

HEALTHY MINDS FAIRFAX PROPOSED FY 2020 BUDGET REQUESTS

Crisis Response Services Expansion: \$100,000

Funding would expand crisis response capacity by 8% through the addition of one new counselor for the Children's Regional Crisis Response (CR2) crisis response program, to be accomplished contractually. The CR2 crisis response program is 50-67% under-staffed compared with model programs identified by the federal Substance Abuse and Mental Health Services Administration (SAMHSA). The goal is to create a protocol for youth identified by the CSB, providers, or Inova Fairfax Hospital Emergency Department (ED) to be considered for CR2 services and to create capacity to serve approximately ten additional youth per month. CR2 staff would develop protocols with the CSB, Inova Fairfax ED, and other appropriate stakeholders to enable the CR2 crisis intervention to occur in an alternative setting. CR2 counselors are available to meet with clients within their homes or any site in the community, including schools, courts and community centers. CR2 collaborates with CSBs, CSA agencies, and other professionals so that every child and family served may benefit from coordinated care and a team approach. The collaboration process is further enhanced through community outreach, awareness campaigns, and training so that every locality may improve its ability to prevent crises and provide a successful response. CR2 serves children age 17 and younger experiencing a psychiatric crisis due to mental health issues that places them at risk of psychiatric hospitalization. CR2 is provided at no cost to families. Families with commercial insurance may be required, by their insurer, to provide a copay for psychiatric assessment and medication services. Services provided by CR2 include:

- Rapid mobile response
- 24-hour intervention
- Screening and triage
- Clinical assessments, including lethality
- Psychiatric assessment and services
- Medication prescription
- Bilingual counselors
- Case management
- 30-day post discharge support
- Care coordination with community resources and professionals
- Safety planning

Behavioral Health Treatment for Under-Served Populations of Children, Youth and Families: \$130,000

Funding would expand multicultural mental health services through contracting for behavioral health therapy services directly in the community and/or through telehealth capacity.

Telehealth approaches address many of the barriers that make it difficult for underserved populations to access services, especially language and lack of transportation. Funding of \$130,000 for contracted outpatient behavioral health services, at an estimated cost of \$100/hour, would purchase 1,300 therapy hours, and serve 130 children and youth with an average of 10 sessions each. For some youth and families home-based interventions may be necessary, which would double the hourly cost due to the need for therapists to go to the home, proportionately reducing the number of youth who could be served. Medicaid and commercial insurance would be accessed first, and the new service only used when those sources could not meet the need.

Psychiatric Consultation: \$100,000

Psychiatric consultation would be available for children and youth in need of psychiatric services, but who are unable to access them due to the severe shortage of child psychiatrists in Northern Virginia who accept Medicaid and/or private insurance. Psychiatric consultation is telephone contact between a pediatrician and a child psychiatrist to assist the pediatrician or family physician in accurate diagnosis and appropriate use of medication. The \$100,000 request would purchase psychiatric consultation for at least 250 youth annually. Specifically, it would fund five hours a week of telephonic psychiatric consultation for 50 weeks a year.

Pediatricians would sign up for 15 minute slots to consult with a child psychiatrist on treating children and youth with mental health issues. It is estimated that on average, for each child or youth served, four 15 minute consultations would take place over the course of a year.