



Comprehensive Services Act (CSA) Program

Newsletter

Info for accessing resources across the public child serving agencies for at-risk youth and families

A Partnership of CSA, DAHS, DFS, CSB, JDRDC, FCPS, Families and the Private Provider Community

February 19, 2016

With Gratitude

CSA Manager's Message

With Valentine's Day arriving mid-month, February is a good time to express gratitude and appreciation for all of the work going on in our schools and human services agencies on behalf of children and families. The CSA Stakeholders workgroup has been meeting to develop a provider evaluation process for home and community-based service providers. This proposal was well-received by our private provider partners at a recent NOVACO meeting who welcomed the opportunity for better communication and improved service delivery. Plans for implementation are for FY17. CSA staff and partner agencies have continued outreach efforts to share the system of care approach and CSA services with a broader group of community stakeholders like Ft. Belvoir behavioral health care staff. Thank you to all of our stakeholder agencies for your work in improving our system of care.



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NEW TRAUMA TIPS SERIES!

Don't have time to read the latest research but want to be up-to-date on trauma informed practice? Check-out the CSA newsletter each month for a quick tip on working in the field of trauma.

TRAUMA TIP #1: Take care of yourself first! Whether you work on the front lines, behind the scenes, or have your own history of trauma, working with individuals and families with trauma histories can be taxing, triggering, and take a toll on your sense of well-being, with the potential to disrupt important relationships and interfere with day-to-day functioning. Ensuring you are well-rested and well-nourished, both physically and emotionally, will help build strength to carry out the duties of very difficult jobs. Having a hard day or week? Visit the Resilience Toolkit at the link below for a collection of articles, videos, and other resources designed to help you take care of yourself first.

<http://healthandwellness.vanderbilt.edu/ql/resilience-toolkit.php>

In the month of February, we celebrate Black History Month – a time to reflect, celebrate, and honor the contributions of African-Americans to our society. It is also a time to consider some of the unique needs that are faced by individuals from the African diaspora. In addition to the celebrations, we must continue to work to remove barriers to treatment and support best practices in cultural competence to ensure that access to services youth and families of color is accessible and appropriate. **Did you know** that Blacks are less likely than Whites to die from suicide as teenagers. However, Black teenagers are more likely to attempt suicide than are White teenagers (8.2 percent v. 6.3 percent) (US HHS Office of Minority Health). **Did you know** that African Americans of all ages are underrepresented in outpatient treatment but over-represented in inpatient treatment. Few African-American children receive treatment in privately funded psychiatric hospitals, but many receive treatment in publicly funded residential treatment centers for emotionally disturbed youth ("Mental Health: Culture, Race and Ethnicity Supplement" to the 1999 U.S. Surgeon General's Report on Mental Health). For information on strategies to remove racial disparities in treatment, numerous websites such as www.mentalhealthamerica.net, www.samhsa.gov, and www.nami.org offer resources.





When filling out the CANS: Who is the Planned Permanency Caregiver?

The easy answer is, 'the person the child will be with when the agency gets out of their life'. This might be a parent, foster parent, aunt, grandparent or some other relative or a friend. Maybe there isn't anyone if the 'child' is 18 or older or there is no plan to return the child 'home'.

For the purpose of the CANS you should score the person(s) you expect to return the child to if they are out of the home or whomever you expect the child to stay with long term. In today's world there are a variety of living arrangements for the children and families we encounter.

What if the parents are divorced and share custody and care of the child?

What if the child lives half the time with mom and half the time with dad?

What if the child lives with a grandparent but the mother is just out of jail and wants the child back?

What if the child lives with both parents and they both have different issues?

The purpose of rating or scoring a caregiver when you are doing a CANS is to justify your request for a service for that caregiver.

Ask yourself: what service am I asking for and for whom?

Suppose the parents live apart but share custody, the child lives primarily with the mom and visits the father. The father is the one getting drunk every weekend and beating the child. You need to rate the father in order to justify any service you are requesting for him even though the child doesn't live with him. The mother is depressed, the house is a disaster and mom doesn't send the child to school regularly. You will rate these needs for the mother. You will identify the mother as the PPC but rate both parents. Your narrative will explain which score pertains to which parent and what service you want for each one.

Suppose the child lives with both parents and they each have some issues that have brought your agency into their lives. Maybe they don't understand how to discipline a toddler, the house is chaotic, the father lost his job and they don't have any support system. They each have their own issues as well as issues as a couple so you should score each issue, not just the mother's or the father's alone.

The same scenario would hold true if the above parents were never married and lived in separate households but shared care and custody of the child. They both need services so you need to score them both to show all their needs and justify the requested services. Again, your narrative will explain what each parent needs.

If the child is living with a caregiver who is not the Planned Permanency Caregiver that caregiver is rated on the second page of the CANS under Current Caregiver. This applies to foster parents as well as any other temporary caregiver. It does not include Residential or Group Home placements which are rated on a different module.

The Current Caregiver module would apply to the grandparent (or whomever) who is caring for the child while the parent is in jail or rehab or out finding themselves. When that parent comes back and wants the child and grandma has no legal custody, the school may become alerted and call DFS or the grandmother's CSB therapist and then everyone gets involved to ensure the safety and well-being of the child. As the Case Manager, you're going to rate the returning parent as the Planned Permanency Caregiver and the grandmother as the Current Caregiver.

Of course, it's called Planned Permanency Caregiver for a reason. When working with people, plans come and go and change pretty often. So, the Planned Permanency Caregiver you identify is the person you plan, expect, or hope the child will be with when you close your case. Or, at least it's the person who fills that role the day you do the CANS.

CANS Tip for JDRDC

So you need to complete a CANS to obtain services for a client temporarily placed at JDC. Filling-out the top of the form is child's play, Name, Date of Birth, Rater's Name and Phone Number, and Planned Permanent Caregiver and Relation. But wait, how should Current Living Situation be answered as nothing fits or does it? The client is not in a Foster or Group Home nor RTC. Family/Relation Home is left, but client is not at home. Correct. **However they most likely came from a home and will be going back to a home.** Since JDC is a temporary situation, determine what the previous living situation was, and check that box. Remember JDC is a NOT considered a residential treatment facility. In case you didn't know, all agencies have an individual who is a CANS Super User who can assist you with questions that might arise when completing a CANS. The name of your agency CANS Super User information can be found on the CSA website under the CANS tab.



CANS Child and Adolescent Needs and Strengths Assessment



If you have questions about the CANS assessment, you are not alone. Come to one of the regional brown bag refresher trainings to have your questions answered, concepts clarified, and memory refreshed on how and when to use the CANS. Agency CANS Super Users will be there to answer your questions.

Discussion Topics:

1. CANS ratings 6 key principles
2. Most misunderstood items
3. Online training
4. Test taking tips
5. Schedule of CANS administration

RESTON 600A Multipurpose Room 1850 Cameron Glen Dr., Reston, VA 20190	Thursday, April 28	2:00 pm to 3 :30 pm
SOUTH COUNTY Room 217 8350 Richmond Highway Alexandria, Va 22309	Thursday, August 4	12:00 pm to 1:30 pm
FAIRFAX Herrity Building, Room 107 12055 Government Center Pkway, Fairfax, VA 22035	Tuesday, November 8	10:00 am to 11:30am

Register on the Employee Learning Center at <http://ffclearning.fairfaxcounty.gov/LearnerPage.aspx>

Key word: **CANS**

For more information about the trainings, contact your agency CANS Super User or Tanisha Capers 703)324-5634

CSA by the Numbers

January Data

Number of Referrals for ICC	8
Non-DFS Initial Family Resource Meetings/Family Partnerships Meetings	21
Number of Wraparound Fairfax cases	47
Number of Leland UMFS - ICC cases	32 (19 Leland and 13 Community cases)
Number of Family Partnership Meeting meetings	68
Number of copayment assessments, waivers, and reductions	43 assessments/ 16 waivers and reductions
Number of CANS entered	205
Number of Full FAPT planning meetings	15
Number of requests for community-based and residential services	140
Number of Medicaid submissions for TFC	41
Number of Medicaid submission for RTC	9
Number of direct parent inquiries to CSA	5
Number of Service Expenditure Summaries sent/returned	664



Despite a cataclysmic blizzard with 28 inches of snow in January which resulted in a week of school closings and emergency leave for county staff, once the snow melted it was back to business as usual. January data shows that with just 3 weeks of business, CSA has been busy!

Contracts Questions: Who can you call when you have a question about a CSA service provider or about a contract requirement? Answers below.

Service Category	Analyst	Contact Info
Private Day School	Barbara.Martinez@fairfaxcounty.gov	703-324-8484
Community Based Services (Includes Home-Based, ABA, Supervised Visitation)	Tracy.Davis@fairfaxcounty.gov	703-324-5235
Outpatient Therapy Services (Including Evaluations, psychiatry and polygraphs)	Amees.Vyas@fairfaxcounty.gov	703-324-7853
Congregate Care & Residential Treatment Centers (includes Group Homes and Residential Schools)	Amees.Vyas@fairfaxcounty.gov	703-324-7853
Specialized Services (Including day care, camps, drivers education, legal/immigration)	Barbara.Martinez@fairfaxcounty.gov	703-324-8484
Treatment Foster Care Services	Tracy.Davis@fairfaxcounty.gov	703-324-5235

15th Annual CSA Symposium and Provider Expo

George Mason University Johnson Center
4477 Aquia Creek Lane
Fairfax, Virginia 22030

Tuesday, March 8, 2016
8:00 a.m. – 3:15 p.m.

Registration Closes on February 26th

Copy link to register at

<https://www.surveymonkey.com/r/GZTTRKX>

WHOSE ANXIETY IS IT?
Complex Issues Within the
Continuum of Care



This event is sponsored by the Northern Virginia Children's Services Act programs and NOVACO the northern region's coalition of private provider associations.

Money Matters **Copayment Policy and Procedures**

Join CSA on **March 23 from 1:30 pm to 3:00 pm** in room 106 at the Herrity Building 12055 Government Center Parkway, Fairfax, Va. Come find out all there is know about the CSA parental copayment process. Although CSA provides a subsidy to families when they cannot afford to fully cover the costs of treatment on their own, families are still expected to contribute in the form of the CSA copayment. It is important that CSA Case Managers and Supervisors thoroughly understand the copayment policy and billing processes, so that families know what to expect and are prepared to fulfil the obligations of the copayment agreement.

During this training, staff will learn the below and much more:

1. **How to properly complete the copayment form?**
2. **What forms of documentation of income are accepted?**
3. **Under what circumstances is a youth exempt from the copayment process?**
4. **How often and when is a family billed for CSA funded services?**
5. **What happens if a family is unable to pay the assessed copayment amount?**
6. **How is a family charged if both community based and residential treatment is provided within a month?**
7. **What happens when Medicaid covers part of the costs of treatment? Is a copay still charged?**

Copayment Training

Herrity Building, Room 106

Wed. March 23rd

1:30 pm to 3:00 pm

Register on the Employee Learning Center at <http://ffclearning.fairfaxcounty.gov/LearnerPage.aspx> **Key word: Copayment**
For more information about the trainings, contact your agency CANS Super User or Tanisha Capers 703)324-5634



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703-324-5858

Victor Fisher, Case Analyst
703-324-7204

Tanisha Capers, Project Specialist
703-324-5634

CSA Contracts

Barbara Martinez, CSA Contracts
703-324-8484

Upcoming System of Care New Worker Training

Fall CSA/SOC Training Sessions	Date/Location/Time
Part II: Intro to Accessing CSA Services	Thursday, February 18, 2015 9:00am – 12:00pm South County Center 8350 Richmond Highway Alexandria, VA 22309
Part III: Facilitating Family Resource Meetings	Wednesday, March 9, 2015 1:00pm – 4:00 pm Herrity Building Room # 106 12055 Government Center Pkwy. Fairfax, VA 22035

Within the first 12 months of hire, new CSA case managers and supervisor are required to attend the above training sessions and to annually obtain CANS certification. CYF staff are exempt from the requirement to attend Part III.

Providers, parent representatives, and CSA involved partners are welcome to attend SOC training sessions with registration.

REGISTRATION:

FCPS and Non-county staff may register by creating an external account by following the directions below or email

Tanisha.Capers@FairfaxCounty.Gov For additional information contact Tanisha Capers, Project Specialist at 703-324-5634. County staff should register on the Employee U Learning Center at <http://externallearning.fairfaxcounty.gov/Default.aspx>

