

# 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*



September 26, 2013

## Meet CPMT Parent Representative, Cristy Gallagher



I became a member of the CPMT through my involvement in National Alliance on Mental Illness (NAMI) as a support group leader. As the mother of a younger child with mental illness, I struggled to find a support group with other parents of elementary age children in the Fairfax area whose children also suffered from mental illness - but couldn't find one. After taking NAMI's Basics Course (for parents with children under the age of 18), I decided I would start a support group on my own with NAMI's support. The group has been going for about a year now. I find it very important to talk to other parents whose children are going through the same issues my daughter is going through. It is helpful to me to learn from other parents and I find it satisfying to help them in their time of need as well.

I have found it very rewarding being part of the CPMT. The Fairfax system of care for children with mental illness can be very confusing to parents. We have asked for help through the CSA system a couple of times and even though I am aware of the system, I even get confused of how things work. I think if more parents were involved as members of policy or advisory boards in children's services in Fairfax county it would help improve the way that service delivery is conducted.

Being an advocate and volunteering my time to help the service delivery at the county and state level work better for families is very fulfilling to me. I also hope that it will help my daughter as she grows up to see that her mom has been out fighting for her and against the stigma of mental illness. It feels good to help other families who are going through what we have been through. And I know that we will have others to call on when we need help in the future.

### **FAMILY SUPPORT GROUP MEETINGS National Alliance on Mental Health (NAMI)**

If you know of a family in the local area who would benefit from participation in a weekly family support group for parents and caregivers of children (youth and teenagers) struggling with emotional and behavioral issues, please share the below:

**NAMI Family Support Group Meetings  
Meets every 4th Thursday of the month  
7:00-8:30 pm**

**Prince of Peace Lutheran Church  
8304 Old Keene Mill Road,  
Springfield, VA 22152**

Questions?  
Contact Cristy Gallagher at [cristy@potomaccurrents.com](mailto:cristy@potomaccurrents.com)

## Cross Your Fingers



Fairfax– Falls Church CPMT has applied for a System of Care grant proposal to the Virginia Department of Behavioral Health and Developmental Services to enhance family engagement by establishing an organization of families of children with serious emotional disturbance and empowering that organization with meaningful roles in the system of care and to provide of family partners. If selected for the grant the family organization selected will have a board with at least half the members' current or former caregivers of children or youth with serious emotional disturbance. The family organization would implement a "Peer Parent Support" model and hire experienced parent navigators of system of care to support to families experiencing the wraparound process.

## What's at Stake? Update on ICC Stakeholder Group

On September 12, 2013, the ICC Stakeholder group, comprised of representatives from all the child serving agencies, convened its most recent meeting. The group meets to discuss concerns related to the two ICC programs operating in Fairfax: Leland House ICC and Wraparound Fairfax, formerly known as CSB ICC.

Monthly meetings will be held through November, at which time a decision about future meeting frequency will be made. Welcomed as new members into the group were representatives from the private provider community, as well as parent and youth representatives. This represents a major milestone in the development of high fidelity wraparound in our system of care, by demonstrating adherence to the principle of family voice.

Included in the meeting's work was the development of a draft mission statement: "We are an integrated community partnership united to improve wraparound in Fairfax through feedback, collaboration, problem-solving and training." A mission for the team will also be developed to ensure that specific needs will be addressed. Feedback about the programs was shared, as well as the need for training for agency case managers, and special populations, such as those from the legal community. The Wraparound Fairfax team is currently working on training for agency staff, with its "premiere" next month. The plan calls for more widespread training after refinements are made based on feedback from initial trainings.

Staff interested in offering feedback and/or comments to the group should contact one of their stakeholder representatives, including from CSA: Maureen Altman, Suzette Reynolds; CSB: Dan Thompson, Allen Berenson, Jackie Sott, Jean Bartley; DFS: Kamonya Omatete; FCPS: Dana Robinson, Mary Jo Davis; JDRDC: Fran Davison, Elaine Lassiter.

## STRESSED-OUT Trauma Resources

If you've logged on, read the paper, watched the news or listened to the radio, you have been bombarded with recent accounts of flooding, fire, murder, war, civil unrest, hostages take-overs, drive-by shootings, and the list continues of inhumane ways in which people across the globe and within our backyards are suffering and victimized by senseless acts of violence. As professional case managers, social workers, probation officers, and the like, the at-risk youth that you serve may be struggling to cope with the recent tragedies and more vulnerable to effects of trauma. NIMH's booklet on Helping Children and Adolescents Cope with Violence and Disasters states that some children are more vulnerable to traumas effects and children with existing mental health problems may be more affected. Below are a few resources targeted at supporting youth and adolescents who have experienced or been exposed to traumatic events. For example, the first resource listed below details symptoms/reactions by age group as well as general information on how to help youth exposed to trauma.

### Trauma Resources

**Caring for Kids After Trauma, Disaster and Death:  
A Guide for Parents and Professionals, 2nd Edition**

Website: [http://www.aboutourkids.org/files/articles/crisis\\_guide02.pdf](http://www.aboutourkids.org/files/articles/crisis_guide02.pdf).

**National Mental Health Information (NMHI)**

Web Site: [www.mentalhealth.samhsa.gov](http://www.mentalhealth.samhsa.gov)

**National Child Traumatic Stress Network**

Web Site: [www.nctsn.org](http://www.nctsn.org)

**National Center for Children Exposed to Violence**

Web Site: [www.nceev.org/violence/children\\_terrorism.htm](http://www.nceev.org/violence/children_terrorism.htm)

**National Suicide Prevention Lifeline**

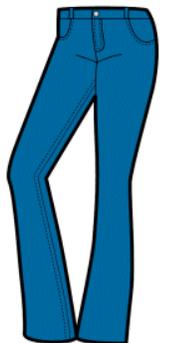
Toll-Free: 1-800-273-TALK (8255)

Web Site: [www.suicidepreventionlifeline](http://www.suicidepreventionlifeline.org)



## GIVING BACK Jean's Day on October 18th

Register today to Put the ZIP on Homelessness by donating \$5 to the cause and wearing your jeans to show your support on October 18. Challenge your colleagues to join the campaign. Jeans Day Fairfax is an awareness campaign and fundraiser for ending homelessness in our community sponsored by the Fairfax Chamber of Commerce, Connection Newspapers, Apple Federal Credit Union, and the Fairfax-Falls Church Community Partnership to Prevent and End Homelessness in partnership with Fairfax-Falls Church businesses, non-profit and civic organizations, Fairfax County employees, Fairfax County Public School employees, the faith community and individuals.



To get involved and donate to help the nearly 3,000 children, women and men who are affected by homelessness in our community go to <http://jeansday2013.eventbrite.com/#>

**CSA SOC Training**  
**Case Manager**  
**Level 100 Required Sessions\***

**Part 1: Intro to System of Care and Team-Based Planning**

Dec. 3rd – Tuesday, 12:00pm - 4:00pm  
 Herrity Building, room 106/107  
 12055 Government Center Parkway  
 Fairfax, VA 22035

**Part 2: Accessing CSA Services**

Dec. 12th - Thursday, 1:00 pm to 4:00pm  
 Government Center, Conference Rooms 9/10  
 12000 Government Center Parkway  
 Fairfax, VA 22035

**Part 3: Facilitating Family Resource Meetings \***

Jan. 9th - Friday, 9:00am to 12:00 pm  
 Government Center, Rooms 9/10  
 12011 Government Center Parkway  
 Fairfax, VA 22035

**CSA Supervisor's Training**

**Booster and Q/A Session**

Thursday, October 31, 9:30am to 11:30am  
 Pennino Building, Room 206A  
 12011 Government Center Parkway  
 Fairfax, Virginia 22035

**REGISTRATION INFO:**

CSA case manager required training is open to the provider community, parents, and others involved with at-risk youth and families. Case managers hired after Oct. 1, 2012 are required complete Intro to SOC/TBP, Accessing CSA, and Family Resource Meeting Facilitation training sessions within the first 12 months of hire and to obtain CANS certification. The CSA Supervisor's session is intended for supervisors whose staff manage CSA cases. If senior staff approve and sign CSA paperwork for staff, they may attend as well.

To register for training county staff may register on the Employee Learning Center at  
<https://fxcounty.plateau.com/plateau/user/login.jsp>

FCPS and Non-county staff may register by email at [Shanise.Allen@FairfaxCounty.Gov](mailto:Shanise.Allen@FairfaxCounty.Gov) or call at 703-324-8241 with any questions or concerns.

**\*DFS-CYF is exempt from attending Part 3: FRM training, as they have met the requirement by attending a state mandated session on the topic.**  
**Reminder!**

**CSA STAFF**

James Gillespie, Program Manager  
 703-324-5442

Shanise Allen, MAIII  
 703-324-8241

Maureen Altman, UR Analyst  
 703-324-7822

Janet Bessmer, UR Manager  
 703-324-7932

Beth Felty, FAPT Coordinator  
 703-324-7406

Sarah Harmon, UR Analyst  
 703-324-7420

Chris Metz bower, MA III  
 703-324-7890

Lisa Morton, TBP Coordinator  
 703-324-5863

Suzette Reynolds, UR Analyst  
 703-324-7752

Mariann Gabor, Admin. Assist.  
 703-324-7938

**CSA Fax number**

**703-653-1369**

**FRU/CSA Support Staff**

Tami Watts, Medicaid Case Analyst  
 703-324-7120

Vickie Grazioli, FRU/CSA  
 703-324-5858

Janelle Wilson, FRU/CSA  
 703-324-7204

**CSA Contracts**

Barbara Martinez,

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

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

**Shanise Allen, LCSW**  
**CSA Newsletter Editor**  
**[DFSCSA@FairfaxCounty.Gov](mailto:DFSCSA@FairfaxCounty.Gov)**