

ARLINGTON COUNTY COMMUNITY SERVICES BOARD

Mental Health Committee

10/25/17

Approved 11-29-19

Committee Members Present: Judy Deane (Co-chair), Dori Mitchell (Co-chair), John Mitchell, Anne Hermann, Sam Howlett, Leslie Gosling, Debra Byrd, John Blount, Scott Brannon, Wayne Bert, Betsy Greer, David Fitzgerald, Caroline Bragdon, Tamara Theiler

Committee Members Absent: Lee Long, Adi Radhakrishnan, Tom Quinn, Cathy Lewis, Steve Gallagher

Staff Present: Alan Orenstein, Carol Sacks, Sandy Clark, Alexis Speight, Danielle Cole, Matilde Sarmiento-Reyes, Joann Burton, Lillian Tidler

Call to order: The Chair called the meeting to order at 6:05 pm.

Approval of Minutes: The Committee approved the 9/27/17 minutes with corrections.

Medical Director Introduction: Dr. Orenstein introduced Lillian Tidler, MD, the new Medical Director. Dr. Tidler gave a brief description of her professional background. In response to a question, she clarified that she supervised psychiatric staff in the Child/Family program as well as the BHD.

MH Team and Case Manager Presentation: Dr. Sacks gave a very brief overview of the MH Community Support Teams (Teams A, B and C) which serve seriously mentally ill, adult Arlingtonians. Each team has about 300-350 clients and 10-13 staff. Ms. Sarmiento-Reyes presented first and noted that Team A specializes in young adult services (the FirstSTEP program) and monolingual Spanish speakers, in addition to the general SMI population. She noted, also, the services she and the team provide, such as the EDGE psychosocial group program and other groups. She described some of the typical activities of her role, including, for example, her caseload size (50) and what she does the first thing on her arrival at work (answering a number of telephone messages from clients). Ms. Cole who presented next briefly described the size and services of Team C. She also described her activities, emphasizing the therapy she provides. Finally, Ms. Burton described the role of Team C in serving clients with a dual SMI and substance use disorder. She noted the unique challenges of working with that population and emphasized the availability of a wide range of dual diagnosis-oriented groups that are available. In response to a question about the impact of the recent restructuring from Ms. Deane, Ms. Burton noted the increase in the availability of groups, since MH clients now had access to a number of groups provided by the SA Outpatient Team. In response to questions from Ms. Greer, staff described that they valued and sought family involvement, and activities aimed at achieving and maintaining client engagement. In particular, they described the follow-up contacts after missed appointments, the frequency of their making home visits, and generally their "meeting the client where they are". Staff also described the increasingly assertive procedures they follow attempting to re-engage clients before proceeding with a discharge. Ms. Clark described how Ms. Sarmiento-Reyes had helped a client reconnect with family he had not seen in 40 years.

Mental Health Director's Report:

Dr. Orenstein reported on the follow-up actions from the previous meeting. He invited Dr. Tidler to a meeting; he arranged a joint meeting with the SA Committee for February 28 and a presentation by CSE in April; and as suggested by the Committee, due to her interest in employment, he invited the Developmental Disability Bureau Chief to the Committee meeting with Job Avenue 1/3/18.

Chairs Report

Ms. Greer noted she had a meeting with Ms. Warren. Ms. Greer was particularly concerned about client engagement (outreach) and family involvement.

Ms. Deane described the County Manager's attendance at the CSB retreat, and his discouraging message regarding the FY19 budget. She suggested a strategy for advocacy, viz., advocacy for limited priorities before the County Board (the case managers) and advocacy to the DHS Director for the other Committee priorities, as well as support for a review of service needs for persons with autism. Ms. Greer noted her conversation with Ms. Warren who indicated she will seek funding for an autism service needs survey. Dr. Orenstein noted a stakeholders meeting she announced for 12/6, and he suggested it might be premature to advocate for specific resources, since the expected service demand and service needs haven't yet been identified.

Mr. Bert provided a summary of the MH Criminal Justice Committee proceedings. The major issues discussed and described by Ms. Weisman were: mandated medication, arrests on the VHC psychiatric ward, CIT training for firefighters, and limited bed space at Western State.

Ms. Mitchell suggested that after attending the recent drug-related town hall, that a similar initiative related to suicide seemed appropriate. Ms. Deane thought this was a good idea that should be pursued.

Adjournment: The meeting adjourned at 6:50 pm.