



The Arlington Community Services Board
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Anne Marie C. Hermann
ACCSB Chair

February 22, 2017
Sequoia III
2120 Washington Blvd. Room 112
Arlington, Virginia
7:00 pm - Full Board Meeting

Anita Friedman Interim
Executive Director

Present: Wayne Bert, Anne Hermann, Carol Skelly, Cherie Takemoto, Frank Haltiwanger, Judy Deane, Linda Kelleher, Joanne Del Torro, Jay Ternent, Leslie Gosling, Asha Patton-Smith

Excused: Shauna Alonge, Atima Omara, Jenette O'Keefe, Brian Berke

Attended via Phone: Jarrod Nagurka

Staff: Anita Friedman, Kelly Mauller, Oliver Russell, John Palmieri

Public Comment(s)

There were no public comments.

Chair Hermann introduced guests Rana Stewart and Adele McClure.

CSB Staff Recognition Award

Dr. Amy Lieberson, Mental Health Therapist, Team B, was nominated to receive the February 22, 2017 CSB staff recommendation award. Ms. Lieberson was nominated by Laura Ballard, Mental Health Therapist, Team B. Alan Orenstein, Mental Health Bureau Chief, spoke about Ms. Lieberson on behalf of Ms. Ballard who was unable to attend. Mr. Orenstein read from Ms. Ballard's email statement as to why she nominated Ms. Lieberman. This is a portion of that statement. "She has been here some 12 years and has demonstrated an outstanding commitment to caring for her clients. She remains dedicated to bringing top skills in psychotherapy to her practice with some of the most difficult and treatment resistant mentally ill clients. She also takes extra time to run the Student Volunteer Program." Ms. Lieberman stated that it is great to see people succeed and exceed their own expectations. She thanked the CSB.

Presentation: InSHAPE Program

Chair Hermann introduced Marianna Johnson, InSHAPE Health Mentor. Ms. Johnson introduced two of the participants of the InSHAPE program; Zita Hymes and Shannon Seville.

Ms. Johnson stated that InSHAPE is an evidence based practice providing health mentorship to adults with serious mental illness (SMI). She added that the program began in May 2016 and was created, in part, to respond to significant disparities in health and mortality outcomes among individuals with SMI. Ms. Johnson stated that InSHAPE provides fitness, nutrition and habit coaching.

Ms. Johnson provided an overview of the activities and service planning in the InSHAPE Program:

- Each client meets weekly with the Health Mentor to work collaboratively on a variety of health-related goals, specifically fitness and nutrition
- This work is conducted in the community, at client's homes or at the agency
- Health goals are incorporated into broader service plans
- Engagement, activity and outcomes are tracked
- A monthly social group with health related topics is held
- The program has a County sanctioned Facebook group with 19 members currently
- Technology is used to facilitate food logs and social groups
- Activities include community walks, swimming, biking, exercising at the gym, grocery shopping, etc.

Ms. Johnson stated that the InSHAPE Program has received 86 referrals; with 25 clients enrolled, 27 clients on the wait list and 20 clients are awaiting medical clearance. She added that from July 2016 through January 2017, 645 hours of direct mentorship and coaching were provided to clients for an average of over 25 direct service hours weekly.

Ms. Johnson provided statistics of measured outcomes of the program:

- As of February 2017, 25 out of 25 clients are currently engaging in some form of exercise on at least a weekly basis
- 18 out of 25 clients have lost weight or stopped weight gain
- 22 out of 25 clients are currently logging their food on a daily basis

Ms. Johnson turned the floor over to Ms. Hymes and Ms. Seville

Ms. Hymes stated that the InSHAPE Program is important to her because it emphasizes nutrition and allows her to feel empowered during challenging situations. She added that the program brings about self-esteem and adds to recovery coping and management tools and social skills. Ms. Hymes stated that she is very excited about the program and that the program is making an impact on her life as well as others.

Ms. Seville stated that Ms. Johnson is a great motivator. She added that she never exercised prior to joining the program and that now she is more mindful of eating habits. Ms. Seville stated that she now enjoys workouts and would like the program to continue and expand.

Approval of the January 25, 2017 ACCSB Meeting Minutes

Chair Hermann called for a motion to approve the January 25, 2017 ACCSB Full Board meeting minutes. Mr. Bert motioned to approve the minutes, Ms. Deane seconded the motion, and the minutes were approved as amended.

Finalize FY18 Local Budget Priorities

Chair Hermann, brought the CSB FY18 draft Local Budget Recommendations to the County Board before the members for finalization (*Refer to Handout*). The County Manager will release his proposed budget on February 25th. The members discussed the recommendations and agreed to the following priority order:

1. Developmental Disability Services

Support of 2.2 FTE caseworkers for new clients under the changed waiver system.

Estimated Cost: \$220,000

2. Mental Health Services

Group Housing Placements for 6 individuals under the Extended Kensington Model.
Estimated Cost: \$17,000 per person/ 6 beds/ per year = \$102,000 per year

3. Child and Family Services

.5 FTE Bilingual Intake Specialist to work with Spanish speaking children and families.
Estimated Cost: \$50,085

4. Mental Health Services/Developmental Disability Services

One time funding for a consultant to perform a study on the needs of young adults with autism spectrum and mental health issues, and how they could best be served.
Estimated Cost: \$75,000

5. Substance Abuse Services

The Substance Bureau of the Behavioral Healthcare Division has taken on a large-scale program evaluation of SA services in the county. The evaluation will engage clients, family members and community stakeholders. The team will do a thorough analysis to determine gaps in services, areas for improvement and other needs. After the evaluation is completed, priorities will be developed and the Bureau will work with the Substance Abuse CSB Committee to target these priorities. The CSB will play a fundamental role in developing priorities and pursuing them.

Chair Hermann added that a report on peers that have been hired as a result of last year’s budget will also be presented.

County Board Budget Meetings

Chair Hermann opened a discussion about the CSB meetings with the County Board members (Refer to Handout). The dates of the meetings are as follows:

- February 28th - Libby Garvey 1:30-2:30
- March 3rd - John Vihstadt 5:30-6:00
- March 9th - Katie Cristol 1:00-2:00
- March 9th - Christian Dorsey and Jay Fisette 3:00-4:00

The members discussed which board members should present the CSB’s requests at the County Board meetings. The members agreed to the following speakers:

February 28th

Wayne Bert
Frank Haltiwanger
Anne Hermann
Carol Skelly
Cherie Takemoto
Leslie Gosling

March 3rd

Asha Patton-Smith
Anne Hermann
Wayne Bert
Leslie Gosling

March 9th

Anne Hermann
Frank Haltiwanger
Leslie Gosling

County Board Budget Work Session: Public Budget and Tax Rate Hearings

Chair Hermann announced that the Public Budget Hearing will be held on Tuesday, March 28th and the Tax Rate(s) Public Hearing on Thursday, March 30th (Refer to Handout). Both hearings begin at 7:00 p.m., in County Board Room 307, 2100 Clarendon Boulevard.

An advanced sign-up registration procedure for both hearings, will be used again in 2016. Citizens will be able to sign-up in advance beginning at 8:00 a.m. 5 days before each hearing date. Advanced sign-up will close at 5:00 p.m. the day before each hearing.

Chair Hermann asked the members to send an email to her if interested in attending. The committee decided not to attend the Public Tax Rate(s) Hearing on March 30th.

County Board VHC Meetings

Chair Hermann opened a discussion about the CSB meetings with the County Board members regarding the VHC expansion (Refer to Handout). She stated that she, Ms. Deane and Mr. Russell have already met with several of the County Board members. The meetings and speakers are as follows:

- February 14th - Katie Cristol 1:00PM-2:00PM - Ms. Hermann and Ms. Deane
- February 14th - Christian Dorsey & Libby Garvey 4PM-5PM - Ms. Hermann and Ms. Deane
- February 23rd Jay Fisette 3:30 - 4:00 - Ms. Hermann and Ms. Deane

Report Out on ACCSB Retreat Initiatives

There were no reports on retreat initiatives.

Informational Items

- ✓ Chair Hermann announced that the annual Offender Aid and Restoration (OAR) breakfast will be held on March 1st from 7:45 a.m. to 9:00 a.m. at the Crystal Gateway Marriott located at 1700 Jefferson Davis Highway in Arlington. Ms. Hermann and former CSB Chair, Jim Mack, are both hosting a table at the event. Anyone wishing to attend should contact Ms. Hermann.
- ✓ Ms. Skelly announced that the annual Proclamation Ceremony for individuals with developmental disabilities will be held on Tuesday March 7th, beginning at 9:30 a.m., at the Arlington Career Center. She stated that parking is very limited and suggested that attendees carpool or take public transportation.

Adjournment

The Arlington County Community Services Full Board meeting was adjourned by Chair Hermann at 8:10 p.m.

Respectfully submitted by Kelly Mauller