

# Fairfax-Falls Church Community Services Board

---

LOB #270:

## **YOUTH AND FAMILY CARE COORDINATION AND COURT-INVOLVED SERVICES**

### **Purpose**

Youth and Family Care Coordination and Court-Involved Services programs provide evidence-based services to youth who are at risk for hospitalization, residential placements and involvement with the juvenile justice system. Services include case management, expert consultation regarding mental health and substance use concerns to families and other child-serving agencies participating in Comprehensive Services Act family resource and family planning meetings, psychological evaluations and treatment services to youth involved in Juvenile Domestic Relations District Court programs, and wraparound services matched to the particular needs of the youth and family.

### **Description**

Youth and Family Care Coordination and Court-Involved Services include multiple discreet programs. All programs serve school-age youth who are already involved in services, or who are at high risk of needing services for mental health and/or substance use concerns, and/or who are involved or at-risk of involvement with the Juvenile and Domestic Relations District Court. Programs include: Wraparound Fairfax, located in the historic court house; the Youth and Family Resource Team, located in CSB locations throughout the County; and Juvenile Forensics located at the historic court house, the juvenile detention center, shelter care, and in residential group homes.

### **High Fidelity Wraparound (HFW) Program**

- The High Fidelity Wraparound Program is an evidence-based model that holistically addresses the behavioral and social needs of a youth and family to help them develop self-efficacy and maintain the youth in their own community, as an alternative to placement in residential care. The program serves youth from ages 3 through 18 and their families, and receives referrals directly from the Comprehensive Services Act utilization staff via all youth-serving agency case managers.
- HFW gives the family a voice and ownership of their plan of care and service delivery. With the help and support of the facilitator, the youth and family develop their own support team, which includes system partners and people who are important to the family (natural supports). The youth and family are integral to the process, sharing their voice and choice as it relates to their plan of care. Eventually the youth and family lead the team meetings themselves.
- The facilitator can have multiple contacts with the family on a weekly basis. The whole team meets at least monthly, working together to identify the family's vision, goals and needs. The team then develops specific measurable plans to accomplish those outcomes, making certain to honor the family culture. These plans of care help the family manage their multiple crises with and without agency assistance, thereby fostering self-sufficiency and resiliency.
- Services that the wraparound team may put in place can include: home based services; respite care services; specialized programs to provide reassessment of medication efficacy; and other ancillary services such as social and recreational services, transportation services and assistance with basic needs to support the family's plan of care.
- The program hours of operation are Monday-Friday, day time hours with evening hours as needed.
- The program is staffed by County employees and operates within a contract with the Comprehensive Services Act. The CSB is reimbursed per monthly case rate (\$1,230) and is revenue neutral. This program has been operating according to state direction for approximately six years.

# Fairfax-Falls Church Community Services Board

---

## **Youth and Family Resource Team**

The Youth and Family resource team partners with various CSB teams and other youth-serving agencies to provide case management services and behavioral health expertise and consultation, including:

- State-mandated discharge planning for all youth placed at the Commonwealth Center for Children and Adolescents (CCCA) as well as youth who are in private hospitals using state funds (Local Inpatient Purchase of Service – LIPOS.)
- Expert behavioral health consultation and guidance to team based planning meetings, including those pursuant to the Comprehensive Services Act (family resource and partnership meetings).
- Lead case management for severely emotionally disturbed youth and youth who have co-occurring conditions related to mental health and substance use, including youth who are receiving services funded through the Comprehensive Services Act, youth in residential treatment, and youth admitted to Leland Youth Crisis Care House for whom there are no other agency connections.
- The program operates Monday-Friday day time hours with evening hours as needed. The program is staffed with County employees through a combination of general County and state funds. Some aspects of the resource team's services are mandated by the state, while others are local mandates. Parts of this program have been operational for approximately 10 years.

## **Juvenile Forensics**

The Juvenile Forensics program provides mental health diagnostic services to youth who come before the Juvenile and Domestic Relations District Court by reason of run-away, out of control or truant behavior and criminal activity. Services include:

- Full battery psychological evaluations, mental health screening and assessments for treatment planning purposes to the court.
- Court-ordered 10-day evaluations at Commonwealth Center for Children and Adolescents.
- Co-occurring education services for the court's diversion programs, Juvenile Detention Center, Shelter Care, Boy's Probation House and Foundations program for adolescent females.
- Individual and family therapy integrated into all services provided at the Juvenile Detention Center, Shelter Care, Boy's Probation House and the Foundations Program.
- Crisis intervention services.
- Case management services to all youth and families, including access to medication services while in the court's program and follow-up services after court involvement is completed.

Hours of operation are Monday through Saturday and 4 evenings, depending on the individual program needs. The program is staffed by County employees and receives funding through the general County fund, as well as state grant monies and funds for "work performed for others" via a Memorandum of Agreement with the Juvenile and Domestic Relations Court.

The CSB staff also provides services to youth in the post-dispositional program, BETA. These youth are sentenced to the BETA program and housed in the Juvenile Detention Center. This sentence is in lieu of going to the state juvenile justice detention center. Youth are able to remain in their community, receive behavioral health services and receive family therapy to address issues with their families. Youth completing the BETA program are linked to ongoing behavioral health services as needed.

# Fairfax-Falls Church Community Services Board

---

## Benefits

Youth and Family Care Coordination and Court-Involved Services improve individual and family functioning and safety, academic functioning and overall community safety and involvement. The goals are to enable youth and their families to achieve their highest possible level of functioning. Benefits include:

- Improved behavioral health and individual functioning.
- Positive and productive communication and activity with family members.
- Improved attendance, behavior, and functioning in the educational setting.
- Engagement in pro-social community activities, reduction or cessation of anti-social behavior in the community.
- Prevention of costly family separation due to out-of-home and congregate care placements.
- Effective and efficient treatment and placement recommendations to other child-serving agencies.

In FY 2014 Juvenile Forensics provided:

- 347 mental health, substance use, diversion and other court requested evaluations to youth involved with the JDRDC.
- Treatment services to 432 youth and their family members who were either in the court's detention center, Shelter Care or their two residential programs for court-involved youth.

In FY 2015 Juvenile Forensics provided:

- 230 mental health, substance use, diversion and other court requested evaluations to youth involved with the JDRDC.
- Treatment services to 480 youth and their family members who are either in the court's detention center, Shelter Care or their two residential programs for court-involved youth.

In FY 2014 the Wraparound Fairfax Program provided:

- Services to 318 youth and their family members. (106 youth served)
- Percent of youth residing in the community at the time of service who remained in the home (95 percent).
- Percent of youth in a residential facility who return home within three months of initiating services (68 percent).

In FY 2015 the Wraparound Fairfax Program provided:

- Services to 369 youth and their family members. (115 families)
- Percent of youth residing in the community at the time of service who remained in the home (95 percent).
- Percent of youth in a residential facility who return home within three months of initiating services (77 percent).

# Fairfax-Falls Church Community Services Board

---

## Mandates

- Code of Virginia § 16.1-248 Mental health screening and assessment for certain juveniles
- Code of Virginia § 16.1-345.1 through - §16.1-345.5: These are the MOT codes for minors.
- Code of Virginia § 16.1-346.1 Discharge Planning
- Code of Virginia § 16.1-356 Raising Question of Competency to Stand Trial; Evaluation and determination of Competency
- Code of Virginia § 16.1-357 Disposition when juvenile found incompetent
- Code of Virginia § 16.1-275 Physical and mental examinations and treatment; nursing and medical
- Code of Virginia § 16.1-278.5 Establishment of an interagency team (IDT) to review and make recommendation on youth adjudicated to be children in need of supervision (CHINS)
- Code of Virginia § 16.1-227 Diversion to include Substance Abuse Focused Education Program (SAFE)

While not mandates, there are contractual obligations from the local CPMT to provide Wraparound services and County liaison oversight to the youth crisis care facility-Leland House.

## Trends and Challenges

**Trends:** In October 2014, three highly publicized suicides occurred among high school students in three separate high schools. The County had already experienced 16 suicides among youth that year. Many efforts have been undertaken to prevent suicides among youth. According to the 2013 Fairfax County Youth Survey, between 15.9 and 20.1 percent of youth surveyed reported they had seriously considered attempting suicide.

**Challenges:** A potential unfunded mandate may come from the General Assembly in terms of the CSB providing lead case management services to youth placed in residential programs who did not go through the Comprehensive Services Act process. This would require CSB staff to work with children and families who may not need or want CSB services. It would also have the effect of creating a waiting list for youth and families who do want and need CSB services and who have no other resources.

# Fairfax-Falls Church Community Services Board

## Resources

Category	FY 2014 Actual	FY 2015 Actual	FY 2016 Adopted
<b>LOB #270: Youth and Family Care Coordination and Court-Involved Services</b>			
<b>FUNDING</b>			
<u>Expenditures:</u>			
Compensation	\$2,906,544	\$2,890,145	\$1,967,280
Benefits	1,101,679	1,068,159	874,545
Operating Expenses	931,315	1,165,097	1,100,293
Work Performed for Others	0	(114,000)	(99,851)
<b>Total Expenditures</b>	<b>\$4,939,538</b>	<b>\$5,009,401</b>	<b>\$3,842,267</b>
<b>Total Revenue</b>	<b>\$1,620,796</b>	<b>\$1,486,980</b>	<b>\$854,001</b>
<u>Transfers In:</u>			
Transfer In from General Fund	\$3,318,742	\$3,522,421	\$2,988,266
<b>Total Transfers In</b>	<b>\$3,318,742</b>	<b>\$3,522,421</b>	<b>\$2,988,266</b>
<b>POSITIONS</b>			
Authorized Positions/Full-Time Equivalents (FTEs)			
<u>Positions:</u>			
Regular	52 / 52	52 / 52	31 / 31
<b>Total Positions</b>	<b>52 / 52</b>	<b>52 / 52</b>	<b>31 / 31</b>

## Metrics

Metric Indicator	FY 2013 Actual	FY 2014 Actual	FY 2015 Actual	FY 2016 Estimate	FY 2017 Estimate
Number of youth who received Wraparound Fairfax services	73	106	123	123	123
Cost to serve youth in Wraparound Fairfax services	\$6,885	\$5,954	\$5,119	\$4,963	\$4,963
Percent of youth residing in the community at the time of service who remained in the home	NA	95%	95%	95%	95%
Percent of youth in a residential facility who return home within three months of initiating services	NA	68%	77%	77%	77%

During the past three years, Wraparound Services has increased the number of youth served, from 106 in FY 2014 to 123 served in FY 2015. It should be noted that each individual served has family members who also receive education and supports to assist with recovery efforts and family functioning, but cases are not opened for family members. On average, each individual has three family members who are involved in services. In FY 2015, the cost to serve each child was \$5,119, a significant decrease from \$6,885 in FY 2013. The variance in cost per child served over the past three fiscal years is primarily due to increasing service capacity and generating program efficiencies.

Given the trend toward community-based services and supports, in FY 2014 the program began tracking outcomes for home placements. In FY 2015, 95 percent of youth residing in the community with their family/guardians at the time of referral to Wraparound Services remained in the home. The remaining youth were placed in a residential facility. The residential placements were initiated by the Youth and

# Fairfax-Falls Church Community Services Board

---

Family Team and were deemed appropriate and necessary based on the acuity and severity of emotional disturbance of the children placed. The percentage of youth remaining in their homes has been 95 percent in each of the past two fiscal years.

Of the youth who were in a residential facility at the time of referral in FY 2015, 77 percent returned home within three months of initiation of Wraparound Services. This is an increase from the 68 percent in FY 2014, though the difference may be attributed to the overall number of youth in residential facilities each year (25 in FY 2014 and 17 in FY 2015). Of those who did not return home within three months, 18 percent were transferred to a different residential family for continued treatment, and 5 percent remained in the current facility with an anticipated discharge date.

This evidence-based initiative is consistent with the County's Community Policy and Management Team (CPMT) and System of Care efforts to reduce the number of youth placed in residential facilities and improve the ability of families to manage their lives independently. By using their own natural supports instead of County's supports, they are able to self-sustain the progress they have made during their involvement with County programs. The benefits of maintaining youth in the community are numerous:

- When youth are placed in a residential facility, family therapy is typically not feasible due to distance and the family's availability.
- Many youth are traumatized or re-traumatized by being separated from family, friends and relatives in their lives.
- Research indicates that the outcomes for longer term placements are not necessarily more effective, and can be harmful due to institutional effects that make community re-integration difficult.
- Residential placements are very costly, ranging up to \$150,000 per year depending on length of stay.

## Grant Support

**FY 2016 Anticipated Grant Total Funding:** State funding of \$627,253 and 5/5.0 FTE grant positions supports the Youth and Family Care Coordination and Court-Involved Services LOB. There is no Local Cash Match associated with these grants.

### Mental Health Initiative –State - \$515,529 and 4/4.0 FTE grant positions

The Department of Behavioral Health and Developmental Services provides funding for mental health and case management services for children with serious emotional disturbance who reside in the community and are not mandated to be served under the Comprehensive Services Act.

### Mental Health Juvenile Detention - \$111,724 and 1/1.0 FTE grant position

The Department of Behavioral Health and Developmental Services provides funding for assessment, evaluation, consumer monitoring and emergency treatment services for children and adolescents placed in juvenile detention centers.