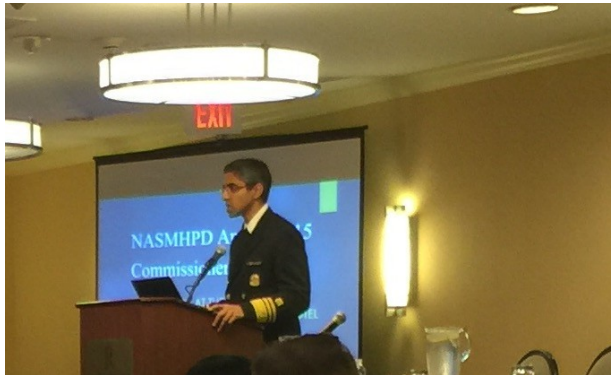


ALL IN!

DBHDS Monthly Update from Commissioner Ferguson

AUGUST 2015



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

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

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

The 31st Health Planning Region III Annual Conference is scheduled for September 21-24, 2015 in Roanoke, Virginia. The theme this year is THE JOURNEY: Fostering Hope, Creating Change--Recovery for All. Offerings include Recovery Oriented Systems of Care, Promoting Academic Success Among Youth Through Substance Abuse Prevention and Intervention, Yoga Skills for the Mental Health Professional, Using “The Hero’s Journey” to Reframe the Struggle of Mental Illness, Energy Psychology: A New Paradigm, Substance Abuse in the Second Half of Life, Beyond “Behaviors”: Supporting Competence and Well-Being with the Intellectual Disabilities Population. Learn more or register [here](#).

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)

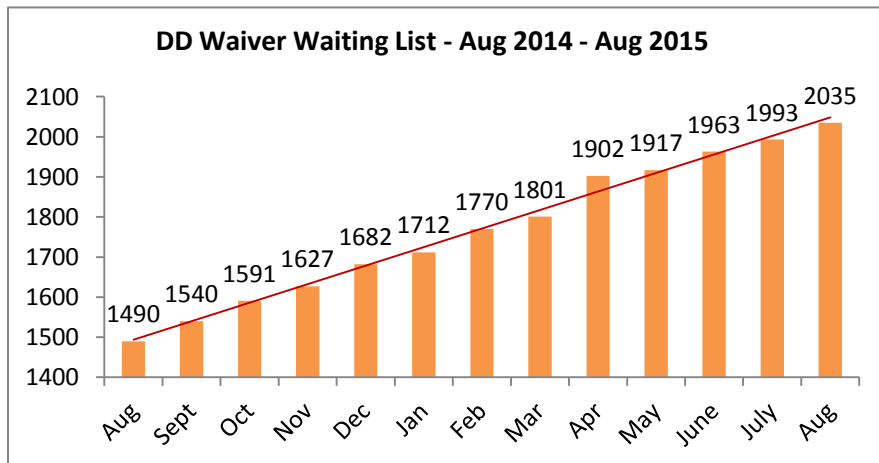
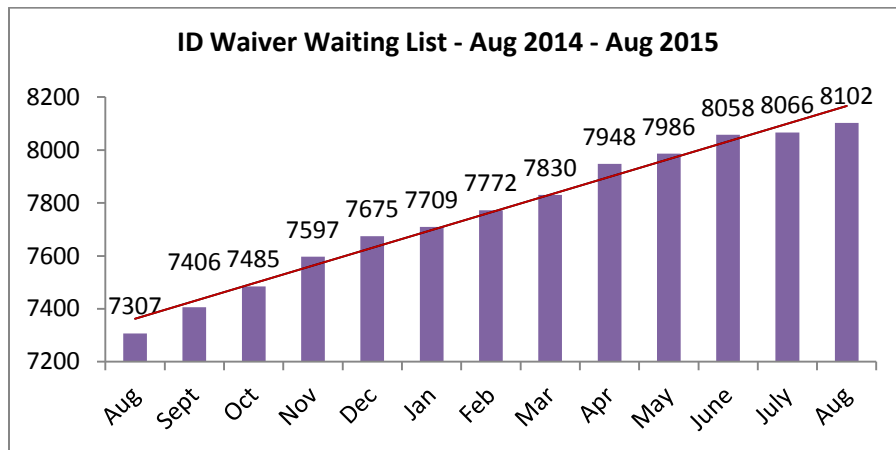
Name	July 2012	July 2013	July 2014	August 3, 2015
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	Census	Census	Census	Census
NVTC - Closure: By 3/30/2016	153	135	107	55
SWVTC - Closure: By 6/30/2018	173	156	144	122
CVTC - Closure: By 6/30 2020	350	301	288	230
SEVTC - Remains open	106	84	75	69
Total	983	790	614	476

ID and DD Waiver Enrollment and Waiting Lists (August 2015)

	ID Waiver	DD Waiver
Total Slots	10,707	1,013
Urgent Waitlist	4,981	
Non-Urgent Waitlist	3,121	
Total Waitlist	8,102	2,035

Waiting List Totals from Previous ALL IN! Newsletters



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

Name	August 2015

Catawba	101
Central State Hospital	227
Eastern State Hospital	287
Northern Virginia Mental Health Institute	122
Southern Virginia Mental Health Institute	63
Southwest Virginia Mental Health Institute	164
Western State Hospital	242
Piedmont Geriatric Hospital	118
Commonwealth Center for Children and Adolescents	21
Hiram Davis Medical Center	69
Virginia Center for Behavioral Rehabilitation	369
Total	1,783

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