



The Arlington Community Services Board

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James Mack
ACCSB Chair

Cynthia Kemp
Executive Director

April 17, 2013
DHS Stambaugh Building Auditorium
2100 N. Washington Blvd
Arlington, Virginia
7:00 pm – Full Board Meeting

DRAFT

Members Present: James Mack, Barbara Jones, Anne Hermann, Judith Deane, Brian Berke, Jenette O'Keefe, Cynthia Fagnoni, David Kidwell, Naomi Verdugo,

Members Excused: Keith Whyte, Linda Kelleher, Shauna Alonge, Scott Brannon, Moira Saucedo, Brian DeAtley

Staff Present: Cynthia Kemp, Farah Shakour, Kelly Mauller, Alan Orenstein, Joanna Barnes, Thomas Wallace

Public Comment(s)

A member of the community suggested that the Community Services Board (CSB) recruit more culturally diverse members. Chair Mack thanked the community member and let him know that the CSB members were seized with this issue. He reminded the meeting attendees that while the CSB can recommend CSB members, appointment authority rests with the County Board.

Approval of the March 20, 2013 ACCSB Meeting Minutes

ACCSB Chair Mack called for the review and approval of the minutes for the March 20, 2013 full board meeting. The Members reviewed the minutes. Chair Mack called for a motion to approve the minutes. Ms. Deane motioned to approve the minutes, Ms. Hermann seconded the motion and the minutes were approved with no corrections.

Staff Recognitions

Carol Sacks, Mental Health Community Support Team B Supervisor, Behavioral Healthcare Division was nominated to receive the April 2013 staff recognition award. Ms. Sacks was nominated by Dr. Alan Orenstein, Bureau Chief of Mental Health Services. Dr. Orenstein stated that Ms. Sacks is an outstanding clinician and supervisor and that she is client centered and timely and efficient with documentation. As an example, he noted that due to Ms. Sack's efforts in the most recent audit, Mental Health's Team B was one of the most highly recognized. He further stated that Ms. Sacks assumed the coordinating responsibility for implementing the Illness Management and Recovery Services (IMR is an evidenced based practice that helps people clarify their recovery goals, better understand their illnesses, use medications more effectively and build social coping skills). He further stated that she took on the responsibility of Dialectical Behavioral Therapy (DBT) which is a specialized therapy for people with serious problems with emotional regulation. He stated that Ms. Sacks is also a member of the Health and Safety Committee. Dr. Orenstein acknowledged Ms. Sacks long term service to the CSB and its clients and her continued outstanding and assertive contributions to the development of staff skills and best clinical practice. Ms. Sacks stated that she is grateful to have a chance to aid in the improvement of CSB services and that she believes in the services she provides.

Job Discovery, Inc (JDI) Coaches Alfred Beaty and Rene Walcott-Taylor and Employees Wedad Bedri, Angel Cordova, Lisa Good, Scott Haddox, Shirley Harris, Selamawit Teklemariam, Charles Gudaitis,

Chris Hilliard, Matthew Repetski and Dominck Russo were nominated to receive the April 2013 staff recognition award as well. The JDI coaches and employees were nominated by Kay Halverson, Executive Director, Mary Marshall Assisted Living Residence (MMALR) for their cleaning efforts at MMALR during the noro-virus outbreak. Chair Mack thanked the group for a fantastic job and distributed a certificate to each of the employees and the job coaches. Ms. Halverson spoke about the team's work ethic and stated that they went above and beyond in cleaning MMALR. Ms. Good stated that Mr. Beaty helped the team a lot. A group photo was taken.

The JDI employees were also presented with Public Health Department (PHD) certificates from Evelyn Poppell, Bureau Chief, Community Health Protection, PHD and Tea Hess, Supervisor of Communicable Disease Programs, PHD. Ms. Poppell and Ms. Hess spoke of the PHD's mission to control communicable diseases. Ms. Poppell and Ms. Hess thanked the JDI employees for being the PHD's partners and distributed the certificates.

Chair Mack thanked Ms. Sacks, Mr. Orenstein, the JDI Coaches and Employees and Ms. Halverson and Ms. Poppell and Ms. Hess and conferred the awards.

Presentation: Older Adults and Alcohol Use

Chair Mack introduced Rhonda Williams, Therapist Supervisor, Older Adult Clinical Service, Alexandria Community Services Board. Ms. Williams presented information on substance abuse among older adults.

Ms. Williams gave a brief overview of the Alcohol and Aging Awareness Group (AAAG). She stated that in 2007 the Governor requested a state wide effort to collect information about education and training for older adults, alcohol and medication use. She noted that a state level AAAG group was formed and has been meeting since 2007 and that the state level AAAG group is working towards developing a regional level AAAG group. She stated that the mission of the AAAG is to keep older adults safe from alcohol and drug use abuse. She stated that alcohol and medication use and misuse among older adults is one of the fastest growing health problems facing the Country. She reported that 37% of older adults have a severe problem with alcohol or medications. She stated that widowers over age 75 have the highest rate of alcoholism in the Country.

Ms. Williams gave examples of risk factors for older adults to abuse substances and/or medications.

- Bio, genetic, psychological and social factors
- Multiple medications and uncoordinated care
- Functional limitations, declining health and depression
- Feeling like a burden to others and low self esteem
- Physical pain or changes in living situations
- Isolation/living alone or living in a health care setting

Ms. Williams stated that changes in body composition and in the brain that occur in the aging body may increase the effects of alcohol.

Ms. Williams reported on some of the signs and symptoms of alcohol and medication abuse in older adults.

- Loss of interest in activities
- Changes in sleep pattern
- Abrupt changes in mood
- A decline in grooming, housekeeping, routine chores or eating habits
- Unsteady gait or declining health
- Isolating from family
- Slurred speech or the smell of alcohol on breath
- Increased use of medicine, tobacco or alcohol
- Increased accidents

Ms. Williams reported that by mixing alcohol with medications, the medications can lose their effectiveness and/or become deadly. She explained that drinking alcohol with; for example, a timed release capsule can dissolve the coating prematurely so the full dose of the medication is felt immediately. She noted that other drugs that can cause adverse effects while drinking alcohol are:

- Nicotine
- Insulin
- High blood pressure medicine
- Over the counter sleep medicines
- Prescription pain killers

Ms. Williams concluded her presentation by stating that the AAAG was formed because of its belief that there is a window of opportunity within the older population to provide education about the risks of abusing alcohol and medications.

Ms. Verdugo asked about the suicide rate for older adults as related to physical illness. Ms. Williams responded that this is sometimes the case and that alcohol can be a big factor.

A member of the community asked how the AAAG anticipates reducing alcohol and medication abuse in older adults taking into consideration the number of persons who are soon going to be over the age of 65. She responded that there is a plan on the State level to implement a more strategic plan on the regional level to address this issue.

Mr. Atkins asked what the timeline is for being able to drink alcohol after taking morning medication and the timeline for taking evening medication after consuming alcohol. Ms. Williams responded that it depends on the medication but that if the medication is time released, it is recommended that a person take the medication earlier in the day as opposed to directly before consuming alcohol.

Chair Mack thanked Ms. Williams for her presentation.

Approval for CSB Staff to Apply for State Funding for Crisis Services for Youth

Ms. Kemp distributed a recommendation (*Refer to Handout*) to the CSB to apply for funding from the Department of Behavioral Health and Developmental Services (DBHDS) for regional mobile crisis and crisis stabilization services for children. Ms. Kemp requested the Full Board's approval to move forward in applying for the grant. Ms. Kemp reported that Thomas Wallace, Child and Family Services Bureau Chief, in collaboration with other CSBs, is in the process of preparing a regional proposal to the State DBHDS. She explained that Arlington was taking the lead on the proposal and if funded, Arlington will serve as both the fiscal agent and the operator of the program. Mr. Wallace noted that the proposal is due to the DBHDS by May 1, 2013. Chair Mack called for a motion to approve the recommendation. Ms. Verdugo motioned to approve the recommendation, Ms. Hermann seconded the motion. Ms. Kemp stated that the full proposal will be distributed to the members upon completion.

Approval of Interagency Agreements

Ms. Kemp presented the annual summary of the Arlington CSB interagency agreements and asked the board members to approve the interagency agreements (*Included in Member Packet*) noting that the agreements have already been approved in the committees. Ms. Kemp stated that the CSB is required by Code to ensure that all agreements with outside agencies are in place. The members approved the agreements.

Mr. Atkins asked if there were any changes necessitated by the addition of the Drug Court Program. Ms. Kemp responded that she needed to look into whether an MOU was required. She stated that she would get back to the CSB on this.

ACCSB Executive Director's Report

ACCSB Executive Director Cynthia Kemp reported the following:

- Ms. Kemp reported on the group homes. She stated that there were 24 incidents in March which is slightly higher than in past months.
- Ms. Kemp gave an overview of the financial report (*Refer to Handout*). Ms. Kemp reported that CSB programs should be at 66% of the yearly target and they are at 61%. She stated that regular monitoring and improvements continue to be implemented. Ms. Kemp stated that the Arlington CSB is consulting with another CSB to observe their processes for full cycle billing.
- Ms. Kemp announced that the Arlington County Drug Court Program was implemented last week and has two clients. She distributed an informational brochure to the members.
- Ms. Kemp announced that the Consumer Run Program opened April 1, 2013. She stated that Recovery Program Solutions of Virginia (RPSV) is operating the new Recovery Center. She noted that an Open House is planned for early May (*Information Included in Member Packet*). She reported that 13 people visited the Center in the first week. Ms. Deane announced that the Mental Health Subcommittee has scheduled their regular monthly meeting at the Center on Wednesday, April 24, 2013 at 4:00 p.m.
- Ms. Kemp informed the members that she will be coming forward in May with a recommendation seeking the full board's approval to apply for additional emergency services and police drop off center funding to expand the services that our crisis intervention center provides. She noted that the Governor has provided funding in his budget for crisis programming with police drop off capabilities.
- Ms. Kemp distributed the Arlington Profile for 2013, a yearly production of information about Arlington County.
- Ms. Kemp introduced Thomas Wallace, Child and Family Services Bureau Chief, who gave a quarterly update on the progress in Children and Adolescent Behavioral Healthcare Services. Mr. Wallace stated that the Action Plan was developed from a review of the County's services. He stated the three main areas reviewed were the organizational structure of child and family services, the clinical model of care and compliance issues.
 1. Organizational Structure - Mr. Wallace stated that Arlington implemented a program last Fall that is designed to streamline and consolidate the intake process and scheduling. Mr. Wallace stated that there is a staff person designated to ONLY conduct intakes. He also stated that performance measures have been implemented in the intake process and that after each intake the family is asked to fill out a survey on their satisfaction of the intake process. He noted that measures are in place to track how long it takes to perform the intake process. He noted that a Compliance and Risk Quality Manager is in place to assist with the performance measures.
 2. Clinical Model of Care - Mr. Wallace reported that staff has received Cognitive Behavioral Therapy training. Mr. Wallace stated that Motivational Interviewing training will be scheduled for June 2013. He explained that Motivational Interviewing is a collaborative conversation to strengthen a person's motivation. He reported that an additional staff person has passed the licensing exam and another staff person will be taking the exam soon. He reported that scheduling quarterly collaboration meetings with the public schools has been challenging but he is continuing to work towards that goal.
 3. Compliance - Mr. Wallace reported the goal is to have all staff in compliance with documentation and that the main issue with compliance is timeliness in the completion of charts.

- Ms. Kemp announced that there will be a recovery event and luncheon at Clarendon House on Wednesday April 24, 2013 from 11:30 a.m. to 1:00 p.m. She stated that the event is being held to promote and discuss recovery efforts in the Behavioral Healthcare Division (BHD). She noted that several County Board members will be in attendance and encouraged the CSB members to attend.
- Ms. Kemp stated that Mr. Mack asked her about the liability of the CSB Full Board if they were to be sued. She noted that this has never occurred. Ms. Kemp reported that in a prior presentation by Louise DiMatteo of the Circuit Court, it was stated that the CSB Full Board is protected by the County because the members are County volunteers and commission members as long as members stay within the guidelines as related to the CSB. Ms. Kemp gave an overview of the language in the CSB Bylaws and Policies surrounding confidentiality and privacy issues. Ms. Kemp stated that she confirmed this information with County Attorney, Carolyn Kane. Ms. Kemp quoted from risk management, "County self insured program covers members of the Board, other than the County School Board, who are appointed by the County Board. We also have liability coverage for volunteers so one or both policies will cover the Board as long as they are operating within their responsibilities as they relate to being a CSB member."
- Ms. Kemp acknowledged and thanked Joanna Barnes, Bureau Chief, Intellectual and Developmental Disabilities, for her years of service as this is her last CSB meeting prior to retiring. She noted, however, that Ms. Barnes will take a brief leave of absence and will return to the same position as a contractor until the end of December 2013.

ACCSB Chair's Report

ACCSB Chair James Mack reported the following:

- Chair Mack thanked the CSB members, the Committees and Ms. Kemp and her staff for their hard work, time and energy in advocating for the CSB FY14 Budget Priority Requests. He reported that the members had a very successful series of meetings with County Board members and that staff answered all of the Board's questions. He stated that the County Board will release the final approved FY 14 budget this Saturday April 20, 2013; however, he reported that preliminary reports are that the County Board has approved all the CSBs priority requests.
- Chair Mack reported that the CSB Executive Committee is beginning to discuss the State General Assembly Legislative and Budget issues for FY14. He stated that some of the FY13 budget issues have been resolved by the State General Assembly and that the Board members will need to review the remaining issues to determine which CSB services they would like to continue to advocate for or add or remove from the list of priorities for FY14. Ms. Kemp noted that the VACSB has inquired about CSB's priorities for FY14. Ms. Kemp stated that she will be attending a meeting with other CSB Executive Directors on April 26, 2013. Ms. Kemp stated that George Braunstein, Executive Director, Fairfax CSB is the lead for the VACSB Public Policy Committee and that it is this committee that reviews and determines the VACSBs legislative and budget priorities.

Ms. Verdugo asked if the CSB members should reach out to other advocacy groups and organizations. Ms. Kemp stated that this is a good idea. Ms. Verdugo stated that NAMI Virginia is hosting a series of conference calls to discuss agendas and that she and Tom Wallace will be a part of the calls. Ms. Verdugo suggested that other board members contact her with input from the subcommittees prior to the conference calls. Ms. Kemp stated that it would be helpful for this information to be sent directly to her and she can then contact the Executive Directors of other CSBs in the region.

- Chair Mack announced that the Community Development Citizen Advisory Committee (CDCAC) would like a representative from the CSB to join their committee. He noted that CSB Liaison, Mary Hynes, has asked the CSB to appoint the representative. He stated that the CDCAC advises the County Board about various aspects of the Community Development Block Grant (CDBG) program. He stated that the CDCAC meets the first Wednesday of each month and every Wednesday in the months of October and

November. Chair Mack asked if any of the board members would like to volunteer to be the CSB representative on the CDCAC Committee. The members did not conclude who will be the representative.

Chair Mack announced that he joined a bus tour of CDCAC projects last week. He noted that CSB members Mr. Brannon and Ms. Deane also attended. He reported that they visited several housing projects in the community; The Marbella Apartments and Buchanan Gardens which are both owned by Arlington Partnership for Affordable Housing (APAH) and The Friends of Guest House which is a transitional home for women leaving the jail system. He noted that CSB Liaison, Mary Hynes, joined the group at the Marbella Apartments.

- Chair Mack announced that the annual CSB Awards Celebration will be held June 19, 2013. He stated that staff are collecting nominations and that the Executive Committee will review the nominees at the May 6, 2013 Executive Committee Meeting. He encouraged the members to attend this event. He announced that Senator Barbara Favola will be attending and would like to read a Resolution on our primary care project, ANSHI. He stated that Senator Favola will also present a Community Partner award to the ANSHI staff.
- Chair Mack stated that there are three CSB member's terms ending in June 2013. He stated that he will speak to each of the three members to discuss if they are willing to serve another three year term. He announced that two of the board members will be completing their second term in October 2013 and that Ms. Verdugo will complete her full nine year term in October. Chair Mack asked the members for suggestions of qualified candidates to fill the three vacant CSB Full Board Membership slots. He stated that it would be good to get some diversity on the CSB and stressed the importance of filling the vacancies and that the person does not have to be a person receiving CSB services.

Report Out on ACCSB Retreat Initiatives

Ms. Hermann reported out on the Mary Marshall Assisted Living Residence (MMALR). She reported that Kay Halverson, Executive Director, MMALR stated that a good thing that came out of the noro-virus outbreak is that a procedural manual has been created about what to do if the Executive Director, Director of Residential Services and the Director of Nursing were all incapacitated at the same time. Ms. Hermann stated that a new Med-Tech and two new LPNs have been hired. She reported that after the licensing inspection the Residence was optimistic about the results and hopeful that they would be resuming admissions and are expecting that admissions will occur at a rate of two per month. Ms. Hermann will email a calendar of activities to Ms. Shakour. Ms. Hermann stated that she will not be able to attend the May Advisory Committee and asked the members if any of them would be willing to act as her substitute. Ms. Hermann will email this request to the full board members.

Informational Items

Ms. Kemp spoke on behalf of Ms. Kelleher who was absent from tonight's meeting and handed out a report prepared by Ms. Kelleher. She stated that Ms. Kelleher will provide any additional information on the Housing Study at the May 15, 2013 Full Board meeting.

Adjournment

The Arlington Community Services Board meeting was adjourned at 8:20 p.m.

Respectfully submitted by Kelly Mauller.