

Proposed  
FY 2025 Budget

# Joint Response to Mental Health & Substance Use: Update

*Joint County Board and School  
Board Work Session*

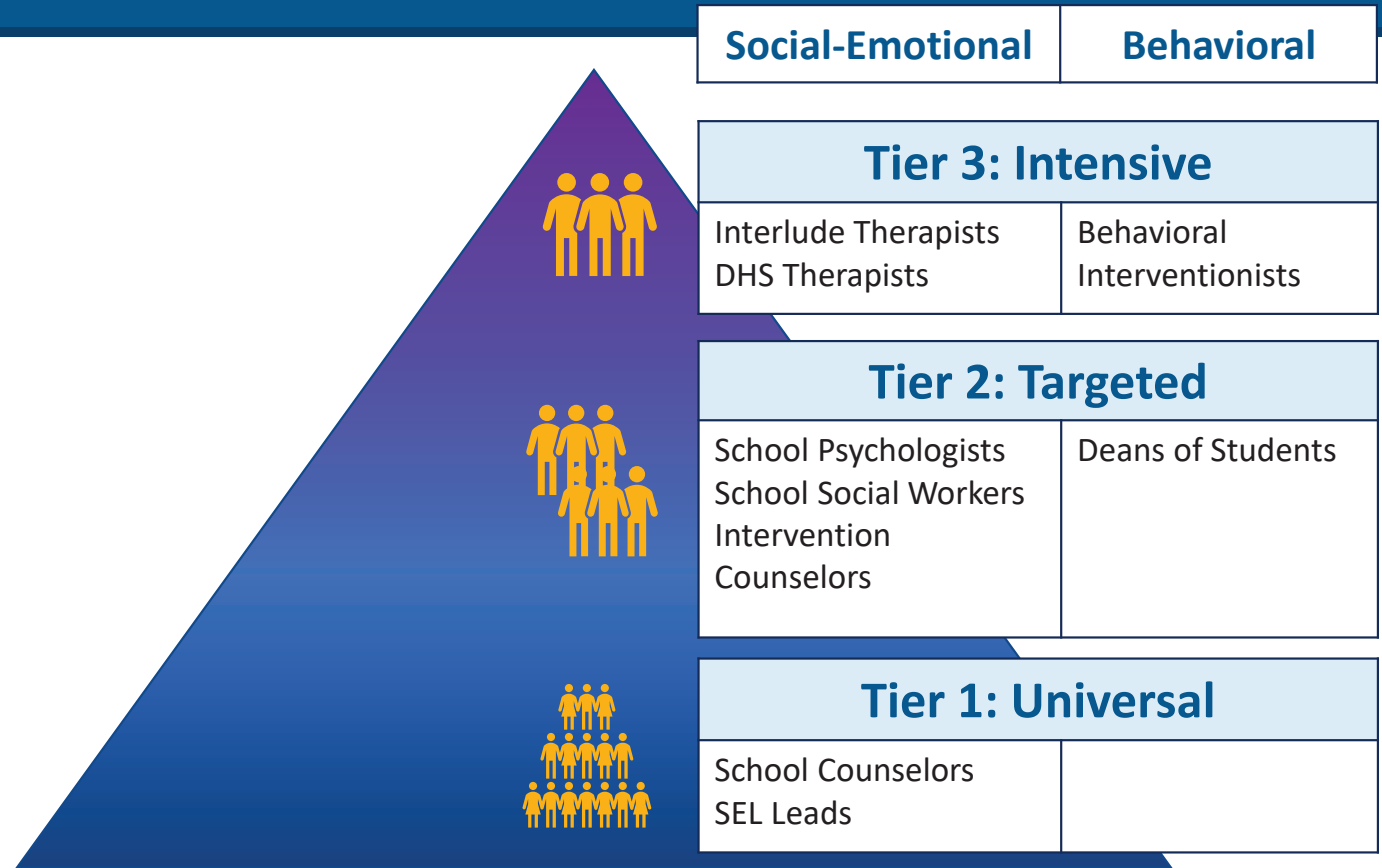
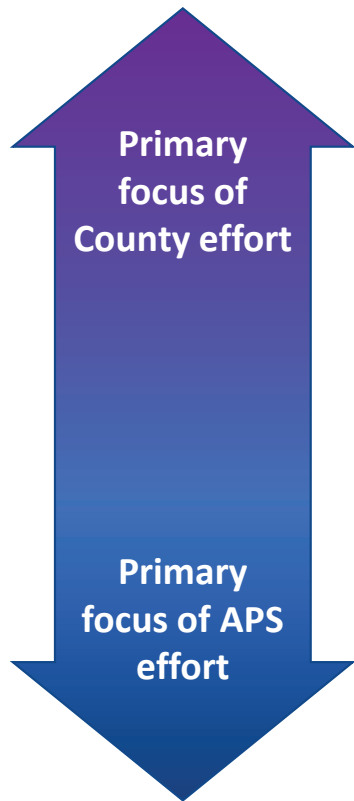
*March 22, 2024 | 3:00 p.m.*



**Arlington  
Public  
Schools**



# Continuum of Social-Emotional & Behavioral Services



School Climate & Culture: FACE Coordinators, DEI Coordinators

# Updates: APS Substance Prevention



- White House Acknowledgement
- Expanded programming & partnerships:
  - Arise & Flourish
  - Silent No More
- Substance Abuse Counselors (8.0 FTE)
  - Small group supports
- Naloxone-in-Schools:
  - 442 students in grades 9 and above
  - 2017 APS staff trained, 1699 electing to carry themselves
  - Opioid emergency boxes installed in all secondary schools in collaboration with the Arlington Addiction Recovery Institute

# Updates: APS & Mental Wellness

- Deans of Students (3 MS and 3 HS)
- Intervention Counselors (Secondary)
- Telehealth (Hazel Health)
- Therapeutic Day Treatment
- DBHDS Grant
  - Clinicians
  - Mental Health First Aid Expansion



# Current County Efforts

- DHS Children's Behavioral Healthcare (703) 228-1560
- Crisis Intervention Center
- Arlington Addiction Recovery Initiative – Prevention, Education, Naloxone Training and Distribution
- Project PEACE
- School Health
- CR2, REACH, Regional Crisis Services
- Marcus Alert
- Developmental Disability Services



**Text and Call 988 | Chat 988lifeline.org**

**Any time and whatever the reason: Mental health distress. Substance use crisis. Thoughts of suicide.**

Regional Crisis Call Center (988): **703-527-4077**



**Mobile Outreach Support Team (MOST) and Regional Crisis Teams**

**Crisis de-escalation, access to treatment, diversion from incarceration and the emergency room.**

Can be accessed through **911**



**Crisis Intervention Center  
2100 Washington Blvd.**

**A safe place to go when in crisis.**

# County Investment: School-Based Behavioral Health



## Youth Mental Health

- **DHS School-Based Behavioral Health Program**

- 4.0 clinicians in high schools
- All clinicians hired and on-boarded
- Work collaboratively with school MH team
- Considering targeted middle school support

School	Referrals
Wakefield	29
Washington-Liberty	28
Carlin Springs	16
Yorktown & HB Woodlawn	Began early this week
Career Center	Began early this week

# DHS Crisis Intervention Center (CIC)

- Served **550 individuals** since November 2022
- **45%** minors
- Dedicated **Diversion First** therapist for youth
- Diverts youth from emergency department
- Provides stabilization, evaluation, medication
- Connects youth/family to ongoing services and supports
- 50% are self- or family-referred
- **76% are able to return home**



# Substance Use Treatment

## National Capital Treatment & Recovery

- DHS contract
- Adolescent outpatient program (OP)
- Adolescent intensive outpatient program (IOP)
- 20 admissions since June 2023

## Opioid Abatement Authority Regional Partnership Grant

- \$22 million investment
- Arlington County match is \$180,000 annually (5 years)
- Medical withdrawal and substance use residential treatment for adolescents
- Status: RFP for service provision





# All-Community Approach to Teen Mental Health & Substance Use

## A schools, courts, parks, human services, and community collaboration

### Intervention

- Dedicated bilingual case management
- Rise Mentor Program
- Young Achievers/Girls Outreach Program
- Detention Diversion
- SU IOP at NVJDC

### Prevention

- Informational media campaign
- ACEs community training
- Out of School Programming
  - Teen nights
  - Late night soccer and basketball
  - After-school drop-in programming

### Education & Engagement

- Children and youth wellbeing plan development
- Funds website and digital strategies, elevate and amplify resources and language translation

Investments focus on teens and families experiencing urgent behavioral health issues and prevention. A total of \$1.9 million in combined one-time and ongoing money is allocated.

## Arlington Unites: Moving Beyond Conversations on Wellness for Children, Youth, and Families

- Saturday, May 18, at W-L High School
- **Community event** to bring together youth, caregivers, leaders, and community members.
- Focus on **adverse childhood experiences** and how to reduce their impact, through information/resource sharing, and skill building.
- Sharing strategies to support youth to **thrive and flourish**



The poster features the Arlington Virginia logo at the top center. Below it, the text 'Come Join Us For' is followed by 'Arlington Unites' in a large, orange, cursive font. A paragraph of text describes the event's purpose: 'Arlington Unites brings together neighbors and community organizations to learn of the impact of adverse childhood experiences and collaborate to build connection in support of youth and families.' Three photographs of diverse families are shown in a collage style. At the bottom, event details are provided: 'SATURDAY May 18, 2024', 'FROM 9:30 AM TO 2:30 PM', and 'Washington Liberty HS 1301 N Stafford St, Arlington, VA 22201'. A yellow button with the text 'Mark your calendars!' is positioned below the details. At the very bottom, a line of text states: 'This event is brought to you by Prevention Unit of the Child and Family Services Division and the Arlington Partnership for Children, Youth & Families.'

ARLINGTON VIRGINIA

Come Join Us For

# Arlington Unites

Arlington Unites brings together neighbors and community organizations to learn of the impact of adverse childhood experiences and collaborate to build connection in support of youth and families.

**SATURDAY**  
May 18, 2024

**FROM 9:30 AM**  
**TO 2:30 PM**

**Washington Liberty HS**  
1301 N Stafford St, Arlington, VA 22201

**Mark your calendars!**

This event is brought to you by Prevention Unit of the Child and Family Services Division and the Arlington Partnership for Children, Youth & Families.

# Coming Soon: Carlin Springs Wellness Pavilion



- Public-Private Partnership
- Certificate of Public Need submitted
- Public Hearing April 22
- Opening late 2025

## Behavioral Health (MH)

- 72 Adolescent and Adult Behavioral Health Beds
- Adolescent and Adult Intensive Outpatient Programs
- Adult Partial Hospitalization Program
- Adult Outpatient Behavioral Health Clinic
- NOTE: 14 Medically Compromised Beds & Comprehensive Psychiatric Emergency Program at VHC Health Main Campus

## Recovery and Wellness (SU)

- 24 Adult Recovery & Wellness Beds
- Adolescent and Adult Recovery & Wellness Intensive Outpatient Programs

# Coming Soon: Youth Crisis Stabilization

## Regional Crisis Receiving Center

- In development
- Located in Woodbridge, PWC
- 16 Youth Short-Term Crisis Beds
- 16 Youth 23-Hour Crisis Recliners
- Managed by Connections Health Solutions
- Opening in 2025

Comprehensive treatment and care  
for youths and adults 24/7/365.



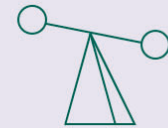
### Walk-in mental health clinic

Two 24/7 walk-in mental health clinics – one for youth and one for adults – will be open to all individuals in need of mental health support, regardless of insurance or circumstance.



### Crisis stabilization

A 23-hour observation unit providing rapid assessment, treatment, stabilization, and proactive discharge planning in a therapeutic environment.



### Extended stabilization, treatment, and evaluation

Two 16-bed units will treat individuals requiring extended stabilization and treatment and evaluation services.

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