

ARLINGTON COUNTY COMMUNITY SERVICES BOARD  
Mental Health Committee Meeting  
March 27, 2024

**Committee Members Present:** Steve Gallagher, Dori Mitchell, John Mitchell, Judy Deane, Binta N. Brown, Rita Tiwari (virtual), Anne Hermann (virtual), Steve Taphorn (virtual)

**Committee Members Absent:** n/a

**Others Present:** Lila Corey (virtual), Diana Olazabal (virtual)

**Staff Present:** Carol Layer, Asta Lynch, Shelli Wargo, Jackie Leinberger, Anabel Majano

**Call to Order: 5:00pm**

The meeting was called to order at 5:00 p.m.

**Welcome**

Steve Gallagher, chair of the Mental Health Committee welcomed the committee members and guests.

**FEP and Young Adult Program Presentation and Q&A**

Ms. Wargo presented on the Young Adults Program which serves adolescents and young adults between the ages of 16 -30, an expansion from the previous age range of 17 to 24 years old.

This program provides both therapy and case management and collaborates closely with psychiatrists, employment services and other adjunct services and supports. The Independent Living Skills Program (EDGE) provides skill building in a group format that focuses on social skills, money management, meal planning, coping skills, incorporating music, art, physical activity into recovery, medication education and job readiness.

Ms. Wargo shared trends she is noticing that influence the treatment experience and outcomes for clients. These include shorter hospital stays impacting readiness for outpatient treatment as well as cross cultural challenges in serving a diverse community. The team is focused on being culturally appropriate and flexible in order to meet the needs of the community.

Jackie Leinberger presented on the First Episode Psychosis (FEP) program. She shared statistics about the FEP program. Since the inception of the program in March 2022, FEP has completed 66 eligibility assessments and has served 32 clients. Eight clients have returned to school and with the assistance of the Supportive Education and Employment Specialist (SEES) thirteen have started working.

### **Approval of February 2024 Meeting Minutes**

The March 27, 2024, Mental Health Committee minutes were unanimously approved as amended.

### **Report on Group Home Monthly Family Meeting**

Dori Mitchell reported that there was a meeting with Pathway Homes. Staff from the County were present at the meeting and overall things seem to be going well. They are putting together some activities for the residents. She mentioned that 22<sup>nd</sup> Street soon will have full occupancy and currently all residents are male. There were some questions about how many rooms are in the house and Carol Layer suggested she will get confirmation from Suzanne Sommerville regarding any changes that haven't been previously communicated.

### **BHD Director's Report**

Carol Layer noted there were no surprises and no reductions proposed in Behavioral Healthcare in the County budget. The final vote is April 22. The County Manager included in the budget an additional position for the jail team which they had not requested, but is much needed and appreciated.

### **Chair's Report**

Steve Gallagher mentioned the CSB has met with three County Board members and expressed gratitude with preserving and not cutting the behavioral health budget. Mr. Gallagher said they asked the members of the board to adopt the manager's proposed budget as is. The three members were 100% supportive of the CSB's work.

### **Open Discussion**

- The committee discussed the importance of public safety and how the services provided contribute to the well-being of the community.
- Carol Layer announced the urgent need for volunteer payees to manage Social Security benefits for clients who cannot manage their funds themselves.
- The committee discussed the potential for exploitation and the need for a more structured approach, possibly involving the court or a dedicated county position.
- There was a discussion on the upcoming certificate of public need hearing and the importance of having outdoor spaces for clients at the Virginia Hospital Center.
- The committee agrees to continue advocating for the needs of clients and to prepare for future meetings and field trips to group homes and the detention center.
- They discussed the need for more housing support for the aging population within the mental health services.
- There was a suggestion to invite county board members to visit group homes to see the services in action.
- Develop a campaign to recruit volunteers' Representative Payees for clients in need.
- The committee agreed to hold their next meeting at the 22<sup>nd</sup> Street residence on April 24 and bring pizza for the residents.

**Adjournment**

Steve Gallagher called for a motion to adjourn the meeting. The meeting adjourned at 7 pm.