



## WHAT KIND OF IN-HOME SERVICES SHOULD I BE ASKING FOR?

*Sarah Young, FAPT Coordinator*

It's something we get asked regularly in CSA. You've met with the youth and family, identified strengths and needs, and have decided that implementing some type of in-home service might be the best next step — but what are the different types of services and what do they offer? How are they alike/different? Below are brief descriptions for each type of in-home intervention that will hopefully help you as you work with the family to choose the most appropriate support.



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- **Individual Support Services (ISS)**

Time-limited interventions for children and adolescents who have emotional or behavioral problems that have persisted over a significant period of time, or if only for a short period of time they are of a critical nature and significantly disabling in multiple settings (home, community, school). Includes 24 hour per day crisis response, individual and family counseling, and coordination with other services. Youth who are eligible for ISS services have actionable CANS scores in Emotional/Behavioral and/or Risk Behavior domains.

- **Family Support Services-Intensive Family Preservation Services (FSS-IFPS)**

Time-limited interventions for families with parent/caregiver needs that impact their ability to care for the child(ren). These services address fami-

*(Continued on page 2)*



ly and caregiver strengths/needs and work to develop and enhance parent capacity as well as decrease risk factors in the home. Families who are eligible for FSS-IFPS have actionable scores in the Parent/Caregiver domain.

- **Applied Behavior Analysis (ABA)**

These services involve the applied use of behavioral principles to everyday situations with the goal of either increasing or decreasing targeted behaviors. ABA focuses on improving specific behaviors, such as social skills, communication, reading, and academics as well as adaptive learning skills, such as fine motor dexterity, hygiene, grooming, domestic capabilities, punctuality, and job competence. It is frequently but not solely used with individuals on the Autism spectrum. Before CSA can fund ABA, private insurance options must be explored first.

- **Mentoring**

These services are for children and young adults with emotional, behavioral or daily living challenges who would benefit from an individualized approach to life skills training, character development, conflict resolution, social/independent living skills training and positive role modeling. Natural supports should be explored prior to requesting CSA funded mentoring.

## CANS Certification

The Child Adolescent Needs and Strengths Assessment (CANS) is a mandatory uniform assessment required for children and youth served through the Children's Services Act. New CANS users and those who need to recertify can do so at

<https://www.Schoox.com/login.php>.

Users must pass the CANS exam with a score of .70 or more. Please send a copy of your certificate to CSA via fax at 703.653.1369.

For info on how to access the new CANS Training/Certification website, go to page 4.



## Upcoming Trainings & Public Meetings

Register for trainings at EmployeeU, <https://ffclearning.fairfaxcounty.gov>

### CSA New Staff Trainings

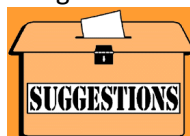
#### Part II: Facilitating Family Resource Meetings

Tuesday, August 7  
1 p.m. to 4 p.m.  
Herrity, Room 107

#### Part III: Accessing CSA Services

Wednesday, September 19  
9 a.m to noon  
South County, Room 221A/B

Have ideas about possible training topics? We'd love to hear from you! Please contact Patricia Arriaza at [patricia.arriaza@fairfaxcounty.gov](mailto:patricia.arriaza@fairfaxcounty.gov) with your thoughts.



### Public Meetings

#### CPMT

Friday, August 24, 2018  
12:30 p.m. to 3:30 p. m.  
Government Center

## SUPPORTING CAREGIVER CONNECTIONS

Angela Pollard, Project Assistant, Chapin Hall at the University of Chicago

Trauma and its effects on healthy development has become a bigger part of conversations in helping systems such as child welfare and behavioral health. Too many children experience a variety of potentially traumatic/adverse experiences (ACES), as a result of institutions and systems that often struggle to keep the best interests of children and families in mind.

The standard trauma module of the CANS include a number of ACES:

- Abuse (sexual, physical, and emotional) and Neglect
- Medical Trauma
- Natural or Manmade Disaster
- Witness to Family Violence or Community/School Violence
- Victim/Witness to Criminal Activity
- War/Terrorism Affected
- Disruptions in Caregiving/Attachment Losses
- Parental Criminal Behavior

While all of these are distinct experiences, the presence of one potentially traumatic experience can create the conditions for the experience of another. For example, if the parent is arrested and incarcerated because of criminal behavior, a child will also experience a disruption in caregiving/attachment loss. Each kind of traumatic experience can create a level of stress for a child that becomes toxic – preventing healthy physical and psychological development.<sup>[1]</sup> However, since nurturing relationships with other caregivers can reduce these effects on development<sup>[2]</sup>, being mindful of when and how children experience disruptions in caregiving or attachment losses is particularly important.

Such disruptions can occur for a variety of reasons, with similar and unique effects:

- Death
- End of relationship between joint caregivers
- Incarceration
- Removal of the caregiver for protective reasons (i.e. if there is evidence of harmful or inadequate caregiving behaviors on the caregivers part)
- Removal of the caregiver due to his/her immigration status

Regardless of the reason, the direct effects of attachment losses can have long term consequences for mental and physical health. In any stressful situation, the primary caregiver is typically the most effective at calming a child and decreasing the impact of that situation.<sup>[3]</sup> Without this buffering effect, children are less likely to be able to cope with difficult situations and may have physical/emotional responses that put them at an increased risk for challenges in the moment of disruption and later in life.<sup>[4]</sup> A disruption in caregiving may occur along with changes in the living situation, financial circumstances, and educational environment of a child.

If not thoughtfully managed, this cascade of changes can be overwhelming for a child or youth. The CANS can be used to effectively communicate the complexity of a child's story who has experienced a caregiving disruption. By translating the many elements of a child's life into actionable information, a CANS assessment enables all involved in caring for the child to develop a shared understanding of what's happening and what needs to happen. Such clear communication between families, providers, and administrators is necessary for successfully planning interventions that will improve the health and well-being of children and their families.

Reprinted from: <https://tcomconversations.org/2018/07/16/supporting-caregiver-connections/>

## NEW CANS TRAINING/CERTIFICATE WEBSITE

Virginia has successfully transitioned to the new Praed CANS training and certification site which is now supported by SchooX software.

A comprehensive "How To" and "Frequently Asked Questions" document can be found on the Praed Foundation website at <https://praedfoundation.org/training-and-certification/>. The first few pages of the How To may help people who are having difficulty logging in to the new site.

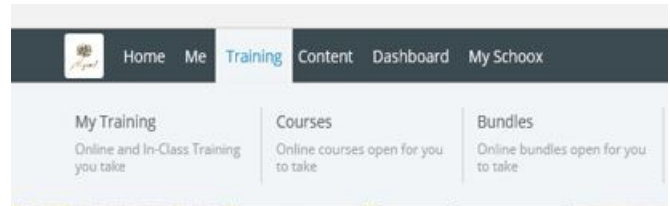
### CURRENT Users in TCOMTraining.com (CANStraining.com)

- Log-in via: <https://www.Schoox.com/login.php>
- Username: the email you used to create account
- Password: password (yes, the word "password" is your temporary password)
- You will then be prompted to reset your password
- Password requirements: 6 alphanumeric characters
- Follow the prompts to reselect your account information including-
  - Country
  - Regional Designation (Virginia)
  - Unit/Agency - Select Fairfax-Falls Church–Public

### NEW users (have never had an account on our online training website).

- Register at: <https://www.schoox.com/academy/CANSAcademy/register>
- Follow the prompts to reselect your account information including-
  - Country
  - Regional Designation (Virginia)
  - Unit/Agency - Select Fairfax-Falls Church–Public
- Click "Sign Up Now"

Prior to taking a training course, you will need to select the course Bundle. To select a Bundle, go to Training > Bundles.



Select the Bundle of courses you'd like to proceed with by clicking on the name of the Bundle.



Once you've added the Virginia bundle, the 4 versions of the CANS will be available to you for training (choose the version that is most appropriate to your work or whichever your agency has assigned to you):

- VA CANS 5+ DSS
- VA CANS 5+
- VA CANS 0-4 DSS
- VA CANS 0-4

Once you've logged in and have selected your training bundle, be sure to check out the Supplemental Materials available on the site. There are one page sheets on rating the CANS, passing the test, the Six Key Principles, as well as the CANS User Manual. The supplemental materials can be found by clicking on the name of the course you're interested in (e.g. VA CANS 5+ DSS).

If you haven't yet logged in to the system, please take a few minutes to update your account and get acquainted with the new system.

## HIGH FIDELITY CONFERENCE

September 12, 2018  
DoubleTree Charlottesville

This one day conference hosted by the Va Department of Behavioral Health & Developmental Services and the Office for Children’s Services is designed to promote, strengthen, and advance the delivery of High Fidelity Wraparound (HFW) in Virginia. Breakout sessions will focus on the fiscal benefits and positive outcomes of utilizing HFW for at risk youth, families, and communities, as well as on skill development for the HFW workforce. The conference will emphasize the benefits of team based planning, partnering with families, and incorporating natural supports.

### Who Should Attend:

High Fidelity Wraparound Workforce (Intensive Care Coordinators, Family Support Partners, and Supervisors), Children’s Services Act (CSA) Coordinators, members of High Fidelity Wraparound Teams and other interested stakeholders.

**Keynote:** Eric Bruns, Professor of Psychiatry and Behavioral Sciences, University of Washington School of Medicine

**Fee:** \$25

For more information and to register, <http://www.cpe.vt.edu/hfw/>

## GIVE AN HOUR HEALTHY MINDS FAIRFAX LAUNCHES

The Fairfax County Board of Supervisors offered a resolution recognizing the Give an Hour Healthy Minds Fairfax launch on July 10, 2018.



Give an Hour is a pro-bono therapy initiative engaging licensed private mental health providers in the community who provide free and confidential mental health services to income eligible youth and children between the ages of 5 and 21. Through this partnership, Give an Hour will offer counseling and resources to those in need.

To learn more about Give an Hour or search for a provider, visit <https://giveanhour.org/initiatives-and-programs/healthy-minds-fairfax/>



### Children’s Services Act Office

Question, Concerns or Compliments ...  
Please don’t hesitate to let us know!

DFSCSA@fairfaxcounty.gov

703.324.7938





# Advanced Youth Leadership Training

OCTOBER 6TH & 7TH @ THE  
CARILION CLINIC IN ROANOKE

**For Transition Age Youth (ages 16-25) with mental  
health needs and/or systems experience!**

- \* Take your leadership skills to the next level!
- \* Learn the basics of starting a youth group!
- \* Meet others with similar experiences!
- \* Learn how to share your story!

**Training is FREE! Meals Included!**

**Travel stipends and lodging available!**



## Contact

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(804)285-8264 X211  
ALONG@NAMIVIRGINIA.ORG

Special Thanks to Department of Behavioral Health and Developmental Services (DBHDS) and Substance Abuse and Mental Health Services Administration (SAMHSA) for their generous support of these events.