

*Fairfax-Falls Church Community Services Board*

## 106-06-Mental Health Adult Residential Services

Fund/Agency: 106	Fairfax-Falls Church Community Services Board	
Personnel Services	\$5,855,252	<p><b>CAPS Percentage of Agency Total</b></p> <p>10.7%</p> <p>89.3%</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>■ Mental Health Adult Residential Services</p> <p>■ All Other Agency CAPS</p> </div>
Operating Expenses	\$5,664,614	
Recovered Costs	\$0	
Capital Equipment	\$23,000	
<b>Total CAPS Cost:</b>	<b>\$11,542,866</b>	
Federal Revenue	\$104,015	
State Revenue	\$2,767,151	
User Fee Revenue	\$627,058	
Other Revenue	\$421,073	
<b>Total Revenue:</b>	<b>\$3,919,297</b>	
<b>Net CAPS Cost:</b>	<b>\$7,623,569</b>	
Positions/SYE involved in the delivery of this CAPS	101/99.5	

### ► CAPS Summary

**Mental Health Adult Residential Services** provides mental health services to adults with serious mental illness and adults with co-occurring mental illness and substance abuse disorders. Consumers receive services in an array of residential programs designed to address their needs. The mission of Adult Residential Services is to help consumers maintain and/or improve level of functioning through tailoring treatment and support services to match their existing strength and functioning.

Services include assessment, case management, health education, medication management and monitoring, recreational and social activities, daily living skills training, dual diagnosis treatment, individual/family/group therapy, outreach and linkage, roommate mediation, and crisis intervention and management. Adult Residential Services provides treatment to the mandated population of adults who meet the adult mental health priority population as determined by the State Department of Mental Health, Mental Retardation and Substance Abuse Services (DMHMRSAS), as well as case management services as mandated by Virginia State Code.

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Individuals served in these programs have experienced homelessness, acute psychosis, multiple hospitalizations, abuse/neglect and/or violence, suicide ideation and/or attempts, severe family problems, educational and/or vocational limitations, and/or economic deprivation with limited or no independent living skills. These individuals are not able to independently acquire and maintain decent housing. Services are provided in a continuum that reflects treatment integrity.

### **Highly Intensive Treatment Services**

These programs provide overnight care in conjunction with intensive treatment and training. Services include mental health and/or substance abuse treatment, crisis stabilization, and residential alternatives to hospitalization where intensive treatment rather than supervision occur. Dual Diagnosis programs assist with reducing and eliminating the effect of alcohol or other drugs in the body in a specialized non-medical facility with physician services available when needed. Staff are onsite 24 hours a day, seven days a week.

The **Franconia Road Treatment Center** provides 24 hours a day onsite highly intensive treatment and support services to adult males, 18 years of age and older, with co-occurring serious mental illness and substance abuse disorder. This is a transitional program with up to eighteen months length of stay.

The **Residential Extensive Dual Diagnosis Program** provides 24 hours a day onsite highly intensive treatment and support services to adult females, 18 years of age and older, with co-occurring serious mental illness and substance abuse disorder. This is a transitional program with up to eighteen months length of stay.

The **DAD Regional Group Home** offers permanent housing for male and female consumers needing ongoing 24 hours per day highly intensive treatment and support services. Consumers are 18 years of age and older with serious mental illness. These services are contractually operated.

### **Intensive Treatment Services**

Group Homes are facilities of five or more beds owned or leased by the Community Services Board (CSB) that provide 24 hour onsite supervision for individuals who require training and assistance in basic daily living functions such as meal preparation, personal hygiene, transportation, recreation, laundry, and budgeting.

The **Patrick Street** and **Beacon Hill Transitional Group Homes** offer a 24 hours a day supervised environment to male and female consumers with serious mental illness. These consumers are 18 years of age and older who are being discharged from hospitals or institutions or reside in the community, but lack basic independent living skills to reside independently in the community. This is a transitional program with up to eight months length of stay.

The **Leroy Place** and **Calamo Street Permanent Group Homes** offer permanent housing to male and female consumers with serious mental illness needing 24 hours a day onsite treatment and support services. Consumers are 18 years of age and older and in need of ongoing services. These services are contractually operated.

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**Dual Diagnosis Cornerstones** – (Adult Residential Services provides mental health staff to the Dual Diagnosis Cornerstones program.) The Dual Diagnosis Cornerstones program provides 24 hours a day onsite highly intensive treatment and support services to male and female adults, 18 years of age and older, with co-occurring mental illness and substance abuse disorder. This is a residential treatment program with up to six months length of stay.

### **Supervised Services**

These programs offer overnight care in conjunction with supervision and services and include the following:

**Supervised Apartments or Townhouses** are licensed residential programs that place and provide services to individuals in units that are owned, rented, leased, or otherwise controlled by the CSB. The length of stay exceeds 30 days but is less than 24 months.

The **Transitional Therapeutic Apartment Program** provides residential treatment in a stable, supportive, therapeutic setting in which consumers with a psychiatric disorder learn and practice the life skills needed for successful community living, and ultimately transition into the most manageable independent living environment. Consumers are males and females 18 years of age and older with a serious mental illness. This is a transitional program with up to twenty-four months length of stay.

The **Residential Intensive Care Program** provides onsite daily monitoring of medication, psychiatric symptoms, daily counseling, treatment, and support in a stable, supportive, and therapeutic setting in which male and female consumers with serious mental illness can develop the needed skills for self sufficiency. Consumers are males and females 18 years of age and older, with a serious mental illness. This is a transitional program with up to twenty-four months length of stay.

**Group Homes Extension Apartment Beds** are designed to assist consumers in their transitioning from group homes to a more independent living environment. This program has been designed to allow consumers the opportunity to live in the community while maintaining a supportive connection to group home programs. Consumers are males and females 18 years of age and older with serious mental illness. This is a transitional program with up to twenty-four months length of stay.

### **Domiciliary Care**

Domiciliary Care provides food, shelter, and assistance in routine daily living in facilities of five or more beds. This is primarily a long-term setting with an expected length of stay exceeding 30 days. Domiciliary care is a less intensive program than a group home or supervised apartment as the program does not provide treatment or training.

The **Stevenson Place Assisted Living Facility** provides long-term placement and services to the most needy consumers with serious mental illness. Consumers are male and female adults, 18 years of age and older, with multiple medical and psychiatric issues. This program is contractually operated.

**Fairfax Community Residences** provides contract services to clients with mental illness, mental retardation, and physical disabilities. This program provides long-term and short-term residential care, as well as case management, crisis stabilization, and community support.

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The **Oconomowac Development Training Center** is a contract agency that specializes in providing residential and school programming to children, adolescents, and young adults with dually diagnosed developmental disabilities and emotional disturbances. This unique program focuses on developing adult independent living skills, positive self-image, behavior management, and weight and food control for individuals diagnosed with Prader-Willi Syndrome.

**Cardinal House** is an Assisted Living Facility contract service that specializes in serving adults with mental illness. This program provides residential support and offers residents the opportunity to participate in meaningful non-recreational activities, paid work, opportunities to participate in volunteer work, and use of recreational facilities in the community.

**Tall Oaks** is an Assisted Living Facility contract service that provides assessment of medication, quarterly care meetings, assistance with hygiene and mobility, rehabilitation services, and social and recreational services.

The **Learning Services Corporation** is a national contract agency that specializes in comprehensive community integrated post acute neurorehab services for those with acquired brain injury. This program provides long-term residential rehabilitation, day treatment, outpatient services, and supported living services for people with traumatic brain injury, and includes a vocational and respite component.

### **Supportive Services**

This program provides unstructured services that support individuals in their own housing arrangement and normally does not involve overnight care.

Supported Living Arrangements are residential alternatives not included in other types of residential services. Staff assists individuals to locate or maintain residential settings where the CSB does not control access to beds. The focus may be on assisting the individual to maintain an independent residential arrangement.

The **Supported Shared Housing Program PH/PBS8** is jointly operated by Department of Housing and Community Development and Mental Health Adult Residential Services. Consumers of mental health services acquire long-term permanent subsidized units through the Department of Housing and Community Development. Adult Residential Services staff assists consumers receiving mental health services to acquire and maintain housing that is safe, decent, and affordable.

The **Supported Housing Option Program** is jointly operated by Pathway Homes and Mental Health Adult Residential Services. Most of the units in this program are funded by Shelter Plus Care Grants through the HUD Continuum of Care process. Consumers of mental health services acquire long-term subsidized units through Pathway Home HUD funding. Adult Residential Services and Pathway Homes staff assist consumers receiving mental health services to acquire and maintain housing that is safe, decent and affordable.

**HUD McKinny Housing** is contractually operated by Pathway Homes and Psychiatric Rehabilitation Services. These units are funded by Permanent Supported Housing Grants through the HUD Continuum of Care process. Consumers of mental health services acquire long-term permanent housing and support through contract agencies. Staff assists consumers to maintain housing and provide the needed services to maintain their psychiatric stability.

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**Individual/Family Home** - Consumers residing in their Individual units or Family Home require ongoing assistance in order to maintain their housing. These consumers were able to acquire Public Housing or Section 8 units through the Department of Housing and Community Development. Adult Residential Services staff provides consumers the needed treatment and support services.

Homeless Services provides mental health interventions to individuals in Homeless Shelters and Outreach to homeless individuals and families living in the street, cars, woods, and other areas not suitable for living.

**Homeless Services in Shelters** - Adult Residential Services staff provide mental health services to homeless consumers at emergency shelters operated by private non-profit agencies. Mental health services are designed to facilitate the transition of individuals from homelessness to a condition of stability, independence, and self-sufficiency.

**Homeless Services Outreach** - Adult Residential Services Outreach staff target homeless individuals who may have mental disabilities and/or substance abuse issues. Services are designed to engage homeless individuals in mental health and substance abuse services, as needed, with the goal of ending homelessness.

The **Bridge Apartment Program** is operated by a private non-profit agency. Adult Residential Services staff provides treatment and support services to consumers who have transitioned from a homeless shelter and now reside in these units. Adult Residential Services staff establishes a clinical relationship with the consumers while they are in the shelter. These are consumers that are in the process of getting their lives back together and need the extra time to get the pieces in place.

## **Quality Assurance and Staff Development**

For information on CSB's comprehensive Quality Improvement (QI) Plan, Risk Management Plan, and CSB-wide training and staff development initiatives, please refer to the Overview section.

## **Community Outreach**

Public forums for community members and interested citizens featuring staff presentations on mental health issues of interest are offered at open luncheons and other meetings.

## **Accomplishments**

The following programs have been initiated over the last four years: Dual Diagnosis program for females, Supported Shared Housing programs with the Department of Housing and Community Development, Expansion of HUD Shelter Plus Care program, Residential Intensive Care program, Expansion of the Extension Apartment Beds program, Assisted Living Facility and an Intensive self-contained Dual Diagnosis Program. Residential treatment and residential care bed capacity has increased by approximately 170 beds.

## **Funding Sources**

Funding sources include Fairfax County; the Cities of Fairfax and Falls Church; DMHMRSAS; Project for Assistance in Transitioning from Homelessness (PATH) Federal Block Grant; the Northern Virginia Mental Health Institute for discharge assistance/aftercare; Medicaid State Plan Option, and fees from clients and insurance companies.

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## ► Trends/Issues

Persons with serious mental illness are residing in their own communities. These individuals often have co-occurring mental, medical, or substance abuse problems that require a comprehensive continuum of residential services. Individuals are in need of flexible treatment and support services in order to maintain themselves in the community. The waiting list for residential programs continues to increase with the wait for a placement in a residential program lasting many months or years, depending on the program need.

Individuals are usually homeless or living in sub-standard housing prior to entering Adult Residential Services. Individuals served in this program have very limited incomes and may cycle on and off Social Security benefits. Many have multiple psychiatric hospitalizations and require mental health treatment in order to stabilize and maintain psychiatric stability.

## ► Method of Service Provision

Services are provided by directly operated and contracted programs licensed by DMHMRSAS.

A designated staff is assigned to on-call duty after normal work hours to address emergencies in programs that do not have staff onsite 24 hours a day, 7 days a week, 365 days a year. Emergency Services are also available to consumers in these programs 24 hours a day, 7 days a week, 365 days a year.

- Franconia Road Treatment Center, Residential Extensive Dual Diagnosis and Cornerstones are designed to serve consumers dually diagnosed (serious mental illness and substance abuse). Staff are onsite 24 hours a day, 7 days a week, 365 days a year.
- DAD Regional Group Home, Patrick Street, Beacon Hill, Leroy Place and Calamo Street Group Homes are designed to serve consumers with serious mental illness. Staff are onsite site 24 hours a day, 7 days a week, 365 days a year.
- The Transitional Therapeutic Apartment Program is designed to serve consumers with serious mental illness. Staff make three to four contacts weekly with at least one contact onsite.
- The Residential Intensive Care Program is designed to serve consumers with serious mental illness that are in need of more intense treatment than in a supervised apartment program and less treatment than in a 24 hours a day group home. Staff are onsite twice a day, in the morning as they are starting their day and during the evening as they are ending their day.
- Group Home Extension Apartment Beds is designed to serve consumers with serious mental illness transitioning from the group home. These consumers are able to maintain daily contact with group home staff. Group home staff provides onsite contact three to five times a week and daily when necessary.
- The Stevenson Place Assisted Living Facility is designed to serve consumers with serious mental illness needing ongoing support. Adult Residential Services staff provides onsite case management, therapy, and medication management to these consumers Monday through Friday from 8:00 a.m. to 5:00 p.m. and some evenings until 9:00 p.m.

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- Fairfax Community Residence, Oconomowac Development Training Center, Cardinal House, Tall Oaks and Learning services Corporation are contract agencies with programs designed to meet special needs of mental health consumers. Services are provided daily.
- The Supported Shared Housing Program, Supported Housing Option, HUD McKinney Housing and Individual/Family Home programs are designed to provide flexible services to consumers with serious mental illness. The frequency of onsite contacts and weekly contacts are based upon individual functioning and needs. Contacts vary from three contacts per week to 40 hours of contact per week.
- Homeless Services at Shelters are designed for homeless consumers. Adult Residential Services staff are onsite at the shelters Monday through Friday from 8:00 a.m. to 5:00 p.m., some evenings and some weekends.
- Homeless Outreach Services are designed to seek out homeless individuals living in the street, cars, woods and other areas not suitable for dwelling. Staff frequently visits locations where these individuals tend to hang out. Services are provided daily between 9:00 a.m. and 9:00 p.m.
- The Bridge Apartment Program is designed for mental health consumers striving to put their lives back together. Adult Residential Services staff provide three weekly contacts with at least one being onsite. Services are provided Monday through Friday between 8:00 a.m. and 5:00 p.m.

### ► Performance/Workload Related Data

Title	FY 2000 Actual	FY 2001 Actual	FY 2002 Estimate
Bed Days	86,119	93,017	93,017
Hours of Service	16,130	19,724	19,724
Persons Served	1,004	1,312	1,312

95 percent of the consumers in Adult Residential Services expressed satisfaction with their level of participation in the treatment planning for the services that they received.

### ► Mandate Information

This CAPS is Federally or State mandated. The percentage of this CAPS' resources utilized to satisfy the mandate is 1 - 25%. The specific Federal or State code and a brief description of the code follows:

- Code of Virginia Section 37.1-194 mandates provision of case management services as a core service within the Community Services Board (CSB).

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### ► User Fee Information

Subobject Code	Fee Title	FY 2002 ABP Fee Total
N/A	FY 2002 CSB Schedule of Fees. The current fee schedule is available in the Agency Overview.	\$627,058
<b>Current Fee</b>		<b>Maximum Allowable Fee Amount</b>
Once the treatment plan is determined, the fees for services will be set according to the FY 2002 CSB Fee Schedule.		N/A
<b>Purpose of Fee:</b> Fees are charged to offset the cost of providing treatment services.		
Levy Authority	Requirements to Change the Fee	Year Fee Was Last Adjusted
CSB Policy on Reimbursement  <u>Code of Virginia</u> Chapter 10, 37.1-197(7)	The CSB Schedule of Fees is reviewed and established annually by the CSB Board and submitted to the Board of Supervisors.  The client or other legally responsible party is responsible for paying the full fee for services. A client or other legally responsible party who is unable to pay the full fee may request a subsidy, supplemental subsidy and an extended payment plan.	2001
<b>Other Remarks:</b>		