

# CSA

## Newsletter

Children's Services Act Program

March 25, 2016

### CSA Manager's Message

Happy Spring! The next few months tend to be some of the busiest of the year. Having just returned from an amusement park over Spring Break, I'm reminded that sometimes our work can feel a little bit like riding a roller coaster with ups and downs, high speeds and a few loops. During this busy time, CSA staff will continue to work on some policy revisions to our CSA copayment process and finalize the new provider evaluation process for home-based services to begin in FY 2017. Please enjoy this monthly installment of our newsletter to see about upcoming training opportunities, CANS rating tips and more. We hope the sunshine and warmer weather keeps everyone motivated and energized.



### CSA Symposium and Provider Fair



This year's 15th Annual Northern Virginia CSA Symposium and Provider Expo was held on March 8th at the Johnson Center on the Campus of George Mason University. After 14 years of hosting the symposium and fair at Northern Virginia Community College, the planning committee decided to switch venues in consideration of costs and in part due to a new partnership opportunity made available with George Mason's Psychology Department. The new location was a good choice despite fear of the unknown. Once oriented to the campus and new surroundings, participants found their way to a state of art facility with a Starbucks, ample parking, and spacious accommodations.

The workshop presenters included local and national experts who spoke to standing room only crowds about how anxiety impacts youth, families and communities related to school refusal, sexual offender treatment, emotional regulation, and substance abuse. For copies of the PowerPoint presentations, you can find them on the CSA website at [www.fairfaxcounty.gov/csa/](http://www.fairfaxcounty.gov/csa/)

More than 400 participants involved with CSA programs from Alexandria, Fairfax, Arlington, Loudoun, Prince William, and City of Manassas visited providers, networked with colleagues, and attended training workshops. Over 80 organization that provide services ranging from residential treatment, equine therapy, music therapy as well as home-based services to respite were on hand to answer questions and share information about their program's services. Participants are encouraged to complete the survey and share your ideas for topics for next year's symposium workshops and to share your feedback about this year's event. The survey can be accessed until April 9th at [www.surveymonkey.com/r/76CBZZ7](http://www.surveymonkey.com/r/76CBZZ7). Please do share your input!

A special thank you to the workshop presenters Dr. Robyn Mehlenbeck, Dr. Tara Chaplin, Dr. Jonathan Dalton, Dr. Megan Hall, and Jamie Austin, LPC, CSOTP for providing world class workshop sessions.

Thank you,  
Social Workers!   
March is National Social Work Month

## Tips on scoring the Planned Permanency Caregiver on the CANS

Many times—particularly for DFS cases—when we are completing a CANS we need to show a need for some service for the child’s caregiver. Rating the Planned Permanency Caregiver (PPC) correctly is HUGE when you are asking for funding for them. Here are a few tips that should help you justify your request for service.

**Supervision, Knowledge and Organization** all have something to do with parenting skills so if you are asking for Home Based services to address issues in this area, these should not be rated as 0’s or 1’s. Asking for HB services means you are **taking action** to address a concern so these scores can easily be 2’s and/or 3’s.

**Physical Health and Mental Health** concerns **that impact the caregiver’s ability to parent should** be rated a 2 or 3

**Substance Use** issues are all too common with our families. If you have said in a narrative that the caregiver smokes pot and drinks all weekend please don’t rate this a 0. Substance use that **interferes** with parenting is a **2**; use that **prevents** parenting is a **3**. If you suspect some kind of substance abuse you can score this a 1.

**Transportation** is one of the most used services for our clients. If you are asking for Transportation assistance please don’t rate this a 0 or even a 1. Asking for funds means this is a significant need for the family so this needs to be a 2 or a 3.

**Safety** refers to any concerns that the child may be unsafe or at risk **from someone with access to the household**. Just because an alleged offender is out of the home as the result of a safety plan doesn’t mean they aren’t going there when the worker is not around. Believe it or not that happens! Particularly if CPS or PPS are involved with the family this rating is rarely (like almost never) a zero.

For more tips on the CANS or to ask questions about scoring the CANS, make plans to attend one of the CANS Refresher sessions listed on page 3.

### MEDICAID TRANSPORTATION

Transportation services for Medicaid members will transitioned from LogistiCare to Southeastrans last year. The phone number to schedule transportation did not change. Southeastern can be reached at 1-877-892-3988

## Case Status Change Form

If you continue to receive notifications from CSA that a current CANS is missing, you might be late or maybe you forgot to complete the Case Status Change form to indicate that the service has ended or that the case is closed. Without timely notice to CSA that the status of the case has changed, monthly generated reports will list incorrect staff, missing CANS, and expired services as current. Subsequently, you’ll continue receiving these messages in error. To avoid the confusion and unnecessary notices, be sure to complete the Case Status Change form when the following occurs:

- ◆ Change of Case Manager
- ◆ New Consent form signed
- ◆ Change in agencies permitted to exchange information
- ◆ Change of Service
- ◆ End of Service
- ◆ Case closes

Send the completed Case Status Change form to the CSA Office, 5th floor, 12011 Government Center Parkway, Fairfax, VA 22035 or fax at 703-653-1369

## Trauma Tip # 2: Biggest Bang for Your Buck!

Feeling overwhelmed working with families with multiple needs, in constant crisis, and not sure where to begin? Feeling like one step forward just leaves you two steps back? Well, you can't swallow the elephant in one bite! So where do you begin? According to "Protective Factors for Populations Served by the Administration on Children, Youth and Families," two protective factors that show the strongest evidence across populations of youth exposed to domestic violence, youth transitioning out of foster care, and victims of child abuse and neglect are **self-regulation skills and parenting competencies**. One evidence-based intervention that has components of building these specific skills is Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT). TF-CBT is an evidence-based trauma treatment that begins with a psychoeducation component (parenting competencies), then moves to building skills to address the body reactions, feeling reactions, and thinking reactions to trauma exposure (self-regulation skills), followed by trauma processing, and ending with in vivo mastery of trauma reminders and safety planning. At the completion of this 4-6 month treatment, re-assess. You may find that the issues causing the crises and disruption have resolved or been reduced to a level that is more manageable, resulting in many steps forward!

### CANS Refresher Training

### Sign-up Today!

The Child and Adolescent Needs and Strengths (CANS-MH) tool facilitates communication regarding issues and strengths that should be considered during treatment. Use of the CANS-MH requires training and certification to ensure consistency of ratings across users. Therefore, you must successfully complete training and certification prior to using the tool in your work. Typically, consistent evaluation of vignettes at a reliability level of 0.70 is considered sufficient. Come to the CANS Refresher training to keep up your skills! You can find the practice tests and exams online at [www.canstraining.org](http://www.canstraining.org). Take it once, take it twice, maybe even thrice on your own. Or, come to the refresher course and pass the CANS test the first time!

Spring reminds of us new beginnings and fresh starts. Start out this spring with a fresh outlook on how to use the CANS instrument. Come to one of the "Refresher" sessions to learn a few new tips on assessing youth and families with the CANS. A good assessment is an important part of the treatment planning process to ensure that the services address the strengths and needs identified.

Agency Super Users will lead the discussion and answer your questions. Registration encouraged, but not required.

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

**REGISTRATION:**

To register for the CANS refresher trainings, please contact Peter Flint at [Peter.Flint@fairfaxcounty.gov](mailto:Peter.Flint@fairfaxcounty.gov) or 703-324-5858 .



**March is  
National Social  
Worker Month!**

**CSA Salutes You!**



<b>CSA by the Numbers</b>	<b>February Data</b>
<b>Number of Mental Health Resource Team Lead Case Management Case</b>	43
<b>Number of Referrals for ICC</b>	17
<b>Non-DFS Initial Family Resource Meetings/Family Partnerships Meetings</b>	20
<b>Number of Wraparound Fairfax cases</b>	54
<b>Number of Leland UMFS - ICC cases</b>	38
<b>Number of Family Partnership Meeting meetings</b>	116
<b>Number of copayment assessments</b>	52
<b>Number of waivers and reductions</b>	18
<b>Number of CANS entered</b>	302
<b>Number of Full FAPT planning meetings</b>	12
<b>Number of requests for community-based and residential services</b>	188
<b>Number of Medicaid submissions for TFC</b>	46
<b>Number of Medicaid submission for RTC</b>	21
<b>Number of direct parent inquiries to CSA</b>	7
<b>Number of Service Expenditure Summaries sent/returned</b>	664

The numbers above speak for themselves! We are a high volume operation! The data represents the collective efforts of CSA involved human services agencies that offer case management, technical assistance, service coordination, and meeting facilitation for youth and their families. The volume of work is as high as the stress level and long as the hours required to get the job done. Yet and still, many of us would not change our career choice to work in Social Work because the positive differences made in the lives of youth and families makes it worth it. So every month but particularly this month of National Social Worker Month, we salute you!



## Upcoming CSA/System of Care New Worker Training

*New case managers and supervisors are required to attend the below trainings within the first year of employment.*

### CSA STAFF

Janet Bessmer, Program Manager

703-324-7932

Shanise Allen, MAIII

703-324-8241

Maureen Altman, UR Analyst

703-324-7822

Kimberly Jensen, UR Analyst

703-324-3868

Chris Metzbower, MA III

703-324-7890

Lisa Morton, TBP Coordinator

703-324-5863

Suzette Reynolds, UR Analyst

703-324-7752

Sarah Young, FAPT Coordinator

703-324-7420

Mariann Gabor, Admin. Assist.

703-324-7938

#### CSA Fax number

**703-653-1369**

#### FRU/CSA Support Staff

Vickie Grazioli, Medicaid Analyst

703-324-7120

Peter Flint, Case Analyst

703-324-5858

Victor Fisher, Case Analyst

703-324-7204

Tanisha Capers, Project Specialist

703-324-5634

CSA/SOC Training Sessions	Date/Location/Time
Part I: Intro to System of Care and Team Based Planning	Wednesday, May 19, 2016 9:00 am—12:00 pm Pennino Building 12011 Government Center Parkway, Room 206A Fairfax, VA 22035
Part III: Facilitating Family Resource Meetings	Thursday, June 16, 2016 1:00 pm – 4:00 pm Government Center, Conf. 9/10 12000 Government Center Parkway Fairfax, VA 22035
Part II: Accessing CSA Services	Thursday, July 28, 2016 9:00pm – 12:00 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:**

To register for the trainings, please contact Peter Flint at Peter.Flint@fairfaxcounty.gov or 703-324-5858.

