that the VACSB Legislative Conference is being held on January 19th and 20th in Richmond, Virginia at the Hilton Richmond Downtown Hotel, 501 East Broad Street. The purpose of the conference is to provide knowledge and perspective on current budget, legislative and advocacy information relevant to community behavioral health. Ms. Tschopp asked the members to email her if they are interested in attending the conference.

### **ACCSB Chair's Report**

- ✓ Chair Mack announced that Friends of Clarendon House is holding their annual holiday party on December 16th from 12:30 p.m. to 3:00 p.m. at Spider Kelly's located at 3181 Wilson Boulevard in Arlington.
- ✓ Chair Mack reported that he has a meeting scheduled with newly elected County Board Member, Katie Cristol, to discuss the Virginia Hospital Center (VHC) proposal to purchase the Edison Complex and the CSB's proposed language for inclusion in the proposal. He added that he is in the process of setting up a meeting with Christian Dorsey, also newly elected to the County Board to discuss the proposal as well.

Mr. Nagurka asked Mr. Mack if he has had an opportunity to hold a follow up conversation with Senator Favola regarding the proposal. Mr. Mack responded that he spoke with Senator Favola immediately following tonight's Legislative Delegation Forum.

### **Report Out on ACCSB Retreat Initiatives**

- Anne Hermann reported out about the Mary Marshall Assisted Living Residence (MMALR)
  - Ms. Hermann thanked the members for their participation and support of the Secret Santa program to provide holiday gift cards to the residents of MMALR. She stated that each resident will receive a \$25 gift card. Donations will be collected until December 7<sup>th</sup>. Tax receipt forms can be obtained from Ms. Mauller.
  - At the time of the Advisory Council Committee meeting the census was down from 52 to 51.
  - The Fenwick foundation is continuing to provide dental services to the residents. A mobile dentist has also been providing dental services.
  - The Advisory Council Committee is discussing implementing a pilot vision care program.
  - Ms. Hermann asked if any of the members could attend the Advisory Council Committee meeting in her place at the December 3<sup>rd</sup> Advisory Council Committee meeting. The meeting begins at 6:30 and will be held at MMALR. Anyone interested should contact Ms. Hermann.
  - A tour of the MMALR has been scheduled for December 7<sup>th</sup> at 3:30 p.m. with the two newly elected County Board members. Anyone who would like to join the tour should contact Ms. Hermann.
- Mr. Gardner thanked the members for their advice regarding Community Development Citizens Advisory Committee (CDCAC) grants. He stated that he brought the grant recommendations that would serve the residents of Arlington before the Committee.
- Mr. Gardner suggested giving staff that are being recognized during the monthly CSB staff recognition awards an opportunity to speak to the CSB about the part of their job that is most important to them.
- Ms. Skelly motioned for an approval to change the name of the Intellectual Disabilities Committee to the Developmental Disabilities Committee. According to the CSB Policies and Procedures, an approval by the full board is required to change the name of a committee. The board approved the name change.

### **Informational Items**

- Ms. Gosling announced that Friends of Clarendon House is sponsoring a boat trip to Georgetown for the clients of Clarendon House to celebrate the Thanksgiving holiday.

### **Adjournment**

The Arlington County Community Services Full Board meeting was adjourned by Chair Mack at 8:45 p.m.

Respectfully submitted by Kelly Mauller