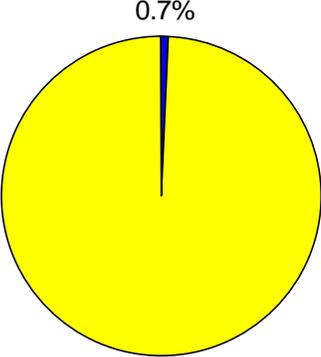


Fairfax-Falls Church Community Services Board

106-14-Alcohol and Drug Youth Day Treatment Services

Fund/Agency: 106	Fairfax-Falls Church Community Services Board	
Personnel Services	\$543,142	<div style="text-align: center;"> <p>CAPS Percentage of Agency Total</p>  <p>0.7%</p> <p>99.3%</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> ■ Alcohol and Drug Youth Day Treatment Services ■ All Other Agency CAPS </div> </div>
Operating Expenses	\$173,701	
Recovered Costs	\$0	
Capital Equipment	\$0	
Total CAPS Cost:	\$716,843	
Federal Revenue	\$0	
State Revenue	\$0	
User Fee Revenue	\$50,000	
Other Revenue	\$0	
Total Revenue:	\$50,000	
Net CAPS Cost:	\$666,843	
Positions/SYE involved in the delivery of this CAPS	14/14.23	

► CAPS Summary

Alcohol and Drug Youth Day Treatment Services provides day treatment services for youth with serious alcohol, drug, and mental health problems. These youth cannot function in a regular school setting and need the structure of an integrated treatment and school environment during the day. Day treatment is a more intense level of service than outpatient services, and less intense than a residential program. Including school, youth are at the program a minimum of seven hours a day. The length of stay varies from six to twelve months. The availability of day treatment frequently averts the need for more costly residential care.

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Youth Day Treatment Services uses an adolescent developmental approach. Individual, group, and multifamily counseling is provided for youth and families involved in day treatment. Weekly recreational activities are provided, as well as community service projects. Community meetings, treatment planning, life skills training, and education groups are held weekly. Relapse prevention and continuing care groups also are offered. The program also has a strong family focus. Multifamily and parent groups are available for families and individual family counseling is held biweekly or more often, if needed.

Continuing Care services are available for youth that complete the program. A "Stages of Change" approach is utilized to help assess a family's motivation for change. Alcoholics Anonymous and Narcotics Anonymous participation is also part of the program. Day Treatment services are provided five days per week with a minimum of three hours of treatment services per day accompanied by an additional three to five hours of education provided by the Fairfax County Public Schools (FCPS).

Program Characteristics include:

- Day treatment services are currently provided for adolescents ages 13 to 18 in the Falls Church and Franconia areas of the County.
- An additional day treatment program has been established in the Chantilly area. The program is funded by the Virginia Department of Mental Health, Mental Retardation, and Substance Abuse Services (DMHMRSAS), and supplemented by County General Funds.
- An on-site alternative school program provides educational services. Teachers are provided by FCPS.
- At any given time, each day treatment program has a capacity of ten youth in primary treatment.

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.

Specific to this CAPS, CSB Alcohol and Drug Services (ADS) programs conduct client satisfaction surveys and collect measurements on face valid indicators supported by the Center for Substance Abuse Treatment and the Center for Substance Abuse Prevention. These face valid indicators include measures for improvements in reduced alcohol/drug use, reduced criminal/antisocial activity, and increased productivity in school or work.

Community Outreach

Outreach efforts are conducted based on the specific goals of each service area. Outreach is conducted through Prevention, Crisis Intervention and Assessment, and Youth, Adult and Residential Services to reach at-risk and high-risk individuals throughout the community. The populations who are at-risk and high-risk include, but are not limited to, the indigent, language minorities, immigrant refugees from war-torn nations, those with HIV/AIDS, pregnant women and women with dependent children under the age of 18 that are engaged in substance abuse/addiction. Outreach strategies tailored to a specific program's mission and target population are employed.

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Annually, ADS participates in the production of Public Service Announcements (PSAs). The PSAs have focused on Prevention, Youth Services, specialized programming, information related to the Communities that Care Youth Survey, and general information related to access of services, including signs and symptoms of abuse and addiction.

Accomplishments

Over the past several years, programming in day treatment has changed due to the vast array of drugs youth are using, the serious mental health problems that youth are exhibiting, and cultural changes in the community. As a result, day treatment staff continuously review the program and a number of changes have been made. The program continues to evolve as the needs of the population change. The mental health, family treatment, and medication components of the program have been enhanced. Youth can now be medicated through a staff psychiatrist when necessary. The psychiatrist also attends weekly staff meetings. The family component of the program was also strengthened because family progress is closely tied to client progress in treatment. This year, current services are being reviewed again to determine efficiency and effectiveness within the ADS youth continuum of services. Youth staff continue to work closely with school personnel to meet the needs of the youth referred from the school system.

Funding Sources

Funding sources include Fairfax County; DMHMRSAS; the Substance Abuse Prevention and Treatment (SAPT) Federal Block Grant; FCPS for safe and drug free schools; and fees from clients and insurance companies.

► Trends/Issues

In Fairfax and Falls Church, there has been an increase in school-aged youth. Over the past five years, youth drug use has risen and more youth have presented with mental health concerns. We are also seeing an increasing number of youth who have multi-problem families and a propensity toward violence. There has also been an increase in the number of criminally involved youth needing services, particularly youth who are involved in gangs. The current level of alcohol and drug use among Fairfax County youth has been documented through the Communities That Care survey conducted in 2001. The rates of use of most drugs increase dramatically from the 8th to the 12th grade. For example, current 8th grader alcohol use is 21 percent (2,116 youth) and 53 percent (5,518) for 12th graders. Eighth-grade marijuana use is 5.1 percent (514 youth) and 22.4 percent (2,332 youth) for 12th graders. Eighth-grader hallucinogen use is at 0.8 percent (81 youth) and increases to 4.4 percent (458 youth) for 12th graders. Eighth-grader heroin use is at 0.4 percent (40 youth) and 0.7 percent (73 youth) for 12th graders.

The change in the County demographics has had a significant impact on service provision. There has been a major increase in Asian and Hispanic families seeking treatment. Because many of these parents do not speak English, recruitment of bilingual staff has increased. One primary issue for parents of day treatment youth is the lack of transportation to and from the program. This responsibility tends to fall on the parents because there is no readily available countywide transportation system. This affects attendance and contributes to youth leaving the program prior to completion. In order to reduce the transportation/accessibility issues, an additional day treatment program has been established in the Chantilly area using State DMHMRSAS funds.

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Participant Characteristics

The youth in day treatment have severe substance abuse, mental health, court, and school problems, and generally are substance dependent. These youth are more impaired than those attending outpatient services as they have used more drugs for longer periods of time. The youth in day treatment usually have serious mental health problems as well. Many are the victims of sexual, physical, or emotional abuse. Their situations have deteriorated, resulting in educational and psychological developmental delay. Legal, school, and family problems further complicate matters. The majority of these youth have attended outpatient treatment privately or through ADS. Some have attended residential treatment and come to day treatment for additional primary care. Approximately 70 percent are male, 30 percent are female. About 50 percent are court-involved, and in addition, a percentage of the parents of these youth also experience their own alcohol, drug, and/or mental health problems.

Youth Day Treatment Services provides treatment to the mandated priority populations determined DMHMRSAS. The priority population includes: individuals who are diagnosed with substance dependency; individuals who are diagnosed with substance abuse within a targeted population (women who are pregnant or who have custody of or live with dependent children under the age of 18, and individuals who fall within the adult mental health priority population who have severe diagnoses); and individuals who exhibit violent behavior related to substance abuse/addiction.

The requirement for interagency collaboration and the sharing of intervention efforts has become a standard of care and is mandated by the Comprehensive Services Act.

► Method of Service Provision

The two-day treatment programs are directly operated. In addition, once the Chantilly Youth Site is fully operational, it will be directly operated by existing County staff.

Hours of operation: Hours of operation are Monday through Thursday from 8:30 a.m. to 8:30 p.m., and Friday from 8:30 a.m. to 5:30 p.m. Staff is available as needed for after hour emergencies.

► Performance/Workload Related Data

Title	FY 1998 Actual	FY 1999 Actual	FY 2000 Actual	FY 2001 Actual	FY 2002 Estimate
Persons Served	64	61	74	73	77
*Hours of Service	24,916	30,504	27,597	27,655	30,532

*Service hours vary based upon client attendance. It is expected that the service hours will increase once the Chantilly Youth Site becomes fully operational. This will depend on successfully leasing and building out space for the program.

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Satisfaction Results

In 2001, consumer satisfaction surveys were conducted in the Youth Division, including the Vista and Horizons Day Treatment programs. The results have been used to improve the programs. Parent and youth comments were positive. Approximately 92 percent were satisfied, 6 percent were indifferent, and 2 percent were dissatisfied with services. As a normal part of our quality improvement effort, a formal program review is currently in progress.

► **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).

► **User Fee Information**

Subsubject 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.	\$50,000
Current Fee		Maximum Allowable Fee Amount
Once the treatment plan is determined, the fees for services will be set according to the FY 2002 CSB Fee Schedule.		N/A
Purpose of Fee: 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.	
Other Remarks:		