



In this Issue:

- **What is happening at Healthy Minds Fairfax?**
- **New Evidence-Based Treatments Resources**
- **myStrength app**
- **9th Annual Children's Services Act State Conference goes virtual**



Children's Services Act Office

Question, concerns or compliments ... Please don't hesitate to let us know!

DFSCSA@fairfaxcounty.gov

703.324.7938

WHAT IS HAPPENING AT HEALTHY MINDS FAIRFAX?

Peter Steinberg, LCSW, Program Manager, Children's Behavioral Health Collaborative

Short Term Behavioral Services (STBH), which provide youth up to 8 free counseling sessions, is beginning its 6th school year. While the counseling service is free to youth and the families, services are provided by county-contracted therapists who are in private practice or work for an agency. Youth with emerging mental health concerns, whose family's income is up to 400% of the poverty level, and attend a designated STBH FCPS school may be eligible for services. Referrals are accepted from school counselors, school psychologists, and school social workers who work at designated FCPS schools. For more information on STBH and to find out which schools are designated STBH schools please go to: <https://www.fairfaxcounty.gov/healthymindsfairfax/sites/healthymindsfairfax/files/assets/documents/pdf/short-term-behavioral-health-flier.pdf> or email desiree.gordon@fairfaxcounty.gov. STBH is funded by Healthy Minds Fairfax.

There are few things in life in that are free. In most cases, free child-

care is often not one of those things. During this time of uncertainty many families need childcare and often they cannot afford it. **Formed Families Forward** is offering free childcare (or respite) to income eligible kinship families. Eligible kinship families will receive up to 10 hours of free childcare for 8 weeks. Families can either choose their own provider or select a provider from an approved list. All providers must be 18 years old or older and have to pass a background check. For more information please go to <https://formedfamiliesforward.org/respite-to-recharge/>. This program is being funded through the CARES Act.

FORMED FAMILIES FORWARD

EVIDENCE-BASED TREATMENTS AND INTERVENTIONS

Make sure to visit the Evidence-Based Treatments (EBTs) pages on CSA's websites ([Sharepoint](#) and [County site](#)) for updated information and presentations.

Recently added:

- A one-hour presentation on EBTs available in the Fairfax-Falls Church community - '[New' Evidence-based Treatments for a Case Manager's Toolkit](#)
- A 1.25 hour presentation on [Dialectical Behavior Therapy for Adolescents](#)

Resources will be added to the pages as they are developed or acquired. If you have suggestions for content that can go on these pages, please let us know by emailing us at DFSCSA@fairfaxcounty.gov.

A PARENT/CAREGIVER'S GUIDE TO EVIDENCE-BASED TREATMENTS

Wednesday, October 7, 2020
4:00 pm to 5:30 pm
Virtual Zoom Presentation

The presentation is focused on helping parents and loved ones understand mental health treatment, how to choose the best treatment, and how to find credentialed providers in the area.



The importance of outcome measures and ethical considerations in treatment, as well as determining when it's time to transition to a new therapist or medication management provider will also be reviewed.

To register, please visit: [https://zoom.us/meeting/register/tJlId-itqDguG9K8Nf7Ze1B-9WO4Rvvzt1p0](https://zoom.us/join/joinMeeting/register/tJlId-itqDguG9K8Nf7Ze1B-9WO4Rvvzt1p0)

After registering, you will receive a confirmation email containing information about joining the presentation.

ENTERING CANS RATINGS IN CANVAS

Case managers are expected to enter CANS (Child and Adolescents Needs and Strengths) ratings into the state information system—CANVaS. Visit the Office for Children's Services website for CANVaS training videos and user manual — <https://www.csa.virginia.gov/Cans/Index>.

Creating a CANVaS account is easy ... just complete the [CANVaS New Case Manager Account form](#) and return it to CSA along with your CANS Training Certificate.

VISIT MYSTRENGTH FOR TIPS ON HEALTHY SLEEP HABITS

CSB has partnered with myStrength, an app that provides a safe, secure, and personalized set of evidence-based tools to help support your mind, body and spirit. During this pandemic, getting quality sleep can be challenging. Check out myStrength's sleep resources, including tips for winding down before bedtime, keeping your body clock healthy, and quieting your mind. [Watch a quick overview video](#) and then [get started](#); click on 'Sign Up Now' and enter access code CSBCommunity.

VIRTUAL CSA

In Phase 3, all CSA staff continue to telework until further notice. Please submit all documents by central email or fax. dfsCSA@fairfaxcounty.gov

703-653-1369



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

<https://www.Schoox.com/login.php>.

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.

For info on how to create an account on the CANS training website, please download the "How To" Guide at <https://praedfoundation.org/wp-content/uploads/2018/08/Schoox-How-To-08072018.pdf>.



Commonwealth of Virginia CSA Conference



After eight years of continuous growth, the **Commonwealth of Virginia's Annual Children's Services Act Conference** was planning to move to the beautiful waterside district of Norfolk, Virginia. In response to COVID-19 and in support of public health the Office for Children's Services is moving the conference to a virtual platform. Plan to join the event "in the cloud" October 29-30, 2020 for two half days of training and activities focused on the needs of Virginia's CSA network. The conference will celebrate the evolution that is currently taking place within Virginia's child-serving system and help equip those in the CSA network with new skills and perspectives that will directly impact their ability to embrace new opportunities.

There will be no cost to participate in this virtual event. Registration for this virtual conference opens September 9, 2020. More information will follow on conference activities, logistics, and sponsorship opportunities.

Registration deadline is October 15, 2020

Register at:

<https://register.cpe.vt.edu/portal/events/reg/participantTypeSelection.do?method=load&entityId=3492581>

Questions/Concerns About Possible Fraud?

If you have concerns about service delivery, the Service Summaries distributed by CSA are a good mechanism for reporting those concerns. CSA program staff are also always available to discuss any questions or concerns you may have.

Additionally, a more formal process can be followed by contacting the Fairfax County Fraud Hotline at 703.787.3243 to report an allegation. The calls are reviewed and followed up on by the Internal Audit Office.

