



The Arlington Community Services Board
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James Mack
ACCSB Chair

Cynthia Kemp
Executive Director

December 18, 2013
DHS Stambaugh Building Auditorium
2100 Washington Blvd
Arlington, Virginia
7:00 pm
Full Board Meeting

Attendance: James Mack, Barbara Jones, Brian DeAtley, Scott Brannon, Judith Deane, Anne Hermann, Linda Kelleher, Shauna Alonge, Moira Saucedo, David Gardner, Erica Jackson, Brian Berke, David Kidwell

Members Excused: Jenette O'Keefe, Lee Long, Ann Wroth, Keith Whyte

Staff: Cynthia Kemp, Farah Shakour

Public Comment(s)

There were no public comments.

Staff Recognition: Sheila Guzman, Mental Health Therapist in Child and Family Services Division, was nominated to receive the December 18, 2013 CSB staff recognition award. Ms. Guzman was nominated by Diana Manganelli, Mental Health Therapist, Child and Family Services Bureau. Ms. Manganelli commended Ms. Guzman's work with children in the juvenile justice system. She noted that Ms. Guzman provides consultation and guidance to detention staff in how to be more effective with children in the detention center. In addition, Ms. Guzman is assisting in redesigning the Post-Disposition Program which is a six month program to help prevent children from being committed to a juvenile detention facility. Chair Mack thanked Ms. Manganelli and Ms. Guzman and conferred the award.

Approval of the November 20, 2013 ACCSB Meeting Minutes

ACCSB Chair Mack called for the review and approval of the minutes for the November 20, 2013 CSB full board meeting. The Members reviewed the minutes. Chair Mack called for a motion to approve the minutes. Mr. Brannon motioned to approve the minutes, Ms. Hermann seconded the motion and the minutes were approved with two corrections.

Presentation: Long Term Care Residences:

Chair Mack introduced Tom Fonseca, Chairman, Arlington's Long Term Care Commission and former Chair to the CSB. Mr. Fonseca presented information about Long Term Care Residences in Arlington. Mr. Fonseca introduced and recognized Commission members Cindy Schneider, Vice Chairman, and John Kozar, Chairman to the Commission's Outreach Committee. He also introduced Maimoona Bah-Duckinfield, Arlington's new Director of the Area Agency on Aging.

Mr. Fonseca spoke about the choices for older adults to be able to stay in their own home and the options for moving to a long-term care residence; Senior Residence, Assisted Living Residence, a Nursing Home or a Continuing Care Retirement Community (CCRC).

Staying in home:

Mr. Fonseca stated that there are many in-home services available, including:

- Home Care
- Medicare Counseling
- Nutritional Services
- Transportation
- Home-Delivered Meals
- Other Services (*Refer to Handout*)

Mr. Fonseca stated that Arlington has 13 distinct Long-Term Care facilities and that all but two of the facilities focus on one type of residence - senior residency, assisted living or nursing and rehabilitation.

Senior Residences:

Mr. Fonseca stated that there are over 1,350 senior residence apartment units in Arlington. Approximately 1,000 of those units are rent subsidized. The units are located at the following residences:

- Culpepper Garden - 267 units
- The Carlin - 162 units
- Claridge House - 300 units
- Hunter's Park at Cherrydale - 74 units
- Woodland Hill - 235 units
- The Jefferson - 325 units

Assisted Living Residences:

Mr. Fonseca stated that there are over 400 assisted living residential units in Arlington. The assisted living residences are regulated by the Virginia Department of Social Services. The units are provided to individuals who need assistance with Activities of Daily Living (ADLs) or medication management. 24 hour supervision and security are provided. The units are located at the following residences:

- Culpepper Garden - 73 units
- Emeritus of Arlington - 125 units
- Sunrise of Bluemont Park - 52 units
- Sunrise of Arlington - 47 units
- Mary Marshall Assisted Living - 52 units
- The Jefferson - 75 units

Mr. Fonseca noted that the Mary Marshall Assisted Living Residence (MMALR) is for individuals with Intellectual and Developmental Disabilities and/or Serious Mental Illness. He stated that MMALR is the only facility of this type in the State and one of only a few throughout the country.

Nursing Home and Rehabilitation Centers:

Mr. Fonseca stated that there are over 650 beds in Arlington that provide nursing and healthcare services (under doctor's orders). The centers are regulated by the Virginia Department of Health and have federal and state requirements for care. The eligibility requirements for long-term service are needing assistance with five ADLs and needing daily nursing care. The beds are located at the following residences:

- Cherrydale Health and Rehabilitation Center - 240 beds
- Potomac Center - Genesis Healthcare - 240 beds
- HCR Manor Care - 161 beds
- The Jefferson - 31 beds

He noted that the number of nursing home and rehabilitation center beds is declining due to the reduction of Medicaid reimbursement rates.

Continuing Care Retirement Community (CCRC)

Mr. Fonseca stated that there is only one CCRC in Arlington County. The CCRC provides a combination of independent living, assisted living and nursing home care.

Mr. Fonseca stated there are various options for paying for Long-Term Care.

- Self pay/personal funds
- Long-Term Care Insurance
- Medicare – for limited stay
- Medicaid – mostly for nursing home care – not for assisted living
- State and local auxiliary grants

Chair Mack thanked Mr. Fonseca for the presentation.

Arlington County FY15 Budget

Guidance from the County Manager

Chair Mack directed the members to the FY15 Budget Guidance procedures (*Included in Member Packet*) that provide direction to the County Manager from the County Board on the parameters for preparing the FY15 budget. He read in part that “the County Manager is directed to present a balanced budget that assumes no increase in tax rates and no greater than two percent growth in expenditures over the adopted FY14 budget.”

Mr. Mack announced that out-going Governor McDonnell issued Executive Order 68 that would establish the Task Force on Improving Mental Health Services and Crisis Response, in addition to a series of other mental health initiatives. In-coming Governor McAuliffe has endorsed the proposal. He noted that, if the proposal is accepted, it could have a positive impact on the CSB’s FY15 budget priority requests.

Ms. Kemp presented an overview of the press release about Governor McDonnell’s proposal (*Included in Member Packet*).

- \$38.3 million dollars over the biennium is proposed for mental health and substance use disorders
- A task force to improve mental health services and crisis response will be implemented under Executive Order 68
- Proposed funding for the Department of Justice (DOJ) mental health and Training Center settlement
- A total of \$95.8 million dollars will be provided over the next biennium

The Governor’s proposed budget would provide for the following funding for mental health:

Mental Health Crisis Response Improvements

- Emergency Custody Order (ECO) Extension – will allow for an optional two hour extension if a bed is not found within the maximum six hour ECO period
- Temporary Detention Order (TDO) Extension – will extend the current TDO time period from 48 hours to 72 hours
- Expand availability of secure crisis intervention team (CIT) assessment centers – will allow a person to be held safely for evaluation while a bed is being located without using addition law enforcement time
- Maintain current adult capability at Eastern State Hospital (ESH) – will enable ESH to avoid a loss of bed capacity
- Expand adult bed capacity at ESH – open a vacant geriatric 20 bed unit to accommodate adult civil and forensic patients in the catchment area
- Ensure operational supports for new Western State Hospital (WSH) facility – will provide operational supports for the new WSH facility

Behavioral Health and Treatment and Support Services

- Expand mental health outpatient services – funding for mental health services for older teens and young adults transitioning from school, college or early in adulthood
- Expand Program Assertive Community Treatment (PACT) programs – provide intensive clinical outreach and support to persons with serious and persistent mental illness
- Expand telepsychiatry capacity – for new telecommunications equipment to allow CSBs to conduct off-site clinical evaluations
- Peer Support Recovery – to provide support to persons with behavioral health needs by people who are themselves in recovery
- Substance Abuse Community Recovery Program – for the community recovery program in the Piedmont region

Mr. Gardner asked if the number of ECOs can be estimated over the course of a year. Mr. Berke responded that the number of ECOs in a year's time is in the hundreds.

Additional information on Governor McDonnell's proposal is available on-line at:

<http://www.governor.virginia.gov/policyoffice/executiveorders/>

CSB FY 15 DRAFT Budget Priorities

A draft summary of the CSBs FY15 local budget priorities was included in the member packets.

Mental Health Committee:

- Crisis Intervention Treatment (CIT) Coordinator and Mental Health Jail Therapist
- Homeless Outreach Staff
- Psychiatric Services Providers
- Peer Supports
- Emergency and Education Fund for Young Adults

Substance Abuse Committee:

- Peer Recovery/Recovery Support Staff
- Arlington Jail Addictions, Corrections and Treatment (ACT) Unit Case Management

Intellectual and Developmental Disabilities Committee:

- Employment Consultant

Child and Youth Committee:

- No requests

ACCSB Executive Director's Report

- ✓ Ms. Kemp gave a report on the group homes for October 2013 (*Refer to Handout*). She stated that there were 8 incidents reported this month.
- ✓ Ms. Kemp reported that CSB programs should be at 33% of the yearly target and they are at 38% (*Refer to Handout*). She noted that a decrease in revenue is expected this month and into January as new procedures are implemented related to the shift from DMAS to Magellan managed care and that the financial staff are working diligently to ensure that revenue is maximized. She stated that a department-wide committee has been established to review administrative processes related to revenue. The committee will recommend changes to the process that will make the process more efficient and effective.

- ✓ Ms. Kemp announced that the State Public Hearings on the Governor's proposed 2014-2016 Biennial State Budget will be held January 3, 2014 (*Included in Member Packet*). The hearings will be held at several locations in Virginia.

Friday, January 3, 2014 at 10:00 a.m.

- Fairfax County Government Center, Board of Supervisors Auditorium

Friday, January 3, 2014 at 12:00 noon

- Harrisonburg - James Madison University, Festival Student and Conference Center
- Hampton - Thomas Nelson Community College, Auditorium
- Blacksburg - Virginia Tech, Graduate Life Center
- Richmond - General Assembly building, House Room D

- ✓ Ms. Kemp announced that the Arlington County State Legislator's Public Hearing will be held Friday January 3, 2014 at Court House Plaza in the County Board Room, 2100 Clarendon Boulevard from 5:00 p.m. to 7:00 p.m. There is no advanced sign up to speak.
- ✓ Ms. Kemp directed the members to the State Legislative Delegation Forum Responses (*Included in Member Packet*). The members discussed the responses. Ms. Alonge will email her suggestions regarding Senator Howell's question about the possibility of being sued due to not discharging people from state psychiatric hospitals when they are ready. Ms. Kemp will contact the County Attorney,Carolynn Kane, regarding the same. All comments are due to Ms. Shakour by Friday December 20, 2013.
- ✓ Ms. Kemp announced that Mary Hynes will be attending the January 15, 2014 Full Board meeting to discuss the new Board/Commission Handbook, which includes important information about the role of the board members, the role of staff and the role of the County Board and County Manager and the framework for Civic Relationships and the Advisory Group Charter.
- ✓ Ms. Kemp reported that Ms. Shakour is continuing to develop the Arlington Housing Study Report in collaboration with CSB member Linda Kelleher.

ACCSB Chair's Report

Chair Mack acknowledged the passing away of Bob Atkins. Mr. Atkins was an active member of the community and attended a majority of the CSB Full Board and County Board meetings. He stated that Mr. Atkins brought a wealth of knowledge to the meetings and was an active supporter of the CSB.

Chair Mack reported on the meeting that he and Ms. Kemp attended at Senator Barbara Favola's house on December 13th. Governor McAuliffe's Transition Team Policy Director, Bill Murray, regional CSB Executive Directors and a family having difficulties with the Training Center closure also attended the meeting. The four regional budget priorities that were discussed are as follows:

- Funding for persons leaving the Training Centers
- Expanding housing options for persons with Serious Mental Illness (SMI)
- Expanding services for youth including Multi Systemic Therapy (MST) and systems of care
- Peer Model Recovery Program for adults with Substance Abuse disorders

Chair Mack requested that the members complete the new Financial Disclosure form recently revised by the County Board Office. Ms. Mauller emailed the new form to the full board members and hard copies of the form are available tonight. Previously completed forms are no longer valid. The deadline for submission to the County Board office is January 15, 2014.

Chair Mack announced that Ms. Saucedo will be leaving the Arlington County CSB in the next few months due to a move to Alexandria. He noted that this will create two vacancies on the full board. He stated that a potential candidate has been forwarded to the County Board for approval to fill one of the vacancies.

Chair Mack announced that he will be unable to attend and chair the January 15, 2014 CSB Full Board Meeting. Ms. Deane volunteered to chair the meeting in Mr. Mack's absence.

Report Out on ACCSB Retreat Initiatives

Ms. Hermann reported out on the Mary Marshall Assisted Living Residence.

- Meredith Eisenhart and Maimoona Bah-Duckenfield, both in DHS Aging and Disability Services, are identifying the major dental issues of the residents
- Currently, there are 51 residents and 2 pending referrals
- The Secret Santa program was successful and all residents will receive a gift card

Ms. Kelleher asked if the residents are able to apply for a grant for dental services. Ms. Hermann responded that applying for a grant may be one way that the dental services issues are being addressed. Ms. Kelleher will email information on applying for a grant to Ms. Hermann.

Informational Items

Ms. Deane reported that a PACT Family Council was developed last year to support staff and clients. The group consists of Ms. Deane, Ms. Hermann, parents of clients and other advocates. She noted that the Council meets quarterly. She stated that the Council held a meeting today to discuss various options about what types of support services could be provided. A few of the suggestions include community appreciation such as holiday baskets and a pre-Valentine's Day lunch for staff. Ms. Deane stated that the appreciation events will be monthly and that anyone is welcome to participate. Ms. Deane further stated that the Council would like to begin to collect household items for clients and store them for future distribution to clients. The Council is also looking for volunteers to organize and maintain the items. Send the names of anyone interested in volunteering to assist the PACT Council to Ms. Deane.

Ms. Kelleher, member of the Housing Sub-Committee on the 10 Year Plan to End Homeless, stated that Pam Gannon, Economic Independence Division (EID) Housing Bureau Management Specialist, is developing a report on supportive studio apartments in the DC and surrounding area, including Maryland. Ms. Kelleher stated that she is willing to arrange for Cindy Stevens, EID Housing Bureau Chief, or Sara Thompson, EID Housing Bureau Program Manager, to give a presentation about the supportive studio apartments at the February 19, 2014 CSB Full Board meeting. The members agreed.

Mr. Gardner, CSB full board member and CSB representative to the Community Development Citizens Advisory Committee (CDCAC), reported that he attended a joint meeting between CDCAC and the Arlington Housing Commission to discuss local properties.

Adjournment

The Arlington County Community Services Board Executive Committee meeting was adjourned by Chair Jim Mack at 9:00 p.m.

Respectfully submitted by Kelly Mauller.