

ALL IN!

DBHDS Monthly Update from Commissioner Ferguson

January 2015

WELCOME

Welcome to the January 2015 edition of ALL IN!

We are now gearing up for the annual General Assembly Session which begins on January 14th. This will be my first Session in Virginia. All the legislative sessions I have been involved with over the years have been hard work, but I am really looking forward to the opportunity to tell lawmakers about the quality services provided by devoted staff throughout our system and about the many thousands of individuals we are privileged to serve. In just a very short time we have made significant progress in a number of areas; I have highlighted just some of them for you below.

UPDATES and INFORMATION

Emergency Services – There continues to be enormous pressure on our emergency services system. There were well over 37,000 emergency contacts in the month of October alone. In that month, there were also 6,899 emergency evaluations and 2,095 temporary detention orders issued across the commonwealth. DBHDS continues to collect data on the functioning of the emergency response system in order to follow-up on critical events, offer consultation in problematic situations and provide technical assistance where indicated. **It should be noted that in the first quarter of FY 2015 no one was denied services due to lack of an available bed.** More information can be found in the October TDO Exception Report, which is posted on the DBHDS website, [here](#).

Also, the online psychiatric bed registry is continuing to be enhanced with data analysis and feedback from the field. Also, DBHDS is providing ongoing technical assistance and training for all of the registry's users. There are currently 69 state hospitals, private hospitals and crisis stabilization units using the registry. And there are currently 1,868 users, consisting of individuals working in CSBs, community hospitals, freestanding psychiatric hospitals, state hospitals, CSUs, and emergency departments. **Most facilities are updating more than once a day, with the majority of hospitals updating at least three times a day.** For more information regarding the registry [click here](#).

Highlights from the Governor's Proposed Budget – The Governor released his proposed amendments to the 2014-2016 biennial budget on December 17. The budget includes additional support for the DOJ settlement agreement, the comprehensive I/DD waiver redesign, state mental health facilities and VCBR operations, and our electronic health records initiative. The Governor's introduced budget annualizes the FY 2015 budget savings plan he announced last October. For FY 2016, the budget continues the on-going strategies reflecting the full annualized savings from those reductions. There are no reductions to community services boards. Also, in his capital budget, the Governor provided an additional \$292,655 in FY 2016 to support the on-going deferred maintenance needs of our facility system. More information about the Governor's amendments is included on his website, [here](#).

Transformation Team Update – The transformation effort I convened has been underway since October. The four transformation teams are studying core questions and are in the process of developing preliminary recommendations. The teams are the Adult Behavioral Health team, the Adult Developmental Services team, the Child & Adolescent Behavioral Health Services team and the Justice-Involved Services team. Also, the Transformation Stakeholder Group was convened in December. This group will serve as a review and consultation group for the transformation teams. The

stakeholder team will provide input on team recommendations and offer feedback and refinements. Following stakeholder team review, the transformation team recommendations will enter a public comment period. In addition to being able to view the teams' recommendations and submit comments on the DBHDS website, the public will have the opportunity to hear presentations about the recommendations at three town hall-style meetings to be held around the Commonwealth. The Commissioner will then finalize recommendations and present them to legislative committees, taskforces (as appropriate) and the State Board of Behavioral Health & Developmental Services. More teams will be formed in the coming months as other subject areas are determined. More information on the Transformation Teams is available on the DBHDS website, [here](#).

Cross Systems Mapping Resumes – DBHDS has resumed the Cross Systems Mapping (XSM) initiative which was begun in 2009. The Sequential Intercept Model provides the framework used in delivering the XSM workshop. DBHDS uses a cadre of volunteer, trained facilitators both from mental health and criminal justice agencies to facilitate the workshops. The XSM Workshop effectively assists localities to:

- 1) develop a cross-systems map that identifies how people with mental illness and co-occurring substance use disorders come in contact with and flow through the local criminal justice system;
- 2) educate participants regarding utilization of best and evidence based practices;
- 3) identify available local resources as well as gaps in services and processes, and to identify and agree upon local priorities for change; and
- 4) by utilizing an action planning matrix, create a detailed and effective plan to achieve attainable short-term and long-term goals.

By improving understanding, communication and awareness of systems gaps, and establishing an integrated plan to address those gaps, communities are able to better utilize resources, enhance access to more meaningful services, and improve public safety through better systems integration. Between 2009 and 2013, 40 two-day mappings were completed with over 1400 mental health and criminal justice stakeholders present and spanning 98 of 134 Virginia localities. DBHDS has now moved into Phase II of the process and will offer to return to those communities who previously mapped and provide a one day re-mapping experience to help communities come together to refocus on their priorities, identify existing gaps & resources, celebrate their accomplishments since the last mapping, strengthen their collaborative relationships, and reformulate action plans for change. The first re-mapping is scheduled for February 5, 2015 in Martinsville, VA. For more information about Cross Systems Mapping, please contact Sarah Shrum at (804) 786-9084 or via email at Sarah.shrum@dbhds.virginia.gov.

Transition Age Initiatives – The young adult transition initiative is focusing on individuals age 16 through 25 who often have unrecognized symptoms, experience significant challenges in accessing developmentally appropriate services, and frequently disengage from services early in treatment. **On December 17, 2014, DBHDS and eight participating community services boards (CSBs) meet for an official launch of Virginia's Coordinated Specialty Care Initiative (CSC). CSC consists of eight pilot projects which will provide targeted interventions tailored to transition age adults with serious behavioral health needs.** This initiative is funded through state general funds and leveraged through federal block grant dollars. The launch of Virginia's CSC was facilitated by Dr. Lisa Dixon, Professor of Psychiatry at the Columbia University Medical Center. Dr. Dixon is the principal investigator on the NIMH Recovery After Initial Schizophrenia Episode (RAISE) Implementation and Evaluation Study. DBHDS is most grateful to the following CSBs for their innovative leadership and obvious dedication to a successful implementation of these pilot projects throughout the Commonwealth: Alexandria, Fairfax, Henrico, Highlands, Loudoun, Prince William, Rappahannock Rapidan and Western Tidewater CSBs.

Mental Health First Aid (MHFA) Update – As of December 14, 2014, seven MHFA instructor trainings have been conducted. Through these trainings, 88 Instructors were trained in the MHFA Youth program and 127 were trained in the Adult MHFA. In turn, instructors train interested community members. Overall, 4,107 individuals have attended a MHFA training event. Additional trainings are scheduled for the coming weeks and months. Virginia now ranks 11th in

the nation in MHFA trained individuals. More information can be found on the DBHDS website, [here](#).

Advance Directives Project Update – DBHDS has continued to expand the scope and impact of the Virginia Advance Directives project with U.Va. ILPPP. So far, 51 advance directive facilitators have been trained in ten CSBs to assist service recipients in developing advance directives. Also, active consultations have been initiated or maintained in each region, with 25 CSBs, three state hospitals, and two peer-run organizations.

New Cultural and Linguistic Competence Steering Committee (CLCSC) Members – I have appointed 11 new members to serve a four year term on the agency’s Statewide CLCSC. The Committee was established in 2008. Its purpose is to support DBHDS’ efforts to enhance services to Virginia’s diverse and rural communities and work to eliminate disparities among racially, ethnically, linguistically and other underserved populations within the state’s behavioral health and developmental disability services system. The CLCSC assists DBHDS with strategic planning, policy development, committee activities, and information dissemination related to health equity, culturally adapted and trauma informed programming, language access, and community engagement. The CLCSC also provides input on legislation and policy to the Commissioner. New members will serve from January 2015 to December 2017. They are listed as follows:

- Erin Casey, Student/Mental Health Advocate, James Madison University
- Andrea Coleman, Community Resource Consultant, Division of Developmental Services, DBHDS
- Allyson Coleman, MSW, Organization Development and Training, City of Alexandria, Department of Community and Human Services
- Jane Ellis, MPA, VOCAL Network Program Director, VOCAL, INC
- Ali Faruk, Special Assistant to the Commissioner, Virginia Dept. for Aging & Rehabilitative Services
- Jill Grumbine, RN, State Refugee Health Coordinator, Office of Newcomer Health, Virginia Department of Health
- Robin Hairfield, Peer Support Specialist, WRAP Facilitator, Founder and Executive Director, We Care
- Ramfis Marquez, PhD, LPC, Regional Coordinator, Family Preservation Services, Inc.
- Millicent McFadden, Psy.D., LCP, Psychologist, Piedmont Geriatric Hospital
- Valjean (Dick) Roberts, MSW, Fellowship in Patient Safety, Director of Residential Services, Southeastern Virginia Training Center
- Cecilia Topping, PMP, Direct Service Associate II, Southwest Virginia Training Center

For more about the committee and about cultural and linguistic competence initiatives in the system, visit the [website](#).

New Leadership Staff

Northern Virginia Training Center (NVTC) Leadership Changes – On January 5, 2015, Dr. Mark Diorio, assumed a new role in DBHDS Central Office. Dr. Diorio was previously the director at NVTC. In his new role, Dr. Diorio is responsible for several critical functions, including working with the training center facility directors and clinical directors and regional REACH programs. He will also work with key stakeholders to deliver services to the residents of the Commonwealth who have challenging behaviors that require specialized interventions and services. In addition, he will facilitate the development of at least three regional treatment programs serving the Commonwealth. His new office will be located at Northern Virginia Mental Health Institute. To ensure continuity of leadership, Joe Rajnic (NVTC residential services director), has assumed the role of acting facility director.

Update on the New Office of Recovery Supports – Becky Sterling, the new director of the Office of Recovery Supports, began working on January 12th. The office will advise both DBHDS and the community on:

- Expanding and enriching our recovery support service;
- Certification of peer support specialists; and
- Infusing the principles of recovery and resiliency throughout Virginia’s service system.

December News Stories of Interest

- DBHDS Press Release -- [DBHDS Welcomes Becky Sterling as Director of Recovery Services](#)
- Daily Press -- [Dozens in mental health crisis admitted to Eastern State as 'last resort'](#)
- Daily Press -- [Workshop set for January in Gloucester on suicide prevention](#)
- NBC 29 -- [Joint Mental Health Services Subcommittee Meets in Richmond](#)

RECENT FACTS & FIGURES

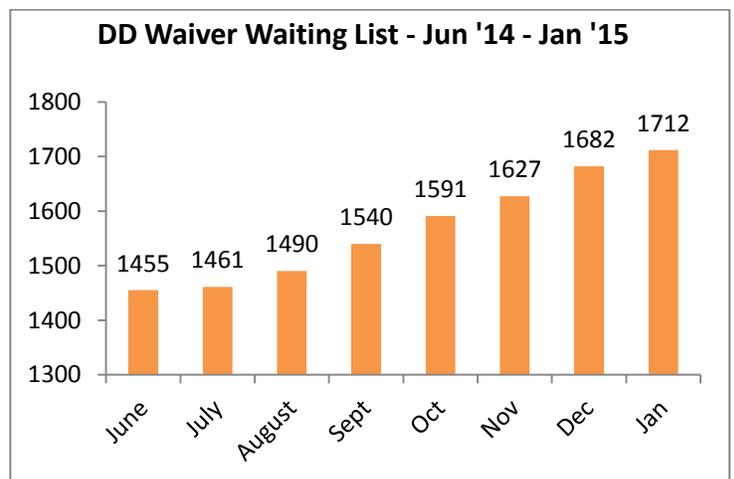
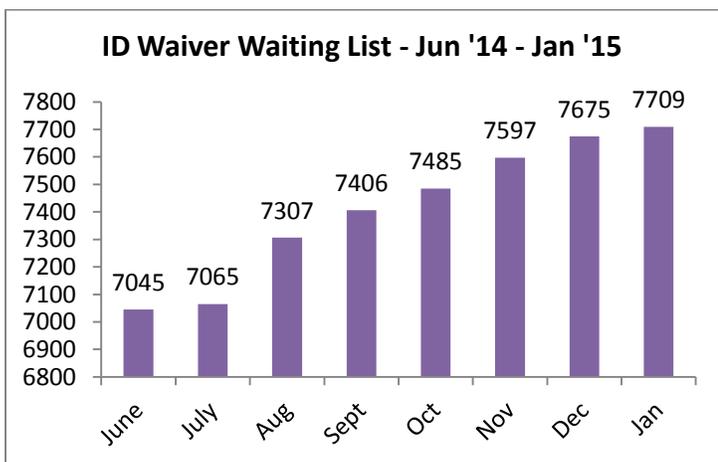
Training Center Census (January 5, 2015)

Name	July 1, 2012 Census	July 1, 2013 Census	Dec 31, 2013 Census	Jan 5, 2015 Census
SVTC - Closed 6/30/2014	201	114	57	0
NVTC - Closure: By 6/30/2016	153	135	115	78
SWVTC - Closure: By 6/30/2018	173	156	150	135
CVTC - Closure: By 6/30 2020	350	301	285	263
SEVTC - Remains open	106	84	81	74
Total	983	790	688	550

ID and DD Waiver Enrollment and Waiting Lists (December 23, 2014)

	ID Waiver	DD Waiver
Total Slots	10,192	1,013
Urgent Waitlist	4,687	
Non-Urgent Waitlist	3,022	
Total Waitlist	7,709	1,712

Waiting List Totals from Previous ALL IN! Newsletters



Mental Health Hospital, Hiram Davis and VCBR Census (January 8, 2015)

Name	Jan 2015
Catawba	102
Central State Hospital	226

Eastern State Hospital	284
Northern Virginia Mental Health Institute	127
Southern Virginia Mental Health Institute	61
Southwest Virginia Mental Health Institute	158
Western State Hospital	224
Piedmont Geriatric Hospital	115
Commonwealth Center for Children and Adolescents	29
Hiram Davis Medical Center	69
Virginia Center for Behavioral Rehabilitation	357
Total	1,752

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](#).

The new year is an appropriate milestone to reflect on this past year. I'd like thank all of you for the enormous work that has been done and continues to be done to improve behavioral health and developmental services across the Commonwealth. Your expertise, dedication and partnership are critical to achieving our mission of a Life of Possibilities for all Virginians. We are a changed and changing system and look forward to working with all of you in the year ahead.

In closing, I wanted to share the sign that was waiting for me when I visited Gateway Homes in Chesterfield County this week. For decades, Gateway has partnered with state mental health hospitals to help Virginians with serious mental illness recover and transition back into their communities. I was so impressed by the dedication and energy of the staff at Gateway as I have been of so many of the programs I've visited in recent months. Seeing their ALL IN! enthusiasm in action was so inspiring I just had to share it with all of you.



Let's **BE BOLD** Virginia! I'm **ALL IN!**

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