



# **Youth Behavioral Health Update**

## **Health and Human Services Committee**

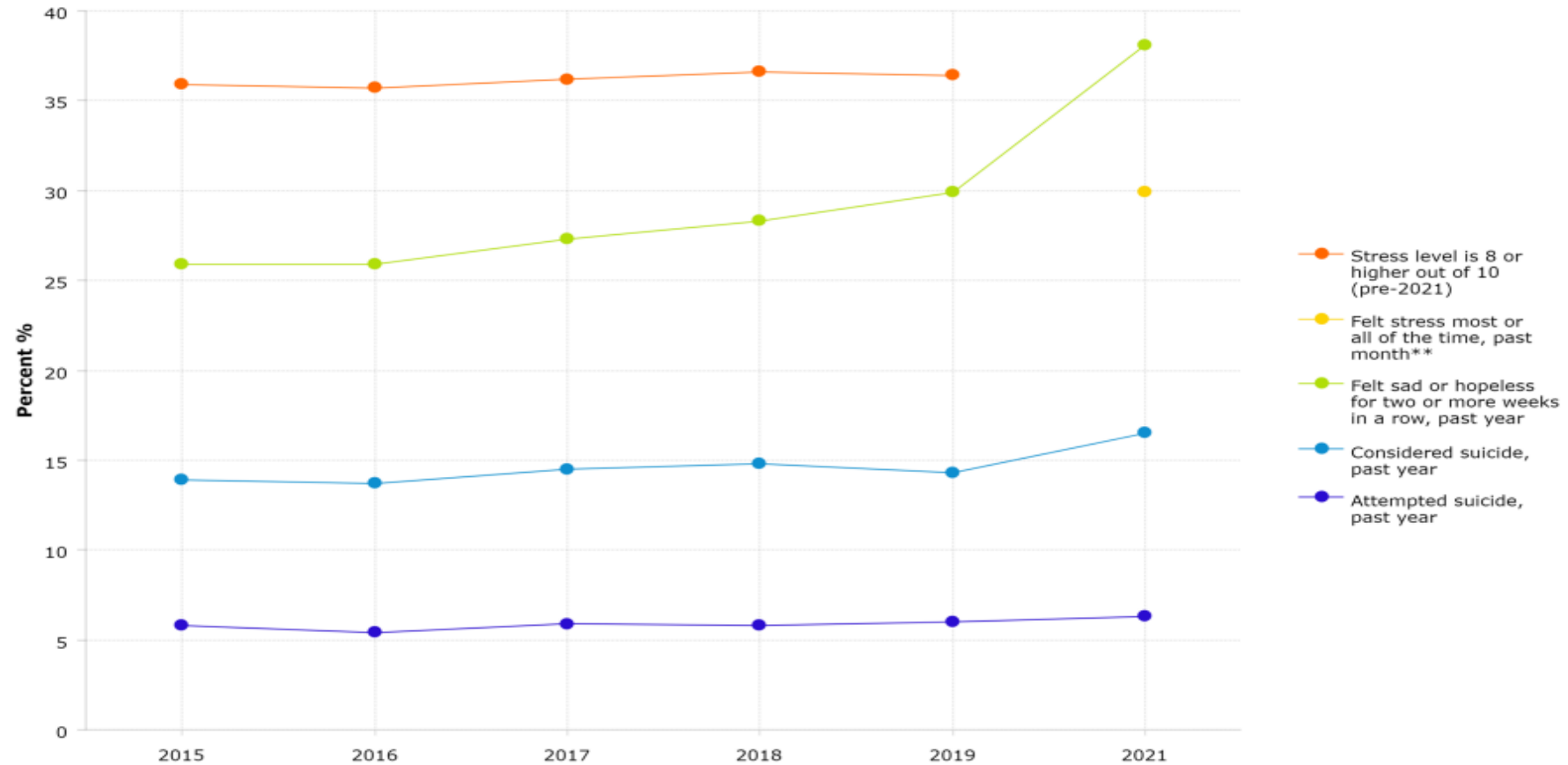
Daryl Washington, CSB Executive Director

February 28, 2023

## Fairfax County Youth Survey 2015 to 2021

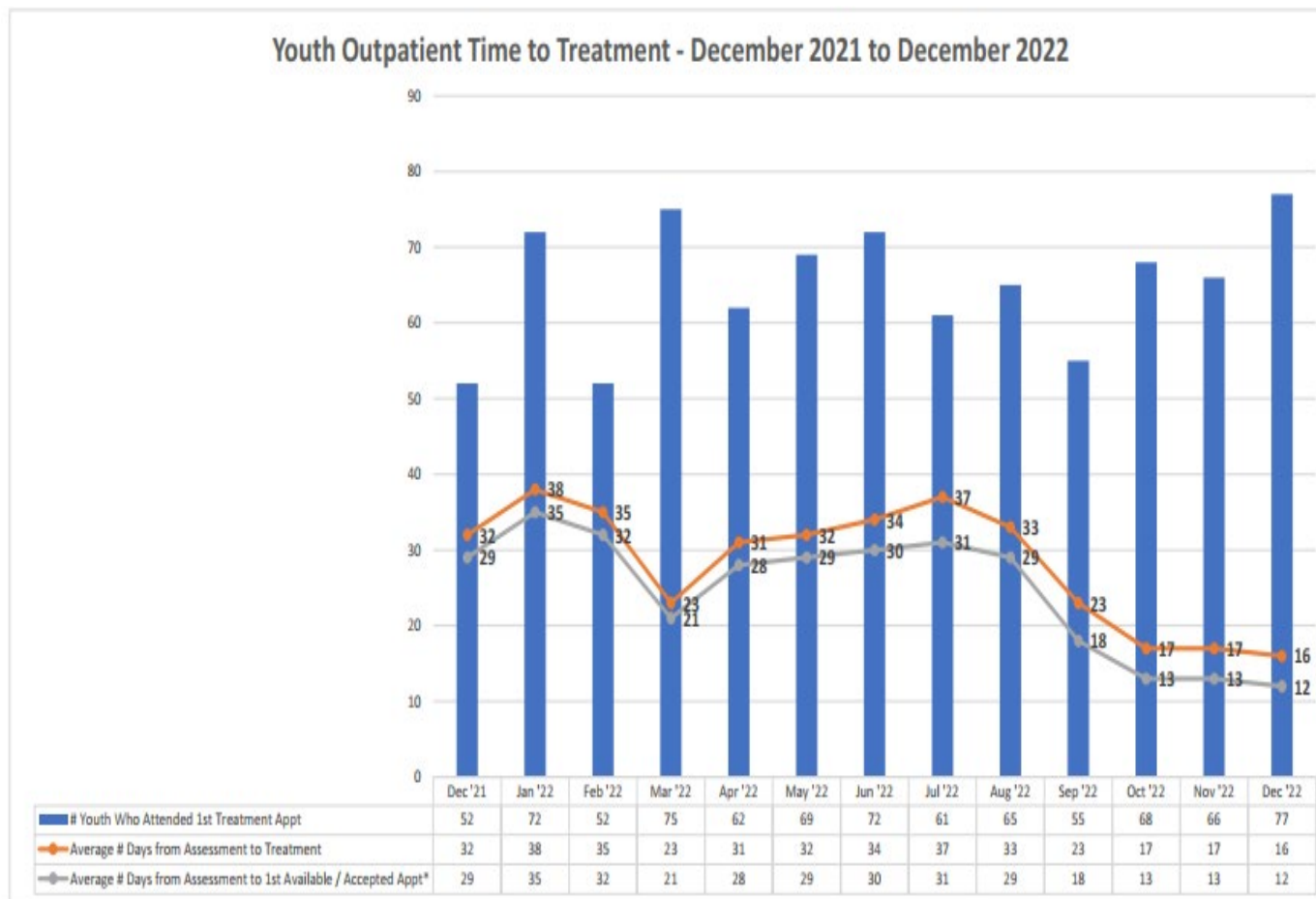
Trend Group: Mental Health

Dataset: 8th, 10th, and 12th grades



# Update on CSB Youth Behavioral Health Services

- Youth Time to Treatment
- Increased capacity and access for Youth Services
- Intensified use of peer support services
- Collaboration with Children’s Services Act (CSA) and private providers
- Telehealth Flexibilities



\*Average number of days from Assessment to Date of First Available Appointment (if known) OR from Assessment to Date of First Accepted Appointment

## FCPS WELLNESS SUPPORT PLAN: DIVISION ACTIONS



Division-wide implementation of Social Emotional Learning (SEL) Universal Screener



Inclusion of Morning Meeting and Advisory in all instructional schedules



Amend division level policies on grading and homework policies to address secondary stress and workload



Provide division guidance and resources to support attendance, behavior, and wellness



Advanced professional learning for school-based mental health staff

## FCPS WELLNESS SUPPORT PLAN: SCHOOL ACTIONS



Develop school-based wellness objectives based on school-based data



Ensure Multi-tiered System of Support (MTSS) practices are deeply embedded at each school



Build relationships and community through Morning Meeting/Advisory and implement The Collaborative for Academic, Social, and Emotional Learning (CASEL) 3 Signature Practices



Access professional development regarding evidence-based social and emotional learning strategies



Leverage Multi-tiered System of Support (MTSS) problem solving structure to identify and support interventions for students in need of Tier 2 and Tier 3 mental health services

# From Blueprint to Plan

FAIRFAX-FALLS CHURCH  
CHILDREN'S BEHAVIORAL HEALTH  
SYSTEM OF CARE BLUEPRINT FOR  
2016-2020

*Approved by the Community Policy and Management Team  
March 4, 2016  
Revised September 29, 2017  
Revised October 25, 2019*

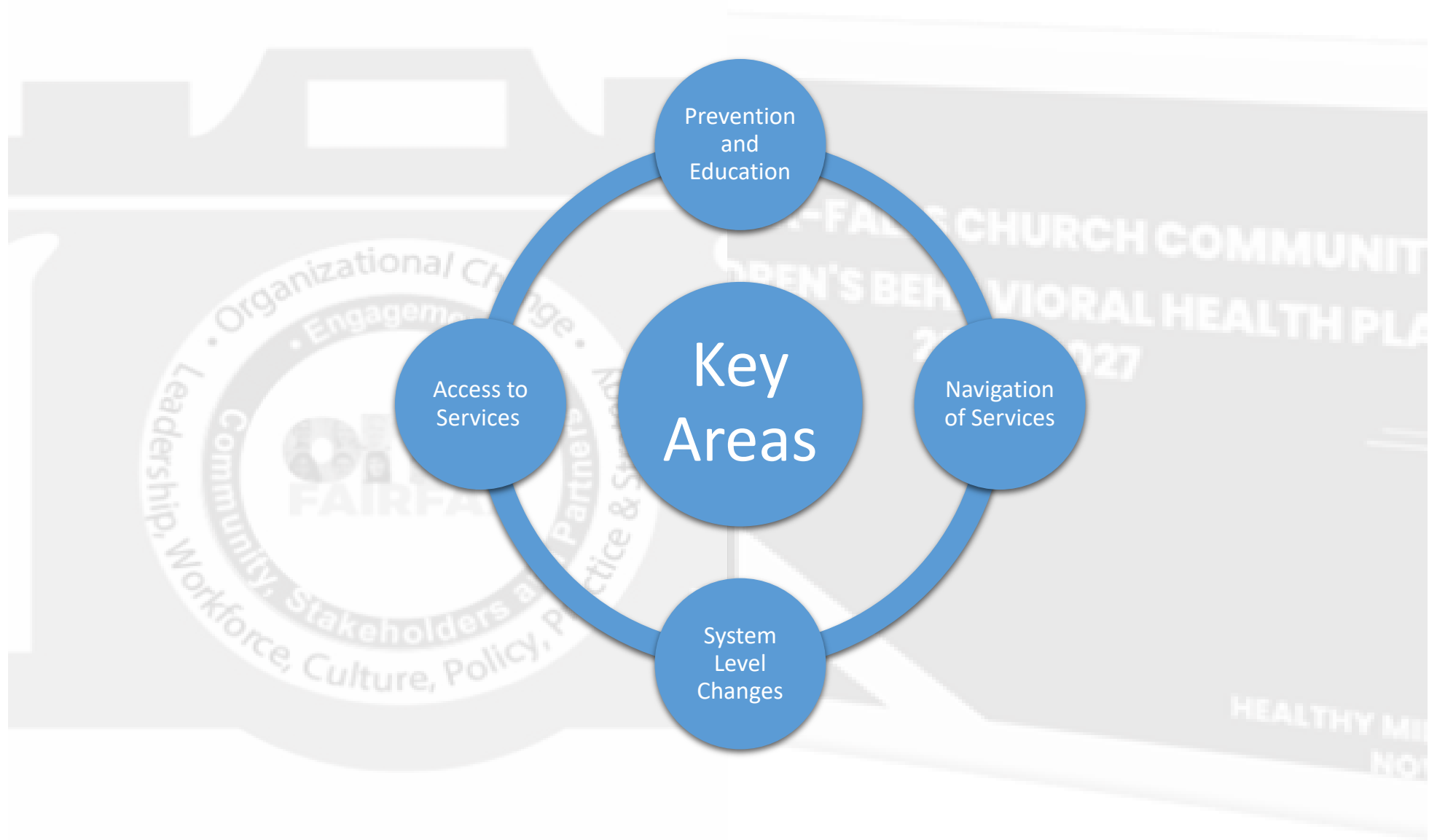


# Development of New Plan Guided by the Community

Focus Groups

Community Events

Surveys



# Prevention and Education

Raising Awareness of Behavioral Health, reduce the stigma that is associated with behavioral health, and promote the development of protective factors.

- Fostering connection and belonging among children and youth.
- Equipping trusted adults to build social-emotional skills in the children and youth they work with.
- Raising awareness of mental health and substance use.

# Access to Behavioral Health Services

Utilizing a family-centered approach to connect children, youth and their families to a complete range of behavioral health services that are equitable and affordable.

- Expanding access to quality family-centered behavioral health services across the continuum of services.



# Navigation of Children's Behavioral Health Services

Reduce barriers and length of time to receive services by developing strategies to connect children, youth, and their families to appropriate levels of behavioral health services.

- Develop an easier way for youth, their family members, and community members to navigate the children's behavioral health system.

## System Level Changes

To infuse equity and trauma-focused care throughout the behavioral health system for children, youth, and their families.

- Ensuring that children's behavioral health services is seen through an equity lens.
- Continuing to trauma-informed practice into all public and private child serving agencies.

# Next Steps



IDENTIFY CHAMPIONS



QUARTERLY REVIEWS



REVIEW SUCCESS

# Questions?

Thank you for your time.