



The Arlington Community Services Board
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Carol Skelly
Chairperson

Cynthia Kemp
Executive Director

May 16, 2012
Department of Human Services – Sequoia Building
2100 Washington Boulevard
Arlington, Virginia
7:00 p.m.

Members Present: Carol Skelly, Barbara Jones, James Mack, Judith Deane, Jenette O’Keefe, Brian Berke, Cynthia Fagnoni, Barry Gale, David O’Connor, Moira Saucedo, Keith Whyte

Members Excused: Shauna Alonge, Scott Brannon, Anne Hermann, David Kidwell, Bharati Patel, Naomi Verdugo

Staff Present: Cynthia Kemp, Farah Shakour, Suzanne Lane, Alan Orenstein, Heather Stowe, Joe Bullock, Joanna Barnes

Public Comment (s):

There were no public comments.

Chair Skelly introduced and welcomed the newest CSB member, Moira Saucedo, who serves on the Intellectual Disabilities (ID) Committee.

CSB Staff Recognition Award (s):

The May staff recognition award was presented to Cathy Billings, the Psychiatric Services Administrator in Psychiatric Services in the Behavioral Healthcare Division. Dr. Justine Larson, the Medical Director, stated that Ms. Billings is a joy to work with and is a hard worker. She stated that she is incredibly grateful to have Ms. Billings as a colleague. Ms. Billings stated that she loves her job and the people with whom she works. Chair Skelly thanked Ms. Billings and Dr. Larson and conferred the award.

Approval of the April 18, 2012 Minutes:

ACCSB Chair Skelly called for the approval of the April 18, 2012. The Members reviewed the minutes. Ms. Jones motioned to approve the minutes, Mr. Gale seconded the motion and the minutes were approved with two corrections.

Review – CSB FY 13 Local Budget Allocations:

Ms. Kemp provided a brief overview of the CSB FY13 local budget allocations.

Ms. Kemp reviewed an email that she sent to the members outlining the items that the CSB advocated for and that were funded (*Refer to Packet*). Ms. Kemp stated that the staff appreciates the CSB members' advocacy.

Mr. Bob Atkins stated that the County is buying a building to house homeless individuals and suggested that the CSB advocate for space in the building for client services. Ms. Kemp stated that there is a plan to utilize some of the space for CSB services. Mr. Atkins stated that the County Board has voted to make an offer on the building, but is considering a vote on whether or not to enact eminent domain. The building is at capacity with retail tenants and the County's plan is to utilize two floors for County-based services.

Ms. Jones asked if there was a reason given for funding the Child Psychiatrist position but not the supporting child psychiatric nursing services. Ms. Kemp stated that no reason was given, but that there was only a limited amount of funding for FY 13.

Review – Interagency Agreements:

Ms. Kemp asked the members to refer to the summary of the Interagency Agreements in their packets. She stated that these are reviewed yearly, per the Code of Virginia. Ms. Kemp stated that each committee has already reviewed the agreements associated with their committees. She stated that all of the agreements have been reviewed by staff, committees and the County Attorney and have been completed. The Agreements will be brought to the full board for approval in June. Chair Skelly suggested that the agreements be brought forth for approval at the current meeting. Mr. Whyte motioned to approve the Agreements and Mr. Gale seconded the motion and the Interagency Agreements were approved without correction.

ACCSB Executive Director's Report:

ACCSB Executive Director Cynthia Kemp reported the following:

- Ms. Kemp reviewed the data on the Group Home Report with the Board Members (*Refer to Handout*). She reported that there were no major incidents. She stated that the number of incidents is down. Ms. Kemp stated that the likely reason is better reporting by staff and the fact that several people who were responsible for many of the incidents are no longer in the group homes.
- Ms. Kemp referred to the financial report for (*Refer to Packet*). She stated that the revenue is at 65% out of a target of 73%. Ms. Kemp stated that billing was suspended for three months in order to transition the Anasazi client information system to a new billing modality that will comply with new federal HIPPA regulations. Ms. Kemp stated that she was hopeful that more revenue would have come in by now and is concerned about a deficit at the end of the fiscal year. Ms. Kemp stated that staff is monitoring revenue very closely in three separate committees and are taking action steps. In addition, staff is developing new ways of billing for psychiatrist services. She stated that Susanne Eisner, DHS Director, and Glenda Pittman, Financial Management Bureau Chief, are fully aware of the shortage. Ms. Kemp will continue to monitor the revenue and will update the CSB members with the issues.
- Ms. Kemp updated the members on follow up issues related to the Department of Justice (DOJ) settlement with the state regarding the closure of the ID training centers.
 - The ID Directors in the region have developed aggregated data regarding the full range of needs all of the more than 150 residents in the training centers. She stated that a Request for Information (RFI) has gone out to solicit data from vendors on the cost of providing these services. The RFI responses are due June 1, 2012. Once the responses are received, the CSBs can then put a business plan together that will inform the state of the true costs of providing services in the community to the people leaving the training centers.

- Ms. Kemp announced that there are discussions between Secretary Hazel, DMAS and DBHDS to restructure the ID waivers and adjust the waiver rates. There are 25 Arlington residents at Northern Virginia Training Center (NVTC) and 8 at Central Virginia Training Center (CVTC). Tentatively, the NVTC and Arlington staff has identified 7 people who are interested in moving out of the state training centers and into the community as long as proper supports are available in the community.
- Ms. Kemp reported that staff is able to review client incidents in the training centers; however, Arlington staff is not notified when incidents occur. Ms. Kemp stated that NVTC is willing to provide aggregated data on incidents, but not information about individual clients. Ms. Barnes reported that she has encouraged families to attend the provider fair on May 19, 2012 and has received one response. Ms. Barnes has met monthly with NVTC staff and another staff member meets with CVTC staff regularly.
- Ms. Kemp noted that an updated CSB organizational chart is in the packets.
- Ms. Kemp noted that the Arlington Profile is in the member packets.
- Ms. Kemp reviewed a chart of the available psychiatric beds in the region, broken down by region (Arlington is Region II). There are 13.6 beds available in Arlington, compared to significantly more beds in the other regions. Ms. Kemp also stated that Virginia Senators Barker and Favola have allocated a total of \$1M to keep the thirteen regional beds that were slated for closure open for an additional year at Northern Virginia Mental Health Institute (NVHMI). Additionally, the region has come forward with another \$400,000. Though NVMHI has accepted the \$1.4M, this amount is still short of the \$1.8M needed. Therefore, though the beds will remain available, the level of services will be stepped down.
- Ms. Kemp pointed out a memorandum and report from the Inspector General related to the Extraordinary Barriers List (EBL). She explained that the EBL is a list of people who have been determined to have reached maximum capacity in the state psychiatric facilities and therefore, are slated to leave the facility; however, most of these individuals need intensive services and housing placements in the community in order to be successfully discharged. Ms. Kemp stated that Arlington has the second highest number of people on the EBL list in the state. This includes four people who are NGRI (not guilty by reason of insanity). She stated that an internal team is looking at how to best place individuals who are on the EBL list into the community. She will also update the members on the result of her investigation of why Arlington has proportionately more clients on the EBL. Mr. Berke asked if Arlington does a better job of tracking individuals and hospitalizing them if needed. Ms. Kemp stated that this is being examined. She further stated that Arlington's discharge planners who work out of the state psychiatric facility will not place some of the people on the EBL into shelters where they will not get the level of support needed to be success in living in the community. Mr. Berke asked why it matters that Arlington has more people in the hospital than other jurisdictions. Ms. Kemp responded that the staff does want to place people in the least restrictive environment which is most often in the community. She feels the staff does, by and large, place people appropriately, however, staff do look at who is being hospitalized and why. Ms. Deane asked where most of the people on the EBL who are discharged go. Ms. Kemp stated that they typically go to the Intensive Community Residential Treatment (ICRT) program, a regional program. ICRT is an intensive, 24-hour, awake, 8-bed facility in Arlington. The ICRT is currently at capacity. She also noted that our crisis stabilization program called ACCESS has four beds and is adding two more. It is also an intensive, 24-hour program that people can stay in for up to three weeks. This is a program that strives to divert people from psychiatric hospitalization whenever possible. Fellowship is the vendor that manages both these services. Ms. Fagnoni asked where the funding comes from. Ms. Kemp responded that primarily the state funds these

programs. Ms. Kemp stated that Discharge Planners assist with the transition of individuals out of the psychiatric hospitals.

ACCSB Chair’s Report:

ACCSB Chair Carol Skelly reported the following:

- Chair Skelly stated that she, Ms. Kemp and Mr. Mack will meet with County Member / CSB Liaison Libby Garvey tomorrow at 10:00 a.m. She will encourage Ms. Garvey to conduct site visits to CSB programs.

- Chair Skelly noted that next month is the Annual Awards Ceremony. The awardees are:
 - Dr. Lawrence Spoot Dr. Georgopoulos Award
 - Dr. Amy Lieberson Dr. Audrey Moss Award
 - Marilyn Schmal Lifetime Achievement
 - Latrice Williams Exemplary Administrative Professional Award
 - Marti Mefford Exemplary Clinician Award
 - Thomas Gleeson Distinguished Leadership Award (posthumously)

Community Partner Award Recipients:

- Jean Basheer Cherrydale Health & Rehabilitation Center
- Marcela Foster Paradigm Management Company
- Pascal Laporte Clarendon Fitness
- Edythe Richards Northern Virginia Community College

Chair Skelly reminded the members of the date change to June 27, 2012 in the Sequoia Building Auditorium for the Awards Ceremony and CSB meeting. The Awards Ceremony will begin at 6:30 p.m. Chair Skelly will email the members about contributing refreshments.

Report Out on ACCSB Retreat Initiative and Other Reports:

- Virginia Hospital Center (VHC) – Ms. O’Keefe stated that she and Ms. Kemp met with the new Program Director, Lori Howerton, at VHC and are building a good relationship. She stated that there have been quite a few changes to the operations and physical environment.
 - The Addictions Unit is now called Recovery and Wellness and the Psychiatric Unit is now Mental Health and Medicine. The Recovery and Wellness Unit is on the fourth floor and is operative. There are 17 beds total in the Unit with 4 detox beds. Most of the patients are military personnel covered by Tri-Care insurance. Mr. Gale asked if the Veteran’s Administration pays anything for treatment. Mr. Whyte stated that the Department of Defense pays for the insurance. Mr. Gale asked why veterans would go to VHC instead of a VA hospital. Ms. O’Keefe stated that the veteran’s hospitals are full. The concern she has with this Unit is that, because the military utilizes it so strongly, there is little room available for citizens in the community. VHC has now also become a Kaiser provider, so people with Kaiser Insurance may be able to get services faster. Ms. O’Keefe suggests ongoing monitoring of the available bed spaces and services.
 - In the Mental Health and Medicine Unit, there are 18 beds, and it is still located in the basement. There are plans to expand the art and kitchen areas in the Mental Health Unit. The services are being revamped to include holistic care, but are not complete yet. One of the primary concerns is the frequent admission of repeat patients who are not moving towards greater independence. The goal is to establish an affable working relationship to exchange ideas with VHC. Mr. Gale asked how it is determined which patients are admitted to VHC versus Dominion Hospital. Ms. Kemp replied that it is based on bed availability and that the staff has a protocol on how to refer clients. Mr. Mack asked for clarity on the relationship between the ACCESS program (crisis stabilization) and VHC. Ms. Kemp stated that the goal is to divert people from the hospital

whenever appropriate (into ACCESS or to stay in their own home). Therefore, placement is based on the level of need of the individual. At times, VHC staff use the ACCESS program as a step down from a psychiatric hospitalization.

- Employment and Communications – Carol Skelly reported on the employment and communications ad-hoc committee meeting and distributed the notes from the last meeting (*Refer to Handout*). She stated that this is not an official CSB Retreat Initiative, but is an ongoing effort. Chair Skelly stated that Kurt Larrick will work on ways to publicize CSB events, including the June Awards Ceremony. She stated that Mr. Larrick reported that success stories and personal stories are the types of stories the media typically will cover. Regarding employment, Chair Skelly stated that Jose Campos and Don Conley who manage mental health and ID employment, respectively, suggested that CSB members can assist by forwarding job leads and helping to develop relationships with new employers. The staff can provide the CSB members with brochures and other supporting documents. It was also suggested that a CSB member attend the Chamber of Commerce networking breakfast every month or every other month along with a staff member. Chair Skelly stated that there is a fee for attendance. Chair Skelly announced that Keith Whyte will take over this initiative after July 1, 2012. Mr. Atkins stated that the June breakfast will feature County Board Chair Mary Hynes who will discuss the state of the County and suggested that the CSB send a member who Ms. Hynes knows. Other committee suggestions were: decals for businesses and cars and an annual employer recognition event. Mr. Whyte stated that the Arlington County Profile is useful in identifying employers and forming some goals surrounding employment. He will work on some calendars of the upcoming –related events and will work with Mr. Campos on marketing materials.
- Young Adult – Judy Deane distributed a summary of the Young Adult recommendations and progress over the last 18 months (*Refer to Handout*). The recommendations are related to: 1) outcome monitoring is being implemented; 2) a designated residential program for transition-age youth, the Vaughn-Ball home, has been designated and the townhouses will get more supervision; 3) a full-time staff person will be hired to develop a structured day program and 1.5 staff will develop supported employment and education services for young adults; and 4) specialized youth services including emergency funds and an orientation for new families has been established.
- Mary Marshall Assisted Living Residence (MMALR) – Chair Skelly stated that Ms. Hermann is not present to report out so Ms. Shakour will report on her behalf. Ms. Shakour reported that there are now 46 residents in the Mary Marshall Assisted Living Residence as of today. Mr. Atkins suggested that the MMALR residents receive a presentation on the Senior Transportation Cards for the ART buses. Ms. Shakour read Ms. Hermann’s report as follows:
 - After the April CSB meeting, Ms. Hermann alerted folks to Mr. Brannon’s excellent suggestion about looking into reimbursement for transportation to Medicaid covered appointments. This was discussed at the meeting and needs to be looked at further.
 - The Council heard from a family representative who was joining the Advisory Council for the first time. He talked about his mom and was very appreciative and praising of the opportunities and care offered to her by being at Mary Marshall.
 - Clark Construction has donated, designed & built a wonderful fish pond for one of the outside spaces.
 - Funding is being sought for a Gazebo.
 - Ms. Hermann will bring an activity calendar and a wish list to the next CSB meeting.

Informational Items:

- Mr. Mack stated that there will be a farewell celebration for Chair Skelly and the two other departing CSB Members on June 5th at his home. Ms. Shakour is collecting RSVPs by May 18th. Ms. Shakour will email the list of food contributions. Mr. Mack will email directions to his home to Ms. Shakour for distribution to the CSB members.
- An audience member expressed that he would like to see much more diversity on the CSB to reflect the ethnic and religious populations served.

The Arlington Community Services Board meeting was adjourned at 9:00 p.m.

Respectfully submitted by Farah Shakour