

Welcome to the March IFSP  
Coordinated Council Meeting:



# Mental Health and Crisis Services

Featuring a Presentation from NAMI Virginia and  
Regional Discussions



# Agenda



- Welcome, Ground Rules, & New Format Overview
- What is IFSP?
- National Developmental Disability Month – Mary Miller, Eastern State Council
- Mental Health Conditions Signs, Symptoms and Crisis Planning, Sarah Wilson, Assistant Director, NAMI Virginia
- Regional Breakouts
- Questions and Answers
- Follow Up Survey

# Ground Rules



- **Tonight's main session is being recorded.**
- Please put your questions in the chat, we will answer questions at the end of the meeting, after the breakouts.
- The chat is visible to all attendees.
- Remember that tonight's meeting is public, so please refrain from sharing personal information.

# New Council Meeting Format!



Main Session (30 min total)

- Introductions (5-10 min)
- Main Presentation (20 min)
  - Questions entered in the chat

Breakout Room Open → Participants select their region

Northern

Eastern

Southwest

Western

Central

All Breakouts (45 min total):  
Council Business (15 min)  
Expert Introduction (5 min)  
Discussion (20 min)

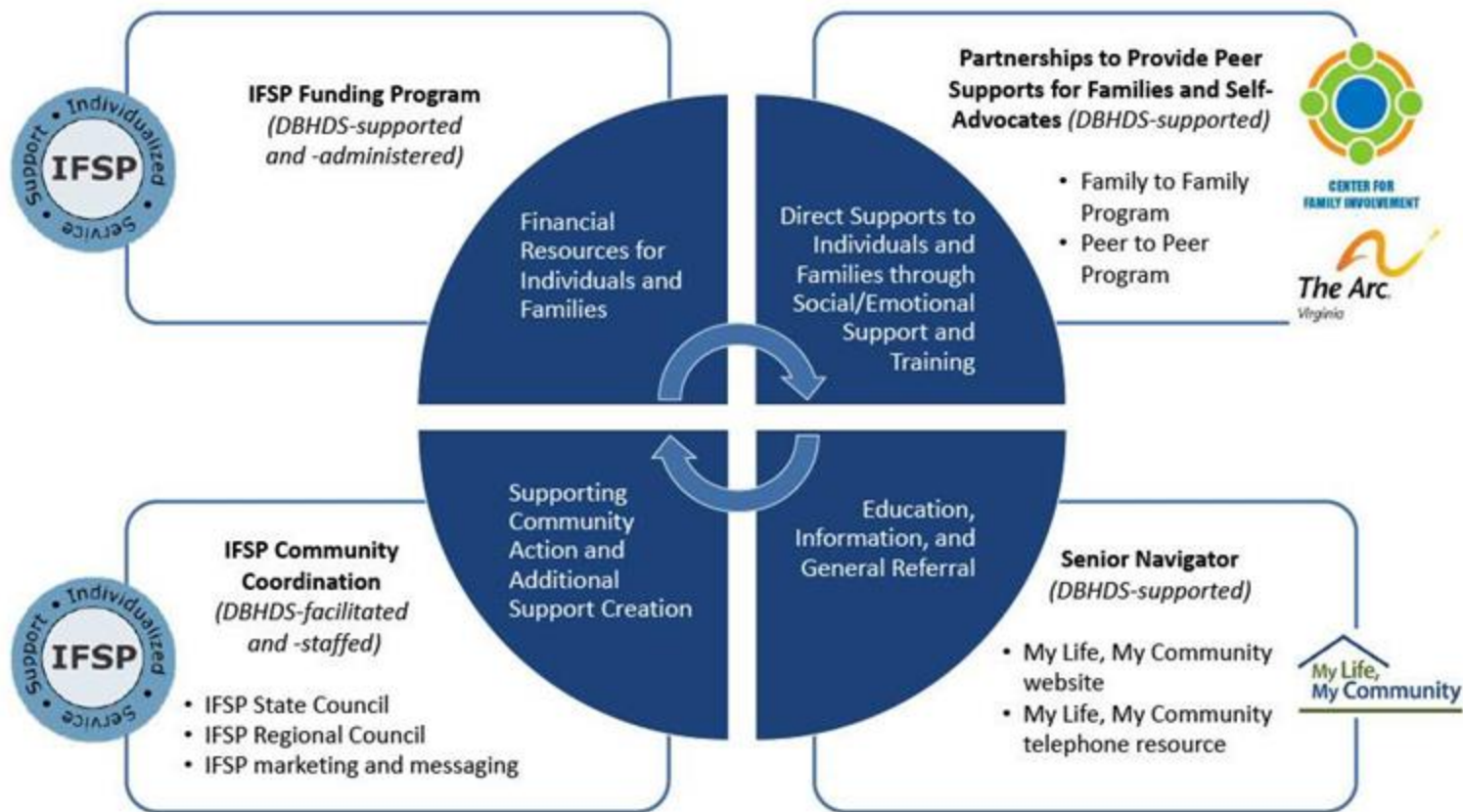
Breakout Rooms Close → Participants automatically return to the main session

Main Session (15 min total):

- Q&A (10-15 min)
- Survey Shared
- Adjourn

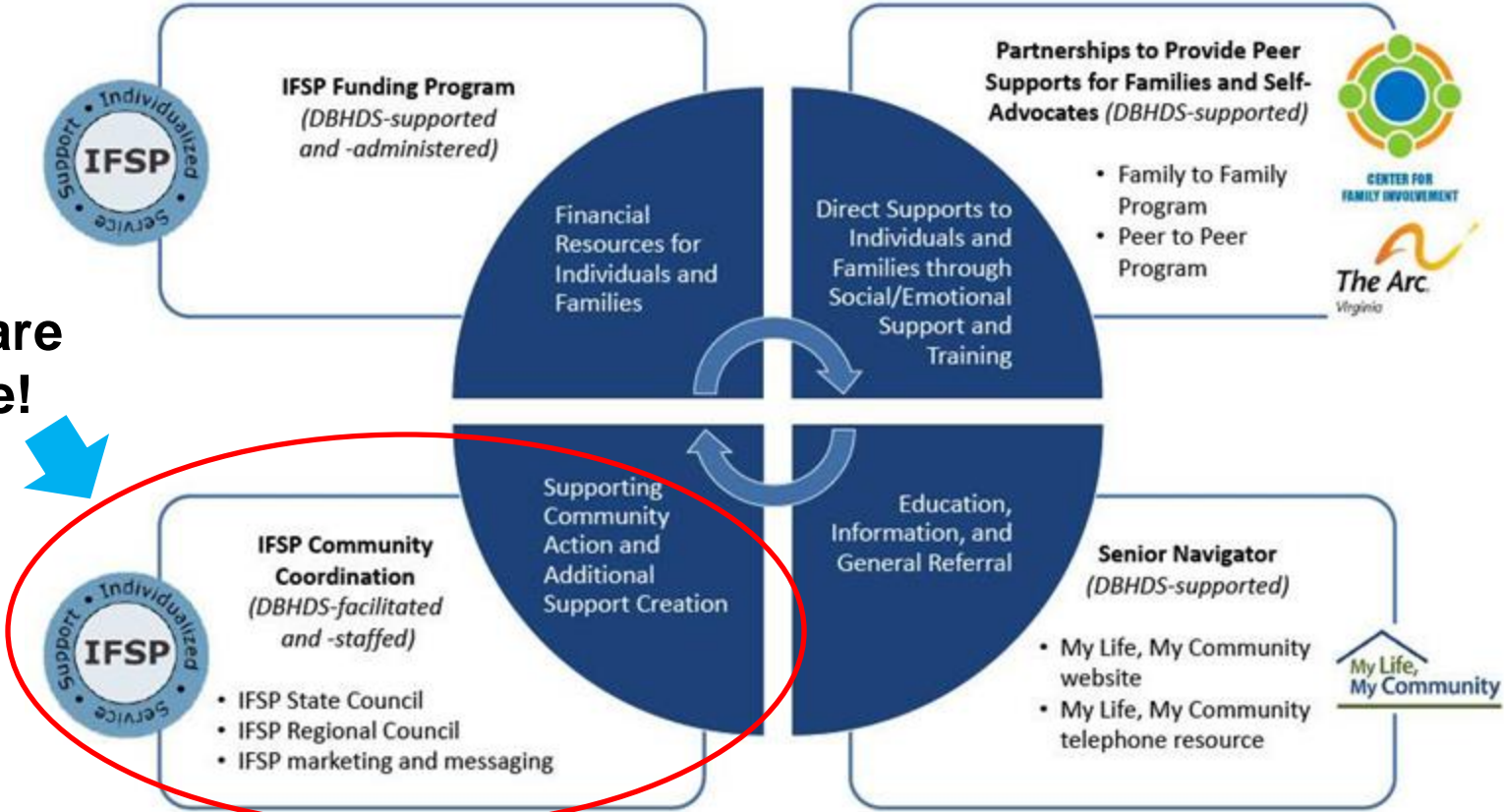
Flows This Way

# What is IFSP?



# What is IFSP?

You are here!





# National Developmental Disability Month

Mary Miller, Eastern Region, State Council

# Pictures from Mary:





# Pictures from Mary:



# Pictures from Mary:





# DD and Mental Health



# Background on DD and mental health



- People with DD have a higher risk of having a co-occurring mental health diagnosis than people without DD.
- Historically, people with DD were not believed to also have mental health disorders! This led to inaccurate diagnoses and treatments for people with DD.
- **Prevention is key!** REACH lines are open 24 hours a day, 7 days a week.
  - **Region I Adult Crisis Line:** (855) 917-8278 (Charlottesville)
  - **Region I Children Crisis Line:** (888) 908-0486 (Lynchburg)
  - **Region II Crisis Line Children and Adults:** (855) 897-8278 (Woodbridge)
  - **Region III Crisis Line Children and Adults:** (855) 887-8278 (Radford)
  - **Region IV Crisis Line Children and Adults:** (855) 282-1006 (Chester)
  - **Region V Crisis Line Children and Adults:** (888) 255-2989 (Suffolk)

# Sarah Wilson



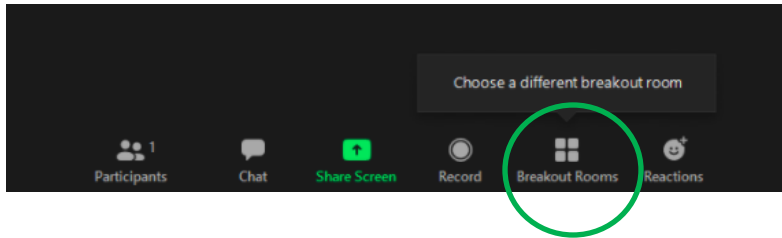
Sarah received her Master's in Social Work Administration, Planning, and Policy Practice from Virginia Commonwealth University. Prior to joining NAMI, Sarah has experience in suicide prevention and crisis intervention work, community organizing, and older adult mental health.

Sarah has worked for NAMI Virginia since 2009 in a variety of roles. Sarah currently serves as the Assistant Director where she provides strategic direction for NAMI Virginia's programs and presence in the state through coalitions, workgroups, partners, and 14 statewide local NAMI chapters.

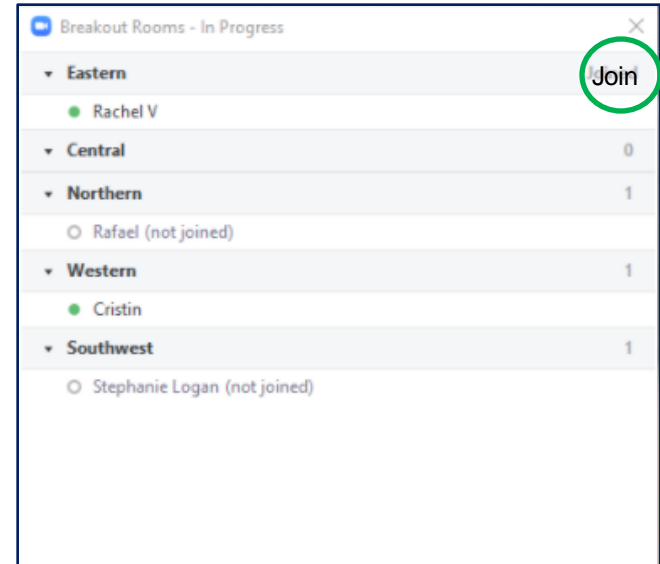
# How to Join a Breakout Room



At the bottom of your screen, click “Breakout Rooms”

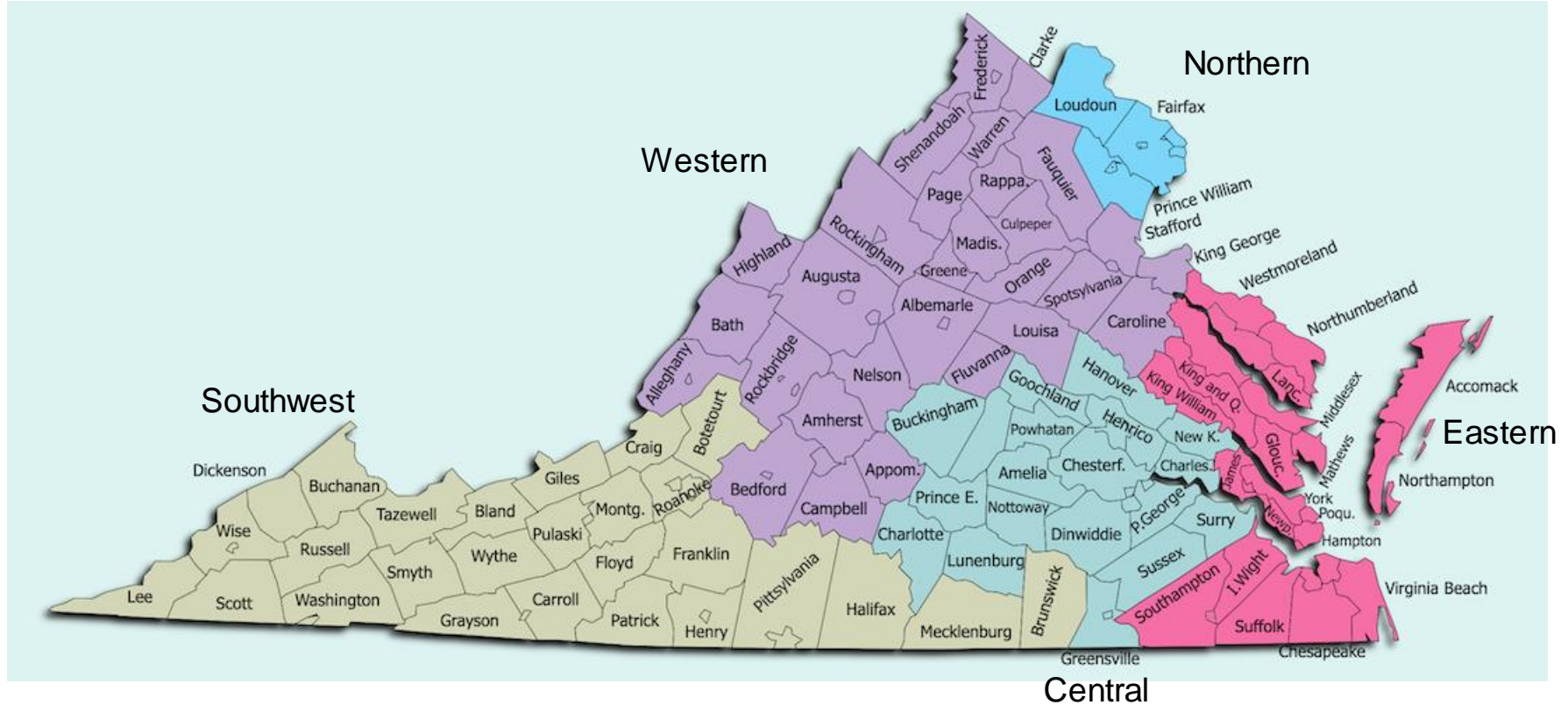


Then, pick “join” for your region:



Please select the breakout room for where you live!

If you aren't sure or need assistance, stay in the main room and IFSP staff will help you pick the correct breakout!



If you need technical assistance, email [ifspcommunity@dbhds.virginia.gov](mailto:ifspcommunity@dbhds.virginia.gov)

# Question & Answer



Are there people who can help me create a crisis plan? Is there a guide for this?

Who can I talk to in law enforcement beforehand? Is there someone I should call?  
How I ask for a CIT Officer? How do I know if my community has one?



# Resources



- **Mental Health and Developmental Disabilities: National Training Center**  
<https://www.mhddcenter.org/learn-now/>
- **NAMI Virginia:** <https://namivirginia.org>
- **National Training & Technical Assistance Center for Child, Youth, and Family Mental Health (NTTAC):** <https://nttacmentalhealth.org/>
- **REACH Crisis Services:** <https://dbhds.virginia.gov/developmental-services/Crisis-services>

# BEFORE YOU GO...

Complete our survey  
and add our next  
meeting date to your  
calendar:

**May 20<sup>th</sup>, 6:30p-8:00p**

To complete the survey, scan this QR code:



OR

Use the link in the chat:

<https://www.surveymonkey.com/r/CCMeeting325>

# Thank you...



To our speaker Sarah Wilson, NAMI Virginia, and our Regional Experts:

- **Central:** Richard Davis from the Adult Transition Home (ATH), Richmond Behavioral Health Authority
- **Eastern:** Courtney Medley from REACH, Western Tidewater Community Service Board
- **Northern:** Nicole Brandon from Fairfax/Falls Church Community Services Board and Joanna Walker from NAMI Northern Virginia Helpline
- **SW:** Morgan Greer from Positive Alternatives to Hospitalization (PATH), Mount Rogers Community Services
- **Western:** Eric Schmucker & Melissa Leisen from Claude Moore Precious Time

*Interested in learning about the other Regional Experts? Click the links to their information in the chat!*



# Thank you!

**Follow IFSP on Facebook:**

<https://www.facebook.com/virginiaprogram>

