

Memo to the CPMT

September 27, 2019

Administrative Item A – 3: CPMT Endorsement of the Healthy Minds Fairfax FY 2021 Funding Requests and FY 2022 Health and Human Services Resource Plan Submission

RECOMMENDATION:

CPMT endorse the Healthy Minds Fairfax FY 2021 Funding Requests and FY 2022 Health and Human Services Resource Plan Submission.

BACKGROUND:

In March 2016 the CPMT endorsed the Children’s Behavioral Health System of Care Blueprint, a community plan for improving access and quality of behavioral health services for children and youth. Implementation began almost immediately, and the CPMT has received regular updates on progress. Workgroups are currently working on implementation of at least 20 different Blueprint actions; some of the actions that require little to no funding or are already funded for FY 2021 include:

- Developing a website that will serve as a hub of information and connect families to services;
- Supporting the adoption of trauma-informed practices and promoting public awareness of trauma and its impacts;
- Providing short-term outpatient mental health interventions to children and youth with emerging mental health issues;
- Training pediatricians in best practice interventions for children and youth mental health issues;
- Providing telephonic psychiatric consultation for pediatricians, especially on medication management;
- Expanding mobile crisis response services for children and youth by 20%.

Two proposed strategies for FY 2021 require additional funding and have been included in the budget request for Healthy Minds Fairfax (in Department of Family Services).

The two funding requests are:

- \$150,000 in FY 2021 and \$200,000 annually thereafter to continue provision of family support partner services for the parents and caregivers of children and youth with mental health issues;
- \$125,000 for training to implement evidence-based behavioral health treatment practices now being required by many federal and state funding sources for behavioral health care.

EQUITY:

Both proposals are designed to promote equity by supporting increased access to behavioral health services for typically underserved populations. Family Support Partners are paraprofessional peer support staff with lived experience as parents and caregivers of children and youth with behavioral health issues. They are recruited from all cultural groups in our community, and speak to families in their own language, literally and figuratively. They break down stigma and ease access to services by sharing their own stories of realizing and accepting that their child had mental health issues, and accessing helpful services. Family Support Partners meet with families in their homes or other non-governmental sites in communities throughout the county. Services are provided by a non-profit agency.

Evidence-based practices are behavioral health interventions demonstrated by research to be effective in addressing behavioral health issues. As a group they tend to be strength-based and solution-focused, and avoid stigmatizing labels. The early versions of EBPS were often tested on homogenous populations but many are now developed and tested for diverse populations.

ATTACHMENTS:

None

PRESENTERS:

Jim Gillespie and Peter Steinberg, Healthy Minds Fairfax

HEALTHY MINDS FAIRFAX FY 2021 BUDGET REQUESTS

Family Support Partners: \$150,000 in FY 2021/\$200,000 in FY 2022 and beyond

Family supports partners (FSPs) are trained parents of young adults with mental health issues who provide support, education and assistance with accessing services to parents of children and youth with mental health issues. Funding would support serving 100 self-referred families annually who have children or youth with mental health issues with approximately 10-20 hours of Family Support Partner (FSP) services each. In addition, it will fund FSP participation in 400 family resource meetings and family partnership meetings annually. These are inter-agency meetings convened by county and FCPS child-serving staff to plan services for youth with complex and high-risk behavioral health needs. FSPs attend to provide support and education to the participating parents and to offer their services. Since January 2017 FSP services have been funded through a federal grant, which expires in September 2020. In FY 2019 161 families were served. The proposed county funding will be supplemented by Children's Services Act funding for the children and youth with complex and high-risk issues who are eligible for that program, including youth in foster care and the juvenile justice system.

FSPs are paraprofessionals receive professional supervision and extensive training. They work collaboratively with the child-serving professionals involved with the family. They provide families with support, education and assistance with navigation guidance. Particular activities include helping with the paperwork associated with accessing services, connecting parents to community resources, providing support during service planning meetings, periodic face-to-face meetings and regular phone/text/email communication.

Evidence-Based Practice Training: \$125,000

Evidence-Based practices (EBPs) in behavioral health care are interventions proven by research to be effective in addressing specific mental health and substance use disorders, resulting in children and youth having reduced symptoms and risk behaviors, and improved functioning at home, in school and in the community. The use of EBPs is or soon will be a requirement for accessing state and federal funding to support provision of behavioral health care to children, youth and families. State agencies that currently require use of evidence-based practices are the Department of Juvenile Justice and the Department of Social Services. Agencies that will soon have such a requirement are the Department of Behavioral and Developmental Services and the Department of Medical Assistance Services (Medicaid).

Implementing evidence-based practices is expensive due to the extensive training and oversight required. The Community Services Board, and local non-profit agencies that provide behavioral health care to the

most vulnerable children and youth in our community do not have the funding to meet these training requirements. Healthy Minds Fairfax is partnering with George Mason University and Inova to sponsor evidence-based practice training for public and private behavioral health providers. The three-year pilot project has thus far trained 438 therapists in a variety of evidence-based practices. This collaboration has proved to be a very cost effective method of providing EBP training. The request is for \$125,000 in FY 2021 and it is requested that funding be recurring. Funding will be allocated annually to support the following tasks:

1. Funding will be used to train 330 clinicians who work in a public or private child serving behavioral settings in various evidenced-based practices. Trainings consists of an average of 3 days. Participants are required to participate in bimonthly supervision calls. The days of training depend on the evidenced based practice being taught. It is anticipated that 1,000 days (one person attending one day) of training will be provided. The cost to provide the training is \$75,000. In addition to attending the training, all clinicians will be required to participate in supervisory telephone calls at a cost of \$15,000. Telephone calls will take place twice a month and last approximately 2 hours. The purpose of the calls is to provide support to the clinicians in their utilization of EBP's and to help the clinicians adhere to the fidelity of the EBP.
2. In order to successfully implement EBPs agencies must review and usually re-structure all or part of their service delivery systems and revise their training plans to accurately assess the needs of children and youth entering services and match them with appropriate EBPs. Funding is requested to provide consultation to the Community Services Board and local non-profit behavioral health providers in implementing EBPs within their agencies. The estimated cost of providing consultation is \$15,000 to provide approximately 100 hours of consultation.
3. This funding request includes \$20,000 to measure to what degree of fidelity the clinicians following the training protocols. At each training, clinicians are given a pre and post survey to gauge their confidence in using the skill and if they increase their knowledge in that area. A follow-up survey will be sent out to each clinician to measure their usage of the EBP and which EBP they use most often. Agency and providers who send staff to the trainings will be asked to agree to allow for satisfaction surveys to be sent to their clients after treatment ends as part of the standard of care. An annual report on the status of EBP implementation will be presented to the Community Policy and Management Team.

To provide additional support for the implementation of EBPs, county staff will collaborate with FCPS, local non-profit organizations and providers in accomplishing these activities. Addition funding is not necessary.

1. Develop and implement annual plans for training local providers on EBPs that meet state and federal requirements and address the needs of local children, youth and families. Ensure that capacity is enough to meet the EBP training needs of CSB therapists and those of the local non-profit child-serving agencies. Monitoring will include, but is not limited to, the EBP requirements of the federal Families First Prevention Services Act and the Virginia Department of Behavioral and Developmental Services STEP Virginia initiative.
2. Access state and federal funding for EBP training whenever possible to offset local costs.

HEALTHY MINDS FAIRFAX FY 2022 RESOURCE PLAN SUBMISSION

Short-Term Behavioral Health Services Expansion: \$250,003

The Short-Term Behavioral Health (STBH) Services for youth and their families is a program that provides short term outpatient therapy to eligible youth and their families. Outpatient services are purchased from contracted private providers and is for students with depression, anxiety and other emerging mental health issues. The six to eight session duration is based on a cognitive therapy approach and providers have been trained to address trauma issues. Referrals are made by Fairfax County Public Schools (FCPS) clinical staff and school counselors who work in one of the 38 designated STBH schools. The schools were selected based on the mental health needs of the students as identified in the Fairfax County Youth Survey and socioeconomic needs as assessed by the percentage of students receiving free or reduced lunches. Referrals are also made by the Community Services Board (CSB). Two hundred and fifteen families received free counseling services in 2018-19. Beginning in 2020, in addition to accepting referrals from FCPS and the CSB, it is anticipated that referrals will be made by the Juvenile and Domestic Relations intake office. The program is available to youth whose families have an income less than 400% of the poverty level and who cannot access services due to lack of insurance, lack of providers who accept their insurance, or providers having long waiting lists for treatments. For some of these families, transportation or location of the providers may also be a barrier to access treatment. Currently, one full time Management Analyst III manages the administration of the program.

The total request is for \$250,003 and the request is recurring and is broken down as follows:

This request is to expand STBH services to an additional 17 FCPS schools so STBH services will be available to youth attending every high school, middle school, and secondary school in Fairfax County. Additionally, expanding the program to students attending nontraditional schools will be explored. It is anticipated that an additional 205 youth will benefit from STBH at a cost of \$123,000. This amount goes directly to contracted providers.

To reduce barriers to services, STBH services plans to provide transportation services to eligible families through a contracted vendor. This service will be available to all eligible families who receive STBH services. The cost of this request is \$7,500.

A new Management Analyst II position is requested to help not only with the implementation of this expansion but also to provide program and technical assistance to the entire STBH program. The cost of this request is \$119,503 (\$79,573.10 salary and \$39,929 for fringe benefits).