



# Comprehensive Services Act 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*

**August 1, 2014**

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## Welcome Aboard New FAPT Coordinator

The CSA Program is pleased to welcome Sarah Young, MSW (formerly Sarah Harmon) as the new FAPT Coordinator. Sarah brings a wealth of experience and knowledge to the position, having worked for the Department of Family Services for more than 10 years in various positions serving at risk-youth and families. For the last 4 years, Sarah has worked with in the CSA program as a Utilization Review Analyst. Sarah holds an MSW from The Catholic University School of Social Work and a BSW from James Madison University. Please join us in congratulating Sarah on her promotion and new position!

### 30 Minutes Will Save a Life!!

Take time to take the 30 minute Youth Suicide Prevention Training which includes three online simulations that will prepare you to help a young person.

Learn how to:

- Recognize when a young person is exhibiting signs of psychological distress, and
- Talk with the young person to be able to connect them with appropriate support.

The online trainings allow participants to enter a virtual environment and assume the role of an adult interacting with a young person. Participants learn how to differentiate between “normal” and “at-risk” behavior and how to begin a conversation about the topic of mental distress.

The courses are offered to anyone in the community, **free of charge**. Each training can be done in more than one sitting. To take one or all of the trainings. **Viisit <http://kognito.com/fairfax>.**



**One of these young people is at risk for suicide.**

***How can I help someone I'm worried about?***

The Community Services Board is now offering new, online suicide prevention training. Three interactive, animated trainings are available – each lasts just one hour or less. All are designed to give adults information and skills to recognize signs of mental distress in youth and connect them with the help they need.

Learn and practice skills at:

**[www.fairfaxcounty.gov/csb/at-risk](http://www.fairfaxcounty.gov/csb/at-risk)**

## Georgetown Training Institutes

Since 1986, the Georgetown University National Technical Assistance Center on Children's Mental Health has been conducting a biennial Training Institute (TA). The Training Institutes bring together policy makers, program developers, mental health professionals, social workers, parents, advocates and youth to share knowledge and information on implementing and sustaining systemic reform grounded in system of care values and principles. This year, a cross section of Fairfax County human services staff and parents attended the conference in July in Washington, DC. Participants were inspired and challenged by the workshops, keynote speakers, and institutes to improve Fairfax County's System of Care. One conference participant commented that the TA reinforced her purpose to infuse hope, heal trauma and deliver mental health services within our system. While another participant deepened her understanding of the family and youth as resources within an agency that must adapt for their inclusion. As participants mull over the lessons learned and share their insights within their programs, Fairfax's SOC will continue to grow and expand.

### Jeanne Veraska aka "Star" Trainer



In addition to attending conference, Fairfax County Public School staff and county staff presented a workshop. Jeanne Veraska, MSW, School Social Worker and Janet Bessemer, PHD, Utilization Review Manager in the CSA Office presented the session entitled Evidence-Based Interventions in Schools: Meeting the Behavioral Health Needs through a Collaborative Approach.

The workshop focused on implementing evidence based practices (EBPs) in schools as part of a larger community-wide system of care. System of care principles have been incorporated into direct service work across organizing. Within this framework, school social worker are provided with modular interventions that utilize essential components of EBPs.



**Jeanne Verraska and Janet Bessmer (July, 2014)**

## System of Care (SOC) Training For New Staff



At a minimum of 3 times per year and often each quarter, System of Care training is offered to new staff to provide an orientation of the SOC/CSA Practice Standards, the team-based planning process. Staff will receive hands-on training on how to navigating the CSA process, complete FAPT paperwork, and to convene a Family Resource Meeting (FRM). The required sessions should be completed within the first year of hire for new staff.

SOC Training Chair, Shanise Allen, along with Barbara Martinez, DAHS Contracts Supervisor and Cynthia Barker, Senior Social Work Supervisor, Protection and Preservation Services jointly present CSA SOC Part II: Accessing CSA Services to new staff. The collaborative approach to training provides a thorough overview with insight into practice, contracting and policy.

### Fall Schedule

#### Part I: Into to System of Care and Team-Based Planning

Oct. 7th – Tuesday, 9:00am- 12:00pm,  
Pennino Building  
12011 Government Center Parkway, 206 A-B  
Fairfax, VA 22035

#### Part II: Accessing CSA Services

Oct. 28th – Tuesday, 9:00am- 12:00pm,  
Pennino Building  
12011 Government Center Parkway, 206 A-B  
Fairfax, VA 22035

#### Part III: Facilitating Family Resource Meetings

November 13th—Thursday (**Tentative**)  
12000 Government Center Parkway, Conf. Rm. 2/3  
Fairfax, Virginia 22035

#### REGISTRATION:

County staff should register on the Employee Learning Center at <https://fxcounty.plateau.com/plateau/user/login.jsp>

Non-county staff may register by email at [Tanisha.Capers@FairfaxCounty.Gov](mailto:Tanisha.Capers@FairfaxCounty.Gov) For accommodations or additional information contact Tanisha Capers at 703-324-5634. Contact your agency training coordinator with specific questions about training requirements.

# CANS

## Child and Adolescent Needs and Strengths Assessment Brown Bag Refresher Training



If you have questions about the CANS assessment, you are not alone. Come to one of the regional brown bag refresher trainings held by UR staff and your agency Super Users.

You will have an opportunity to have your questions answered, concepts clarified, and memory refreshed on how and when to use the CANS.

### Discussion Topics:

1. CANS Ratings 6 Key Principles
2. Most Misunderstood Items
3. Online Training
4. Test Taking Tips
5. Schedule of CANS Administration
6. Type of CANS (Comprehensive vs. Re-assessment)

### Regional Dates and Times

Reston-Cameron Glen Suite 700, Main Conference Room 1850 Cameron Glen Drive Reston, VA 20190	Tuesday <b>September 16</b> 12:00pm to 1:30pm
Richmond Highway/ Alexandria <b>Conference Room , Rm. 220</b> South County Center 8350 Richmond Highway Alexandria, VA 22309	Thursday <b>October 9</b> 11:30 am to 1:00pm
Fairfax, B-3 Pennino Building <b>Conference Room, 206 A</b> 12011 Government Center Parkway, Fairfax, VA 22035	Thursday <b>October 16</b> 11:30am to 1:00pm

**No Registration required!**

For more information contact your CANS Super User or Tanisha Capers at 703-324-5634

## CSA STAFF

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### CSA Contracts

Barbara Martinez, CSA Contracts

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CSA Website: <http://infoweb/hs/csa/>

State Website: [www.csa.state.va.us](http://www.csa.state.va.us)

## Contact Us

**DFSCSA@FairfaxCounty.Gov**

**CSA Newsletter Editor:**

**Shanise Allen, LCSW**

## Riddle Me This...

### NEW CASES MUST HAVE ONE, WHAT?

All new cases must have a Team Based Planning (TBP) Request form submitted prior to FAPT review. This TBP request form services dual purposes. It is used to collect state required data-set information as well as to request a meeting. Before sending your TBP request form to CSA, please ensure that the below is complete.

- Legible name
- Legal name
- Social Security number
- Consent expiration date
- Insurance or Medicaid information
- DFS OASIS number
- DSM diagnosis
- List medications
- Use dropdown choices to identify the reason for the request

## CSA Humor



"I think the next best thing to solving a problem is finding some humor in it." Frank A. Clark

"Laugh as much as possible, always laugh. It's the sweetest thing one can do for oneself & one's fellow human beings." Maya Angelou

"A good laugh overcomes more difficulties and dissipates more dark clouds than any other one thing." Laura Ingalls Wilder