

# Making The Most of a Great Opportunity



Sequoia I 2100 Washington Boulevard



Sequoia II 2110 Washington Boulevard



Sequoia III 2120 Washington Boulevard





**Anne Hermann**  
**CSB Chair**

**Oliver Russell**  
**BHC Assistant Division Chief**

The common location of the behavioral healthcare programs and the Department of Human Services on one campus at Sequoia Plaza has afforded us the opportunity for the greater streamlining of services, making them both more efficient and effective. This is an invaluable improvement in meeting the increasing need for services posed by Arlington’s growing population. The ability, for example, to seamlessly connect a person in mental health or substance abuse treatment to financial, housing or employment resources greatly enhances his or her chances of recovery.

As always, the CSB strives to preserve and enhance Arlington’s current system of public services for mental health, intellectual and developmental disabilities and substance abuse through the efforts of a highly trained and excellent staff. Best-practices are in place to move clients forward at every age: adults with mental health and substance abuse issues; Arlingtonians with developmental disabilities; Arlington families navigating the intimidating world of behavioral healthcare for children in crisis; older adults hoping to age in place safely at home or in the least-restrictive setting possible.

Being new to this position, I have had many opportunities during the last several months to hear from staff, clients, and board members regarding their experiences throughout the year, as well as their hopes for the future.

Best practices and programs implemented this year include:

- New assessment tools
  - In SHAPE, a health mentoring program
  - Zero Suicide across the CSB
  - Mental Health First Aid training
  - Nursing assessments to integrate health and wellness into the overall plan of care
  - In FY16, 100% of RAFT (Regional Older Adult Facilities Mental Health Team) individuals remained in their residences.
  - Art therapy program at Mary Marshall
- FY17 anticipated trainings include the following areas:
- Daily Living Activities (DLA-20): a mental health outcomes measure that is used nationally.
  - Same Day Access (SDA) to decrease wait times and improve access to services
  - Collaborative Documentation to increase the accuracy and timeliness of clinical documentation

We believe that with each ‘best practice’, that we increase our capacity to serve the residents of Arlington County. We look forward to finding new ways to better serve the residents of Arlington County.

**Anita Friedman, DHS Director**  
**CSB Interim Executive Director**

Strengthen. Protect. Empower. This is the mission of the Department of Human Services in addressing the many, multi-faceted needs of the 60,000 consumers who come to us each year. While not all consumers are struggling with serious mental illness or a substance use disorder, the fact that our behavioral healthcare services are now co-located with the rest of the Department allows easier and greater access to the over 145 programs we offer here. We are trying to provide a common approach to all those we serve - recognize that people come to us with strengths and build on that resiliency, but when life’s challenges become overwhelming, ensure that we can protect people from harm and provide a safe environment in which to recover. And most importantly, we believe that each individual should be empowered to live their life to the fullest extent possible, with maximum independence, to choose their own path and enjoy the journey. Thank you for allowing us to accompany you on this journey.

### **Housing Grant**

In February 2016 Arlington County was granted a State contract to provide Permanent Supportive Housing (PSH) to 30 adults. The (PSH) program will arrange for housing, provide housing assistance and management of the financing. The program serves individuals with serious mental illness, including those with co-occurring medical conditions or substance use disorders and who meet one or more of the following criteria: frequent users of hospital emergency departments and inpatient care; individuals experiencing or at risk of homelessness (e.g., unstably housed); or patients in a state hospital who are capable and willing to live in PSH.

**CR2**  
**In FY16, the**  
**Children’s Regional**  
**Crisis Response**  
**Program served an**  
**average of 61 youth**  
**per month**

## **The Community Services Board secured funding for four full-time Peer Specialist positions in FY16:**

These positions are in: Emergency Services, Mental Health, and Substance Abuse. One Mental Health Young Adult Peer Recovery Specialist position will also be added in January 2017.

**A Peer Recovery Specialist** is an individual with lived recovery experience with a mental health and/or substance use disorder who has been trained to help their peers gain hope and move forward in their own recovery.

### **The Peer Recovery Specialist:**

- Cultivates their peers' ability to make informed, independent choices
- Helps their peers identify and build on their strengths
- Assists their peers in gaining information and support from the community to make their goals a reality
- Committed to assisting their peers from a strength-focused perspective

### **Responsibilities:**

- Help peers create individual service plans based on recovery goals and steps to achieve those goals
- Use recovery-oriented tools to help their peers address challenges
- Assist others to build their own self-directed wellness plans
- Support peers in their decision-making
- Offer a sounding board and a shoulder to lean on

### **Examples of Outcomes:**

- Improved Quality of Life
- Increased use of outpatient services
- Decreased hospitalizations
- Increased attention to medical care



## **Medication Assisted Treatment (MAT)**

MAT is a new, office-based practice where individuals with opioid use disorders are prescribed medications such as buprenorphine as a disease management strategy. Evidence has shown that maintenance treatment with buprenorphine improves functional outcomes, has less negative impact on cognition and function, and decreases the risk of overdose. The program will begin January 2017 and includes assessment, medication management, nursing and wellness interventions, psychoeducation and individual/group therapy. The program is expected to fill an important need in our recovery oriented system of care.

### **Mental Health Jail Services**

In FY16 the Jail MH program added a bilingual clinician to work with monolingual Spanish clients and added two support groups for Spanish-speaking clients of every custody level.

A clinician has been assigned to work exclusively with individuals housed in Segregation and Protective Custody, increasing access to programs or services in the jail. The jail offers nine support, therapy and psycho-education groups in general population.

**6930**

**# of clients served  
by all CSB  
programs**

At the end of FY16 a Consumer Advisory Council (CAC) was formed. The CAC is comprised of 9 individuals who are receiving services at BHD. The objective of the group is to provide a mechanism for obtaining consumer input regarding client services, based primarily on client experience. The goal is to help improve areas related but not limited to: services, staff attitudes, select service policies, and the building where services are received. The focus is on identifying patterns of positive experiences and areas needing improvement.

## **Treatment on Wheels/Projects in Assistance for Transition from Homelessness (TOW/PATH) Program**

In FY16 the Treatment on Wheels program made great strides to reach all homeless clients in Arlington County. Not only has the program increased its outreach within the community, but it has also worked diligently to improve relations with local shelters in our area. TOW clinicians have created open community groups in two shelters and have utilized these groups to provide extra support to our community consumers. Currently four groups are facilitated a week, and the groups vary in topics such as substance abuse, independent living skills, and artistic activities.



**7,837 services to a  
variety of consumers**

## Drug Court

The Arlington County Drug Treatment Court (ACDTC) is designed to reduce the cost of incarcerating non-violent drug offenders. Instead of going back to jail, these individuals are offered the opportunity to remain in the community in an innovative program that combines demanding community supervision with judicial accountability and intensive substance abuse treatment. Since its creation in 2013, the ACDTC has served a total of 42 individuals. In FY16, the program successfully graduated 4 participants.

### Benefits of the program:

- \* Participants can focus on their recovery while remaining in the community
- \* Taxpayers do not have to support the costs of incarceration.

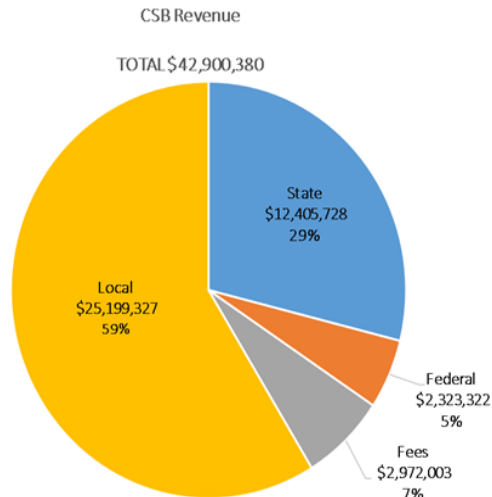
At the close of FY16, the program was at maximum capacity of 20 participants. The program participants completed over 350 hours of public and community service. Additionally, the participants paid over \$3,400 in court fines, costs, and restitution in FY16.

## My Life My Community Medicaid Waiver Redesign

Virginia's Medicaid Waivers for individuals with developmental disabilities were recently overhauled to provide more comprehensive services and supports that enhance opportunities for community-based living in the most integrated settings. The new waivers were effective September 1, 2016. The CSB is now the single point of entry for Arlington residents with developmental disabilities seeking waiver services. To learn more about "My Life My Community" visit:

<http://dbhds.virginia.gov/individuals-and-families/developmental-disabilities/my-life-my-community>

## CSB Program Revenue



State	\$	12,405,728
Federal	\$	2,323,322
Fees	\$	2,972,003
Local	\$	25,199,327
<b>TOTAL</b>	<b>\$</b>	<b>42,900,380</b>

## ArlingtonWeaves, Etc.

### (Formerly Woodmont Weavers)

New location! From Ballston Commons Mall to the Sequoia Complex located at 2110 Washington Boulevard, 3rd floor. The weavers make beautiful scarves, shawls, table linens and more.

Shoppers are welcome to drop by Monday through Friday 8:30 a.m. – 4:00 p.m.



ArlingtonWeaves, Etc. teaches independence and technical and social skills to adults with developmental disabilities.

## First STEP (Specialized Treatment and Engagement Program)

The First STEP Program is a coordinated, specialty care program for young people aged 18 to 29 years of age with serious mental illness (including first episode psychosis). It is designed to assist individuals to live independently in the community, reduce the frequency of hospitalizations, pursue employment and educational goals, and develop a social support system to enhance recovery. We are committed to utilizing family and other natural supports in the recovery process to promote a healthy lifestyle.

The First STEP Program includes: psychiatric services, supported employment and education services, skill building services, individual and group therapy, family services (multifamily education & support group & individual family therapy), case management, supportive housing, and outreach.



### LOCATIONS

Department of Human Services  
Sequoia I  
2100 Washington Boulevard  
Arlington, VA 22204

Public Health  
Sequoia II  
2110 Washington Boulevard  
Arlington, VA 22204

Behavioral Healthcare Division  
Sequoia III  
2120 Washington Boulevard  
Arlington, VA 22204