



Behavioral Healthcare Services

Department of Human Services/Community Services Board

Presentation to Crystal City Civic Association | January 19, 2022

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ARLINGTON
VIRGINIA

What is Arlington County Community Services Board (ACCSB)?

- ACCSB is a **Virginia code-mandated** group of up to 18 volunteer community members appointed by the County Board.
- As an “**administrative-policy board**,” roles include policy determination, advocacy for funding needs, and guidance and oversight of publicly funded mental health, substance use disorder, and developmental disability services.
- The **Department of Human Services (DHS)** and its staff is charged with the delivery and management of services.
- Some services are directly operated by DHS and some are **provided under contract** with private vendors.
- A few CSB services are code-mandated; many are discretionary and **based upon identified community needs and available funding**.

What is Arlington County Community Services Board (ACCSB)?

- **Funding for services includes:**
 - 63% local funding
 - 25% state funding
 - 4% federal funding
 - 8% fees and other revenue
- **6,234 Arlingtonians received ACCSB services in Fiscal Year 2021**
- **The ACCSB holds public meetings every 3rd Wednesday of the month 4-6PM (currently virtual)**
- **Four committees focus on specific service areas:**
 - Mental Health
 - Substance Use
 - Child and Family Services
 - Developmental Disability Services



Services

- **Adult Mental Health and Substance Use** – includes young adult and dual diagnosis specialties
- **Senior Adult Behavioral Health** (age 60+)
- **Child and Youth Behavioral Health** (age 21 or younger)



Services

- **Peer Support** across various programs
- **Emergency and Crisis Stabilization** - assessment, crisis intervention and stabilization, short term-counseling, psychiatric services and assistance with voluntary and involuntary psychiatric hospitalization for anyone living in, working in, or visiting Arlington.
- DHS/ACCSB also provides services to children, youth and adults with **Developmental Disabilities**

Eligibility and Fees

- Eligibility for most adult, youth and senior mental health programs requires **Arlington residency** or a status of homelessness within the County along with a diagnosis with a serious mental illness and/or a substance use disorder or serious emotional disturbance or substance abuse for youth.
- CSB services are funded as “safety net” services for individuals with serious mental illness and substance use disorders who lack alternative resources, but there are some exceptions. If an individual **has private insurance and alternative options for care**, they are typically encouraged and assisted in connecting with those non-CSB providers.
- **Emergency Services** are available to anyone experiencing a mental health emergency who is within the Arlington County borders.
- Some other programs, like the **First Episode Psychosis** and some limited outpatient services do not require a diagnosis of serious mental illness.
- Interpretation services are available for non-English individuals.



- ➔ DHS accepts Medicaid and some private insurances for payment.
- ➔ If you do not have insurance, or you have an insurance DHS does not accept, services are offered on a sliding fee scale based on income.

Adult Mental Health Services

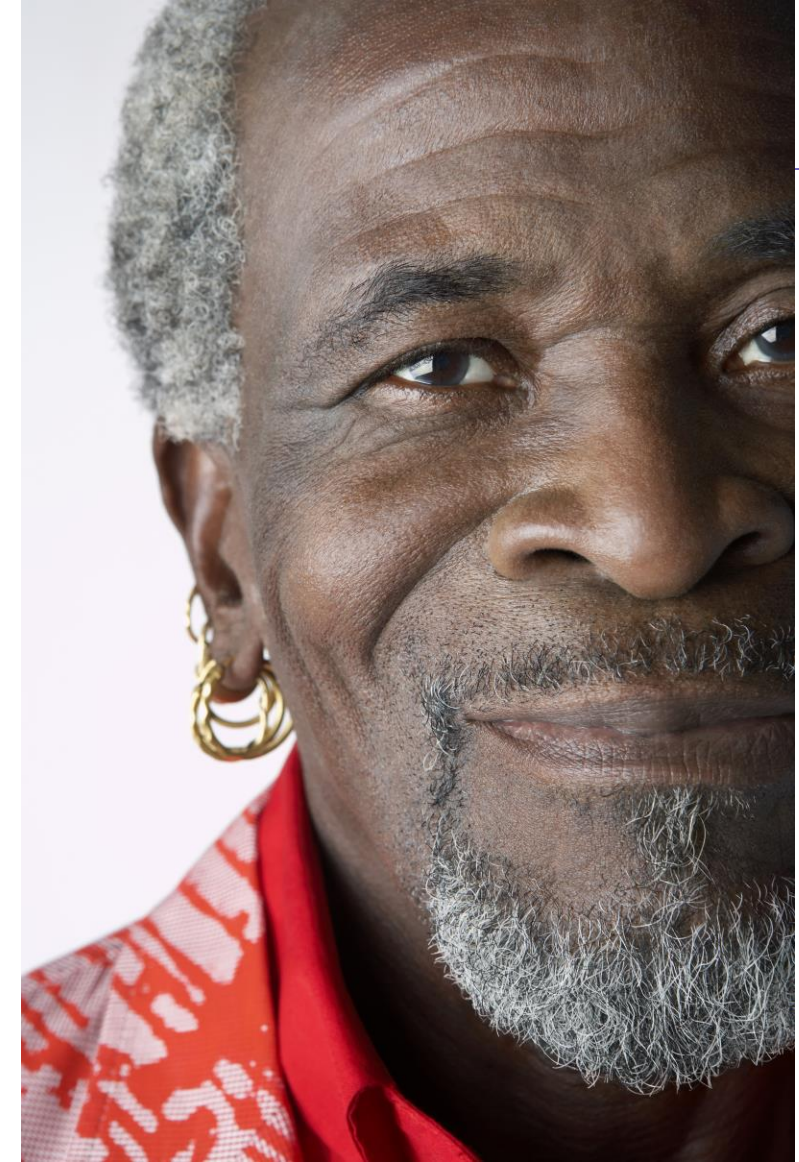
- **Outpatient** - initial and ongoing assessment; case management; individual therapy; psycho-educational groups; family support and education; time-limited psycho-therapy for individuals with non-serious mental illness
- **Clarendon House** - psychosocial rehabilitation program for adults with serious mental illness
- **Job Avenue** - employment services that assist individuals with serious mental illnesses in obtaining and maintaining employment (contracted)
- **Discharge Planning** - assessment and linkage to community-based services for individuals in state psychiatric hospitals.
- **Homeless Services/Treatment on Wheels (TOW)** - outreach, assessment and case management for adults with serious mental illness and/or substance use disorders. Assistance with linkage to emergency and permanent housing resources.
- **Assertive Community Treatment (ACT)** - a program for adults with serious mental illness providing evidence-based, team-based outreach, intensive case management, in-home supportive skills training, substance use disorder assessment and treatment, psychiatric assessment and treatment; employment assistance, crisis intervention; supportive counseling, and family support.
- **Psychiatric Services** - Medication evaluation and treatment and integrated health and wellness services
- **Residential Services** - a continuum of residential and supportive services for adults with serious mental illness or co-occurring mental health and substance use disorder. Includes group homes, assisted living facilities, residential crisis stabilization services, supportive living services, transitional housing for homeless individuals, and permanent supportive independent housing (contracted)

Adult Mental Health Services

- **Jail Behavioral Health Services** - mental health and substance use disorder assessment and treatment services for inmates within the Arlington County Detention Center.
- **Jail Diversion/Forensic Case Management** - Intensive case management and assessment services for adults with serious mental illness involved with the criminal justice system.
- **Crisis Intervention Team (CIT)** - an internationally recognized program that unites law enforcement, emergency dispatchers, mental health treatment providers, and individuals in need with the goal of providing persons with mental illness and individuals in crisis treatment options as an alternative to incarceration.
- **Senior Adult Mental Health Services** - interdisciplinary assessment, treatment and evaluation of individuals age 60+ with mental illness; monitoring of psychiatric medications; individual, group and family counseling; case coordination with other care providers; home-based services for individuals who cannot leave their home; RAFT (Regional Older Adults Facility Mental Health Support Team) provides direct, intensive mental health services as well as consultations and trainings in Assisted Living and Nursing Homes.
- ***NEW* First Episode Psychosis (FEP) Program** - a specialized, evidence-based and team-based intervention program targeting young adults experiencing a first episode of psychosis. This specialized program is available to all Arlington residents, including those who may have access to alternative treatment resources.

Adult Substance Use Disorder Services

- **Outpatient Services** - assessment; individual, group and family treatment; education courses; relapse prevention services; drug testing; coordination with community-based support groups; methadone treatment (contracted).
- **Residential and Case Management Services** - evaluation and placement in appropriate level of contracted residential treatment including withdrawal management, short term residential treatment and transitional living placements.



Child and Youth Behavioral Health Services

- **Consultations and Staffing** – provides case consultations with schools and other child serving agencies and providers
- **Outpatient** - assessment; case management; individual, group and family therapy, parent-child interaction therapy and other evidence-based practices
- **Psychiatric Services** - medication evaluation and treatment
- **Psychological Assessments** - diagnostic testing and assessment
- **Detention-Based Services** - assessment and intervention for youth in the Northern Virginia Juvenile Detention Center
- **Psycho-Education** – for youth with substance use or abuse
- **Behavioral Intervention Services** - consultations to parents, guardians and teachers experiencing challenging behaviors in children
- **Discharge Planning Services** - assessment and case management of youth in psychiatric hospital or residential care to connect with community-based services
- **Parent Education and Support** - frequent virtual parent and community workshops; parent support groups in English and Spanish, and more



Emergency & Crisis Intervention/ Stabilization Services

- **Crisis Response** - 24/7/365 access to immediate assistance for a mental health or substance use related crisis to prevent the crisis from worsening; relieve immediate distress; prevent individuals from harming themselves and/or others
 - **Anyone living working or visiting Arlington** and experiencing a behavioral health emergency is eligible for Emergency Services.
 - Services can be provided via telephone, video, in office and in the community.



Accessing Services

DHS is currently operating in a hybrid fashion, offering in-person and telehealth options.

Adult Behavioral Healthcare

Same Day Access/Walk-In:

2120 Washington Blvd.

Mon-Thurs 8:00am to 2:00pm or Fri 8:00am to 12:00pm

Appointment based intake:

Call the intake line at 703-228-4864 to request an appointment

Senior Adult Behavioral Healthcare

Same Day Access/Walk-In

2100 Washington Blvd.

Mon-Thurs 9:00 am- 12:00pm

Appointment based intake:

Call 703-228-1700 Mon-Fri 8:00 AM-5:00 PM

Child & Youth Behavioral Healthcare

Call 703-228-1560 to schedule same day or next day intake

Note: Due to current staffing shortages, Child and Youth Behavioral Health Services are operating under Emergency Care Standards.

Emergency Services

For a psychiatric emergency call 702-228-5160

For anyone age 21 and under with an urgent mental health need, contact 844-627-4747.

Other Major Behavioral Health Initiatives

Harm Reduction

Expanded Emergency Services

Mobile Crisis Response

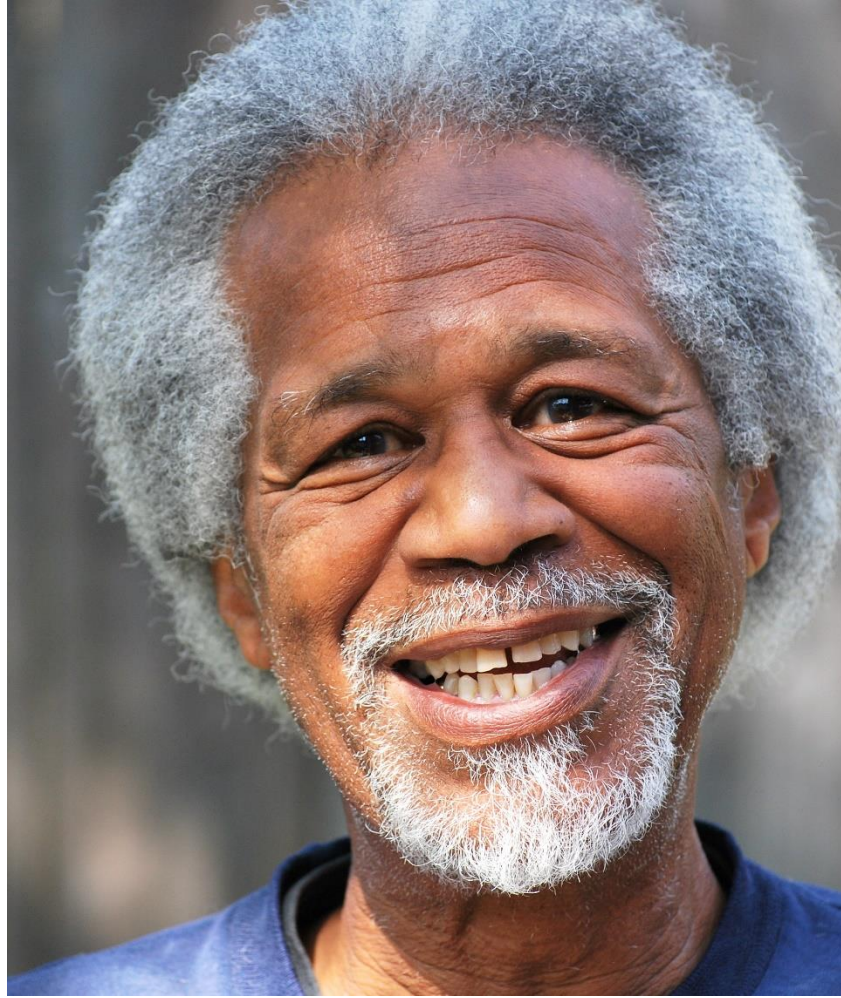
988 Hotline

- DHS offers access to **free training and free Narcan** (Naloxone) which can be administered by anyone to reverse the effects of an opioid overdose and save a life. Email narcan@arlingtonva.us to request the Narcan or more information.
- **Emergency and crisis response** services are developing and expanding through a combination of local, regional and state-wide initiatives
- DHS is actively involved in work with community stakeholder groups towards development of local **Marcus Alert** protocols. Marcus Alert protocols are state-code required protocols that will ensure that communities have behavioral health responses to behavioral health crises.
- Regional **mobile crisis response teams** are being put in place to supplement local emergency mental health services with community-based crisis intervention and stabilization services.
- Arlington, with the rest of the region, state and country, is preparing for the July 2022 implementation of the **National 988 Mental Health Crisis and Suicide Prevention Hotline** to help divert people in mental health crisis away from the criminal justice system and towards connection to appropriate services.

Contact Information

- County Website
- DHS Emergency Services: 703-228-5160
- Age 21 or under Urgent Mental Health need: 844-627-4747
- Adult Behavioral Health Intake: 703-228-4864
- Child and Youth Behavioral health Intake: 703-228- 1560
- Senior Adult Behavioral Health Intake: 703-228-1700
- Carol Layer, Behavioral Healthcare Division Director:
CLayer@arlingtonva.us or 703-228-4950
- Deborah Warren, DHS Deputy Director/CSB Executive Director: DWarren@arlingtonva.us or 703-228-1780
- For more information about serving on the ACCSB: Kelly Mauller, Administrative Assistant, KMauller@arlingtonva.us or 703-228-5149





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