

Partnership for a Healthier Alexandria
Mental Health / Substance Abuse Work Group
Meeting Minutes
August 16, 2006

Work Group Members Present:

- Mary Riley, Chair, Community Services Board; Commissioner, Public Health Advisory Commission; Current Chair, Mental Health / Substance Abuse Work Group
- Blanche Maness, Vice Chair, ACPS School Board
- Charles Konigsberg, Health Director, Alexandria Health Department
- Jason Jackson, Friends of Alexandria Mental Health Center
- Jan Macidull, Nat'l Alliance on Mental Illness (NAMI)
- Ann Huston, Chamber of Commerce
- Anita Baker, private citizen / Registered Nurse, ElderCare Strategies
- Mike Gilmore, Executive Director, Community Services Board
- Cate Alexander, private citizen/T.C. Williams PTSA
- Carol Freeman, Program Manager, Healthy Families, Northern Virginia Family Service
- Mercedes Wilson Dallas, Community Services Board
- Christina Theokas, Monitoring & Evaluation Analyst, ACPS
- Tiffeny Sanchez-Brown, Co-Chair, Friends of Alexandria Mental Health Center
- Allen Lomax, Chair, United Way
- Tricia Bassing, Community Services Board
- Mike Mackey, Coordinator, Alexandria Gang Prevention & Intervention
- Rose Berler, Chair, ACPS Health Advisory Board
- Barbara Buzzell Schwartz, NAMI
- Deborah Warren, Community Services Board
- JoAnn Maldonado, Multicultural Coordinator
- Veronica Aberle, Nurse Manager, Alexandria Health Department
- Cara Pennel, Health Planner, Alexandria Health Department

I. Introductions

II. Documentation of Need

There was a brief discussion of the public hearing testimony at the *Community Services Board's* public hearing in May of this year.

- Handout: Excerpts of testimony on youth (Full text available via e-mail on request)

The handout provides a summary of the CSB Public Hearing Testimony with comments from John Porter, *T.C. Williams* Principal; Kris Clark, *Hammond* Principal; The Honorable Stephen Rideout, retired Chief Judge of the Alexandria Juvenile and Domestic Relations District Court; Dave Wynne, a Social Worker, who in the past 15 years has worked at the CSB, the Juvenile Court, and *Hammond Middle School*; and Carol Freeman, Program Manager, *Healthy Families Alexandria*, Northern Virginia Family Service (NVFS); and Dr. Roberta New, School Psychologist.

The group discussed the *Youth Risk Behavior Surveillance Survey* (YRBSS). Deborah Warren explained that this survey would provide important data on the actual health risk behaviors among the youth population, information needed to guide the City's prevention policies and programs. Christina Theokas reported that there is a proposal to administer the survey in spring of 2007 pending discussions with the school community. The Search Institute Profiles of Student Life: Attitudes and Behaviors Survey (Developmental Assets Survey) was administered during the 2000-2001 school year and there is agreement to administer it again in October, but it will not provide the detailed information on high risk behaviors that YRBSS will.

- **Handouts:** Alexandria Prevalence Estimates
 - Facts on Children's Mental Health (NAMI)*
 - Substance Abuse and the Community*
 - About Mental Illness (NAMI)*
 - Dual Diagnosis Fact Sheet*
 - Perinatal/Postpartum Depression*

III. Current Programs – Youth

CSB staff Deborah Warren, Tricia Bassing and Mercedes Wilson Dallas made a presentation on the youth services currently being provided by the Alexandria Department of Mental Health, Mental Retardation, and Substance Abuse (DMHM RSA). The following handouts from their presentation are attached:

- PowerPoint presentation, "Overview of *Community Services Board* Services for Youth," and
- "CSB Substance Abuse Prevention Team - Current Programs"

Staff provided an overview of the following services in the CSB's Child, Family & Prevention Division:

- Intensive In-Home Services
- Outpatient Services
- No. Virginia Juvenile Detention Home Services
- System of Care/Project BEST
- School-Age Prevention Team
- Fatherhood Program
- CATCH
- Child Advocacy Center
- Preschool Prevention Team
- Parent Infant Education

Location of School-Age Prevention Services

- TC Williams High School
- Secondary Training & Education Program
- Minnie Howard 9th Grade Center
- Hammond Middle School
- George Washington Middle School
- Cora Kelly Elementary School

- Ramsay Elementary School
- Tucker Elementary School
- Charles Houston Recreation Center
- Essex House Apartments
- Community Lodgings Learning Center
- Arlandria Health Clinic Family Center

Staff noted that eleven of the nineteen schools in Alexandria have no services and that CSB services are reaching primarily the highest risk youth. Deborah Warren noted that the CSB has recently applied for and been awarded almost a million dollars in new funding for additional programs for youth, targeting special populations such as juveniles in the Juvenile Detention Home and their families, and children diagnosed with serious behavioral health needs.

See the handouts noted above for additional details on youth programs. Also, questions came up about the Family Assessment and Planning Team (FAPT) process. The attached FAPT brochure provides additional details on this process.

✚ Attached: Family Assessment and Planning Team (FAPT) brochure

Gang Prevention Initiative

Mike Mackey also discussed the Gang Prevention Task Force. They are conducting a gang prevention Public Service Announcement targeting at-risk youth, parents and community members. A regional collaborative is working with street outreach workers. There is a Gang Prevention Brown Bag Lunch on Wednesday, August 23 from 12:00 P.M. - 1:30 P.M at the The Lyceum (201 S. WASHINGTON STREET). An e-mail with information on the brown bag lunch was sent to work group members on Monday, August 21.

IV. Possible Areas of Focus for the MH/SA Work Group

The group discussed possible areas of focus for the MH/SA Work Group, including:

- **Youth** (particularly prevention/outreach at middle schools, Minnie Howard, and T.C.Williams)
- **Education/Outreach to the General Community**
 - Stigma Reduction
 - Education on Availability of Services
 - Substance Abuse
 - Perinatal/Postpartum Depression
- **Other (see below)**

Mary Riley asked each Work Group member to state which focus area(s) was of greatest concern to them. Results were as follows:

- Blanche Maness, Vice Chair, School Board – Ages 6 – 12 (especially young boys)
- Jan Macidull, Nat'l Alliance on Mental Illness (NAMI) – Dual Diagnosis/Co-Occurring MH/SA – total population

- Ann Huston, Chamber of Commerce – Homeless Adults and Children
- Cate Alexander, private citizen/T.C. Williams PTSA – comprehensive prevention efforts, lower grades through high school, need more for Ages 12 –18
- Carol Freeman, Program Manager, Healthy Families, Northern Virginia Family Service – parents of 0 - 5 (perinatal/postpartum depression)
- Mercedes Wilson Dallas, CSB – Ages 6 – 12 (kids who are not so severe, so are not currently being served)
- Christina Theokas, Monitoring & Evaluation Analyst, ACPS – Ages 6 – 18 using Positive Youth Development approach
- Tiffeny Sanchez-Brown, Co-Chair, Friends of Alexandria Mental Health Center – community-wide prevention
- Allen Lomax, Chair, United Way – Ages 6 – 12; homeless
- Tricia Bassing, CSB – Ages 6 – 12 (esp. young boys); important to have a community-wide coalition with youth involvement; also need to address alcohol use
- Mike Mackey, Coordinator, Alexandria Gang Prevention & Intervention - youth prevention
- Rose Berler, Chair, ACPS Health Advisory Board – focus on management in every school (systems change?); important to select something that we can measure
- Barbara Buzzell Schwartz, NAMI – need treatment staff in every single school and not just for those with extreme issues; suicide is 3rd leading cause of death among youth
- Deborah Warren, CSB – Same as Tricia Bassing; noted new national campaign on underage drinking (SAMHSA) & resources on stigma reduction
- JoAnn Maldonado, Multicultural Coordinator – Ages 0 – 5 (perinatal/postpartum depression in mothers) and 6 – 12
- Veronica Aberle – Director, Nursing, Health Dept. – screening, raise awareness for Ages 0 - 5 (perinatal/postpartum depression in mothers)

Other comments:

- Early detection and intervention are important; possibility of providing training for teachers to identify risk factors, signs or symptoms ("things to be on the lookout for in the K - 5 age range") for use by school personnel, etc.
- Stigma is important to address in getting people to access services.
- Preventive interventions should target multiple adolescent risk behaviors (i.e. smoking, alcohol consumption, drug use, unprotected sexual activity, violence, gang activity, behavior disorders, etc.) and be directed at risk factors and protective factors, rather than at categorical risk behaviors.

It was decided that a focus could not be selected at this meeting. With further research and input from other community partners/stakeholders, this discussion will continue at the next work group meeting.

V. Discussion of Possible Work Group Members (after selection of areas of focus)

The group reviewed the following handouts:

- ✦ Handouts: Current Roster
Potential Members for MH/SA Work Group

The following suggestions were made for potential member for the Work Group:

- Police staff dealing with family crisis intervention
- Churches (Cathy Thompson from ALIVE! Inc. will attend the Sept. meeting, will hold off on individual churches at this point)
- Dr. Wolverton
- Family Members?
- Director of Head Start (Francine Williams?)
- Parks & Rec – William Chesley, Deputy Director of Recreation Services
- Substance Abuse Coordinator for ACPS – Mary Flynt
- Nelson Smith, DHS, Office of Community Services
- Myra Stafford, Office on Women and Coordinator for Project Stepout and Project Manhood
- Youth Policy Commission representative
- School Nurses

Between now and the next meeting, the work group will consider other potential work group members and either extend an invitation or pass their contact information along to Mary or Cara.

VI. Best Practices & Successful Programs to Review/Consider for Alexandria

- ✦ Handout: Best Practices Programs & Strategies (Stigma, Mental Health, and Substance Abuse)
- ✦ Spectrum of Prevention

For the next meeting, the group agreed to review the above handouts. The first handout describes possible programs and strategies that Alexandria may want to explore for future implementation. The Spectrum of Prevention handout provides a framework to address complex problems, taking into account the multiple determinants of community health. More information and case studies can be found at <http://www.cchealth.org/topics/prevention/spectrum.php>.

VII. Date for Next Meeting

Cara will e-mail possible dates and times for the next work group meeting. The meeting date will be determined by the date/time that works for the majority of the work group.