

ALL IN!

DBHDS Monthly Update from Commissioner Ferguson

November 7, 2014

WELCOME

It is very hard for me to believe, but I have been on the job now for just over six months. The time has flown by. In those months, I've had the privilege to travel across the Commonwealth and visit many stakeholders, providers and individuals as I continue to learn a great deal about our system and the very deserving people it serves. Everyone has been so kind and helpful to me. Also during this time, an incredible amount of work has been done. Many individuals living in Virginia's training centers have transitioned to new homes in the community – the statewide training center census has decreased from 650 in late April to 573 today and Southside Virginia Training Center has closed. Much progress has been made in the effort to redesign new Medicaid waivers to maximize opportunities for a full life in the community with increased flexibility, new options and improved access to waiver supports and services. Virginia has implemented new civil commitment laws and changes to our emergency services system. We have also trained over 75 trainers and 285 lay rescuers as a part of the Project REVIVE! pilot program to provide prescription medication to concerned loved ones that reverses the effects of an opioid overdose. These are just some of the major projects and initiatives DBHDS has been working on over the past six months. These achievements were only possible through the expertise of the talented, hard-working staff at DBHDS and with the partnership and contributions of dedicated system stakeholders. I am deeply grateful for what all of you do every day on behalf of people with behavioral health disorders and developmental disabilities and their families across the Commonwealth.

MAJOR UPDATES

Exceptional Supports Rate – Emergency Regulations for the ID Waiver Congregate Residential Services Exceptional Supports Rate became effective November 1, 2014. The Exceptional Supports Rate is available to qualifying individuals currently in training centers or nursing facilities who are unable to transition to the community without Exceptional Supports as well as individuals currently in the community whose maintenance there is at risk. Three Exceptional Supports Rate documents may be found on the DBHDS website under [Waiver Services](#):

- The **Exceptional Supports Rate Application for Providers**: required for providers to complete and send via the supports coordinator to DBHDS prior to requesting the Exceptional Supports Rate for a particular individual.
- The **Exceptional Supports Rate Process Flow Chart**: illustrating the Exceptional Supports Rate provider application process and the individual service authorization process.
- The **Individual Exceptional Supports Request Check Sheet**: required to accompany service authorization requests for the Exceptional Supports Rate. This should act as a guide for providers and a confirmation for DBHDS Preauthorization staff that all of the needed elements are attached to the service authorization request in IDOLS.

DBHDS encourages providers to begin the process of applying to be an Exceptional Supports provider for those individuals who qualify. Support coordinators also play a role in the Exceptional Supports Rate process. Support coordination related requirements can be found [at this link](#). For more information, please feel free to direct questions to Dawn Traver, Waiver Operations Director, at dawn.traver@dbhds.virginia.gov.

Budget Update – In October, the Governor released his approved list of budget reduction strategies for state agencies for FY 2015 following the Governor and General Assembly’s agreement to cover Virginia’s significant budget shortfall, in part, through reductions of executive branch agency budgets of 5% in FY 2015 and 7% in FY 2016. The approved cuts for DBHDS totaled \$3.6 million in FY 2015. This equates to a 5% reduction to Central Office, a 0.5% cut to mental health hospitals and a 1.4% decrease to VCBR. The first table shows a summary by agency. The second shows a summary by type of action.

Agency	FY 2015 Budget Reduction
Central Office	(\$2,038,421)
Grants to Localities (CSBs)	(\$0)
Mental Health Hospitals	(\$1,247,988)
Training Centers	-
VCBR	(\$401,672)
Total DPB Target	(\$3,688,081)

Agency	FY 2015 Budget Reduction
Transfer FY 2014 Balances	(\$207,588)
Efficiencies	(\$1,378,993)
Fee Increases	(\$704,578)
Personnel Cuts	(\$476,697)
Program Reductions	(\$920,226)
Total DPB Target	(\$3,688,081)

Regrettably, the DBHDS reductions included six layoffs at central office and less than 15 across the facilities. These decisions are never easy and significantly impact the lives of those involved. Very importantly, these reductions do not fully address the revenue shortfall. Any reductions for FY 2016 will be included in the Governor’s budget announced on December 17. We anticipate our system will again be impacted by this next round of reductions. I am grateful for your continued commitment to the individuals we serve, especially in these difficult economic times.

Waiver Redesign Update – October proved to be the month in which six months of intense work came together with over 100 stakeholders and our sister agencies including DMAS, DARS and the Virginia Board for People with Disabilities coalesced. There is a clear path forward on creating Medicaid waivers that promise to provide the resources required to transform community services. Specifically, new and refined service definitions have been proposed that will create services tailored to support individuals in the community will be provided through three amended waivers. And, Virginia has received assurances from CMS (Centers for Medicaid & Medicare Services) that it will be acceptable to amend our three current waivers, each of which will serve individuals with developmental disabilities and intellectual disabilities, rather than create two new waivers. This should enable the Commonwealth to begin to roll out services focused on increasing community living options by January 2016. DBHDS will be working with providers, advocates, families and individuals who receive these services over the next months to finalize the waiver and present the proposed model to the Secretary, Governor and General Assembly. In addition, the new interim enhance rates are now effective for individuals needing more intense services due to higher medical or behavioral support needs which will help bridge us to this new future.

If you would like to be added to the email list to receive waiver redesign communications, please send your email address and your stakeholder status (e.g., self advocate, family member, provider agency representative, advocacy organization, etc.) to waiverupdates@dbhds.virginia.gov.

More Western State Units Go Live on the Electronic Health Record – Three new units at Western State Hospital will go live on the OneMind EHR on November 12th. This go live will be nearly triple the size of the unit go live which occurred on September 9th. While nearly all energies are focused on the November 12th live, DBHDS is continuing to look toward the future with strategic planning underway for continued success in bringing the remaining facilities live on OneMind.

Alternatives Conference to Focus on Peer Voices to Promote Recovery – Rhonda Thissen in the DBHDS Office of Mental Health and Bonnie Neighbour, Executive Director of the Virginia Organization of Consumers Asserting Leadership (VOCAL) and Vice President of the State Board, were invited to present at the 2014 Alternatives conference, which was held October 22-25 in Orlando. Alternatives is an annual SAMHSA-sponsored conference which focuses on the consumer/peer voice in promoting recovery and person-centered systems of care. Rhonda and Bonnie's session, entitled "Effective Collaboration Between Peer-Run Programs and the State Mental Health System: Ideas for Making It Work," provided information on more than a decade of cooperation and collaboration between DBHDS and VOCAL around a variety of issues, including legislative and policy advocacy, growing peer support services, and implementing recovery-oriented initiatives. The session was attended by nearly 40 people from across the country and provided an opportunity for participants to share information about activities in their states and brainstorm ideas for strengthening consumer voices at the system level.

Mental Health Services to Youth in Juvenile Detention – This month, DBHDS held a statewide meeting for all of the CSBs that provide mental health services to the 23 Juvenile Detention Centers around the Commonwealth. CSB clinicians, juvenile detention superintendents, detention staff, Central Office staff, and staff from the DBHDS Commonwealth Center for Children and Adolescents came together to share information, discuss challenges and strategies to best serve this very high-risk population of youth. While these youth are at very high risk for future problems, DBHDS recognizes the significant opportunity we have to work closely with them while they are in detention.

A CSB's primary role in a juvenile detention center is providing short-term mental health and substance abuse services to juveniles incarcerated in the center with mental health, substance abuse or co-occurring mental health and substance use disorders. As part of this role, a CSB also consults with juvenile detention center staff on the needs and treatment of juveniles. This may include case consultation and training of detention center staff. CSB clinicians provide individual and group therapies to the youth while in detention and also link them to their community CSB upon release from detention. Since the juveniles have been court ordered to the center, they are under the jurisdiction of the center for care. However, their families still have custody and involving families is an important function of the CSB and detention staff.

The Virginia Acute Psychiatric and CSB Bed Registry Update – The psychiatric bed registry was launched on March 3, 2014. A psychiatric bed registry stakeholder's meeting is held once every six to eight weeks to discuss data analysis, feedback from the field, and future enhancements. Since the release of the registry the website has been modified based on feedback. The most recent enhancements to the registry were released on October 9, 2014. DBHDS is providing ongoing technical assistance and training for all of the registry's users. There are currently 1,826 users, consisting of individuals working in CSBs, community hospitals, freestanding psychiatric hospitals, state hospitals, CSUs, and emergency departments. For more information regarding the registry [Click Here](#).

Synar Outcomes – DBHDS Behavioral Health Wellness is celebrating the 2014 Synar outcomes! Federal Synar regulations require states to keep the Retailer Violation Rate (RVR) for tobacco sales to youth below 20%. If this rate exceeds 20%, penalties can occur to the Substance Abuse Block Grant impacting both prevention and treatment services. Many states have gotten their RVR rates below 10%. Last year, Virginia had the 17th highest rate in the country at 13.5%. This year, DBHDS Behavioral Wellness Consultant, Colleen Hughes, developed Merchant Education materials in partnership with Virginia Alcoholic Beverage Control (ABC) and trained the CSBs on how to use these materials with

tobacco retailers in their catchment area. This is a best practices environmental approach to address youth access to tobacco products. This year Virginia's Synar RVR is 4.5%, the lowest in Virginia's history of Synar.

New Leadership Staff

Chief Deputy Commissioner – Kathy Drumwright was selected to serve as DBHDS' new Chief Deputy Commissioner. Kathy had been the acting Chief Deputy Commissioner and previously was DBHDS' Assistant Commissioner for Quality Management and Development. Prior to coming to DBHDS, Kathy was the deputy director of the Virginia Beach Department of Human Services where she directed services and operations at the community services board. Kathy received her Master of Arts in community clinical psychology from Norfolk State.

Assistant Commissioner for Forensic Services – Dr. Michael Schaefer is DBHDS' new Assistant Commissioner for Forensic Services, a position responsible for overseeing department programs involving forensic services, justice involved services, the sexually violent predator program and the Virginia Center for Behavioral Rehabilitation. Dr. Schaefer was previously the Director of the DBHDS Office of Forensic Services. He has also worked for the Federal Bureau of Prisons and Southern Virginia Mental Health Institute. Michael earned his Ph.D. from the University of Southern California, his Master's in Rehabilitation Counseling from the University of Iowa and his B.A. from UCLA.

Central State Facility Director – Dr. Rebecca Vauter will be the new Director at Central State Hospital with the retirement of current director Vicki Montgomery. Rebecca is currently serving as the Clinical Director of Eastern State Hospital. Prior to her current position, she served as the Forensic Clinical Specialist in the DBHDS Central Office and the Chief Forensic Coordinator at Central State. Rebecca received her Psy.D. from the Virginia Consortium Program in Clinical Psychology in a joint program with The College of William and Mary, Norfolk State University, Eastern Virginia Medical School, and Old Dominion University. She also received her B.S. from Misericordia University.

Virginia Center for Behavioral Rehabilitation (VCBR) Facility Director – Jason Wilson has been selected has been selected to serve as the new facility director at the Virginia Center for Behavioral Rehabilitation (VCBR). Jason has been VCBR's acting facility director since March 2014 and he served as VCBR's Director of Healthcare Compliance since 2010. Jason received his B.S. in Behavioral Science from Bluefield College.

On the Road

October was another busy but productive month. I had the opportunity to visit three Community Services Boards and attend a number of associations conferences and meetings. I was especially honored to attend this month's NAMI Walks and a fabulous Recovery Conference in Region Ten. There is a lot of great work being done across the Commonwealth and I learn so much from seeing it firsthand.

- October 2: VACSB Public Policy Panel in Roanoke
- October 3: Meeting with CVTC Parents Board & Tour of Building 31, Lynchburg
- October 8: Virginia Network of Private Providers, Richmond
- October 9: Visit to Northern Virginia Mental Health Institute, Falls Church
 - Meeting with NVTC Parents Board, Fairfax
 - NVTC Parents & Friends Open House, Fairfax
- October 17: Virginia Psychological Association Conference, Richmond
- October 18: NAMI Walks, Glen Allen
- October 20: Visit to Middle Peninsula Northern Neck CSB, Saluda
- October 21: Visit to Harrisonburg-Rockingham CSB, Harrisonburg
- October 22: Visit to Blue Ridge Behavioral Healthcare, Roanoke
- October 23: Psychology in the Public Sector, Eastern State Hospital, Williamsburg
- October 27: National Council for Behavioral Healthcare and State Association of Addiction Services merger, Washington, D.C.

- October 29: Visit to Allegheny-Highlands CSB, Covington
- October 31: CCCA Symposium on Children's Mental Health, Waynesboro
 - Region Ten Recovery Conference, Charlottesville



*With former U.S. Congressman Patrick Kennedy
at the National Council reception in Washington, D.C.*



*Commissioner Ferguson meets with residents, families and staff
at Northern Virginia Training Center (NVTC) Meet and Greet.
The Commissioner is visiting NVTC to answer questions
about ensuring safe transitions of individuals to new homes
and hear concerns about the 2016 training center closing.*



VACSB Public Policy Conference

Stay Connected!

- **Waiver Updates Email List** – If you would like to be added to the email list to receive waiver redesign communications, please send your email address and your stakeholder status (e.g., self advocate, family member, provider agency representative, advocacy organization, etc.) to waiverupdates@dbhds.virginia.gov.
- **ALL IN! Email List** – Anyone interested in being included on this list can simply send his or her email address using the link [here](#).
- **Innovations** – If you would like to highlight an innovative program or service for future editions of ALL IN!, please send your submission (no more than two paragraphs) to the link [here](#).

Recent News Stories of Interest

- [DBHDS Press Release: DBHDS, National Council for Behavioral Health, & VACSB form a major joint partnership to help improve the quality of and access to mental health services across the Commonwealth](#) – DBHDS and all of Virginia’s 40 CSBs now have access to the National Council for Behavioral Health’s wealth of resources and expertise. This comprehensive partnership will improve mental health services for thousands of Virginians across the state. This latest development is also part of Commissioner Ferguson’s strategic plan to reform and improve DBHDS’s services, resources, and support.
- Daily Press – [Virginia becomes 'all-in' state with new mental health partnership](#)
- News Advance – [Group finds no agreement on state-run centers for the disabled](#)
- Roanoke Times – [McAuliffe creates prescription drug, heroin taskforce](#)
- Richmond Times-Dispatch – [McAuliffe proposes limited health care expansion](#)
- Daily Press – [Virginia Gov. Terry McAuliffe's plan expands access to mental health services](#)
- SWVA Today – [REVIVE class taught in Tazewell](#)
- WUSA9 – [Help for parents with mental health issues](#)
- [DBHDS Press Release: DBHDS Awards \\$1.2 MILLION to Address Substance Abuse and Mental Illness in Virginia](#) – DBHDS has awarded approximately \$ 1.2 million in funding to help prevent substance abuse and mental illness by promoting family wellness throughout the Commonwealth.
- Daily Press – [Hampton/NN CSB receives Family Wellness grant](#)
- NBC 29 – [Mental Health Services Subcommittee Discusses Weaknesses in System](#)
- Daily Press – [New crisis center opens in Williamsburg](#)
- Roanoke Times – [Our view: A Pulaski County zoning dispute is colored by an old fight against the stigma of mental illness](#)
- Richmond Biz Sense – [Bon Secours cuts ribbon on new Hanover program](#)
- Richmond Times-Dispatch – [Crisis Center opens at Memorial Regional - Unit will assist deputies with evaluations](#)
- [DBHDS Press Release: Commonwealth Center for Children & Adolescents Symposium Highlights Improvements in Treating Children’s Mental Health Issues](#) – The Commonwealth Center for Children & Adolescents (CCCA) is bringing together national experts in children’s mental health treatment for a symposium held in recognition of CCCA’s 40th anniversary.
- Daily Progress – [Center offers new treatment for children’s mental health](#)

RECENT FACTS & FIGURES

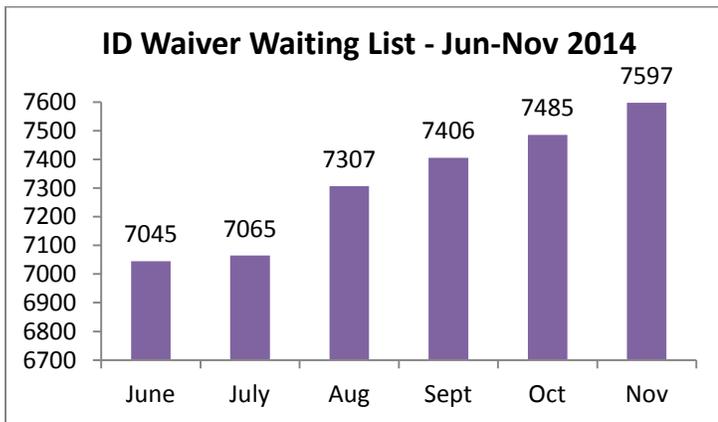
Training Center Census (November 3, 2014)

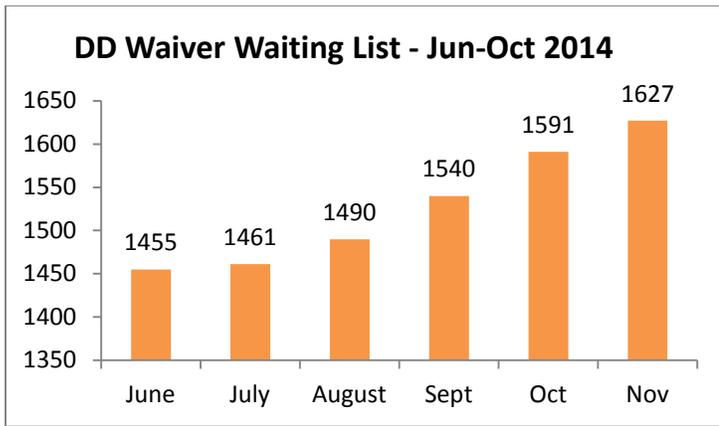
Name	July 1, 2012 Census	July 1, 2013 Census	Dec 31, 2013 Census	Nov, 3 2014 Census
SVTC - Closed 6/30/2014	201	114	57	0
NVTC - Closure: By 6/30/2016	153	135	115	94
SWVTC - Closure: By 6/30/2018	173	156	150	136
CVTC - Closure: By 6/30 2020	350	301	285	270
SEVTC - Remains open at 75 beds	106	84	81	73
Total	983	790	688	573

ID and DD Waiver Enrollment and Waiting Lists (October 31, 2014)

	ID Waiver	DD Waiver
Total Enrolled	10,192	1,013
Urgent Waitlist	4,601	
Non-Urgent Waitlist	2,996	
Total Waitlist	7,597	1,627

Waiting List Totals from Previous ALL IN! Newsletters





Mental Health Hospital, Hiram Davis and VCBR Census (Nov. 5, 2014)

Name	Nov. 2014
Catawba	107
Central State Hospital	210
Eastern State Hospital	288
Northern Virginia Mental Health Institute	125
Southern Virginia Mental Health Institute	60
Southwest Virginia Mental Health Institute	157
Western State Hospital	228
Piedmont Geriatric Hospital	117
Commonwealth Center for Children and Adolescents	41
Hiram Davis Medical Center	66
Virginia Center for Behavioral Rehabilitation	330
Total	1,729

As you can see, a great deal is going on at DBHDS! These are challenging but exciting times. I have truly enjoyed these past six months and am looking forward to the months and years to come! I also want to take this opportunity to thank all who have served in the Armed Forces, and their families, for their heroic service to our country. You keep us safe. You make us proud. We can never thank you enough. **HAPPY VETERANS' DAY!**

Debra Ferguson, Ph.D.
 Commissioner
 Virginia Department of Behavioral Health & Developmental Services