

Arlington Community Services Board (CSB)-

Children and Youth Committee

March 7, 2016- Department of Human Services, 2100 Washington Boulevard, Room A - LL

Committee Present: Asha Patton Smith, Joanne Del Toro, Linda Staheli, Janine Finnell, Marguerite Tomasek, Frank Haltiwanger, Earl Conklin, Naomi Verdugo

Child and Family Services Division (CFSD) Staff: Tabitha Kelly, Sharon Lawrence

Called to Order: The meeting was called to order by Asha Patton Smith at 6:31pm

Minutes review/approval:

The February Minutes were approved by Frank Haltiwanger (Initial Motion), Betsy Greer (Second Motion), and the committee. In review of the minutes, Betsy requested to include data on academic performance from Carlin Springs.

Linda Staheli shared a video that focused on the mental health as experienced by Youth and their thoughts on how to support youth.

Asha Patton Smith recognized that Frank Haltiwanger is an official member of the Child and Family CSB Committee and serves as the citizen member representative. The commitment is once a month for three years.

Asha facilitated a discussion on communication. It was explained that the CSB has generated a series of Communication Discussions to help strengthen our communication. The Executive CSB is the oversight committee to this process. There are a number of committees involved in this process. Recently, the Executive Committee met with DHS organizational specialists to begin the discussion regarding the importance of having joint meetings. Initially, there were two meetings to view how to improve collaboration. The purpose is to allow for openness, data sharing, giving time to react, looking at roles and responsibilities, within a trusting and supportive environment. The first meeting was February 29, 2016 and the joint meeting on March 15, 2016. Periodically, the chairs will give information as they receive it on what this will look like moving forward. It is considered a reboot of the committee(s).

- Janine Finnell inquired about the meeting. Asha recapped the previous explanation to provide clarification.
- Betsy expressed that the Beth Tschopp does not provide oversight over Tabitha and Sharon. Tabitha explained Beth's role and the close collaboration and communication between Beth, Tabitha and Sharon.
- Naomi inquired about what motivated the initiative to have the meetings with the organizational specialists. Asha further explained the purpose as indicated above.

Positions:

Betsy Greer inquired about the status of the Deputy Director position which is vacant. Tabitha Kelly provided an update on the position. There was a candidate who accepted the position, but had to rescind due to health concerns that prevented her from taking the position.

Description of Mental Health Therapist Position:

Asha explained that the goal of this discussion is to begin a series of having a topic or list of things for Sharon to present to the Children and Youth Committee to increase understanding of roles that are connected to the Behavioral Health Bureau and/or the schools. Sharon provided a handout and presented on the role of Social workers and the job description for Mental Health therapists. A full description was also provided on the many roles that a social worker can have and the licensure requirements needed to provide treatment. Comparisons/similarities were made to Licensed Professional Counselors. The Behavioral Health Bureau is comprised of Licensed Professional Counselors, Social Workers (Licensed and Unlicensed), Substance Abuse Counselors, and Licensed Marriage and Family Therapists.

Joanne asked about social workers in the school. Sharon explained the roles of Kacey as the Transition Youth Worker and other therapists within the Bureau who work closely with school staff (Social Workers and Counselors) to provide information and consultation on services.

Earl Conklin explained that within Juvenile Court, they are attempting to hire clinical staff for the group home. Currently, there is a person on track to obtain their LPC (Licensed Professional Counselor) credential within the next year. At Aurora House, staff currently receive consultation from a PhD/LCSW. The goal is ensure that the staff are clinically informed. The mental health issues that youth are presenting with are much more increased. The trend is to make sure that staff are consistently supervised and supported in addition to receiving weekly supervision.

Regarding caseloads, the committee requested to know the national and regional average. Tabitha explained the difference between case load and case work with emphasis on the administrative component that comes along with the overall clinical work.

Monthly Statistics and Trends (February 2016):

Sharon provided the data for Children's Behavioral Health. It was explained in areas where it appears the calculations were incorrect, that those areas represent when youth have had a birthday. An update was given on CR2 as well. The committee agreed to receive a handout monthly with data, but to only review it quarterly at a minimum. However, if a committee member seeks additional information about a data area it will be discussed during the meeting or added to the agenda.

Tabitha shared thoughts on presenting on Performance Measures. She explained that this is connected to the data, trends, and it tells the story behind the data and what we can do differently. Naomi Verdugo added that this would be beneficial when it is time to review budgetary asks. Asha agreed.

Work Plan:

Frank Haltwanger requested information on Child Welfare, the stats, care coordination and demographics. Asha shared that the schedule/agenda for future meetings will include this area. This area can be review during the June meeting as there are joint meetings in April and May.

Betsy inquired about the resolution of the issues with the residential program. Tabitha provided an update on the residential issues and that they are still being address.

Budget Priorities:

Budget Priorities will be reviewed in July. Naomi requested that the budget priorities for Behavioral Health are sent via email in advance for review. Betsy asked for there to be a discussion regarding the priorities in advance. She explained how in the past there was more discussion to help the committee understand the goals.

Updates and Information Sharing:

- Betsy referenced an article in the Washington Post on symptoms of Mental Illness. Naomi will send out to the link to the committee.
- Sharon provided a handout with information regarding Strengthening Families, Groups and Outreach to the community. Betsy asked if there is a group for Depression. Sharon explained that there is no group at this time primarily focused on depression, but the groups currently focused on a number of coping skills that address symptoms of various diagnoses. A committee member shared that there is a depression group led by Rathbone and Associates, 5942 Hubbard Drive, Rockville, MD 20852, (301) 230-9490 (Treatment Modality: Dialectical Behavioral Therapy)
- The final copy of the Suicide Prevention Flyer was shared with the committee. It is being translated into Spanish by Kathleen Donovan.
- Linda is working with Brenda Wilks to secure \$5000 to have Brie Matthers present to Arlington youth. Linda's plan is to establish groups to start after the presentation that will be ongoing. In addition to this, Linda shared that she would like to see Ending the Silence in the schools.
- Reminder was given of the upcoming Arlington All In! Conference on March 12, 2016 at George Mason University
- Naomi: There is a Spanish language support group that meets at Merrifield. There is a MSW Native Spanish speaker who can share our literature. The contact information is as follows: Rosita (703) 256-7021 or r.arancbiakline45@gmail.com. Kathleen Donovan can provide more information on Spanish speaking network.