



# Healthy Minds Fairfax: Update and FY 2020 Funding Requests

Presentation to the Successful Children and Youth Policy Team:  
October 3, 2018

# Behavioral Health System of Care Blueprint: FY 2018 Accomplishments

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- Short-Term Behavioral Health Services
  - SY 17-18 STBH served 124 students an increase of 118% over the previous year
  - STBH was available to 13 high schools and 5 middle schools.
- Implemented Give an Hour Health Minds Fairfax
  - a pro-bono outpatient therapy service for children and youth in low and moderate income families.
  - targeted to serve 200 children and youth annually.
- Beginning in SY 2018-2019
  - Enhanced substance abuse prevention services are available in 5 high schools pyramids as well as Bryant and Mountain View High Schools.

# BHSOC Blueprint: FY 2018 Accomplishments

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- Contract with NAMI Northern Virginia
  - 55 families with mental health issues received support, education and service navigation from trained family support partners.
- Partnership with George Mason University and Inova
  - Trained behavioral health clinicians in evidence-based practices
    - LGBTQ+ youth (233)
    - suicide & risk assessment (178)
    - Cognitive Behavioral therapy and Dialectical Behavioral Therapy (40)
- Partnership with Inova
  - trained 65 local pediatricians in the identification and treatment of mental health issues.
  - Two additional training sessions scheduled for this fall.

# BHSOC Blueprint: FY 2019 Activities

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- Stand up a navigation website for families
- Expand regional crisis response and stabilization services
- Implement specialized services to address underserved populations
- Expand Short Term Behavioral Health Services to three more middle schools and two elementary schools



# BHSOC Blueprint: FY 2020 Expansion Requests

## Crisis Response Services Expansion

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- Expansion cost: \$100,000, 7% increase in capacity
- Service currently 50-67% under-staffed
- Goal is to safely divert youth from unnecessary hospitalization
- Mobile crisis response and stabilization service includes:
  - 24 hour intervention and home response
  - Safety planning
  - Care coordination
  - Warm handoff to ongoing treatment providers

# BHSOC Blueprint: FY 2020 Expansion Requests

## Behavioral Health Treatment for Underserved Populations

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- Expansion cost: \$130,000
- Purchase 1,300 therapy hours; serve 130 children
- Expand multicultural mental health services through contracting for behavioral health therapy services
- Utilize a flexible delivery model that is community based
- Explore telehealth capacity
- Continue to utilize Medicaid and commercial insurance

# BHSOC Blueprint: FY 2020 Expansion Requests

## Psychiatric Consultation

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- Program Cost: \$100,000
- Telephone contact between pediatrician and child psychiatrist
- Anticipated to serve 250 youth annually
- Funds 5 hours/week of telephonic psychiatric consultation for 50 weeks a year
- Pediatricians sign up for 15 minute slots

# Healthy Minds Fairfax Staff

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