

# Fairfax County Behavioral Health System of Care: Supporting Children's Well-being

## Presentation to Advisory Social Services Board

*June 21, 2023*

**Presented by:**

Brian Anderson, CSB

LaVurne Williams, CSB

Janet Bessmer, CSA

Hilda Calvo, HMF

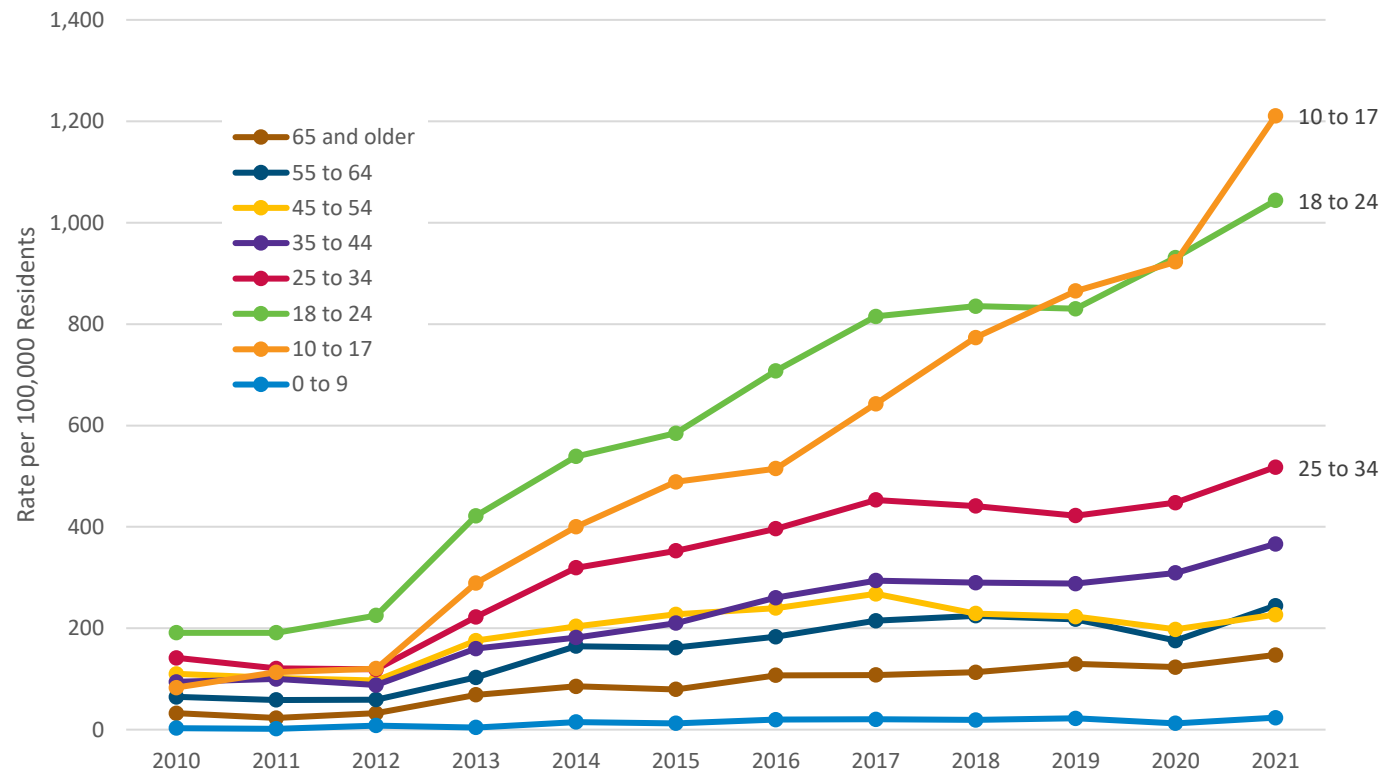


FAIRFAX COUNTY DEPARTMENT OF  
**FAMILY SERVICES**

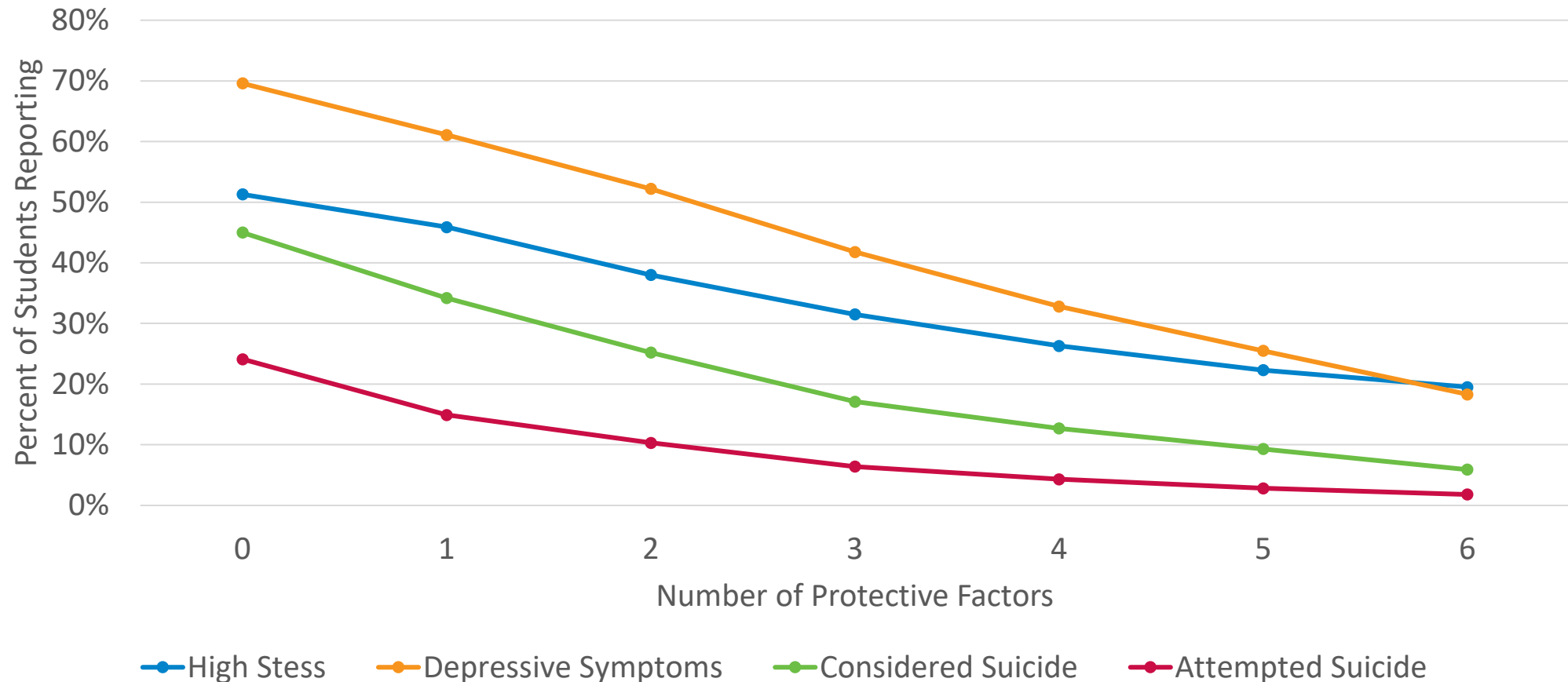


# Children have increasing mental health needs

Suicidal Ideation and Self-Harm: Emergency department and urgent care visits due to suicidal ideation and self-harm (fatal & non-fatal) are on the rise, with the steepest increases for youth aged 10-17

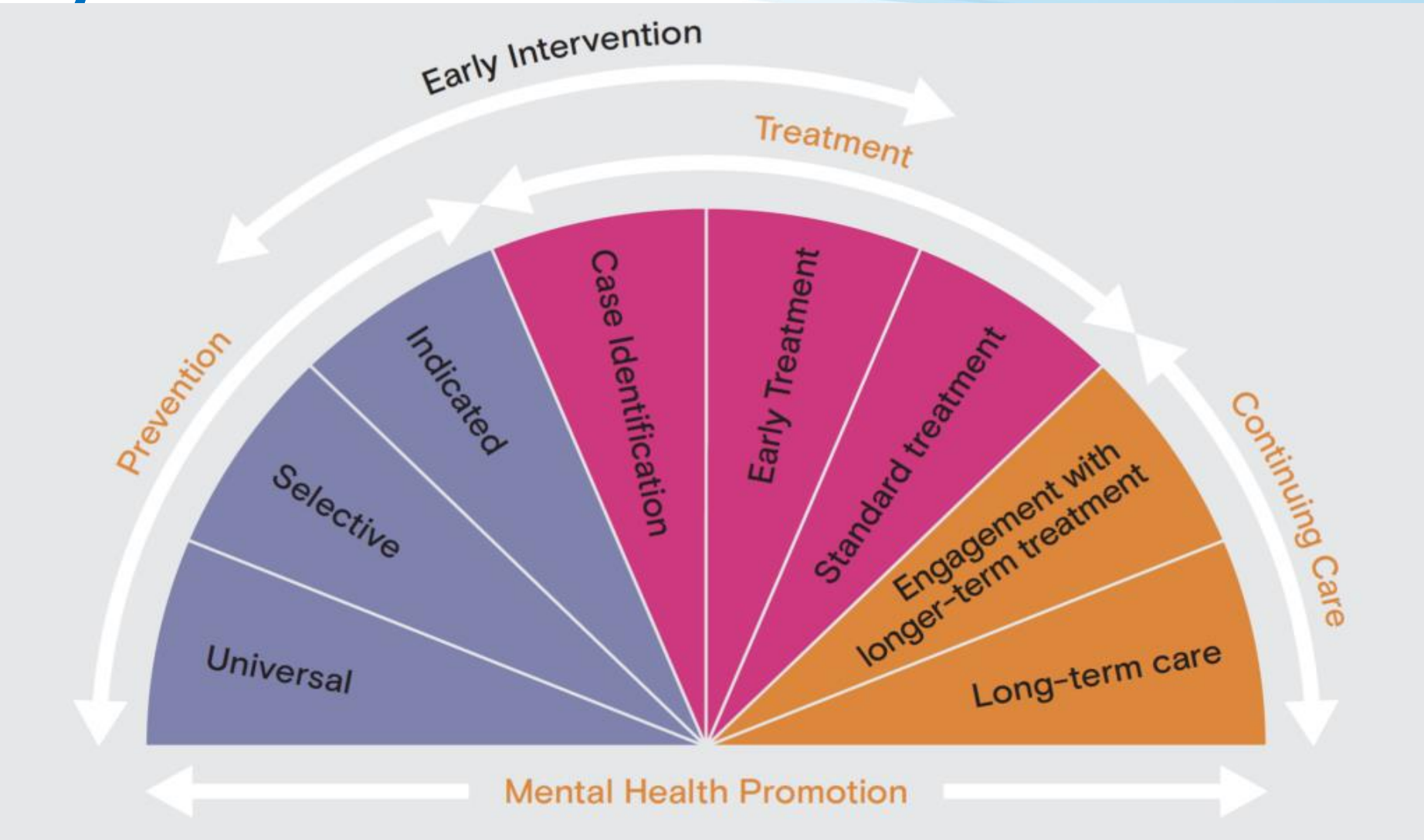


# Protective factors associated with reduced risk



[www.fairfaxcounty.gov/youthsurvey#FCYS21](http://www.fairfaxcounty.gov/youthsurvey#FCYS21)

# Community-wide Continuum of Care





FAIRFAX - FALLS CHURCH

**Community  
Services Board**

# Wellness, Health Promotion and Prevention

Brian Anderson, Division Director 6/21/23

# Services



## Children, Youth and Families

- Counseling, medication, crisis response, recovery supports and other services for children and youth (and their families) with mental health concerns and substance use disorders



## Developmental Disabilities

- Services to help people with developmental disabilities live, work and take part in our community



## Mental Health

- Counseling, medication, crisis response, and other services for people of all ages with mental health concerns



## Substance Use Disorder

- Treatment, detoxification, recovery supports for people with substance use disorders.



## Prevention & Wellness

- Assists the community in strengthening its emotional health and ability to handle challenges related to substance misuse and mental illness.

# Mental Health First Aid




**REGISTER NOW!**

**IN RESPONSE TO COVID-19,**  
**MENTAL HEALTH**  
**FIRST AID**  
**COURSES ARE NOW AVAILABLE**

**VIRTUALLY**

Go to [bit.ly/CSB-MHFA](https://bit.ly/CSB-MHFA)



FAIRFAX - FALLS CHURCH  
**Community Services Board**



# Question, Persuade, and Refer (QPR)

A promotional graphic for the QPR program. It has a light blue background. In the top left corner is the Fairfax - Falls Church Community Services Board logo. To its right, the letters "QPR" are written in a large, bold, blue, sans-serif font. Below "QPR", the text "(QUESTION, PERSUADE, AND REFER)" is written in a smaller, blue, sans-serif font. The main text of the graphic reads "Help save a life from suicide by learning 3 simple steps." in a large, bold, blue, sans-serif font, followed by "Sign up for a class today." in a smaller, blue, sans-serif font. At the bottom of the graphic is a photograph of a woman with long brown hair and a man with dark hair, both looking down and to the left. A dark blue rectangular box is overlaid on the bottom of the photo, containing the text "Visit [bit.ly/CSB-QPR](https://www.fairfaxcounty.gov/community-services-board/prevention/qpr) for details." in white, sans-serif font.



# REVIVE!



FAIRFAX - FALLS CHURCH  
**Community  
Services Board**

# REVIVE!

## Opioid Overdose and Naloxone Education



REVIVE! provides training on how to recognize and respond to an opioid overdose emergency.

**Sign up for a free virtual class today.**

**Go to [fairfaxcounty.gov](https://www.fairfaxcounty.gov) and search 'revive'.**



FAIRFAX - FALLS CHURCH  
**Community  
Services Board**

# Suicide Prevention Alliance of Northern Virginia (SPAN)



FAIRFAX - FALLS CHURCH  
**Community  
Services Board**

Join us to help  
raise awareness  
and share  
resources to  
prevent suicide.



[suicidepreventionnva.org](https://www.suicidepreventionnva.org)

# Talk. They Hear You.



# Al's Pals



# Healthy Minds Fairfax

A Fairfax County Initiative with 3 goals:



Hilda Calvo, HMF





# Healthy Minds Projects and Services

## 1. Family Peer Support Partners



## 2. Fairfax Consortium for Evidence-Based Practices





### 3. Case Management Services for Transitional Age Youth



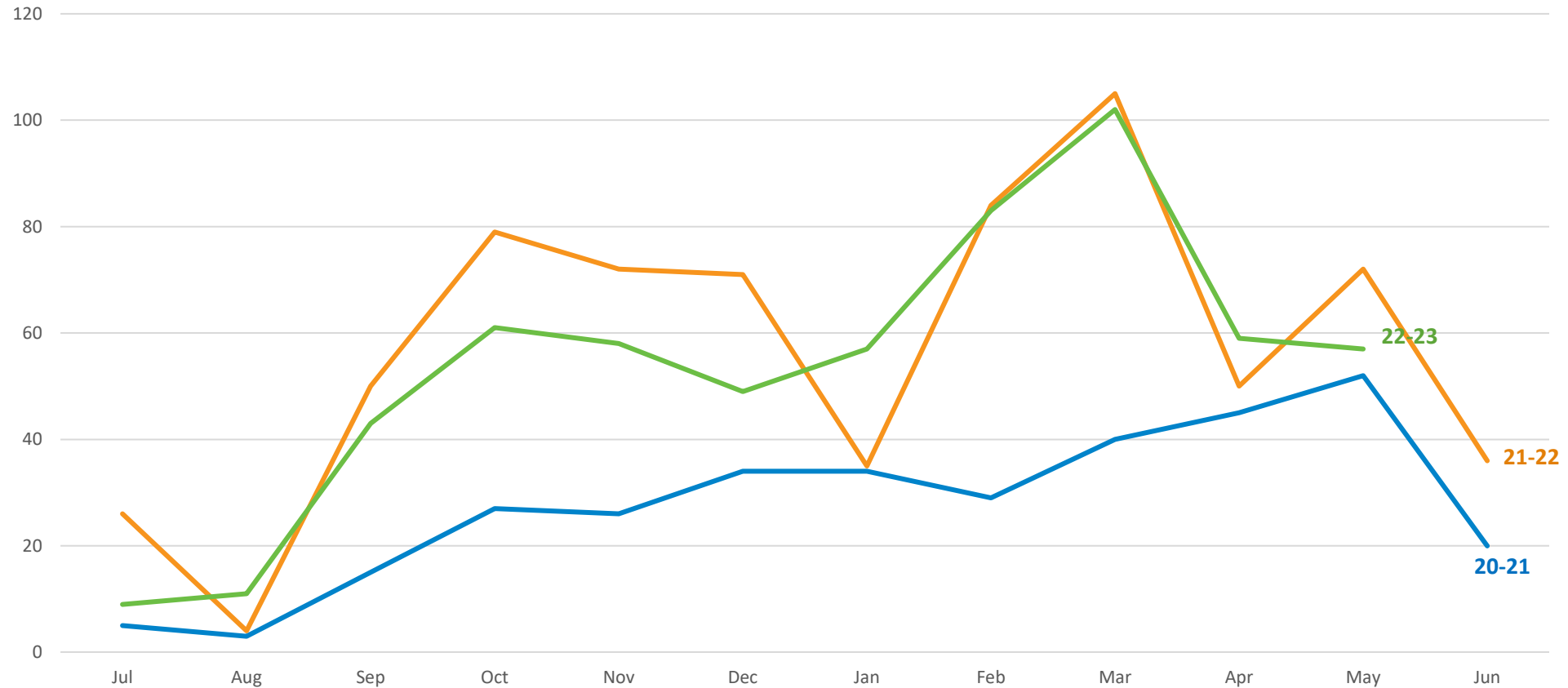
### 4. Violence Prevention and Intervention Program



### 5. Mental health services in three “community schools”

# 6. Short-Term Behavioral Health Program

## Children and Youth referred to STBH in the past 3 years

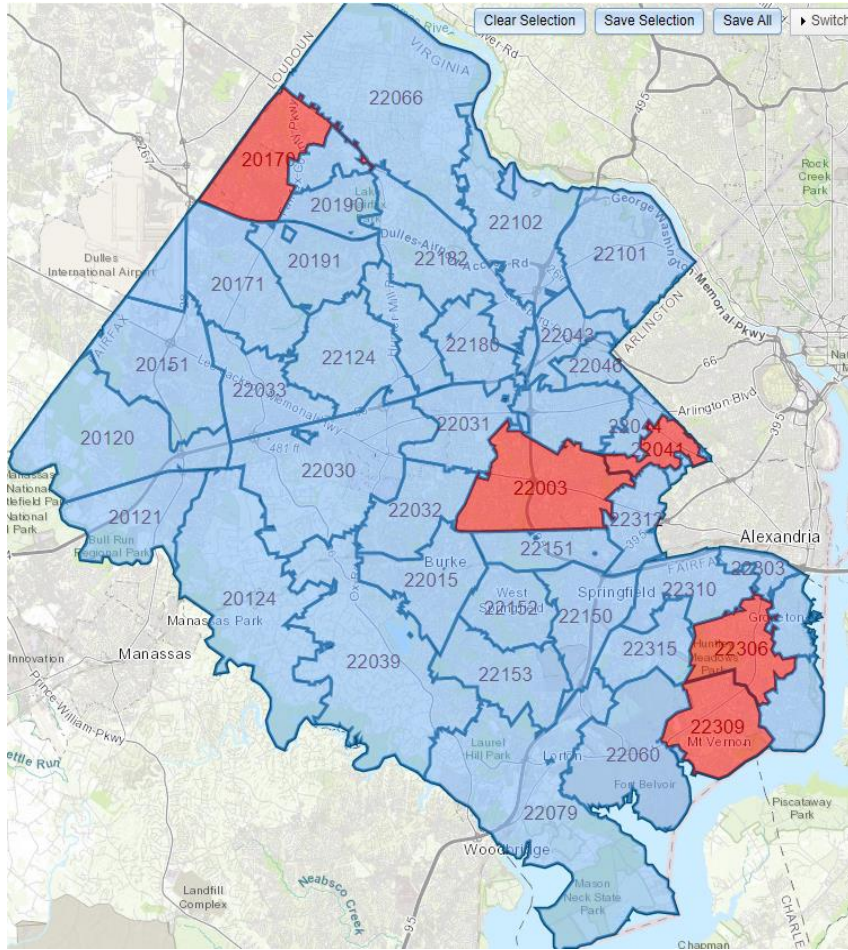


# Where are these kids?

Top 5 zip codes (40% of referrals) are from:

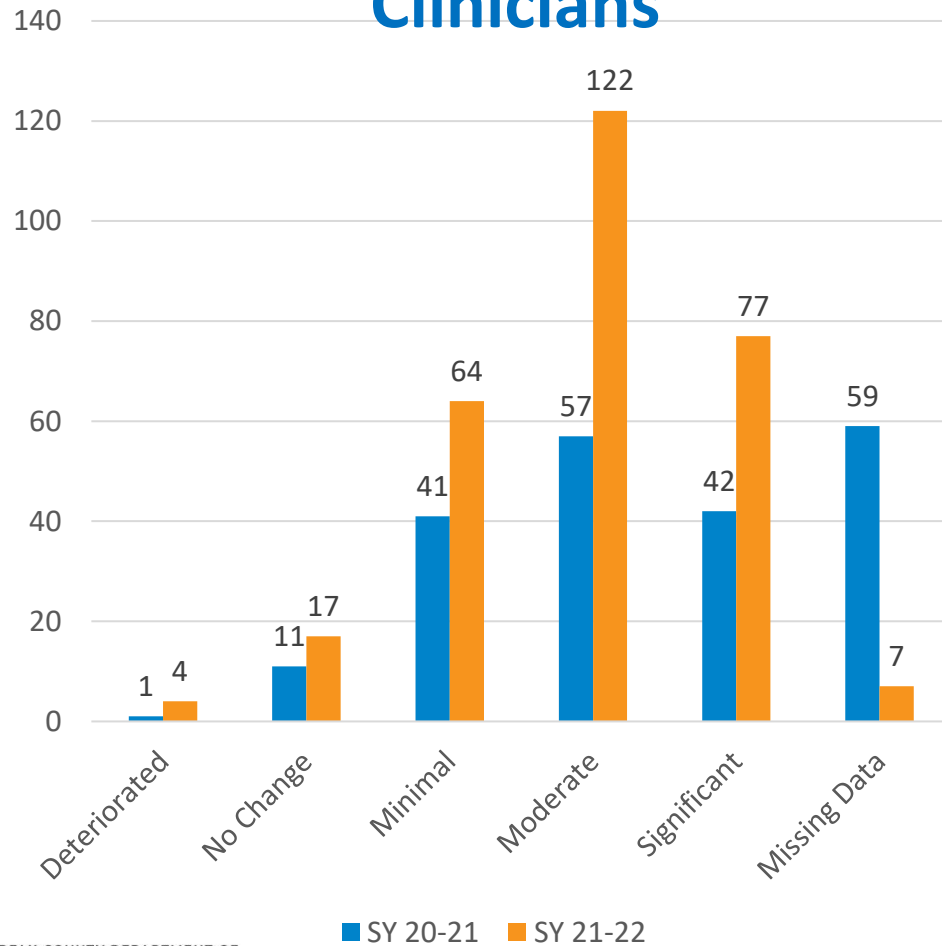
- Annadale
- Falls Church
- Herndon
- Alexandria

These zip codes have between 10% to 33% of children living under poverty level.

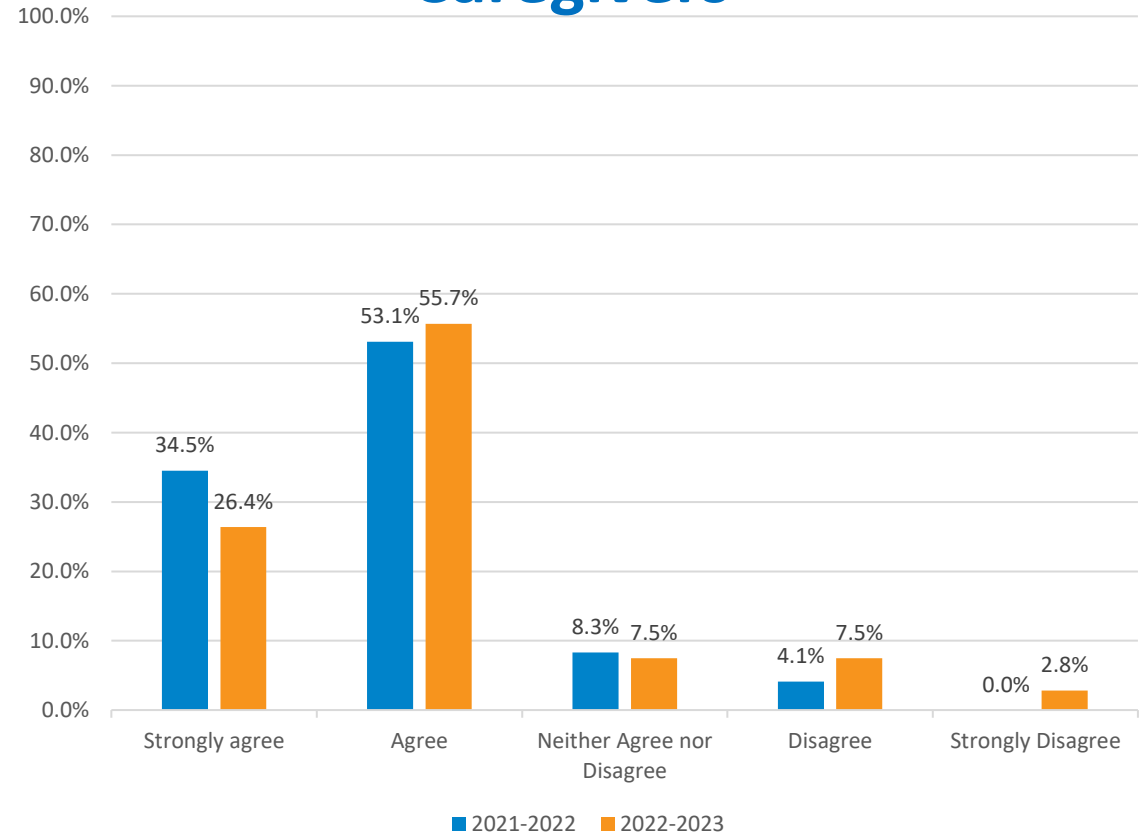


# How does progress look like in STBH?

## Clinicians



## Caregivers









FAIRFAX - FALLS CHURCH  
**Community  
Services Board**



## CSB Youth and Family Services Division: Collaborating for Youth Behavioral Health

LaVurne Williams, Division Director

# Who We Serve



## Children, Youth and Families

Counseling, medication, crisis response, recovery supports and other services for children and youth (and their families) with mental health concerns and substance use disorders



## Developmental Disabilities

Services to help people with developmental disabilities live, work and take part in our community



## Mental Health

Counseling, medication, crisis response, and other services for people of all ages with mental health concerns



## Substance Use Disorder

Treatment, detoxification, recovery supports for people with substance use disorders.



## Prevention & Wellness

Assists the community in strengthening its emotional health and ability to handle challenges related to substance misuse and mental illness.



# PRIORITY POPULATION GUIDELINES



## Children and Adolescents

- Behavioral health concerns that significantly impact mood, thinking, and/or behavior:
  - ✓ Impaired functions
  - ✓ Recent onset or
  - ✓ Existing for some time

# CSB Services



<https://bit.ly/3LxqofK>

# Accessing Services



FAIRFAX - FALLS CHURCH  
**Community  
Services Board**



## Entry & Referral Services

Call during business hours  
(Monday – Friday)  
(703) 383-8500, TTY 711



## In Person (SAME DAY)

CSB's Merrifield Center  
(Monday – Friday)



## Emergency Services

Emergency Mental Health Services (24/7)  
(703) 573-5679, TTY 711  
Fairfax Detox Center (24/7)  
(703) 502-7000  
TTY 703-322-9080  
Come directly to Merrifield Center

Call 911. Ask for a CIT  
trained officer.

How does someone find out if CSB services are right for them?

# YOUTH PROGRAMS

Family Peer Support Partners

Home Base Counseling

Dialectical Behavioral Therapy

Functional Family Therapy

Multi-Systemic Therapy

Therapeutic Mentoring

Applied Behavioral Analysis

Short-term Residential Treatment

Psychiatric Residential and Group Home Treatment

## CASE SUPPORTS

# SPECIALIZED PROGRAMMING & PARTNERSHIPS

Substance Abuse Prevention (SAP)

Youth Medication Assisted Treatment

School Based Clinicians

JDRDC Direct Referrals

Public Safety Referrals

Peer Support

Parenting Groups

Healthy Minds Fairfax (STBH)

Children's Services ACT

Opioid Task Force

GMU Training Consortium

Community Partners

## WHAT WE'VE ACCOMPLISHED

- Training in Advances in the Prevention, Diagnosis, and Treatment of Adolescent Opioid Use
- Trained clinicians on how to assess for suicide and to prevent youth from attempting suicide
- Medication Assistance Treatment
- Referrals from Public Safety
- Expansion of Short-Term Behavioral Services to all Title I Schools
- Activities during Children's Mental Health Acceptance Month
- Youth Substance Abuse Resource Navigator
- Signs of Suicide implemented in all MS and HS and conducted corresponding depression screening for all FCPS students in grades 7, 9, and 11
- Identifying Services Nationwide with our CSA Partners



# Program Locations



**Sharon Bulova Center**  
**Emergency Services**  
**Engagement, Assessment, & Referral (Walk-in)**  
**Residential Assessment Unit**  
8221 Willow Oaks Corporate Drive  
Fairfax, Virginia 22031  
703-573-5679  
703-383-8500. TTY 711  
703-559-3000

**Healthy Minds Fairfax**  
12011 Government Center Parkway  
Fairfax, VA 22035  
703-324-7000

**South County**  
8350 Richmond Highway  
Suite 515  
Alexandria, Virginia 22309  
703-704-6355, TTY 711

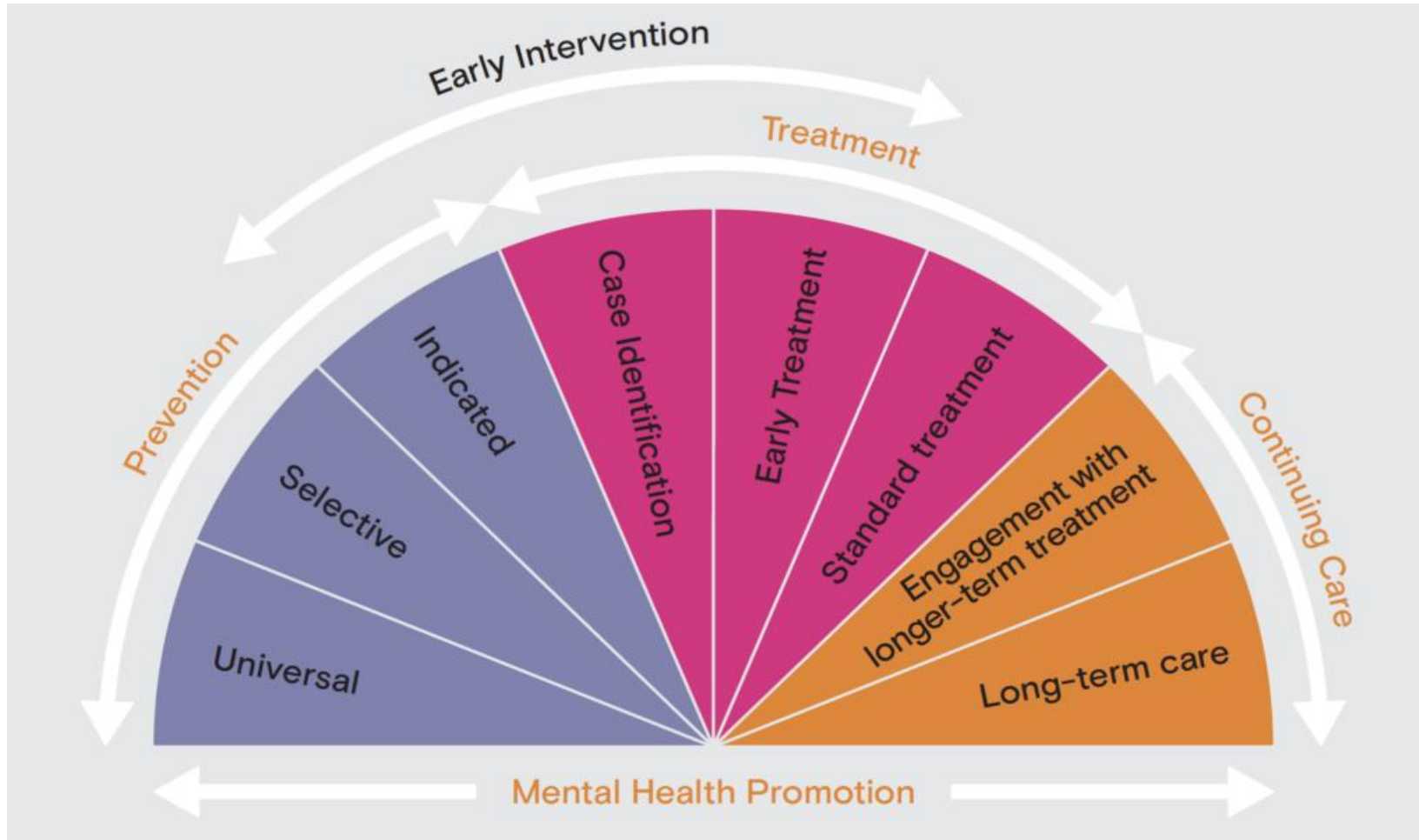
**Juvenile Forensics**  
4000 Chain Bridge Road  
Fairfax, Virginia 22030

**Chantilly**  
14150 Parkeast Circle  
Suite 200  
Fairfax, Virginia 20151  
703-968-4000

**Northwest Community Health Center**  
1850 Cameron Glen Drive, Suite 600  
Reston, Virginia 20190  
703-481-4100, TTY 703-481-4110



# Fairfax-Falls Church Children's Services Act (CSA) Program



CSA provides intensive interventions. It was designed for children who are:

- System-Involved
- Require behavioral health services and supports that are inaccessible or unavailable.

# Overview of CSA

- The Children’s Services Act is law unique to **Virginia** enacted in **1993**
- Exemplifies SAMHSA’s System of Care model to integrate services across agency silos to **better** serve at-risk youth and families
- CSA **balances** two key components for a “Better” service delivery system:
  - Shared Standards of Practice
  - Fiscal Stewardship/Outcomes
- Uses funding as **leverage** to ensure collaborative, child-centered practice that is trauma-informed, evidence-based and family-focused

*Janet Bessmer, CSA Director*



# Purpose and Intent of CSA System of Care

- Shared Standards of Practice across Child-Serving Agencies
  - Child-centered, family focused
  - Family Engagement, Family Voice
  - Trauma-informed, Evidence-based
- Community-based - “At Home, In School, Out of Trouble”
- Multi-disciplinary teams (MDTs) or Family Assessment and Planning Teams (FAPTs) meet with the youth and family to develop a service plan
- Pooled Funding, **Sum Sufficiency**, Shared Accountability
- Cross-agency Leadership (CPMT) and Management





### At-A-Glance

[Click here for Dashboard Instruction Manual](#)  
[Click here for Dashboard Codes](#)

**Finance**

**Demographics/Utilization**

**Outcome Measures**

**Location**

All

	<u>FY 2019</u>	<u>FY 2020</u>	<u>FY 2021</u>	<u>FY 2022</u>	<u>FY 2023</u>
Distinct Child Count	15,645	15,285	14,589	14,489	12,544
Net Expenditures	\$418.2M	\$438.3M	\$438.3M	\$433.5M	\$285.5M
Local Net Match	\$142.1M	\$148.9M	\$147.9M	\$145.7M	\$94.7M
Average Expenditure	\$26,731	\$28,676	\$30,045	\$29,922	\$22,764



--

--

**Finance**

**Demographics/Utilization**

**Outcome Measures**

**Location**

Fairfax/Falls Church

	<u>FY 2019</u>	<u>FY 2020</u>	<u>FY 2021</u>	<u>FY 2022</u>	<u>FY 2023</u>
Distinct Child Count	1,252	1,149	1,039	1,018	816
Net Expenditures	\$38.3M	\$38.4M	\$34.4M	\$33.3M	\$18.0M
Local Net Match	\$16.7M	\$16.8M	\$15.1M	\$14.5M	\$7.9M
Average Expenditure	\$30,558	\$33,416	\$33,146	\$32,675	\$22,091
Base Match Rates	0.4611	0.4611	0.4611	0.4611	0.4611
Effective Match Rate	0.4355	0.4388	0.4382	0.4368	0.4394

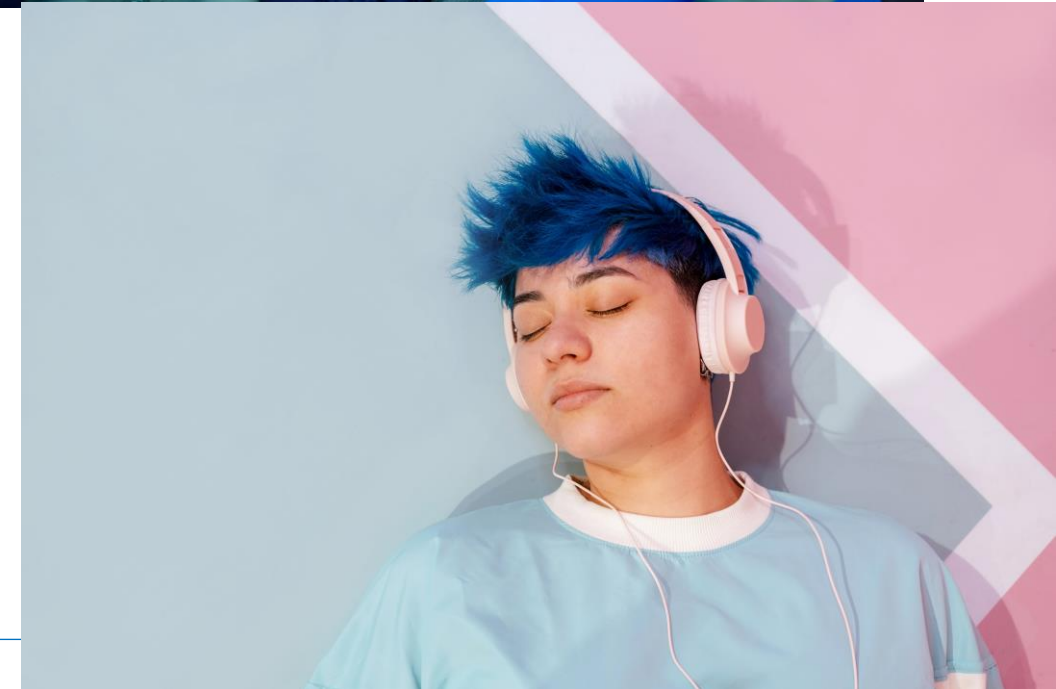
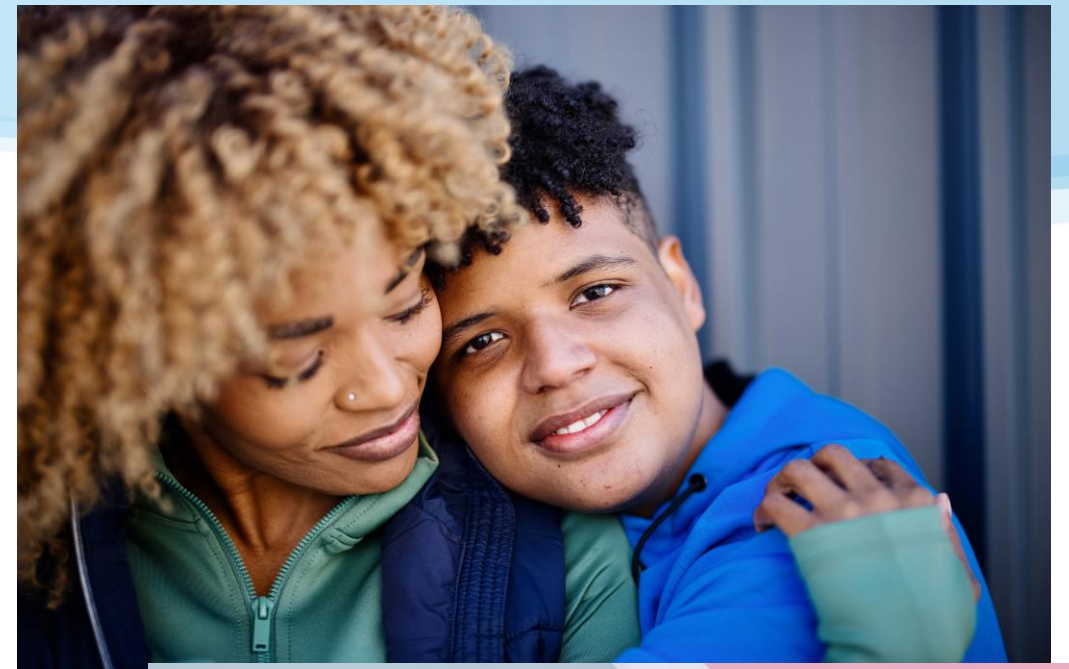
## State and Local CSA Snapshot

Statewide data updated through: 05/12/2023

# CSA Eligibility Types

## Mandates or Types of Eligibility

- Foster Care
- Foster Care Prevention – “In-Home” Services by DFS CYF/Child Welfare
- Special Education – IEP services for Private Day and Residential
- Child in Need of Service (CHINS) Foster Care Prevention
- Special Education “Wraparound” funding capped at \$2.2 mil state-wide
- Protected funds – “Non-mandated” capped at \$1.6 mil annually for our locality



# Who are the Youth Served?



- Children with histories of **abuse and neglect** who are in foster care
- Youth with **developmental disabilities** such as Autism
- Youth with **high-risk** behavioral health care needs – anxiety, depression, suicidal ideation, self-harm, and other risk behaviors
- Teens with conduct disorder, school refusal, substance abuse
- Families who have **adopted** children privately who have **severe trauma histories and behavioral issues**



# Type of Services

## Evidence-based Interventions

- MST, FFT, PCIT, TFCBT, DBT, ABA, ICC

## Continuum of Community Services

- Equine, Music Therapy
- Home-based Therapy
- Respite, Mentoring

## Foster Care Services

- Treatment Foster Care
- Family Foster Care
- Kinship Care

## IEP Services

- Private Day
- Residential School

## Residential Treatment



# No Wrong Door: CSA Referral Process

## Parent Referrals –

- Call our office

- Talk to a person

- Set appointment for “intake”

- Complete Consent to Exchange Information,

- Referred for case management to an agency (CSB, FCPS)

Agency Referral – DFS, schools, court, CSB



# A youth success story: How all the parts work together

- A youth had a non-fatal overdose of fentanyl (opioid)
- Parents had gone to REVIVE training at the schools and obtained Narcan which helped their child until EMTs arrived
- The youth was hospitalized for the non-fatal overdose and recommended for further treatment
- Youth referred to the CSB for an intake for follow up treatment services
- Case Manager assigned on the CSB Youth and Family Resource Team
- Case Manager opens the 'case' to CSA, refers the youth to our Family Assessment and Planning Team (FAPT) for possible residential treatment services
- Services are approved to include a Family Peer Support Partner, transportation and treatment services using CSA funding
- Using our shared contracts, the CSB Case Manager arranges for the residential services and ensures the youth and family are connected to a provider
- Monitoring and ongoing service planning in coordination with other partners like the school or courts continues throughout the youth's episode of care
- The youth returns to the community and is linked with CSB treatment services and ongoing case management

# Questions, Comments and Discussion



Brian Anderson, CSB  
Hilda Calvo, HMF  
LaVurne Williams, CSB  
Janet Bessmer, CSA