



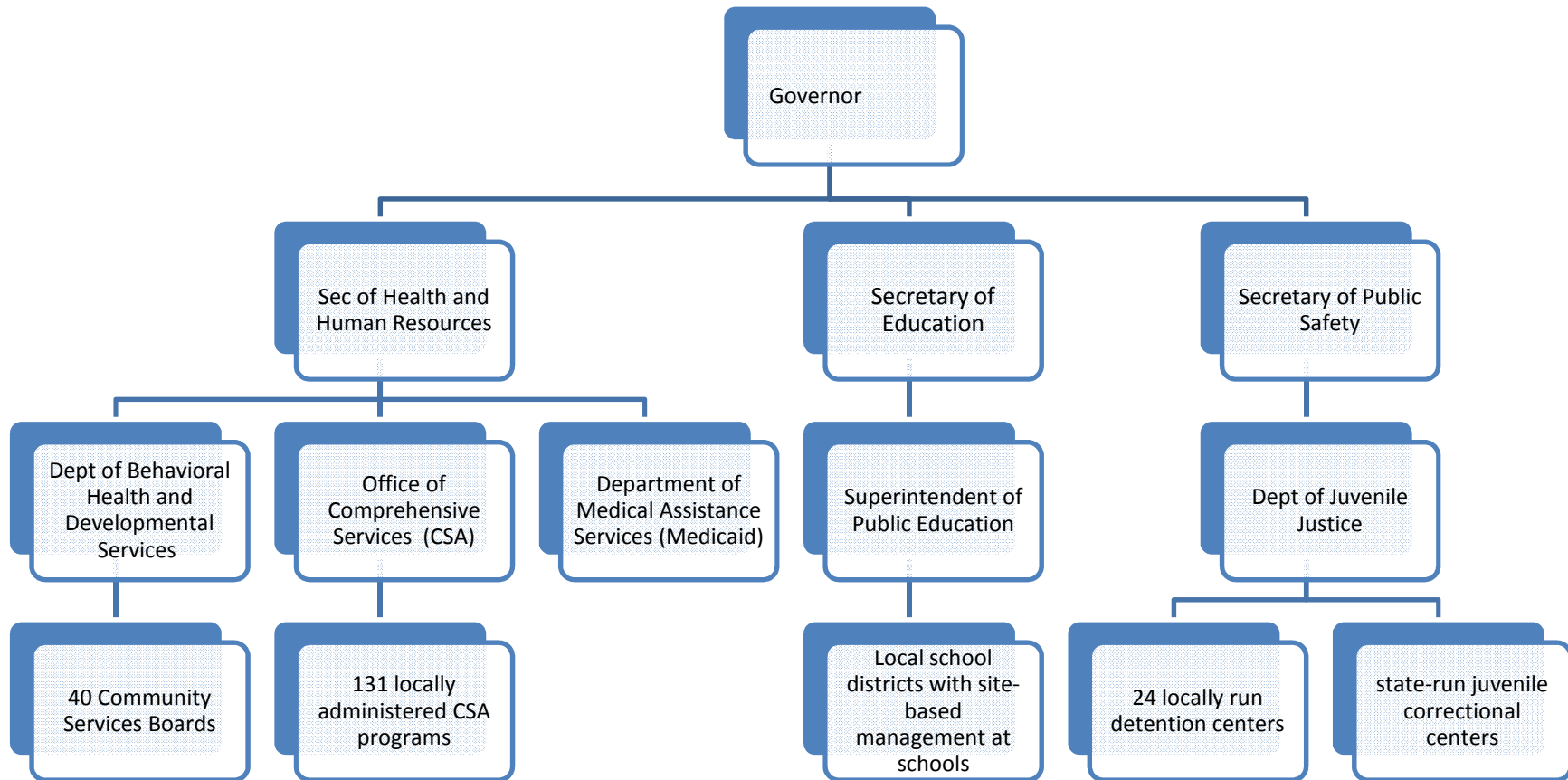
# **Overview of Children's Mental Health Services in Virginia**

Voices for Virginia's Children  
April 6, 2011

# Prevalence

- One in five children ages 9 to 17 experiences a diagnosable mental health disorder in the course of a year, and roughly one in ten experiences a serious disturbance.
- In Virginia, between 85,129 and 104,046 children and adolescents in Virginia struggle with a *serious* emotional disturbance.

# Complexity of Public System



# Overall System Deficiencies

- Fragmented
- Geared toward more intensive services for kids with greater needs
- Weak on prevention/early intervention
- Weak on family involvement
- Weak on cultural competence

# Community Services Boards (CSBs)

- Department of Behavioral Health and Developmental Services (DBHDS) contracts with 40 regional CSBs
- community-based mental health, intellectual disabilities and substance use disorders services
- Required to provide emergency services and case management as funding permits
- Other types of children's services not mandated and largely dependent on availability of funding

# Community Services Boards (CSBs)

## Services Categories in Comprehensive System of Care

- Assessment and Evaluation
- Outpatient or Office Based Services (including Child Psychiatry\*)
- Case Management\*
- Home and Community Based Services (including intensive in-home services\*)
- Intensive Community Supports
- Community Crisis Response Services\*
- Residential
- Inpatient

\*The four services identified in the report as base services that should be available to children statewide.

# **Community Services Boards (CSBs)**

## **5 Northern Virginia CSBs (Health Planning Region 2)**

- Alexandria CSB
- Arlington County CSB
- Fairfax-Falls Church CSB
- Loudoun County CSB
- Prince William County CSB

# CSBs: Limited Capacity

- Wait times statewide: 3-12 weeks
- 80% of those surveyed agreed with the statement, “Families have to wait so long for needed services that their child’s condition gets worse.”

# Northern VA CSBs

Fairly good array of services compared to rest of state, but varies within region

Availability of 4 base services (capacity still unknown):

- all have psychiatry and case management
- 3 of 5 have intensive in-home services
- *only 1 has array of crisis response services*

# CSBs: Who's served statewide?

- FY10: 30,324 children in mh services, 72% of whom SED or at risk
- Kids receiving mh services:
  - 61% female
  - Race and ethnicity:
    - 31% African-American (22% of overall child population in Va)
    - 56% white
    - 7.4% Hispanic
  - Ages:
    - 3% ages 0-2
    - 51%, ages 3-12
    - 46% ages 13-17

# Comprehensive Services Act (CSA)

- State law enacted in 1993
- Pooled funding stream for children with **intensive** treatment needs who are involved in multiple agencies
- State funds combined with local matching funds and administered locally
- Payor of last resort

# CSA Local Entities

**Community Policy and Management Team:**

comprised of local officials from all child-serving agencies who make funding & policy decisions

**Family Assessment and Planning Teams:** case-level

workers from each child-serving agency who develop treatment plans

**CSA Coordinator:** staff to manage program locally, often housed at local dept of social services

# CSA- Who's served statewide?

**FY10: 17,568 children served**

- 68% foster care
- 23% special education
- 44% have a mental health diagnosis; 9% autism spectrum (questions about data)
- 61% male, average age 12 yrs 9 mos
- 37% African-American (39% in foster care system, 22% of total child pop in VA)

# Children's Services Transformation

- Virginia initiative to achieve better outcomes for youth in foster care
- Decreased use of congregate care; increased use of community-based services
- 14% reduction in residential care in each of last 2 years
- 13 core localities started (Fairfax, Prince William), then began spreading statewide

# CSA: Service Gaps

## Northern Region Service Gaps Ranked by Frequency:

- 1 Crisis Intervention and Stabilization
- 2 Psychiatric Assessment
- 3 Substance Abuse Day Treatment
- 4 Emergency Shelter Care
- 5 Short term Diagnostic Assessment
- 6 Psychological Assessment
- 7 Transportation
- 8 Mental Health Day Treatment
- 9 Respite
- 10 Career Technical and Vocational Education

# CSA Service Gaps

- Northern Region – 2010, 1/3 of CSA service gaps survey respondents reported a decrease in available services during the last year:
  - Outpatient mh/sa services at CSBs
  - Medicaid therapists and psychiatrists

# Medicaid

- psychiatric services (managed care)
- mental health clinic services (managed care)
- community mental health rehabilitation option services (currently carved out; managed care coming)
- 563,379 low-income children enrolled FY10 (Title XIX only)

# Voices' Regional Forums

Statewide findings of needed system reforms:

- Create comprehensive array of quality services
- Achieve consistency across VA
- Increase system coordination
- Strengthen workforce
- Address insurance barriers (both Medicaid and private)

# Northern VA Forum

## Family Support

- Lack of cultural competence
- Even greater stigma in some ethnic communities; need outreach
- Need for parent education- how to be advocates- in a variety of cultures
- Parents don't understand how to navigate the system

# Northern VA Forum

## Service Availability

- Lack of crisis response services
- Need to support evidence based models
- Need greater quality oversight, particularly of in-home providers
- Lack of services for co-occurring disorders (intellectual and developmental disabilities with mh)

# System Fragmentation

- Separate child-serving systems with differing policies & funding requirements make it difficult for local providers to work together
- Locally-driven systems lead to great variation in service availability and interpretation of state policies
- Lack of non-Medicaid mental health funding leads to many children not accessing services
- Families experience barriers moving between localities and among child-serving agencies

# Prevention: Home Visiting

- **Healthy Families:** Alexandria, Arlington, Fairfax, Loudoun, Prince William
- **CHIP of Virginia:** Arlington



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