

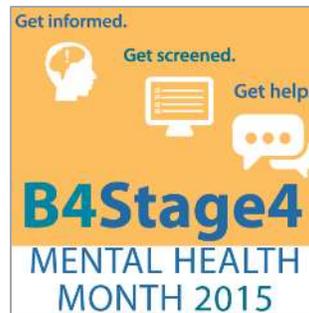
# ALL IN!

*DBHDS Monthly Update from Commissioner Ferguson*

May 2015

## WELCOME

Welcome to the May edition of ALL IN! As you may be aware, May is Mental Health Month and we are promoting many events throughout the month, from recognizing Children’s Mental Health Day today, on May 7, to promoting Mental Health First Aid trainings and events throughout the Commonwealth. Keep an eye out for more information soon. I wanted to share with you the national message for Mental Health month as I found it especially poignant this year and in line with DBHDS’ goals and vision:



From Mental Health America: “When we think about cancer, heart disease, or diabetes, we don’t wait years to treat them. **We start before Stage 4**—we begin with prevention. When people are in the first stage of those diseases and are beginning to show signs or symptoms like a persistent cough, high blood pressure, or high blood sugar, we try immediately to reverse these symptoms. We don’t ignore them. In fact, we develop a plan of action to reverse and sometimes stop the progression of the disease. So why don’t we do the same for individuals who are dealing with potentially serious mental illness?”

We must frontload our system with the prevention and early intervention services that help people achieve personal health and wellness. But can’t the same be said for services across our mental health, substance use disorder and developmental services system? When interventions occur early, people find treatment more manageable and many times the outcomes can be sustained for longer periods. So for mental health month and for all months – for mental health services and for substance use disorder and developmental disability services too – whenever we possibly can, let’s focus on the precious time B4Stage4 and maximize the opportunities for all Virginians to achieve wellness.

Finally, I wanted to mention that prevention and early intervention was a consistent and powerful theme among the recommendations of the four transformation teams. Please click [here](#) to review this round of recommendations from the teams. I am really hoping you will take the time to review and provide feedback that can be used to further improve the recommendations. You can email comment here: [TransformationTeams@dbhds.virginia.gov](mailto:TransformationTeams@dbhds.virginia.gov) until May 31. Also, starting next week, we will begin a series of town hall-style meetings in four locations throughout Virginia. More information on those meetings and procedures can be found below.

Many exciting things are happening in May! I am happy to share of few highlights below:

## UPDATES and INFORMATION

### National Mental Health Month

May marks [National Mental Health Month](#), and there are a variety of events occurring throughout the Commonwealth. This month is also [Mental Health First Aid \(MHFA\) Month](#), and DBHDS is increasing efforts to get more Virginians trained on how to effectively and immediately respond to an individual who is in a mental health crisis. May 7 is [Children's Mental Health Awareness Day](#). DBHDS is hosting a small reception to acknowledge efforts on children's mental health as well as recognize [Early Intervention Month](#).

### Transformation Team Town Halls

The Commissioner-level Transformation Teams have been extremely productive. So far, they have finalized and submitted the first round of recommendations aimed at transforming our system. The next step of this process is soliciting public comment. The transformation co-chairs and DBHDS staff will be holding town hall style meetings in Williamsburg, Charlottesville, Manassas and Wytheville at the dates and locations listed below:

- **Monday, May 11:** 2:00 p.m. – 4:00 p.m. – Williamsburg Regional Library, 515 Scotland St. Williamsburg, VA 23188
- **Tuesday, May 12:** 10:00 a.m. – 12:00 p.m. – Ferlazzo Human Services Building, 15941 Donald Curtis Drive Suite 200, Woodbridge, Virginia 22191
- **Friday, May 15:** 10:00 a.m. – 12:00 p.m. – Piedmont Community College, Main Building, Auditorium Room 229, 501 College Dr, Charlottesville, VA 22902
- **Wednesday, May 20:** 10:00 a.m. – 12:00 p.m. – Snyder Auditorium, Wytheville Community College, 1000 E Main St, Wytheville, VA 24382

Sign up for those wishing to provide public comment will begin 30 minutes prior to the start of the meeting. Comments will be limited to three minutes per person. It is recommended that written comment be submitted in addition to verbal comment. Written comments may be submitted at the meeting or via [this link](#). The meeting will end promptly at the times listed above. Please click here for [full instructions and procedures](#) for the town hall meetings.

**\*\*\*Please Note:** Sign Language interpreters are available with advanced notice at the town hall meetings. Interpreters' schedules fill up quickly, so should you wish for sign language interpreter services to be available at one of the town hall meetings, please contact [Holly Mortlock](#) as soon as possible.\*\*\*

### PACT Program Successfully Launched in Virginia Beach

Last July, DBHDS proposed that Virginia Beach add a Program Assertive Community Treatment (PACT) Team. City leaders and local legislators embraced the idea and, in October 2014, the Virginia Beach City Council voted to approve funding to supplement the funding awarded by the state for the addition of one PACT Team in 2015. Under the leadership of Angie Hicks, MHSA Division Director, the Human Services Department began recruitment of twelve full time positions to staff this effort. The program launched on schedule earlier this year, and five positions have been filled and six clients have been served.

### Local and State Government Team Up to Intensify Suicide Prevention Efforts Near Rappahannock Bridge

The Virginia Department of Transportation, the Rappahannock Area CSB, law enforcement, and fire and rescue to reduce the number of suicide-related incidents on and near the Rappahannock River Bridge. VDOT installed eight signs that show a suicide and crisis hotline phone number. The signs are located on the Interstate 95 bridges that span the Rappahannock River, which is located between the City of Fredericksburg and Stafford County. Nearly two years later, data show that there have been no suicide related calls on either bridge span since installation.

### Southeastern Virginia Training Center Developments

At the end of April, the last element of the downsizing of SEVTC will be accomplished with the demolition of the old

cottages. The new 75-bed campus and new Administration and Support Building are now fully operational. This latest development is part of the General Assembly's effort to downsize SEVTC from serving 200 individuals to 75. The downsizing and new addition are two major steps in scaling the training center system down.

### **OneMind Goes Live at Southern Virginia Mental Health Institute**

In early May, OneMind, DBHDS's electronic health record system, went live at Southern Virginia Mental Health Institute (SVMHI), and it was a huge success. Through a strong collaboration, SVMHI staff were trained well, and they are excited to be using the new system. Congratulations to SVMHI and the OneMind team at Central Office on such an amazing rollout!

### **CVTC Employee Named Wellness Champion**

Central Virginia Training Center Employee, Dianne Young, was recently named as a Wellness Champion because of her weight loss efforts. Dianne has been an active member and anchor for the facility's current Weight Watchers At Work program that provides support and coaching to other CVTC employees. Since the Weight Watchers' program started at CVTC in February 2014, Dianne lost 75 pounds! She has also been active in other healthy initiatives. As CVTC's CommonHealth Coordinator for 20 years (1990-2010), she organized many creative programs, fitness activities, and wellness events to inspire staff to eat better, move more and handle stressful situations. From 1993 to 2008, in recognition of National Employee Health and Fitness Day, Dianne coordinated the annual facility-wide Foot Festival that promoted mile-long group walks for individuals in residence and staff across campus. Over the years, almost 2000 miles were logged! Congratulations to Dianne for all of her hard work!

### **SAMSHA's Site Visit to DBHDS Office of Behavioral Health Wellness**

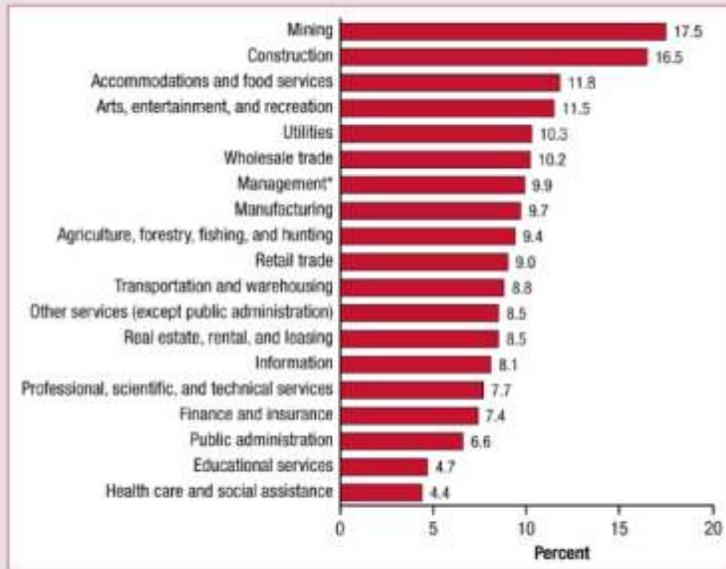
The Office of Behavioral Health Wellness (OBHW) and the Substance Abuse Mental Health and Substance Abuse Administration's (SAMHSA) Center for Substance Abuse (CSAP) conducted site visit to review DBHDS substance abuse prevention services. The goal of the visit was to ensure that prevention services were in compliance with federal Substance Abuse Block grant prevention set aside requirements to include Synar, if the prevention system is positioned to implement the Strategic Prevention Framework and how the system is working to integrate substance abuse and mental health strategies. Not only were many strengths noted in the Prevention Services delivery system, but DBHDS received a "Unique and Notable Approach" in its partnership with OMNI Institute. Additionally, SAMHSA identified the CounterTools Initiative as a strength to enhance the Synar system and the state's ability to address youth retail access to tobacco, e-cigarettes and vapor products.

### **SAMSHA Report: Nearly 1 in 10 full-time workers have had a substance use disorder in the past year**

In April, SAMSHA issued a [report](#), "Nearly 1 in 10 full-time workers have had a substance use disorder in the past year," that studied the U.S. workforce and substance use issues. Data found that 9.5 percent of full-time workers (ages 18 to 64) experienced a substance use disorder in the past year and an average of 8.7 percent of full-time workers used alcohol heavily in the past month.

"Substance use issues pose an enormous risk to the health, safety and productivity of American workers," said **SAMHSA's Administrator Pamela S. Hyde**. "Every segment of the community needs to help tackle this problem, including employers. By developing and actively promoting workplace programs such as Employee Assistance Programs for helping employees deal with substance use problems, employers can significantly improve the health, well-being and productivity of their employees."

**Figure 1. Past month heavy alcohol use among adults aged 18 to 64 employed full time, by industry category: combined 2008 to 2012**



\* The full title of this category is "Management of companies and enterprises, administration, support, waste management, and remediation services."  
 Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Surveys on Drug Use and Health (NSDUHs) 2008 to 2010 (revised March 2012) and 2011 to 2012.

## April News Stories of Interest

- Fairfax Times -- [County looks to improve mental health programs](#)
- CDC -- [Expanding Naloxone use could reduce drug overdose deaths and save lives](#)
- Daily Press -- [Public comment invited on state's mental health policy](#)

## RECENT FACTS & FIGURES

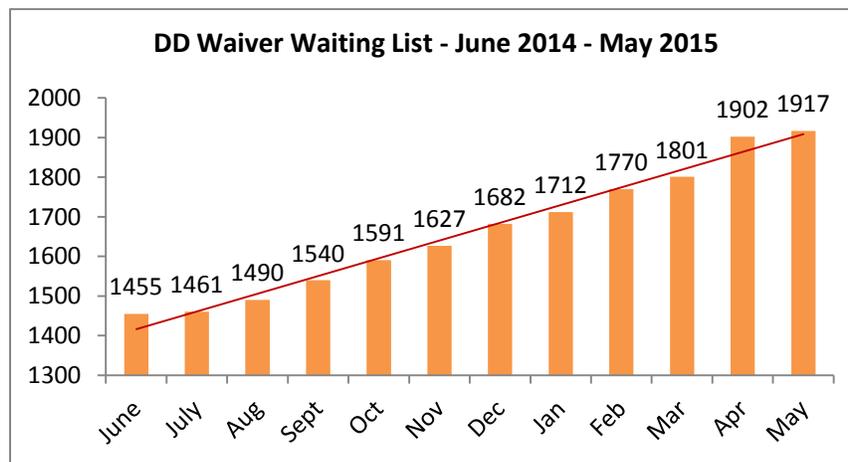
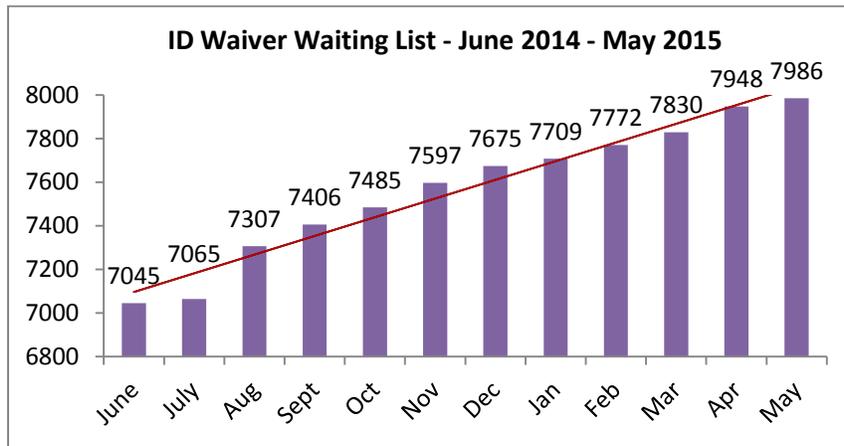
### Training Center Census (May 4, 2015)

| Name                          | July 2012 Census | July 2013 Census | July 2014 Census | May 4, 2015 Census |
|-------------------------------|------------------|------------------|------------------|--------------------|
| SVTC - Closed 6/30/2014       | 201              | 114              | 0                | 0                  |
| NVTC - Closure: By 3/30/2016  | 153              | 135              | 107              | 69                 |
| SWVTC - Closure: By 6/30/2018 | 173              | 156              | 144              | 127                |
| CVTC - Closure: By 6/30 2020  | 350              | 301              | 288              | 237                |
| SEVTC - Remains open          | 106              | 84               | 75               | 70                 |
| <b>Total</b>                  | <b>983</b>       | <b>790</b>       | <b>614</b>       | <b>503</b>         |

**ID and DD Waiver Enrollment and Waiting Lists (May 4, 2015)**

|                       | <b>ID Waiver</b> | <b>DD Waiver</b> |
|-----------------------|------------------|------------------|
| <b>Total Slots</b>    | <b>10,192</b>    | <b>1,013</b>     |
| Urgent Waitlist       | 4,877            |                  |
| Non-Urgent Waitlist   | 3,109            |                  |
| <b>Total Waitlist</b> | <b>7,986</b>     | <b>1,917</b>     |

**Waiting List Totals from Previous ALL IN! Newsletters**



## Mental Health Hospital, Hiram Davis and VCBR Census (May 4, 2015)

| Name                                             | May 2015     |
|--------------------------------------------------|--------------|
| Catawba                                          | 100          |
| Central State Hospital                           | 232          |
| Eastern State Hospital                           | 287          |
| Northern Virginia Mental Health Institute        | 122          |
| Southern Virginia Mental Health Institute        | 56           |
| Southwest Virginia Mental Health Institute       | 157          |
| Western State Hospital                           | 236          |
| Piedmont Geriatric Hospital                      | 120          |
| Commonwealth Center for Children and Adolescents | 47           |
| Hiram Davis Medical Center                       | 70           |
| Virginia Center for Behavioral Rehabilitation    | 370          |
| <b>Total</b>                                     | <b>1,797</b> |

## 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](mailto: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](#).

## Conclusion

Finally, I wanted to take a moment and express my deep thanks for the work staff does every day on behalf of those we serve. This week is Public Employees Week and I am incredibly grateful and consistently impressed by the talent and expertise in DBHDS. I cannot help but be in awe of all you have done and accomplished. Having just concluded my first year as Commissioner, I must tell you what a tremendous privilege it is to work alongside all of you. Though we have some challenges, the opportunities are greater. I am grateful for the opportunity to partner with you in improving the lives of Virginians.

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

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