

# ARLINGTON COMMUNITY SERVICES BOARD

## SUBSTANCE ABUSE COMMITTEE MINUTES

April 25, 2016

**Members Present:** Jim Mack (Chair), Wes Sanchez, Lonnie Ford, Shawn Buckner, Craig Dabney, Len Fischer, Tom Walker

**Members Absent:** Keith Whyte, Charlie Baughman, Pattie Aaron, Jenette O'Keefe, Shauna Alonge

**Child and Family Committee:** Joanne Del Toro (Co-chair), Betsy Greer, Marguerite Tomasek, Frank Haltiwanger

**BHD Staff:** Dr. Joe Bullock, Sharon Lawrence, Christian Haase, Linh Nghe, Norma Jimenez, Vanessa Zuniga

- I. **CHILDREN AND FAMILY PROGRAMS OVERVIEW:** Ms. Sharon Lawrence, Bureau Chief for the Children and Family Services Division (CFSD), was introduced to committee members and along with her staff provided a comprehensive overview of services offered in her division. Ms. Lawrence described the staff and prevention services available through CFSD. There are two prevention staff offering an array of prevention and outreach services designed to address all substances of abuse including tobacco use, behavioral health and wellness issues by way of specialized programs such as the Mental Health First Aid, KOGNITO and ASSIST Suicide Prevention Programs which are designed to teach laypersons in the community techniques to become more proactive helpers in response to individuals experiencing mental health issues.. The services are available to all Arlington children, youth and their families regardless of income or insurance status.

In addition to programs like the KOGNITO approach, bureau staff also offer other services including assessment, therapy/counseling, psychiatry, case management, behavior intervention training for parents and crisis response services. There was some discussion of substance use/abuse in Arlington schools and APS resources available to address these issues as well.

- I. **SA DIRECTOR REPORT:** Dr. Bullock, SA Bureau Chief, presented an overview of the SA Bureau's continuum of care services for adult clients entering treatment with a primary diagnosis of substance abuse or dependence. Dr. Bullock specifically focused on presenting demographic and treatment data for young adults served during FY 15 & three quarters of FY16 between the ages of 18 and 25. Dr. Bullock also reviewed several overlaps in services for consumers transitioning from adolescent to adult treatment and collaboration with the Children and Family division. Dr. Bullock noted that the Bureau offers outpatient and jail based services with 600 consumers using those services. Dr. Bullock stated that roughly thirty percent of those consumers served have co-occurring substance abuse and mental health diagnoses. Adult services uses a triage method that provides services to those consumers with serious mental health diagnoses co-occurring with substance use served by Adult MH staff rather than Substance Abuse Services. Clients with less severe mental health diagnoses (mild to moderate symptoms) receive services from SA Bureau staff. He noted that two thirds of SA Services staff are Licensed Clinical Social Workers (LCSWs) or Licensed Professional Counselors (LPCs). He also noted that SA treatment is time limited, with outpatient treatment lasting 4 – 6 months. The committee

discussed common topics about average age of consumers served, treatment services in a variety of contexts, including work with the dually diagnosed, improved partnerships and other prevention initiatives.

**NOTE: May meeting time change! The next SA Committee meeting will be held on Monday, May 23rd, 2016 at 6:00 pm and will be a site visit to the RPC Social Detox and Early Recovery Program.**