



FAIRFAX - FALLS CHURCH

Community Services Board



Services for a healthier community.

Annual Report for Fiscal Year 2018



Services for mental health, substance use disorders and developmental disabilities

In an emergency, 24/7...

CSB Emergency Services – 703-573-5679, TTY 711

Merrifield Center, 8221 Willow Oaks Corporate Drive, Fairfax, VA 22031 (near Inova Fairfax Hospital)

Fairfax Detoxification Center – 703-502-7000, TTY 703-322-9080

4213 Walney Road, Chantilly, VA 20151

If you or someone you care about may be at risk of suicide, don't hesitate to reach out for help right away. These resources are available 24/7:

- Text "CONNECT" to 855-11 to contact PRS CrisisLink.
- Call PRS CrisisLink at 703-527-4077.

If immediately life-threatening, call 911. Ask for a Crisis Intervention Team (CIT) officer.

If it's not an emergency...

CSB Entry & Referral – 703-383-8500, TTY 711

Monday through Friday, 9 a.m. to 5 p.m.

Walk-in screenings offered at Merrifield Center for mental health and substance use services.

Think you may need mental health or substance use disorder services?

CSB offers a quick, confidential online assessment you can take from home to help you decide.

www.fairfaxcounty.gov/community-services-board

Developmental Disabilities Services – 703-324-4400, TTY 711

Monday through Friday, 8 a.m. to 4:30 p.m.

CSB provides services throughout the county. Main offices are in Fairfax (Merrifield Center), Alexandria (Gartlan Center), and Reston (Northwest Center). Administrative offices are in the Pennino Building in Fairfax.

www.fairfaxcounty.gov/community-services-board



Annual Report for Fiscal Year 2018

Services for a healthier community.

If you live in Fairfax County or the cities of Fairfax or Falls Church, the CSB is your link to:

- Resources for mental health and substance use treatment and recovery.
- Supports that help people with developmental disabilities work and thrive in the community.



Individuals (all ages) who received services from the CSB*

23,963

Individuals who received CSB Emergency Services

6,129

Children who received Infant & Toddler Connection (ITC) services**

3,889

Individuals with developmental disabilities who received support coordination, residential, and/or employment and day services***

3,794

* Unduplicated count. Many individuals received more than one service (assessments are included).

** The Infant & Toddler Connection program was transferred to the Department of Family Services on July 1, 2018.

*** Unduplicated count. Many individuals received more than one service (does not include assessments).

Message from the Chair and the Executive Director

With sincere gratitude, we present this report to you – and *for* you – our community. In FY 2018, with your support and the generous local funding provided by the Board of Supervisors, the Fairfax-Falls Church Community Services Board (CSB) provided services to 23,963 individuals in Fairfax County and the cities of Fairfax and Falls Church. Like the rest of the nation, our community has seen a rise in demand for mental health services and substance use disorder treatments. Our community partnerships allowed us to face these extraordinary challenges head on as we work to meet these critical needs.



*Suzette Kern
CSB Chair*



*Daryl Washington
CSB Executive
Director*

Over the last year, community members supported and engaged with the CSB in unprecedented ways. You attended community meetings, offered invaluable insights and feedback, and helped shape service options for people with developmental disability via the new Welcoming Inclusion Network (WIN).

Tragically, opioid deaths are now the leading cause of unnatural death in the county. As this crisis deepened, the need for substance use disorder services continued to grow. CSB staff serve in key roles on the new Fairfax County Opioid Task Force working collaboratively on finding solutions to this complex, deadly and multifaceted problem. The task force examined programs surrounding education and awareness, treatment, drug disposal, enforcement and data monitoring. In response to task force findings and ideas, the CSB increased medication detoxification services, expanded Medication-Assisted Treatment and continued to explore strategies to get people more quickly into treatment. We pledge to continue implementing evidence-based practices to intervene and stem this crisis.

The CSB also continues to serve as a safety net for people in emotional crisis. As the national suicide rate climbs, the CSB-funded PRS CrisisLink hotline continues to see an increase in call volume. Last year, the service received over 10,000 calls from individuals in our community. People are seeking help and we are responding. Emergency services continues to provide intervention, stabilization and assessment services 24/7 at our Merrifield Center, where more than 6,000 people received CSB Emergency Services in FY 2018.

We invite and encourage each of you to stay involved, or get involved, with the CSB and our partners. Visit our website, subscribe to our weekly newsletter, follow us on social media and help us spread life-saving information. Lastly, our CSB Board meetings are open to the public – please join us.

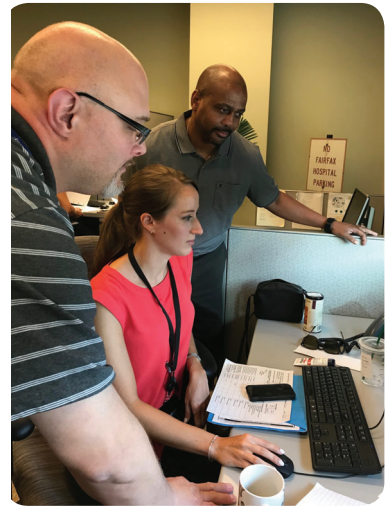
Suzette Kern *Daryl A. Washington*

Working smarter to meet emergency needs

New business intelligence tools are producing real-time, actionable data for CSB Emergency Services. Following months of tight-knit collaboration between a pair of CSB's Informatics business analysts and a trio of emergency services personnel, a new data dashboard was created in spring 2018. The dashboard is helping Emergency Services better track client dispositions, utilize the unit's critical resources, and improve their 24/7 staffing patterns.

“With accurate, real-time data, we're able to create efficiencies across our systems – good, actionable data goes a very long way in improving our services and helping our staff,” said Abbey May, Director of Emergency Services.

“Emergencies, by their nature, are not predictable so it's a challenging business environment to manage. With the data produced by this new dashboard, we're able to take actions and make reasoned decisions,” said Abbey. For example, recent data shows that the number of emergency custody orders (ECOs) continues to increase, likely in part due to the increased diversion effort. “Information like this helps us better staff our unit and make decisions in conjunction with our community partners on issues such as bed space for people in crisis. Seeing the ECO increase, we created two mental health tech positions, also referred to as ‘bed finders,’ to help address this issue. While these staff look for bed space, our clinicians can focus on providing faster access to services for individuals in mental distress. Without the dashboard, we wouldn't have been able to show this crucial need so clearly,” she said. “Everyone benefits.”



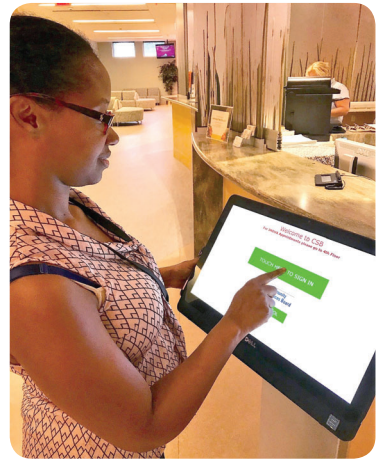
In FY 2018, CSB Emergency Services conducted 1,882 mental health evaluations related to emergency custody orders. While this represents a 28 percent increase from FY 2017, a comparison to FY 2015 shows a 369 percent increase in emergency custody orders from FY 2015 to FY 2018.

On average, 97 percent of people seeking emergency services received them within one hour in FY 2018.

Walk-in screening services made easier

Visitors to the Merrifield Center noticed a new feature when they entered the walk-in screening area in 2018: a stand-up information kiosk. The kiosk aims to improve the customer service experience and decrease wait times for individuals who are seeking behavioral health services. “Between our business operations and clinical staff, we’re working collaboratively to find ways to streamline our processes and provide better, faster services and meet the demands of our community,” said Lakeisha Flores, CSB’s Business Operations Director.

After registering for a screening with the kiosk, which consists of five simple questions, the CSB’s PatientTrak software alerts staff that an individual has registered. Individuals of any age seeking help for a mental health and/or substance use concern may walk in, without prior appointment, to the Merrifield Center and speak with a staff member face to face, rather than initiating contact over the phone. On any given day, the CSB’s Merrifield Center is a busy place.



An average of 250 adults and 100 youth come to the walk-in screening area of the Merrifield Center each month. In FY 2018, 2,898 adults were screened, and of those 1,378 (around half) moved on to receive mental health assessments and initial diagnoses by staff. For youth, in the same time frame, 1,052 sought screenings and 807 required additional assessment services.

According to Mike Suppa, who manages the intake area, “We’re listening to our clients’ needs and feedback; we’ll continue to do that.” He adds that the demand for CSB services is steady.

The CSB has approximately seven licensed clinicians on duty who provide adult screening and assessment services during the CSB’s business hours. Additionally, there are other staff members who are available to assist with the walk-in services. For youth, there are four staff members and a supervisor who provide these services.

Meeting the challenge of the opioid epidemic head-on

Local health care professionals and law enforcement continue to witness the devastating effects of the opioid epidemic. There were more than 10,000 emergency department visits for opioid and heroin overdose treatments in 2017. Also in 2017, there were 114 opioid deaths in the Fairfax County Health District, a 78 percent increase from 2015. This most recent data shows that opioid deaths are now the leading cause of unnatural death in the county, exceeding motor vehicle and gun deaths.

As the opioid epidemic deepens, the need for substance use disorder services continues to grow. Leaders in Fairfax County recognized the urgency of this crisis and responded by developing a County Opioid Task Force. CSB serves as a key partner on this task force that is actively working to reduce deaths from opioids through prevention, treatment and harm reduction. The task force is also focusing its efforts on using data to best describe the problem in order to create targeted interventions that can also be evaluated for effectiveness.

As part of its own efforts to address the opioid epidemic, CSB strengthened a variety of services in 2018. Additional medical detoxification beds helped reduce the wait list for treatment services and the expansion of peer services ensured a greater number of individuals in need of treatment received proper support. CSB's recent efforts also include the expansion of medication-assisted treatment and investments in the REVIVE! program, which provides training to ensure more community members can administer a life-saving treatment for overdoses.

CSB staff will continue to work closely with partners to provide information and education at community forums, civic groups, conferences and faith gatherings. Fairfax County and the CSB are committed to finding new ways to address the opioid epidemic.



Crossroads Director Stacey Lawson (far right) and Faustina Boakye, RN, (second from left) welcomed Health Department leadership, including Dr. Raja Satori (far left) and Health Director Dr. Gloria Addo-Ayensu (second from right) for a tour of the program and a comprehensive discussion.

Expansion of Medication-Assisted Treatment

With funding allocated by the Fairfax County Board of Supervisors, and the Cities of Fairfax and Falls Church, the CSB expanded Medication-Assisted Treatment (MAT) in 2018. MAT involves the use of FDA-approved medications in combination with counseling and behavioral therapies to provide a “whole patient” approach to the treatment of substance use disorders.

As its title explains, MAT is medically based and designed to treat addiction as a disease. The primary medical component of MAT is Suboxone. This medication reduces opioid withdrawal symptoms, and reduces the risk of opioid overdose. Suboxone also helps individuals in recovery by binding to the opioid receptors in the brain to reduce cravings. Specialized training is required before a physician or nurse practitioner can be authorized to prescribe this medication, which includes a specific Drug Enforcement Agency (DEA) waiver.

Vivitrol is an injectable medication which reduces the risk of overdose for 30 days. This medication is being offered to individuals with an opioid use history prior to their release from the Adult Detention Center.

In addition to Suboxone and Vivitrol, other services provided by MAT now include individual and group counseling, outreach and engagement, care coordination, pharmacy, nursing and primary care. The continuing opioid crisis demands that the CSB continue to adapt treatment programs and track resources to help save lives.



Laurel Larison welcomes our clients to the clinic.

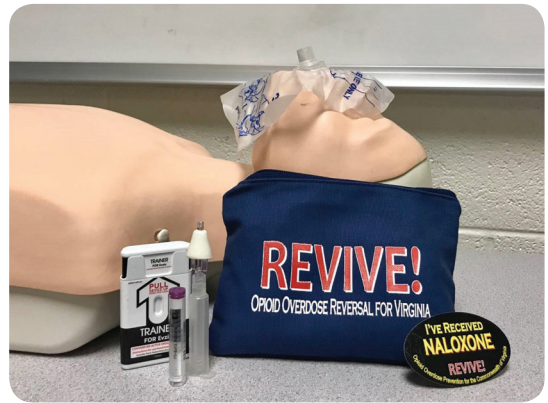
At the close of FY 2018, approximately 100 people were receiving Medication-Assisted Treatment services.

More people trained to administer life-saving naloxone

This year through the REVIVE! program, CSB staff trained nearly 800 people on how to administer the medication naloxone to reverse the symptoms of an overdose. Wellness, Health Promotion & Prevention staff are bringing the program out into the community, providing training at homeless shelters and drop-in centers as well as other locations. We also continue to offer the program each month at CSB locations around the county.

In 2018, through a partnership with the Fairfax County Sheriff's Office, REVIVE! training was also expanded to include incarcerated individuals.

CSB's Director of Jail-Based Services, Marissa Farina-Morse, said that inmates with opioid or heroin addictions are most at risk during the first weeks after being released from jail. "Someone with an opioid use disorder who was accustomed to getting high before they were incarcerated may try to use drugs again when they are released. This is devastating and can cause overdose because their tolerance is lower," she said. "With the new collaborative, we have a window of opportunity to educate and offer individuals who are at high risk of overdose with an extra tool they may need to stay alive. Community reentry following incarceration is challenging. We need to eliminate as many barriers as possible for those who are seeking help and who want to try to live drug-free once they are out of jail," said Farina-Morse. She added, "We urge family members, friends, and colleagues of these individuals to take the training, too. It can absolutely make a difference between life and death. We continue to hear many stories about lives that are saved with this training."



REVIVE! trainings are widely publicized and are offered to anyone who is interested, including individuals receiving CSB services, staff, community partners and members of the public. Since the launch of the program, CSB has trained more than 1,800 people.

Find a class at www.fairfaxcounty.gov, search 'revive'!

Diversion First providing alternatives to incarceration

Diversion First has positively impacted individuals and the community at large. Now in its third year, more than 1,000 people have been diverted to treatment through Diversion First. Thousands of police, fire and rescue personnel, dispatchers, magistrates, and other county officials and residents have received vital crisis intervention or mental health training. In addition, Diversion First has facilitated enhanced cooperation between law enforcement, the Sheriff's staff, Fire & Rescue, county human services agencies, the courts, and other public and private entities. Diversion First's long-term benefits include: better outcomes for persons with mental illness, developmental disabilities, and co-occurring substance use disorders; enhanced public safety for both county residents and law enforcement; and meaningful resource savings.



CSB's jail-based team.

There were several successes in 2018, including:

- Law enforcement officers, fully trained in crisis intervention, are now stationed in the CSB's Merrifield Center full time, 24/7.
- A second Mobile Crisis Unit is now fully operational and a third, co-responder model, is being planned for next year.
- A new Veteran's docket was established. A Drug Court docket was approved by the General Assembly and is expected to launch in October.
- CSB's jail diversion team has nearly doubled in size since the inception of Diversion First.

In FY 2018, law enforcement officers brought 2,166 people to the Merrifield Center. Of those individuals, 475 had potential criminal charges but were diverted from arrest to mental health services. This represents a 26 percent increase from FY 2017. To date, over 1,000 people have been diverted from potential arrest.

Diversion First initiatives continue to improve lives in our community.

Supporting individuals after institutionalization

CSB discharge planners work closely with treatment teams from hospitals and facilities around the Commonwealth to help individuals find resources, housing and appropriate treatment. With an increase in diversion efforts, and an upward trend of people seeking mental health resources, discharge planners faced challenges but shared success stories as well. Eleanor Barber, a Discharge Planning Supervisor, says, “Often our discharge planners are helping individuals who are at the beginning of their illnesses; they are not aware of resources available to them because they never had to be. We help them make that first step into recovery.”

The CSB discharge planning team facilitated 707 adult state psychiatric hospital discharges in FY 2018. Following closure of the Northern Virginia Training Center (NVTC), CSB transition staff has worked hard to place individuals into community settings with the supports they need. As of today, all 88 individuals from NVTC are comfortably housed in small group homes across Northern Virginia or around the state. The support continues as CSB and community partners work to ensure healthy, safe, and person-centered care for people receiving CSB services.

Kim, 38 years old, had a long history of hospitalizations and institutionalizations. She called 9-1-1 frequently and it was recognized that she may benefit from the support of a CSB discharge planner. Once the relationship was established, the discharge planner was able to work to find housing and resources to meet her needs. After years of struggling, Kim is now enjoying activities and community outings, and is sleeping through the night – something she’d never been able to do. The staff and client goals match: to become a member of the community.



New Welcoming Inclusion Network (WIN) launches

As our disability population has grown, both in size and differing interests and support needs, the county recognized the challenges in building equity and efficiency within available resources. Responding to this need, in February 2018, we launched the Welcoming Inclusion Network (WIN) to engage stakeholders and the broader community. WIN members have been working together to advance employment and day services for individuals with developmental (and intellectual) disabilities.

In 2017, attendees at a series of collaborative workshops identified a need for more dialogue and increased creative service options that could be matched to individuals with varied interests and support needs. The goals of the WIN collaborative are to build more opportunities for information and resource sharing, ensure service equity and efficiency, and boost employment opportunities through existing and new service models.

In December 2018, WIN Chair and former CSB Board member Lori Stillman is slated to present creative and innovative new day and employment service options that were developed by the WIN stakeholders. These ideas were developed following a series of presentations, research and subject matter expertise inputs. Together, community members, with support from CSB staff, developed a series of meaningful options for the Board's consideration. Each is designed to further community inclusion and person-centered experiences for people with developmental disabilities.



John Cook, Supervisor of the Braddock District, welcomed Evan Jones, CSB's Director of Day & Employment Services; Lori Stillman, Chair of the WIN and former CSB Board member; and Karen Abraham, parent, member of the Fairfax Area Disabilities Services Board, and stakeholder from the WIN, to talk about the initiative on his televised program.

Providing transitional services to more FCPS graduates

Many seniors graduating from Fairfax County Public School (FCPS) look forward to college as the next chapter in their lives. Students with developmental disabilities such as autism and intellectual disability are no different. They have the same aspirations as their peers. Continuing academic success for a student with a disability is also achievable but may require additional support.

More than 26,000 of FCPS students receive special education services (14 percent of the total student population). While not all of these students are eligible for CSB transition services, the CSB has experienced a steep increase in the number of students who have been diagnosed with a developmental disability and are now eligible for services.

CSB transition support coordinators work with students and their families to identify day and employment options and possibilities. Among those, transitional, day, individual and group options are popular. But increasingly the Self-Directed Services (SDS) options are booming. Individuals with developmental disabilities explore activities and supports that are a good fit for them, including academics, employment, volunteer and social activities. There was a 57 percent growth in the number of SDS consumers, growing from 88 to 138 individuals in FY 2018.

FCPS graduates receiving transition services

- 2017: 100
- 2018: 114
- 2019: 173 (projected)



BeWell health care integration effort is making a difference

The integration of primary and behavioral health care continues to be a key strategic initiative for the CSB. Our [BeWell program](#), now in the third year of a four-year federal grant, aims to improve the health status of people with serious mental illness.

To date, BeWell has enrolled 471 CSB clients and the program results have been impressive.

- 60 percent reported improved functioning in everyday life
- 44 percent reported improved social connectedness
- 57 percent improved breath CO levels (tobacco use)
- 49 percent improved BMI scores
- 46 percent improved waist circumference
- 18 percent improved combined blood pressure

People with serious mental illness in the U.S. die an average of 25-30 years earlier than individuals in the general population. Chronic diseases account for 7 of the 10 leading causes of death. Most commonly identified health conditions among people with Serious Mental Illness are diabetes, high blood pressure and obesity.

BeWell also hosts health fairs at the Gartlan and Merrifield Centers twice each year, providing clients with a variety of health information, HIV testing, blood pressure and other health screenings, and information about getting connected to primary care, pharmacy and dental care services.

Helping youth thrive!

Alcohol is the most commonly used and abused drug among youth in the United States. According to the U.S. Centers for Disease Control, youth who drink alcohol are more likely to experience poor grades, social and legal problems, disruption in growth and development, abuse of other drugs, memory problems, and more. Youth who start drinking before age 15 are six times more likely to develop alcohol dependence or abuse later in life than those who begin drinking later. Locally, according to 2016 Fairfax County Youth Survey data, roughly 16.1 percent of eighth-grade students say they have tried alcohol. By grade 12, that number jumps to 54.3 percent.

Research shows that parents are the number one reason young people decide not to drink. The CSB works with parents and key community partners to do more to help teens stop before they start using alcohol and other drugs. CSB's Wellness, Health Promotion & Prevention team launched a new underage drinking prevention education campaign called "Talk. They hear you." in 2018. The public was encouraged to attend brief, free lunchtime presentations to learn about this campaign which focuses on children between ages 9-15. The campaign features an interactive mobile app involving simulations and avatars to help parents practice bringing up the topic of alcohol, learn the right questions to ask, and explore ideas on how to keep the conversation going. The app is free and easy to use.

Issues covered in the hour-long presentations included: How to tell if your child is drinking alcohol, consequences of underage drinking, actions to take to prevent your child from drinking, why small conversations make a big impression and why you should talk with your child about alcohol.

In February, the CSB launched a new Youth Council. The Youth Council invited teens interested in making a difference in their community on drug and alcohol prevention.

Roughly 30 teens meet at the Merrifield Center each month during the school year, where they discuss school and community-based prevention activities.



Some of our Youth Council participants.

Fighting suicide with partnerships, training and outreach

The CSB continues to serve a leading role in suicide prevention across our community. The CSB encourages residents to get involved in the regional Suicide Prevention Alliance of Northern Virginia (SPAN). A partnership of the CSBs in the Northern Virginia region, as well as schools and nonprofit agencies, SPAN promotes regional mental health resources, trainings and screenings. Meetings are held quarterly at the Merrifield Center and are open to the public.

The CSB continues to provide funding support for the region's crucial crisis hotline and textline, operated by PRS Inc. Last year, PRS CrisisLink handled over 35,000 phone calls, including 10,079 calls from Fairfax County, and received over 21,000 text messages.

CSB co-hosts an annual community NEXUS community conversation in conjunction with the Gartlan Center's Advisory Board. Topics this year included youth anxiety, trauma-informed care, and the multicultural mental health resources and needs of young people. Dr. Scott Braband, new Superintendent of Fairfax County Public Schools, offered welcoming remarks and challenged attendees to “slow down, listen, and remember that stress and anxiety don't just happen to ‘some kid,’ they happen to all of our kids.”



A panel at the NEXUS event.

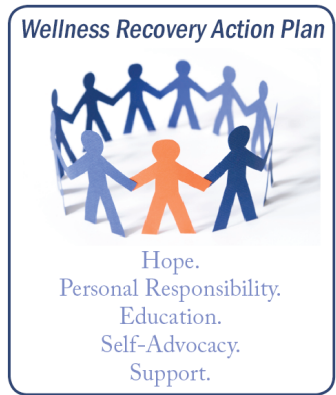
- **1,384** people took one of our **brief, confidential online screenings** to determine if they should connect with a mental health professional.
- **4,083** people took one of our **Kognito At-Risk** youth suicide prevention online trainings that prepare educators and other adults in our community to recognize when a young person is exhibiting signs of psychological distress, talk with them, and help connect them with appropriate support.
- Wellness, Health Promotion & Prevention staff taught **69 Mental Health First Aid** classes, with **962** certified participants including Adult, Youth, Older Adults, Spanish, and Public Safety modules.

Peers play important role in recovery for others

The Wellness & Recovery Action Plan (WRAP) process is widely used by people in all kinds of circumstances, as well as by health care and mental health programs to help address all kinds of physical, mental health and life issues.

WRAP helps participants discover individualized wellness tools, develop a list of steps to take each day to understand the cycles of wellness, and learn how to identify early warning signs of stress or anxiety. The series consists of eight 2-hour classes grounded in mental health recovery concepts. Courses are free and open to the general public. Attendees learn about self-help tools and resources that can lower stress and help people feel better during difficult times.

CSB also launched a series of professional development trainings for peer recovery specialists in April. Mark Blackwell, Director of Consumer and Family Affairs says, “Peers are making a profound impact here at the CSB. They’re bringing hope to countless individuals who have struggled and are now helping them rediscover their strengths. They’re showing that bouncing back is possible and our peers are blazing new trails in the profession. At this point, it’s crucial to ensure that we clearly define the role of the peer for CSB supervisors, as well as clients, as we expand and move forward. Our new trainings are intended to further professionalize the role of peer support and I’m excited to be able to create this and watch the program evolve.”



Mark Blackwell leads a training for peer recovery specialists. “We’re a great, smart and compassionate team that’s making great strides together.”

New permanent supportive housing provides hope

For many people with serious mental illness, a successful life in the community requires stable, safe housing plus clinical support. For someone with a mental health condition, the necessity of a stable home can be hard to come by. The lack of safe and affordable housing is one of the most powerful barriers to recovery. When this basic need isn't met, people often cycle in and out of homelessness, jails, shelters and hospitals.

Permanent supportive housing helps people with mental health conditions, many of whom circle through jail, life on the street, and hospital emergency rooms. The daily cost of a public supportive housing unit is \$49, versus \$70 for a bed in the Adult Detention Center or \$959.50 for an adult psychiatric state hospital bed.

Permanent Supportive Housing (PSH) is a model that combines low-barrier affordable housing, health care, and supportive services to help individuals and families lead more stable lives. PSH typically targets people who are homeless or otherwise unstably housed, experience multiple barriers to housing, and are unable to maintain housing stability without supportive services.

CSB and nonprofit partner New Hope Housing Inc. launched a PSH program in FY 2017 with funding through a multiyear, \$1.4 million state grant to develop permanent supportive housing options for adults with serious mental illness who are currently receiving CSB services. These housing opportunities also are for those who are homeless, at risk of homelessness, or at risk of involvement with the criminal justice system. Priority consideration is given to those leaving hospitals or state institutions such as the Northern Virginia Mental Health Institute who have no housing plan. New Hope Housing locates and manages the housing and CSB provides clinical and supportive services.

In the first two years of the program, CSB and New Hope Housing placed 63 individuals in newly developed supportive housing units. Thanks to continued partnerships such as this, people with mental health conditions are a major step closer to achieving their wellness goals.

“Bob” is a 54-year-old man with major depression, alcohol dependence and a history of homelessness and arrests. Over the years, he used many CSB services, including detox, residential treatment, crisis care and jail-based services.

Bob was accepted into permanent supportive housing in August 2017. Working with his case manager, in just a little over a year, his life and circumstances have turned around. He uses fewer CSB services and is now working and volunteering. Bob has also experienced a heightened sense of well-being. “Living in my new home has been life-changing. I can focus on my goals and I’ve become more independent.”



** Bob is a pseudonym used to protect the individual's confidentiality.*

Healthy Minds Fairfax supports youth and families

Jim Gillespie, Healthy Minds Fairfax Director, is excited about the future of mental health services for young people in Fairfax County and the Cities of Fairfax and Falls Church. “We’re working hard to provide services and support to youth and families who need them, while reducing the stigma surrounding mental illness and help-seeking,” Gillespie said.

Now in its second year, Healthy Minds Fairfax is a collaborative effort to help children, youth and families access mental health and substance abuse services through a coordinated network of county agencies, including the CSB, schools, and private providers. Healthy Minds Fairfax is making a difference.

A new Parent Support Partners (PSP) program was established this year. Parents can get involved with the PSP program for support, understanding, and connections on how to find and access services to help children, youth and young adults feel better and do better.

Parent support partners are people who have been there. They have faced family challenges and have come through to the other side and are now ready to give back. PSP staff are all parents who have received training and are qualified to offer education, support and assistance. They provide reliable information that families can use in decision-making and they are familiar with services and resources that can help families in distress. The PSP is provided at no cost to families.

In collaboration with George Mason University, Healthy Minds Fairfax also launched a regional behavioral health training initiative this year. The trainings are designed to ensure local clinicians are using leading, up-to-date evidence-based treatment protocols.



Supporting Emotional Wellness
in Youth and Families

"It has been wonderful to have a Parent Support Partner! Because she has 'been there,' she truly understands our experience. We have found strength, connected with helpful community resources and have new hope for the future!

– Father of an 11-year-old son

Persons served

<i>Characteristics of Persons Served by CSB Service Types</i>						
		<i>Developmental Disabilities</i>	<i>Mental Health</i>	<i>Substance Use Disorder</i>	<i>Early Intervention (Infant & Toddler Connection)</i>	<i>Ancillary Services**</i>
FY 2018 Persons Served <i>Based on state reporting categories</i>		2,237	6,914	1,544	3,889	17,743
Age	0-11	3%	7%	0.5%	100%*	8%
	12-18	8%	20%	9%		19%
	19-26	26%	11%	15%		20%
	27-59	57%	50%	70.5%		46%
	60+	6%	12%	5%		7%
Gender	Female	38%	47%	31%	38%	41%
	Male	62%	53%	69%	62%	59%
Race***	Asian	13%	8%	2.5%	16%	10%
	Black/African American	12.5%	20%	18%	8%	19%
	White/Caucasian	62%	43%	53%	41%	46%
	Other	12.5%	29%	26.5%	35%	25%
Hispanic Origin***		13%	25%	20%	22%	22%

Numbers served are unduplicated in each service type, but individuals may be served in more than one service type.

** All served by Infant and Toddler Connection are ages zero to three.*

*** Ancillary services include but are not limited to emergency services, assessment, monitoring, forensics and the Program to Assist in Transition from Homelessness (PATH).*

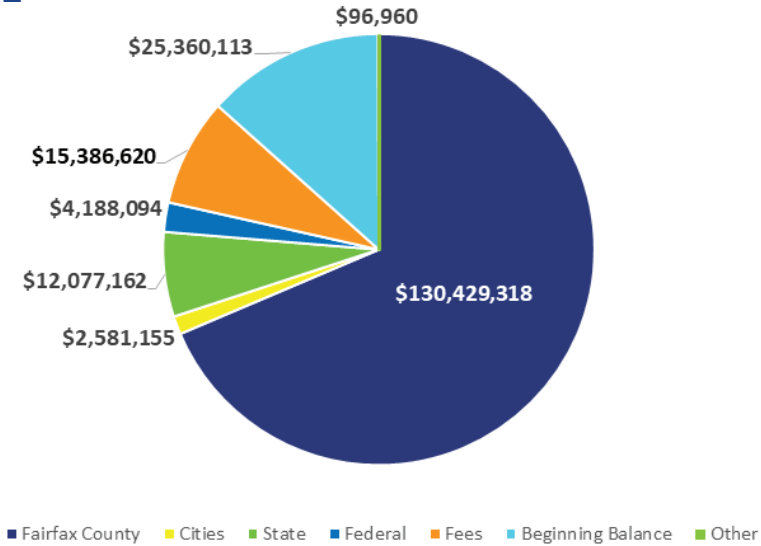
**** Blank/unknown values are excluded from percentage calculations for race/Hispanic origin.*

Note about the Infant & Toddler Connection: Following the 2016 countywide Lines of Business review, it was decided that because the services provided by the Infant & Toddler Connection (ITC) are more closely aligned with services provided by the Department of Family Services (DFS), ITC would be realigned with the Office for Children within DFS as of FY 2019. There was no disruption in service provision; eligibility, access, location, service content and contact information remained the same and the public continued to access and receive services in the same fashion and at the same locations.

Financial data

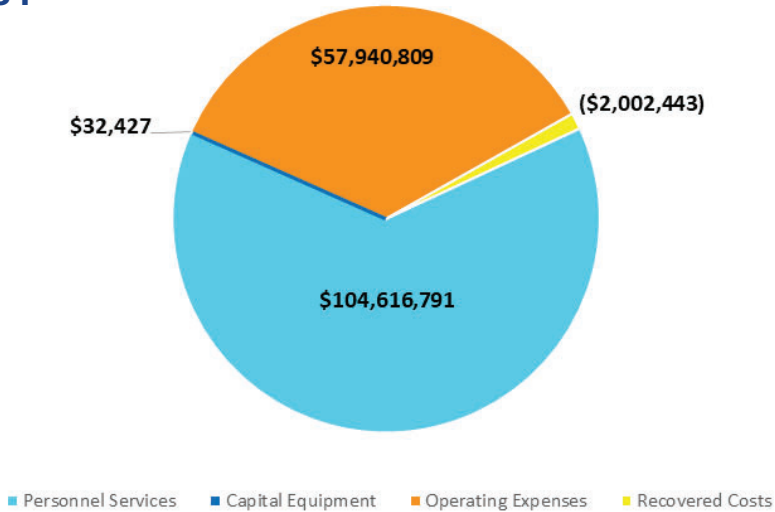
FY 2018 Revenues

\$190,119,422



FY 2018 Expenditures

\$160,587,584



Operating expenses include amounts paid to vendors for contracted services, rent, etc. Recovered costs include reimbursements for CSB services provided to other county agencies. FY 2018 ending fund balance was \$29,531,838.

Community Services Board members

FY 2018 Board Officers

Suzette Kern
Chair

Bettina M. Lawton, Esq.
Vice Chair

Edward E. Rose III
Secretary

FY 2018 Board Members

Braddock District*
Rachna Sizemore Heizer

City of Fairfax
Diane R. Tuininga

City of Falls Church
Edward E. Rose III

Dranesville District
Jennifer Adeli

Fairfax County At-Large
Daria Akers
Gary A. Ambrose
Ken Garnes
The Honorable Jane H. Woods

Hunter Mill District
Bettina M. Lawton, Esq.

Lee District
Suzette Kern

Mason District
Sheila Coplan Jonas

Mount Vernon District*
Vacant

Office of the Sheriff
Captain Basilio ‘Sonny’ Cachuela Jr.

Providence District
Nancy Scott

Springfield District
Thomas Burger

Sully District*
Adrienne Walters

**The following members left the CSB Board during FY 2018: Molly Long (Braddock District); Paul Luisada, M.D. (Mount Vernon District); and Sarah Meiburg (Sully District).*

Visit www.fairfaxcounty.gov/community-services-board/board for detailed CSB Board information.

Join us at a CSB Board meeting

The Fairfax-Falls Church Community Services Board normally meets at 5 p.m. on the fourth Wednesday of each month. Meetings are held at the Merrifield Center in Fairfax, Virginia, and the public is encouraged to attend.

Call the Board Calendar at 703-324-7035 (TTY 711) or visit the Board meeting schedule page on our website at www.fairfaxcounty.gov/community-services-board/board to confirm times and locations.

Be part of the solution!

Join us. Learn more about CSB services and get involved in the mental health and well-being of your community.

Follow us on social media



Tweet. Post. Engage with us.

Read our weekly CSB News.

Attend a CSB Board Meeting



Meetings held on the fourth Wednesday of each month.

Volunteer with us



Train with us



Mental Health First Aid
REVIVE! overdose prevention training
Online youth suicide prevention training

Engage with us



Where We Want to Be – CSB Vision

Everyone in our community has the support needed to live a healthy, fulfilling life.

What We Do – CSB Mission

To provide and coordinate a system of community-based supports for individuals and families of Fairfax County and the cities of Fairfax and Falls Church who are affected by developmental disability, serious emotional disturbance (youth), mental illness and/or substance use disorders.

What We Believe In – CSB Values

In achieving our mission and vision, we value:

- **Respect for the people we serve.**
Individual dignity and human rights protection are at the center of the CSB service philosophy. Each individual is involved in developing service plans which address his/her needs and preferences. Feedback from service recipients is encouraged to assess program strengths and areas for improvement.
- **Quality in the services we provide.**
The CSB offers a comprehensive menu of preventative and responsive services that meet the needs of individuals who live in the Fairfax County community. Services are provided by qualified professionals using methods proven to achieve positive, measurable outcomes.
- **Accountability in all that we do.**
The CSB recognizes its responsibility to the Fairfax County community by striving to provide services to people with limited resources or complex needs in an effective and efficient manner. Policies and procedures are communicated and accessible to all individuals and organizations with whom we work and process improvement is anchored in continuous data review.

Adopted June 2014



FAIRFAX - FALLS CHURCH

Community Services Board

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A Fairfax County, Virginia publication

Published October 2018.



To request this information in an alternate format, call 703-324-7000, TTY 711.