



# Children's Services Act Program Newsletter



## Healthy Minds Fairfax Blueprint Update

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In August 2015, the Community Policy & Management Team (CPMT) initiated the development of a multi-year plan for children's behavioral health services in the Fairfax-Falls Church community. The CPMT directed that the plan support the creation of a system of care framework that addresses the full continuum of behavioral health services, from prevention through intensive intervention. Since then, numerous staff from across the Fairfax-Falls Church system of care have been diligently working to implement the Blueprint's 15 ambitious goals. From time to time, we'll highlight the progress being made in this newsletter.

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Goal 9 of the Blueprint aims to "Reduce [the] Incidence of Youth Suicide in our Community." One of the strategies under this goal is to *"train behavioral health providers in evidence-based practices specific to the treatment of youth with suicidal ideation and behavior."*

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With that in mind, the Fairfax Training Consortium for Evidence-Based Practice has held two Family Intervention for Suicide Prevention (FISP) trainings (Friday, March 19 and Monday, June 4) at George Mason University's Johnson Center. The training was targeted to county, school and contracted behavioral health providers (including several in-home service clinical providers) who offer direct treatment services.

The presenter, Dr. David Goldston from Duke University, is the expert providing this SAMHSA NREPP (National Registry of Evidence-based Programs and Practices) endorsed training. A total of 179 public and private mental

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**HAPPY  
FATHER'S  
Day!**

## Changes to CANS Training/Certification Website

On May 15th, the Praed Foundation Collaborative Training Website began to migrate to a new platform. The new and refreshed website includes changes to navigation, appearance, and enhanced reporting abilities. They have also improved the structure of the content, so you will be able to learn more effectively. There are a lot of smaller but dynamic changes, all to make your learning experience more effective. The expected completion date is June 30th; by July all users will have access to the new site.



*If you are in the middle of a course, your course progress will NOT transfer. Please finish any courses that are in process PRIOR to June 30th. Additionally, if your CANS certification is expiring soon, we're encouraging you to go ahead and recertify before the June 30th transition date so that any potential delays due to the system migration can be avoided.*

## CANS Certification

The Child Adolescent Needs and Strengths Assessment (CANS) is a mandatory uniform assessment required for children and youth served through the Children's Services Act. New CANS users and those who need to recertify can do so at <http://www.canstraining.com>.

Users must pass the CANS exam with a score of .70 or more. Please send a copy of your certificate to CSA via fax at 703.653.1369.

## Upcoming Trainings & Public Meetings

Register for trainings at EmployeeU, <https://ffclearning.fairfaxcounty.gov>.

Contact Tanisha Capers at [Tanisha.capers@fairfaxcounty.gov](mailto:Tanisha.capers@fairfaxcounty.gov) or 703.324.5634 with questions.

### CSA New Staff Trainings

#### Part III: Accessing CSA Services

Thursday, June 21st  
9 a.m. to 12 p.m.  
Government Center

#### Part I: Intro to System of Care & Team-Based Planning

Thursday, July 12  
9 a.m. to 12 p.m.  
Government Center

Have ideas about possible training topics? We'd love to hear from you! Please contact Patricia Arriaza at [patricia.arriaza@fairfaxcounty.gov](mailto:patricia.arriaza@fairfaxcounty.gov) with your thoughts.



### Public Meetings

#### CPMT

Friday, May 22nd  
12:30 p.m. to 3:30 p. m.  
Government Center

## Welcome New HMF Staff

*Betty Petersilia, HMF Program Manager, takes a moment to interview Tracy Davis and introduce her to the CSA community.*

Tracy joined Healthy Minds Fairfax (HMF) in April, 2018 as a Management Analyst III. Previously, Tracy worked as an MA II in the Department of Administration for Human Services (DAHS) Contracts office. In her new role with HMF, Tracy will be: helping to develop the HMF website to provide extensive children's behavioral health information and a therapist database; participating on the Integration Work Group, whose goal is to improve care coordination and promote integration among schools; and, participating on the newly launched workgroup to address the needs of youth and families with developmental disabilities and autism.

A NoVA native, she attended local schools until her family moved to Atlanta after her 7th grade. She received her Bachelor's from NC State and a Master's degree in Special Ed and Human Service Management from Western Maryland (now McDaniel). Words like great work ethic, cares about her co-workers, excellent & skilled at what she does, knowledgeable about the human services system, and "please don't take her" were uttered during her reference checks for this promotion.

Before joining the county, Tracy's career included direct care with "neglected, abused and abandoned" children in North Carolina, being line staff in a residential group home, overseeing six alternative living units (where Tracy learned all about personnel challenges when a staff member took her three charges along to secure drugs for her continued use that evening!), and fundraising. For the last 12 years, she has been a contracts analyst extraordinaire at DAHS.

Stories abound from Tracy's experiences working in residential settings. Feel free to ask her and she'll share

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## CR2 is now accepting calls

**844.627.4747**

Children's Regional Crisis Response provides 24-hour rapid response to all youth (17 & younger) facing a mental health and/or substance use crisis.

Trained and compassionate staff provide phone screening, then in-home or -community assessment, intervention and support.

Providing services to individuals suffering from:

- Aggression / self-harm
- Thoughts of suicide
- Threatening behaviors
- Dangerous decision making
- Extreme social isolation
- Property destruction
- Hallucinations / delusional thinking
- Loss of coping skills

To learn more, go to <https://www.cr2crisis.com/about-our-service>

## CSA Training Requirements

Within the first 12 months of hire, CSA lead case managers, supervisors of lead case managers, Family Assessment and Planning Team (FAPT) members, and CSA staff are required to attend CSA-System of Care (SOC) training sessions, Parts I, II, & III (schedule for trainings can be found on page 2 of this newsletter). Attendance is required of DFS-CYF staff, FCPS and FCCPS school social workers, FCPS-MAS staff, probation officers, and CSB therapists who work with the CSA program. Families and providers are invited and encouraged to attend.



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her very profound memories from these two experiences. Tracy loves sharing stories with friends, reminiscing a lot about things that have happened in the past, “things I can laugh about now and appreciate where those experiences brought us.”

Tracy is passionate about her children, Allison (20) and Jackson (17), both rising seniors. Her husband, Jeff, is a professional patent drafter, is always available for their kids, and treats her like “the most important person in the world.” He’s one of the most important persons in her life too. He shares with her a philosophy in their marriage of active support and care of each other.

Tracy is committed to helping people and being of service in the community. She is proudest about the things she can do today, as simple as setting up a laptop to feeling comfortable speaking in front of people and, most importantly, not worrying so much about the future, staying in the moment - doing everyday things without fear.

She sees her new job as “a nice blend, it gets me closer to the action, to be able to share my experience.” Music to my ears was her desire to “hone in now in this position.” Tracy wants to be with the county as a “lifer” and be a good worker, mom, wife, daughter and sister. She wants to continue in her journey learning to breathe, pray and meditate.

We at Healthy Minds Fairfax are thrilled to have Tracy as part of our team.

## CSA STAFF

- Janet Bessmer, Program Manager**  
703-324-7932
- Patricia E. Arriaza, MAIII**  
703-324-8241
- Hilda Calvo Perez, UR Analyst**  
703-324-7822
- Mariann Gabor, Admin. Assist.**  
703-324-7938
- Samira Hotochin, Compliance Specialist**  
703.324.8187
- Kimberly Jensen, UR Manager**  
703-324-3868
- Kristina Kallini, UR Analyst**  
703.324.3870
- Chris Metzbower, MA III**  
703-324-7890
- Lisa Morton, TBP Coordinator**  
703-324-5863
- Suzette Reynolds, UR Analyst**  
703-324-7752
- Sarah Young, FAPT Coordinator**  
703-324-7420

**CSA Fax number—703-653-1369**

## Happiness Matters & Team Building in CSA

Inspired by DFS’ Happiness Matters Initiative, CSA staff have been discussing ways in which we can build a more cohesive team environment. In April, as a group we got together to review case files (May, 2018 issue); while this is important work and we appreciated the opportunity to ensure that we were “audit ready”, we thought we might also look around for team

building exercises that were a bit more engaging. Our search led us to the Fairfax Escape Room where each person’s individual work and leadership style was in display as we worked together to strategize and solve puzzles and riddles in order to “escape” the scenario in under an hour. Escaping with 10 minutes to spare (and only asking for 2 clues!), the group decided the experience was a tremendous success. Discussions on how to stay motivated and inspired at work will continue during our CSA staff meetings.



## Tip of the Month

**Juliana Swanson**

Please keep in mind that the FAPT members and the Utilization Review persons DO NOT know your cases and what is going on with them. They don't even (in most cases) know who the people are in your cases. With that in mind, please remember to give some basic family information in your narratives on the Case Manager Report (CMR) and the EZ Form.

- Tell the persons who will be reading your request WHO is in the family and how they are related — list family members by name.
- On the EZ and the initial CMR, be clear about WHY the Department is involved with the family — what is the referral about?
- Remember to relate the service you are requesting to the 2s and 3s on the CANS — what are the needs and safety concerns?
- Don't assume the reader will know what you want, for whom and why; you need to clearly explain the situation and your reasons for requesting whatever service you need.

health clinicians were trained.

“Train the trainer” phone consultation and supervision sessions commenced in May, 2018. This class of “champions” will then be positioned to offer additional FISP trainings as needed once they have reached their level of proficiency.

For a complete list of the Blueprint's goals and strategies, please visit the Healthy Minds Fairfax web page on the county website:

<https://www.fairfaxcounty.gov/healthymindsfairfax/healthy-minds-fairfax-blueprint>

## Healthy Minds Fairfax Staff

**James Gillespie, Director**

703.324.5442

**Elizabeth Petersilia, Program Manager**

703.324.5535

**Tracy Davis, MAIII**

703.324.5235

**Desiree Gordon, MAIII**

703.324.8111



### Children's Services Act Office

Question, Concerns or Compliments ...  
Please don't hesitate to let us know!



DFSCSA@fairfaxcounty.gov

703.324.7938

