

ADDRESSING MENTAL HEALTH IN 2021

Human Services Policy Committee

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Board of County Supervisors

COG Board of Directors
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Metropolitan Washington
Council of Governments

HSPC 2021: Addressing Mental Health

Childhood Development & Early Interventions

- The pandemic, systemic racism, and the struggling economy has caused a disproportionate toll on our families by widening disparities and putting more stress on parents, caregivers, and children.
- There is an increased number of uninsured children, negatively affecting their access to care. This may have a significant long-term health impact.
- **Possible strategies:**
 - **COVERAGE:** Provide continuous coverage from birth to age 5.
 - **PAYMENT/FINANCING:** Incentivize coordinated care. Increase payment rates for mental health services. Propose waivers and amend plans to expand access to mental health.
 - **LINKAGE TO PROMOTE HEALTH:** Provide mental health services in non-traditional settings (i.e., schools, primary care, daycare).
 - **OTHER:** Expand home visiting, flexibility for telehealth, and incentive programs.
 - **RESPONDING TO THE PANDEMIC WITH ANTI-RACIST POLICIES:**
 1. It can be clearly designed to meet the needs of children and families of color.
 2. It can support the whole family.
 3. It can serve all children and families in need.



HSPC 2021: Addressing Mental Health

Substance Dependency

- **Phyllis Randall, Chair of the Loudoun County Board of Supervisors**
 - Provided experiential and professional knowledge of substance abuse.
 - Addiction is a brain disease; it changes the chemical neurotransmitter in your brain. You can no longer function without those substances in your brain.
 - We need to treat addiction; no matter the substance, no matter who (by race, income, gender, or otherwise) is addicted.
 - The notion of cross-addiction: people will change drugs based on what they can get; we must go after the addiction, not the drug. The stigma of addiction is starting to lessen, but we have such a long way to go.
- **Possible Strategies:**
 - Lower stigma of substance dependency
 - Continue to share strategies to address substance dependency within our COVID recovery efforts.



HSPC 2021: Addressing Mental Health

Housing & Homelessness

- Supportive housing reduces homelessness, psychiatric hospitalization, crisis care, substance use, reincarceration – and increases the “good” things – mental health, quality of life, social networks, financial security.
- Communities of color are disproportionately in need of supportive housing.
- **Possible Strategies**
 - Increase supportive housing with long-term care coordination.

Mental Health Stigma * *Additional details on final slide*

- Resolution Combatting Mental Health Stigma by:
 - Enhancing Awareness
 - Increasing Access to Care
 - Addressing Racial Equity

Prince William County Crisis Receiving & Stabilization Services

Services & Goals:

- Programming contains a mix of services to include but not limited to clinical, psychoeducational, psychosocial, relaxation, case management, psychiatric, recreational and physical health.
- Staffed by multidisciplinary team capable of meeting needs of individuals experiencing behavioral health crises in community
- Some of the CRC Service Goals include:
 - Help individuals avoid inpatient hospitalizations
 - Increase access for individuals to recovery services
 - Coordination of mental health, substance use, and medical services
 - Assist individuals with integration back into the community



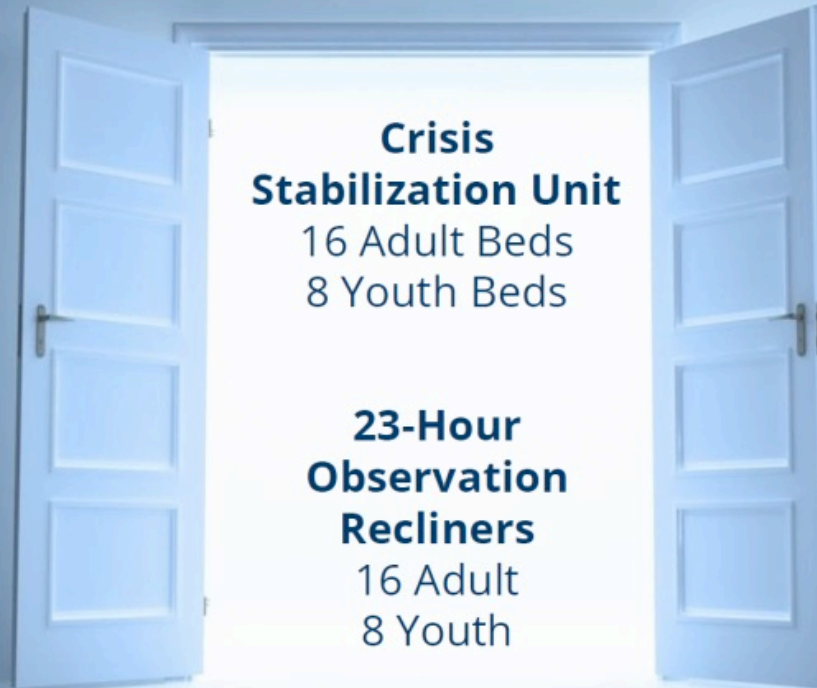
Crisis Receiving Center



No Wrong Door for Behavioral Health Crisis Accepts ECOs/TDOs and offers medical detox when needed

Relocation/Added CS Programs:

- Crisis Assessment Centers
- Marcus Alert Outreach and Engagement
- Trauma Program



Crisis Stabilization Unit

16 Adult Beds
8 Youth Beds

23-Hour Observation Recliners

16 Adult
8 Youth

*Vision for other Community Services (space permitting):

*Urgent Care
Housing Assistance
Peer Support
Pharmacy
Mobile Crisis*

DRAFT Resolution to Address Mental Health Stigma

The COG Board of Directors directs the Human Services Policy Committee to work together collaboratively to combat mental health stigma in the metropolitan Washington region. To achieve this regional vision, the Board recommends all COG member jurisdictions consider implementing the following actions to the greatest extent possible:

- 1. Enhance Awareness:** Develop communication strategies to combat mental health stigma and to promote mental wellness throughout communities.
- 2. Access to Care:** Break down the barriers to care to ensure all residents have access to the resources to achieve mental wellness.
- 3. Racial Equity:** Support culturally competent providers from diverse racial/ethnic backgrounds to address cultural stigma associated with mental illness.



Thank you

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