U.S. Surgeon General Dr. Vivek Murthy speaking about the importance of behavioral health at the 2015 Annual National Association of State Mental Health Program Directors (NASMHPD) Meeting.

WELCOME

Virginia’s behavioral and developmental services systems continue to make major strides. In the month of July, Crisis Intervention Teams expanded in Loudoun County, Mental Health First Aid (MHFA) training courses continued, and, through the leadership of Governor McAuliffe, multiple agencies continued collaborating on expanding housing options for the I/DD community. Ongoing workgroups, such as the Transformation Teams and the Waiver Design Advisory Committee, are also continuing their work, and I look forward to reviewing their upcoming recommendations. This month’s ALL IN! provides a snapshot of where DBHDS some of the major events and activities this month.

UPDATES and INFORMATION

Dr. Mary Clare Smith Named as New Western State Hospital Facility Director
Dr. Mary Clare Smith has been named the new Director at Western State Hospital. She started this new position on August 3, 2015. Dr. Smith has worked in Virginia’s behavioral health system for over 20 years, and most of her career was built on her psychiatric experience at Western State Hospital. Throughout her time there, she served as Acting Facility Director, Chief of Staff, Medical Director, Co-Medical Director, Assistant Chief of Staff, and Attending Psychiatrist. Dr. Smith’s extensive experience includes: program development, implementation, and evaluation; supervising department heads; diagnosing and administering effective treatment to patients; recruiting and retaining staff; and financial management.

Rappahannock Area CSB’s Kenmore Club Presents 11th Annual Art of Recovery
The Rappahannock Area Community Services Board’s Kenmore Club is proud to present the 11th Annual Art of Recovery. The Art of Recovery provides a forum for artists living with mental health challenges to showcase their artwork in a variety of venues. The Art of Recovery builds community support, reduces stigma, and builds artists’ confidence. The Art of Recovery is open to all individuals in recovery. The show begins each May at the Ponshop Art Gallery and Studio in Fredericksburg and travels through the state including C-Ville Café in Charlottesville, Walkerton Tavern in Henrico, and now the Department of Behavioral Health and Developmental Services starting August 20, 2015.
September 10 is World Suicide Prevention Day
The International Association for Suicide Prevention (IASP) announced that September 10 is World Suicide Prevention Day. This day is an opportunity for advocates, loved ones affected by suicide, researchers, mental health practitioners, policy leaders, and public officials to promote better understanding of suicide and its causes as well as effective solutions. Learn more about what you can do, including joining the movement on Twitter and Facebook.

September is Older Virginians Mental Health Month
September marks Older Virginians Mental Health Month, which recognizes the unique and complex behavioral needs of older adults in the Commonwealth. Mental health challenges can pose a serious risk to the health and well being of older adults, resulting in risks of increased disability, reduced independence, intensified caregiver stress, escalated mortality, and magnified risk of suicide. Depression, anxiety, and substance abuse should never be dismissed as a part of normal aging.

100 Day Challenge: Housing and Supportive Services for Individuals with I/DD
As part of Virginia’s commitment to tenets of the American with Disabilities Act (ADA) and the Olmstead decision, multiple agencies are collaborating on the Housing and Supportive Services (HSS) initiative. This effort is aimed at increasing integrated, independent housing options for people with I/DD in the Northern Virginia, Hampton Roads and Richmond regions over a 100-day period. At the conclusion, all of the teams will meet again to share their accomplishments and plan the next steps with state leaders and other community teams to keep this initiative moving forward.

“Virginia is committed to providing more housing options for people with intellectual or developmental disabilities who desire to live in a home of their own,” said Governor McAuliffe. “The Commonwealth is making a purposeful shift away from using institutional settings, and helping individuals and their guardians choose where to live, how to live and with whom to live.”

DBHDS staff – in partnership with Virginia Housing Development Authority (VHDA), the Fairfax-Falls Church CSB, and the Virginia Beach CSB – have been working on various initiatives (e.g., Rental Choice VA, Housing Choice Voucher set-aside, etc.) to increase housing options prior to the kick-off. Here is a quick update on our work:

Independent Housing Outcomes Table

<table>
<thead>
<tr>
<th># of Rental Subsidies Allocated/Set-Aside for People with I/DD</th>
<th># of Rental Subsidies used by people with I/DD</th>
<th># of Rental Subsidies remaining to be utilized by people with I/DD</th>
<th># of People with I/DD looking for rental housing</th>
<th># of Referrals to be made to VHDA for Voucher Set-aside</th>
<th># of People with I/DD living in their own home</th>
</tr>
</thead>
<tbody>
<tr>
<td>115</td>
<td>42</td>
<td>73</td>
<td>29</td>
<td>44</td>
<td>386</td>
</tr>
</tbody>
</table>

DBHDS Central Office Prepares for Richmond Bike Race
The Richmond Bike Race is scheduled for September 19-27, and the event will take place downtown near the DBHDS Central Office. Vehicle and pedestrian traffic will be severely restricted during this time. Contacting Central Office staff could be difficult as employees are encouraged to volunteer for the event, work from home, or work at an alternate site. If you need to contact someone in Central Office, email is preferred.

September 17, 2015: Recovery Month Partnership Conference
In honor of National Recovery Month, Horizon Behavioral Health will hold a Partnership Conference on Thursday, September 17, 2015 from 7:30 to 11:30 am at Eagle Eyrie in Lynchburg, Virginia. The conference will focus on variety of
ways solid community partnerships help in the healing and recovery of persons with mental health and addiction disorders. Horizon will also honor and recognize a valuable partner in the community. Legislators and partners from across the state are expected to join Horizon for the event.

September 2015: Health Planning Region III Annual Conference

Commissioner’s Summer On the Road
Throughout my time as Commissioner, one of my key priorities is to make sure that the concerns and perspectives from people in the field are heard. As part of this effort, I am spending as much time as possible visiting state facilities, CSBs, providers and partners throughout the Commonwealth. My travels this summer included:

- June 4 -- Presentation to Montgomery County Chamber of Commerce, Blacksburg, VA
- June 5 -- Presentation to Virginia Association of Campus Law Enforcement Administrators, Virginia Beach
- June 8 -- Meeting with NVTC Parents in Fairfax, VA
- June 16 -- Meeting at Eastern Virginia Medical School, Norfolk, VA
- July 8 -- The Faison School in Richmond, VA
- July 13 -- Presentation to the Texas Hospital Association in Austin, TX on Behavioral Health Transformation
- July 17 -- Meeting at New River Valley Community Services Board on improving services to veterans through tele-health, Blacksburg, VA
- July 18 -- National Association of State Mental Health Program Directors Annual Commissioners Meeting in Washington, D.C.
- July 23 -- Meeting with Parents at CVTC in Lynchburg, VA
- July 23 -- Meeting with Parents at SWVTC in Hillsville, VA

News Stories of Interest
- Prince William County -- County Receives Additional Funding to Serve Seriously Mentally Ill
- Washington Post -- Loudoun expands mental health crisis intervention program
- WDBJ -- Arc of Southside is moving to new location in Danville
- WAVY -- Virginia turns to pharmacists to help combat heroin problem
- WTVR -- 72-year-old Midlothian woman wins gold at the Special Olympics
- Virginian Pilot -- Norfolk’s crisis intervention officers are now busy making a difference
- Prince William County -- County Receives Additional Funding to Serve Seriously Mentally Ill
- Washington Post -- Loudoun expands mental health crisis intervention program
- Virginian Pilot -- Free courses on mental illness scheduled in Norfolk
- ABC 13 -- Norfolk officers train to handle mentally ill

RECENT FACTS & FIGURES
Training Center Census (August 3, 2015)

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
ID and DD Waiver Enrollment and Waiting Lists (August 2015)

<table>
<thead>
<tr>
<th>ID Waiver</th>
<th>DD Waiver</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Slots</td>
<td>10,707</td>
</tr>
<tr>
<td>Urgent Waitlist</td>
<td>4,981</td>
</tr>
<tr>
<td>Non-Urgent Waitlist</td>
<td>3,121</td>
</tr>
<tr>
<td>Total Waitlist</td>
<td>8,102</td>
</tr>
</tbody>
</table>

Waiting List Totals from Previous ALL IN! Newsletters

Mental Health Hospital, Hiram Davis and VCBR Census (August 4, 2015)
<table>
<thead>
<tr>
<th>Location</th>
<th>Capacity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Catawba</td>
<td>101</td>
</tr>
<tr>
<td>Central State Hospital</td>
<td>227</td>
</tr>
<tr>
<td>Eastern State Hospital</td>
<td>287</td>
</tr>
<tr>
<td>Northern Virginia Mental Health Institute</td>
<td>122</td>
</tr>
<tr>
<td>Southern Virginia Mental Health Institute</td>
<td>63</td>
</tr>
<tr>
<td>Southwest Virginia Mental Health Institute</td>
<td>164</td>
</tr>
<tr>
<td>Western State Hospital</td>
<td>242</td>
</tr>
<tr>
<td>Piedmont Geriatric Hospital</td>
<td>118</td>
</tr>
<tr>
<td>Commonwealth Center for Children and Adolescents</td>
<td>21</td>
</tr>
<tr>
<td>Hiram Davis Medical Center</td>
<td>69</td>
</tr>
<tr>
<td>Virginia Center for Behavioral Rehabilitation</td>
<td>369</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1,783</strong></td>
</tr>
</tbody>
</table>

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.

It seems that this summer has just flown by. Last month, I had the privilege of attending the Annual Meeting for the National Association of State Mental Health Program Directors (NASMHPD). Attended by most of my fellow Commissioners from across the nation, this was an incredible opportunity to hear and participate in the national dialogue about behavioral health. At that meeting, U.S. Surgeon General Dr. Vivek Murthy highlighted one of the core elements of DBHDS’s mission: behavioral health and wellness are critical to physical health. He’s right, and this approach guides everything DBHDS does. In order to combat stigma and expand adequate access to behavioral health services to all Virginians, we must treat mental health issues with the same focus and intensity as we would any physical illness. That’s how we improve the system, that’s how we achieve wellness and that’s the way we ensure the expectation of recovery and self-determination for every Virginian.

Stay tuned for September as there are a number of major events happening!

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

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