

ARLINGTON COMMUNITY SERVICES BOARD

SUBSTANCE ABUSE COMMITTEE MINUTES

December 14, 2015

Members Present: Jim Mack, Shauna Alonge, Wes Sanchez

Members Absent: Keith Whyte, Craig Dabney, Shawn Buckner, Lonnie Ford, Jenette O'Keefe, Charlie Baughman, Pattie Aaron

BHD Staff: Joe Bullock, Susan Somerville

ARLINGTON COUNTY DETENTION FACILITY TOUR: Dr. Bullock introduced Ms. Suzanne Somerville, MH Program Manager in the Arlington County Detention Facility. Ms. Somerville provided the committee with an overview of all CSB programs in the jail (MH and SA) prior to taking the committee on a tour of the facility. Ms. Somerville stated that the jail mental health team works in conjunction with the Arlington County Sheriff's Office (ACSO) to manage mental health issues in the Jail. There is a mental health unit (MHU) that can house 29 inmates (21 male and 8 female). There are also three crisis cells for acute psychiatric emergencies. There are approximately 140 people receiving medication management for a major mental illness in the Detention Facility at any given time. Most of these people will be housed in General Population and need follow up by the mental health team. Additionally, the CSB staff works with approximately 75 additional people at any point in time to manage Adjustment Disorders or brief therapeutic needs. Referrals to the mental health team come from many sources. As a person enters the facility, Booking or Processing, may make a referral if the person identifies a history of mental illness, current psychiatric medication usage or any suicidal/homicidal ideation. Any inmate with psychiatric symptoms too severe to be managed in the jail are transported to Western State Hospital to receive treatment until stabilization is achieved. The committee also met with Deputy Nowak who described the security format for the jail as well as how the deputies collaborate with MH staff in working with the inmates.

The Substance Abuse Services ACT Program consists of 22 male and 14 female cellblocks set aside as Treatment Units within the Arlington Detention Center. In addition, it includes staff offices in other parts of the facility. The Treatment Units are operated as modified "Therapeutic Communities," with a cognitive-behavioral theoretical basis. The most current education and treatment materials that are available are incorporated into a program design which adheres to the principles of Evidence-Based/Best Practice, as set forth by The National Assembly on Standards for Therapeutic Communities. Key treatment components include group and individual therapy, psychosocial education, 12-step activities, and self-governing community meetings. The total duration of treatment is 9 months. Ms. Somerville was available to answer a variety of questions from the committee following the tour of the facility before the meeting adjourned.

NOTE: The next SA Committee meeting will be held on **January 25, 2015** and will be a site visit to the new ASPAN Shelter. Dr. Bullock will email details regarding the logistics for this meeting.