

# *The A B C's of the CSB*

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# When you leave here today...

- Our hope is that you have a greater understanding of the following:
  - What the CSB is
  - Why the CSB exists
  - How the CSB functions

# WHAT is the CSB?

- Community Services Boards (CSBs) are by statute the single points of entry into publicly funded mental health, developmental, and substance abuse services.

# The Mission

The mission of the Virginia Association of Community Services Boards is to achieve a publicly-funded system of quality public and private services in Virginia that:

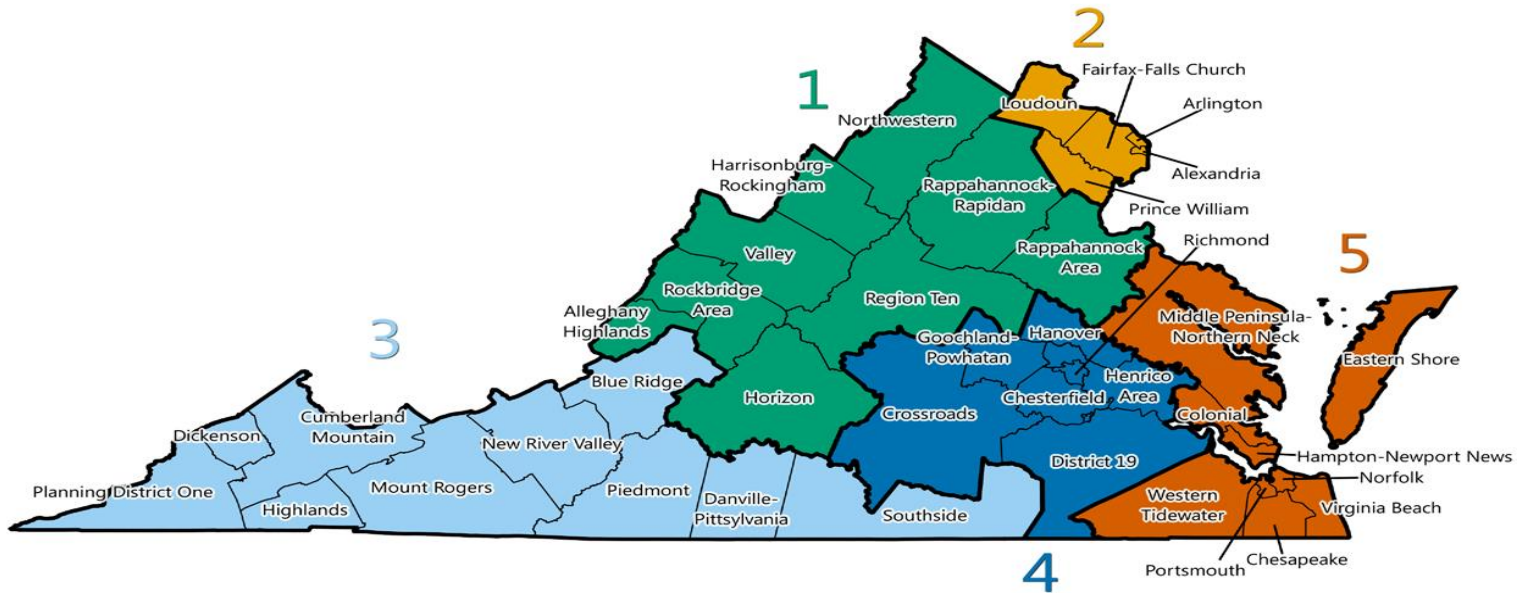
- \* is ultimately responsive to the needs of individuals with mental disabilities and their families
- \* focuses on resources on community-based supports for individuals with mental disabilities
- \* ameliorates and prevents disabling conditions
- \* promotes independence, recovery, behavioral health and education of the public about the needs of individuals with mental disabilities.

# CSBs

- Services are provided through CSBs to citizens within 133 cities or counties across Virginia
- Information about each CSB (Leadership, address, telephone and fax numbers, web site, e-mail address, and cities and counties served) is contained in the CSB Address List, available on the Department's website at:

<http://www.dbhds.virginia.gov/library/document-library/occ-csbaddresslist.pdf>

# Map of CSB Locations



## Primary DBHDS Regions for Community Services Boards

***Section 37.2-100 in the Code of Virginia*** defines an individual or individual receiving services as a current direct recipient of public or private mental health, developmental, or substance abuse treatment, rehabilitation, or habilitation services. In the past, individuals receiving services were referred to as *consumers, clients, patients* in state hospitals, or *residents* in state training centers.

# A is for:

- Access



- Advocacy



# B

## B is for:

- Best Practices
- Board of Directors



# C is for:

- Clinical
- Case Management
- Community
- Collaboration
- Coalitions

# D is for:

- Demographics
- Data
- DBHDS

# E is for:

- Education
- Emergency Services
- Evidenced Based

# F is for:

- Funding
- Forty

# G is for:

- General Assembly



# H is for:

- History
- Human Rights
- HPR (Health Planning Regions)

# SUCCESS STORY

Horizon Behavioral Health - Lynchburg, VA



Hope and second chances did not live with Paulene as a little girl. Instead, the sting of parental abuse and the anxiety of compulsive thinking were her roommates. Both left her isolated and antisocial.

Eight months pregnant, Paulene found herself walking down the streets of Lynchburg, timing the cars as they passed and waiting to jump in front of one. Fortunately, she kept walking and soon found herself in the lobby of Horizon Wellness Center in labor. She was rushed to the hospital, but not before Horizon clinician Regina Fitzgerald assured her that there would be a bed waiting for her after she delivered her baby safely.

Perhaps hope had just moved into Paulene's life. After delivery, Paulene moved directly into Horizon's detox program - a program that she successfully completed. Unfortunately, over the next few years, she relapsed and was incarcerated several times.

This is when "second chance" came knocking on her door. In jeopardy of losing her children, Paulene reached out to Horizon and was admitted into the Crisis Stabilization Unit. After 15 days, she was accepted as one of the first residents of Horizon's Women's Recovery Residence where she learned to live a sober, healthy life.

Paulene was able to build healthy habits, find support and made being a good mom a priority - second only to her recovery.

She explains, "Not only did they help me with my sobriety, but they assisted me in finding housing and encouraged me to continue my education after a year of being clean. They gave me the tools I needed to be successful in my recovery, but they empowered me to believe that I could do it. They surrounded me with positivity and pushed me to find that same positivity from within myself. Their positivity changed my thinking. Positive affirmation became my new thought process."

Paulene was eventually able to graduate from high school and went on to earn a scholarship at Drexel University.



# I is for:

- Intensive Services
- Indigent
- Intellectual Disabilities
- IACCT

# J is for:

- Jail Services
- Juvenile Justice

# K is for:

- Kids
- Knowledge



# L is for:

- Legislation
- (Project) LINK



# M is for:

- Mandates

# N is for:

- Non-Profit
- News
- Narcan

# O is for:

- Outpatient Counseling
- Operations
- Oversight

# P is for:

- Prescreening
- Person Centered Planning
- Peer Support Services
- Prevention
- Performance Contract



# Q is for:

- Quality

# R is for:

- Resources
- Recovery
- Resilience
- Reimbursement

# S is for:

- S- Substance Use Services
- S- Systems of Care
- System Transformation, Excellence and Performance in Virginia model (STEP-VA)



# STEP-VA Services

Developed to address: accountability, access, quality and consistency across all CSBs to work toward excellence in behavioral healthcare and ultimately a healthy Virginia.

# Step-VA Services:

- Same Day Access to Assessments (Intakes)
- Outpatient Behavioral Health Services
- Outpatient Primary Care screening and monitoring
- Mental Health care for Veterans
- Psychiatric Rehabilitation
- Person-Centered Treatment Planning
- Care Coordination
- Behavioral Health Crisis
- Targeted Case Management
- Peer Supports

# T is for:

- Trauma Informed Care
- Trainings
- Temporary Detention Orders (TDO's)

# U is for:

- U- Underserved Populations
- Urgent Care Wait list
- Utilization Reduction

# V is for:

- Voices
- VACSB



# W is for:

- Waiver

# X is for: (another Success Story)

The following is an interview with Xavier following his successful completion of the Arlington County Drug Court.

- **What was your experience like in Drug Court**
- *"It was rough, but had some good points too. It was really extreme at first - I had to get adapted to it. All in all, it's a good program and I would recommend it to anybody who wants help or wants to change."*
- **What made you decide to come to Drug Court? Did that change over time?**
- *"At the time, they wanted to put me into the ACT Unit in jail or Drug Court so I decided to take a chance on Drug Court because I didn't want to go to jail. Once I got adapted to it, it got easier and I decided it was helping me."*
- **What was the most useful tool you learned while in the program?**
- *"The most useful tool I learned was to be honest with myself and everybody else."*
- **What did you accomplish internally while in the program?**
- *"I learned to work on me and get my health back to take better care of myself. I got the cheerful Victor back. I'm living life on life's terms."*
- **What did you accomplish externally while in the program?**
- *"I was able to take care of some health issues, and I got a good job. Most importantly to me, I finally stuck with something and completed it."*
- **What are your plans for the future?**
- *"My plans are to continue to take care of my health, continue to work, complete my GED, and stay focused in my recovery. I might want to get married again one day, too."*

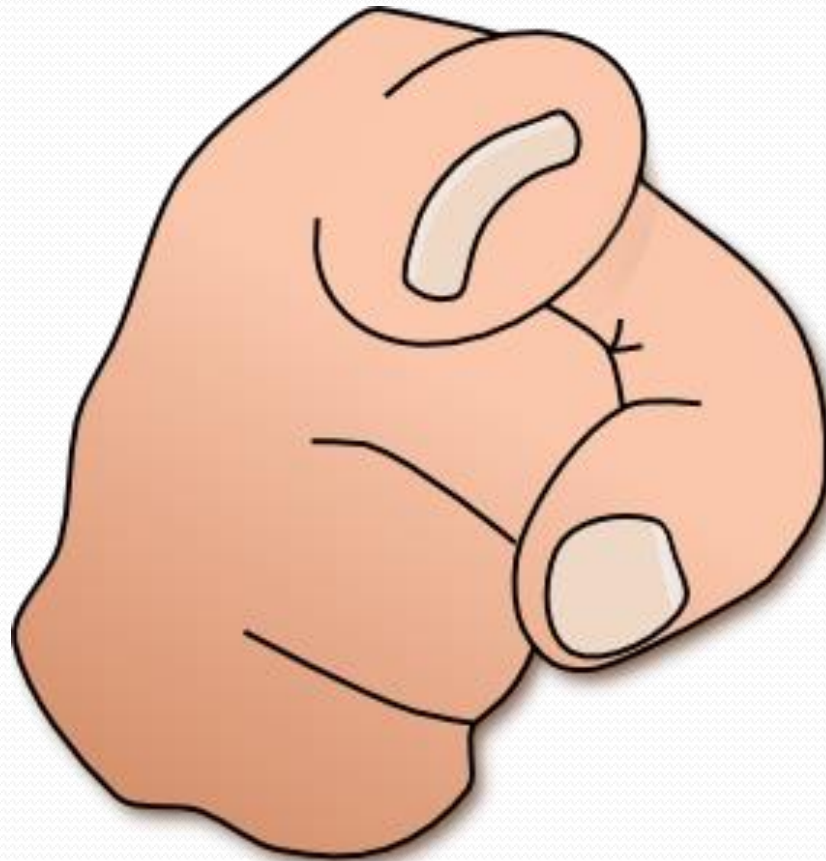
Xavier is currently continuing in outpatient services and doing well. He has maintained his employment, stayed connected with SUD treatment, provides negative screens, and has not acquired any new charges.

Xavier has always maintained a positive attitude, even when certain aspects of the Drug Court rules and regulations were not easy to swallow.



# Y is for:

- You



# Z is for:

- Zelle