

Arlington Community Services Board (CSB)

Children and Youth Committee

September 12th, 2016 – Department of Human Services, 2100 Washington Boulevard, Room D-LL,

Committee Present: Asha Patton Smith, Betsy Greer, Frank Haltiwanger, Joanne Del Toro, Marguerite Tomasek

Child and Family Services Division (CFSD) Staff: Tabitha Kelly, Linh Nghe, Jana Lee

Arlington County Public Schools: Kelly Mountain, Pam McClellan, Dr. Laura Newton

Called to Order: 6:30PM

Presentation Arlington Public Schools (Services and Referral Process):

- APS has made 432 referrals to DHS. The majority of which were referred from School Social Workers. This is a significant increase, as the 2014-2015 school year resulted in 355 referrals.
- There has been a noticeable increase in effective community partnerships over the past couple of years, this has resulted in a sizeable increase in the resources for youth.
- The school psychologist's role is different from outside psychologists. In the school setting, all of the work is relevant to educational goals, in the past their work has been geared towards testing.
- There is a heavy emphasis placed on consulting with teachers and parents, for students needing longer term support, a referral is made to continue or intensify services. Therapy groups are offered based on need.

Q: Are any students eligible for long term services through the school?

A: It depends on the needs of the student. Special education students are more likely to receive ongoing long term services, but the vast majority are short term. The school social workers offer a variety of groups, they conduct sociocultural evaluations and home studies and use the resulting report to refer out if needed.

Q: What percentage of the social workers are licensed?

A: The majority of the social workers in the schools are licensed, the rest are working on supervision, and on their way to licensure.

Thanks to a substantial increase in funding, we are able to add 18 new social workers and psychologists over next 3 years, we are grateful for the work of Jeff Carpenter and the Special Education committee for adopting the recommended increase. There will also be additional Mental Health First Aid trainings.

The counselors are in charge of socioemotional, academic, and emotional services. In elementary school, the services are more focused on social skills, how to make friends, preventative services, appropriate touching, etc. Once in middle school, the focus shifts to career exploration with more of an emphasis on preparing for independence, life skills, etc.

Q: What does the coordination between counselors, social workers, and staff look like? I'm interested in whether students are feeling comfortable talking about mental health or not.

A: Breaking the Silence is offered in 5th grade, and in 7th grade Ending the Silence is offered. The staff are receiving training also so that they can approach a child and ask if they need help. There is a lot of work

being done to drive home the message that you can live a normal life with Mental Health concerns. The Respectful Interactions training is an 8 hr. program with a max of 30 participants and 2 trainers. The goal is to train all 458 in addition to approximately 250 new hires. Teachers are being trained, staff are being trained, and the Behavioral Health Bureau of CFSD is pairing with staff to build training capacity using a train the trainer model. There are currently 4 trainers.

Q: This will train teachers what signs to look for, what program doesn't do is talk about the families' emotional side and that is the issue, family is left out completely. If parent calls to say we think Johnny should have this type of assessment, do u refer to DHS?

A: Yes, a referral is made some follow through and some don't. It can be difficult to ensure that a parent will follow through on suggestions given by school professionals. The parent resource center offers a lot of supportive services, such as Hard to Let Go, Letting Go, etc.

With the rate at which Arlington is growing, more coordination is needed in the way we are engaging families. Reaching out to families and meeting them where they are is a huge undertaking.

The Family Network is an existing resource that offers wonderful presentations, but it is usually geared toward college readiness. MindUp is a mindfulness curriculum that will be incorporated during the school year. There are currently 3 MindUp trainers. A total of 3 new socioemotional tools will be incorporated in the school year, to include Coping Cat, and CBT training. All students receive Tier 1 and based on needs, can progress to Tier 2 or 3. This is where collaboration with DHS is critical. If it is found that treating a higher level of need in a school setting is not appropriate, we will refer out. There are times where it is not appropriate to treat and return the student to class, in these instances it is most appropriate to refer out. A 19 hour CBT video was recently purchased and staff are receiving training, so far about 50 staff members have completed the training and it has been very helpful.

Q: Can we talk about where substance abuse counseling happens?

A: Jen Sexton is the latest hire, she focuses on intervention at the middle school level

Q: What does it look like as a student to get this substance abuse messaging? How much do they get?

A: This instruction is happening in the classroom and discussing the effects it has on the body. Too Smart To Start prevention program is a combined presentation that includes a family event, the curriculum change in 6th grade.

The DHS prevention team, APS, and the courts meets quarterly to discuss progress and areas for growth.

There has been an increase in integrating the DHS Prevention team and the Substance Abuse/Mental Health team in the schools. The key is to understand prevention, identify and notify. If there is self-medication going on, the hope is that their supports will be able to identify this.

Q; NAMI have given a lot of materials, are you finding them helpful are they being used?

A: Yes absolutely, during back to school night we fill the backpacks with all of the material provided.

Please continue to push Manic meetings, especially for the young parents. When seniors were asked about their stress level on a scale of 1-10 they were at a 10, balancing college needs with wellbeing. For

them, the stress begins when you start talking about college in excess. There has been a shift in focusing on pathways as well as college.

The conversation needs to continue about the possibility of Yoga during the school day.

Minutes review/approval: The approval of the March, April, and May minutes were approved by Asha Patton Smith (Initial Motion), Frank Haltiwanger (Second Motion), and the committee.

Monthly Stats/Outreach Updates/Upcoming: The budget will continue to be addressed at each meeting.

Tabitha will follow up with Earl regarding collecting desired data from the state.

Kudos given for Mental Health First Aid and Prevention work being done. Mental Health First Aid training has trained 210 people, this is the highest number in the region, the partnership with APS and DHS has really been fruitful.

Kognito suicide prevention program being used as part of regional suicide prevention grant, the team is asking for increased funding. Uses peer to peer model, looking to get 300 youth to receive training. Completing the training will enable them to hear their peers in distress.

There is a continued interest in reviewing outcomes and data collection methods, and a picture of the kids being served by DHS. These items will be addressed when we talk about system mapping, reviewing BHB's Performance Measures will provide a clearer picture on this.

New Business: Due to Betsy and Frank being out of the country in October, agenda items will rotate, Tabitha to follow up on what will move.

Old Business:

Announcements: It was noted in the local newspaper that the Arlington Police Department was applauded for effective crisis response.

Next Meeting: **October 3, 2016 at 6:30pm**
Department of Human Services
2100 Washington Boulevard, Lower Level, Room D