

INTELLECTUAL DISABILITIES COMMITTEE OF THE ARLINGTON COUNTY COMMUNITY SERVICES BOARD

MINUTES OF DECEMBER 3, 2011 WORKSHOP

ATTENDEES: ID Committee Co-Chairs Carol Skelly and Barbara Jones, Ann Kelly, Kim Balassiano, Paul Nolan, Alex Soroko, Stephanie Sampson, Wilma Reyes, Mary Martin, Chuck Adkins-Blanch, Huong Pham, Ly Vyong, Richard Gonzales, Despina Raizes, Robert Budway, Tom Loftis, Betsy O'Connor, Tomas Saucedo

ID COMMITTEE UPDATES: Committee Co-Chair Carol Skelly made available two documents (see attached):

- *Recommendations about Residential Services and Housing: Fiscal Year 2013 and Beyond*
- *Long Term Service Planning for People with Intellectual and Developmental Disabilities*

IDD SERVICES UPDATES: Joanna Wise Barnes

- A flier for the Hartwood Respite Program Open House on December 10 was distributed. Families were encouraged to talk to their support coordinator about using the respite program.
- Other IDDS materials available at the workshop included *Residential Services for Adults with Intellectual & Developmental Disabilities Frequently Asked Questions* (see County IDDS website, below), and *"Just the Facts" – MR/ID Waiver*, available at <http://www.dbhds.virginia.gov/ODS-MRWaiver.htm>
- A residential needs survey is being mailed to families, and families are encouraged to complete and return it. It helps IDDS Services plan for residential services and housing now and in the future. (This was reiterated by Carol Skelly, Co-Chair.)
- Attendees were encouraged to contact IDDS or their APS transition coordinator if their child or adult child does not have an assigned support coordinator from IDDS.

A PARENT'S GUIDE TO ADULT SERVICES: Stephanie Sampson

Ms. Sampson distributed copies of the booklet fully titled *Securing a Future for Your Child with a Disability: A Parent's Guide to Adult Services in Alexandria City, Arlington and Fairfax Counties*. The booklet may be viewed or downloaded from the Arlington Public Schools website or from the County's IDDS website:

<http://www.arlingtonva.us/departments/HumanServices/AgingDisability/page76197.aspx>

Questions or comments about the booklet may be emailed to: sampsonstephanie5@gmail.com

MICRO-BOARDS

PRESENTER: Bill Fuller, Ph.D., Senior Community Housing Officer, Virginia Housing Development Authority (VHDA)

Mr. Fuller brought and distributed three documents, too large to attach:

- *Housing Development 101 for Social Service Providers*
- *Mortgages for Rental Homes for People with Disabilities*
- *Universal Designed "Smart" Homes for the 21st Century*

Mr. Fuller also referred attendees to the VDHA website: <http://www.vhda.com/Pages/Home.aspx>

Comments from Mr. Fuller's presentation:

Micro-Boards

- Micro-boards were developed in the 1970s based on a circle of friends.
- At that time services and housing were disconnected.
- Parents and/or friends form a non-stock corporation (similar to but not a non-profit in Virginia – can't be a 501c3 because there is no public purpose) to support an individual with a disability, and buy and own property on behalf of that individual. The micro-board rents to that individual.
- A multi-family mortgage bond may be involved.
- The micro-board needs a board of directors which can be two or three relatives.
- The filing fee is \$75 and articles of incorporation and an EIN # is needed.
- There should be a plan of succession for the life of the mortgage, which sometimes has extended terms and lower interest rates.
- The micro-board is eligible to borrow 100% of the appraised value of the home.
- The VHDA manual explains how to apply and has forms in it.
- The County must still verify zoning and land use for a single family home.
- If a parent's home is paid off, they might refinance it or sell it to a micro-board. If parents continue to live there they would pay rent to the micro-board. They could still be on the micro-board board of directors.
- A project-based housing voucher (granted by the County) would remain with the home regardless of who lived in it, and would allow others without vouchers to live there.

- VHDA will not foreclose on a micro-board and will not sell loans.
- There is no cost associated with developing a micro-board early, even if you don't use it later.
- Most micro-boards have become trusts.
- VHDA has 36 micro-boards and could do more. VHDA sells bonds to get funding, and has funding. There have been no failures so far.
- Three or four of the 36 have the parents living in the home too.
- When the mortgage is paid off, there are no more restrictions.
- Most micro-boards are one family, one individual with a disability, and one live-in caretaker.
- Some families set up two micro-boards – one owns the house and the other manages the ID Waiver funded services.
- The maximum amount of the mortgage is published on the VHDA website and changes frequently. Check the website or contact Bill Fuller for current information. But parents can put in equity if costs are higher than the maximum allowable mortgage amount.
- State law indicates that homes housing eight or fewer are single family homes, even for unrelated people living together.
- The home can be an apartment, condo, not just a house.
- Restrictions on micro-boards:
 - 50% of the tenants must have income below 50% of the median income (verified)
 - Asset management must include 5% of income for repairs (replacement escrow)

Services

- VHDA must have assurances that services exist.
- ID Waiver may fund services, but a Waiver slot must be obtained in the usual manner.
- Parents may fund services under the micro-board.
- Some services are licensed; some are not.
- A micro-board may be a Waiver provider:
 - Micro-board employees staff
 - Staff may rent rooms from the micro-board and may pay utilities
 - Micro-board may purchase a vehicle

- The micro-board can rent to university students and hire them as staff or not.
- If the micro-board dissolves before the mortgage is repaid, it would be sold to another micro-board or like entity such as a residential provider, etc. Parents may get back any money they put into it such as equity.

Other Information from Mr. Fuller's presentation

- Irrevocable trusts can cover some of the same ground as micro-boards.
- The VA legislature created a \$30 mil trust fund which is awaiting the settlement with the Department of Justice about down-sizing Central VA Training Center. So how the trust will be used is still uncertain. Mr. Fuller's suggestions about how to use the funds:
 - \$50,000 payment to families to help them set up micro-boards
 - \$500,000 to renovate homes for people in the community as well as for those coming out of training centers
- A merger of all of Virginia's Waiver programs was suggested.
- Virginia has two departments related to housing – Virginia Housing Development Authority (financing of housing) and the Department of Housing and Community Development. The latter is in charge of Community Development Block Grants, Housing and Urban Development funds.

Approval of minutes

These minutes were approved by the ID Committee at its January 11, 2012 meeting.

ID COMMITTEE OF THE ARLINGTON COUNTY COMMUNITY SERVICES BOARD

MINUTES OF NOVEMBER 2, 2011 MEETING

CALL TO ORDER – Carol Skelly, Co-Chair

INTRODUCTIONS

CSB members and committee co-chairs Carol Skelly and Barbara Jones; CSB member and committee member David O'Connor; committee members Ann Kelly, Alex Yellin, and Casey Youman; guest Samantha Bodwell; vendor staff Brenda Richardson of ServiceSource, Ann Rule of Community Residences, Lindsey Lamb of Linden Resources, and Kenan Aden of MVLE; guest speaker Dennis Manning of Community Residences, Inc.; County staff liaison Joanna Wise Barnes

APPROVAL OF MINUTES

Committee members reviewed draft minutes of the October 5 meeting. They were approved as read.

IDD RESIDENTIAL SERVICES AND HOUSING

Dennis Manning – Executive Director, Community Residences, Inc.

Dennis explained that many providers of Intermediate Care Facility (ICF) services operate only one ICF. Community Residences (CR) operates 12 ICFs in Virginia. He profiled seven individuals who are served in CR's ICFs in Arlington. Some are in need of intensive behavioral supports; others need significant medical care. Some need both. He also described some situations in which CR has not accepted individuals into their ICFs. The reasons included elopement risks, some intensive behaviors that place individuals at risk, and some psychiatric and medical diagnoses.

Manning expressed his opinion that most individuals can live in the community; only a small sub-set need 24/7 1:1 care or line of sight supervision. To enhance the ability of individuals to remain in the community, CR opened a day support program in June in Chantilly. It is called Newbrook Place and can serve 21 persons. It now serves 15 who were not accepted into other community day support programs. Behaviors they have experienced include aggression. Two staff members have had concussions due to head-butting. Helmets worn by participants are not uncommon. Some engage in property destruction. Newbrook Place has a sensory room which includes a weight blanket, found to be effective in calming attendees. CR works the physicians and families to find a balance of correct medications.

Answers to audience questions:

- CR has used a GPS for those prone to elopement, and it works. Police response is good.
- Ages served are 18 and older.
- For those with challenging behaviors they obtain case histories, including from the County's Behavioral Intervention Services team.

- CR has a business plan to build 10 facilities in five years. They will need \$10 to \$15 mil. CR will work with VHDA and a bank.
- Each ICF needs about 7/10 to one acre and a 5,000 sq ft home for six bedrooms and six bathrooms. They prefer a non-institutional look but hand-rails and wall bumpers are needed. Staff members are submitting designs. An architect will consult.
- State capital funds can't go directly to non-profits, and are not available to fund housing for individuals already in the community.
- Dennis has met with Arlington and Fairfax housing specialists and commercial developers and law firms for commercial developers.
- Dennis is aware of private non-profit developers who may be partners also.
- Some families sell their homes at a deep discount to non-profit residential providers so that their adult child can receive services in their family home.
- In response to committee member questions about how Arlington County could help, Dennis replied that a start-up loan would help for front end capital. It would be reimbursable over time. Dennis explained that CR has no cash, is highly leveraged, that a line of credit would be expensive and not viable long-term. Opening and operating for six months before revenues begin would be a deal-breaker.
- At the current reimbursement rate of \$650/day/person, a facility of four isn't feasible. They can do houses of eight and 12, and will try to make five persons work. Their plan is to have six bedrooms just in case they need revenues from a sixth person.
- The cost for 1:1 supervision is \$150,000/year. That would require a reimbursement rate of \$1,000/day.
- The best design would include quiet space, a landscape to disguise staff parking and hide the multiple trash cans that are necessary, a laundry room that is accessible, protective flooring, good lighting, a sensory room.
- CR prefers not to have stair lifts or elevators.

Joanna Wise Barnes, IDDS Bureau Chief

Joanna reviewed two hand-outs (attached): *County-Funded IDDS Residential Services, and IDDS Residential Services Waiting List.*

Funding for IDD Proclamation – Barbara Jones, Co-Chair

Barbara reviewed her efforts to raise funds for the March 2012 proclamation ceremony. A donation was received from a committee member.

Adjournment – Carol Skelly, Co-Chair

Approval of Minutes - The minutes were approved by the ID committee at its January 11, 2012 meeting.