



Children's Services Act Program Newsletter

In September's CSA Newsletter, we introduced you to the new Intensive Care Coordinators at Wraparound Fairfax. This month we'd like to take the opportunity to introduce you to the new staff at UMSF's wraparound team.

In this Issue:

- Introduction to New UMFS Facilitators
- The "Factors that Matter" for Children and Youth
- Training: A Parent's Guide to Evidence-Based Treatment



Pictured, l to r: Karl Fray, Lindsay McNeil & Jessica Grimes

Karl Fray

Karl has been an unwavering champion with UMFS since 2017. He is originally from Philadelphia (Go EAGLES), where he attended Mansfield University and Temple University for his Bachelors and Masters in Social Work. During his educational career, Karl has interned at an array of non-profit agencies, elementary schools, and high schools working with diverse populations. After graduating in the Spring of 2017, Karl moved to Fairfax, VA, where he pursued a social work career working with children and adolescents. In the fall of 2017, Karl started as a Youth Counselor at Leland House, where he began using his creative skills and knowledge to help create new and different interventions related to mindfulness, psycho-education, and social skills. After six months, Karl transitioned to the role of an Intensive Care Coordinator, where he is able to use his creative and spontaneous personality to help create a successful plan for adolescents and families within the NOVA area.

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Lindsay McNeil

Lindsay graduated from East Carolina University with a Bachelor of Science. Since graduating, Lindsay has served as a Homeless Prevention Specialist and assisted individuals and families in obtaining permanent housing. Lindsay’s experience also includes working with at-risk youth in the Foster Care system and being an advocate for developmental disabled individuals. Lindsay’s past experiences were gained in communities other than her home-town and is excited to be back and currently serving the Northern Virginia area! Go Caps!

Jessica Grimes

Jessica received her Bachelors in Social Work from James Madison University (GO DUKES!!!) and went on to complete her Masters in Social Work at Virginia Commonwealth University. Jessica’s experience is with children and youth with mental illness. Jessica worked as an In-Home Counselor and Intensive Care Coordinator in Northern Virginia before moving to Richmond and working as a therapist with youth in a residential treatment center. Jessica is excited to be back in Fairfax as the Intensive Care Coordinator supervisor. Jessica has a passion for working with families in order to help them find their voice and achieve their vision.



CANS Certification

The Child Adolescent Needs and Strengths Assessment (CANS) is a mandatory uniform assessment required for children and youth served through the Children’s Services Act. New CANS users and those who need to recertify can do so at

<https://www.Schoox.com/login.php>.

Users must pass the CANS exam with a score of .70 or more. Please send a copy of your certificate to CSA via fax at 703.653.1369.

For info on how to create an account on the CANS training website, please download the “How To” Guide at <https://praedfoundation.org/wp-content/uploads/2018/08/Schoox-How-To-08072018.pdf>.

Upcoming Trainings & Public Meetings

Register at <https://ffclearning.fairfaxcounty.gov>; non-county employees <https://www.fairfaxcounty.gov/hrcode/EReg/Registration.aspx?groupID=87>

CSA New Staff Trainings

Part 1: Introduction to System of Care

Tuesday, October 23
8:15 am to 11 am
Pennino, Room 206

Part II: Facilitating Family Resource Meetings

Monday, October 29
8:45 am to 12pm
Pennino Room 1034

Part III: Accessing CSA Services

Monday, October 29
1:15 pm to 4 pm
Pennino, Room 1034

Public Meetings

CPMT
Friday, September 28, 2018
1 pm to 3 pm
Government Center

Have ideas about possible training topics? We’d love to hear from you! Please contact Patricia Arriaza at patricia.arriaza@fairfaxcounty.gov with your thoughts.



THE “FACTORS THAT MATTER” FOR CHILDREN AND YOUTH

Do you know what the strongest predictor of teen marijuana use is? Believe it or not, it’s the extent to which teens’ parents object to or approve of pot.

According to the 2017 [Fairfax County Youth Survey](#), 9.4% of Fairfax County 8th, 10th, and 12th grade students report using marijuana in the past month. That’s not bad; the national average is close to 15%. But we know we can do better. And the data shows us how. Among kids who report that their parents don’t have a problem with marijuana use, a full 50% report using the drug. But among those who say their parents think it is “very wrong” to use pot, only 5% have used in the past month.

Parents and other adults are key to shaping the health and well-being of young people. The Youth Survey asks students about the “protective factors” in their lives – things like being able to turn to a parent or neighbor for help, participating in community service and extracurricular activities, and having teachers who recognize good effort. Survey results consistently show that the more of these protective factors kids have, the more likely they are to make healthy decisions and cope well with life’s stresses. For example, among students reporting they have no protective factors, over 30% report using pot. But, among students with three protective factors, only 11% use pot. And fewer than 3% of students with six protective factors use it.

These patterns are the same year after year. And they show up for all kinds of issues and behaviors, not just substance use. Bullying, signs of depression and thoughts of suicide, even healthy eating and physical activity are

strongly associated with protective factors. And the patterns hold true for all demographic groups: boys, girls, students of all races and ethnicities, straight and LGBTQ youth, and military connected youth all do better when they have more protective factors.

So how do we ensure that all kids have protective factors in their lives? The [Three to Succeed](#) campaign is based on the idea that having just three protective factors dramatically improves the odds for youth. If we can ensure that each young person in Fairfax County has at least one protective factor at home, at school, and in the community, we’ll have made a real difference.

Quite often, a “real life protective factor” is a caring adult. And being a caring adult in a kid’s life can be surprisingly simple. Take some time to recognize and praise good effort in a kid you know. Lend an ear and listen to their concerns. Let them know you’re always there if they need help. Support their participation in community activities.

You can learn more about these and all of the factors that matter by visiting the Three to Succeed section of the Fairfax County Youth Survey web page at <http://bit.ly/3toSucceed>.



The Fairfax County Youth Survey shows that children and teens with **three or more** protective factors are more likely to:

Manage stress

Make better choices

Develop healthy habits

The many factors that help children and teens succeed include:

-  **Having parents or guardians who are available to help**
-  **Participating in after-school activities**
-  **Having adults in the community to talk to**
-  **Accepting responsibility for their actions**
-  **Having teachers who recognize and praise good effort**

Learn *all* of the factors that matter at fairfaxcounty.gov/youthsurvey.

TIP OF THE MONTH

Juliana Swanson

There seems to be confusion surrounding the completion of the new [CSA Consent to Exchange Information form](#). An instructions page is provided with the form on the [CSA forms page](#).

There are a lot of changes on this form and if it comes to me or CSA incomplete or incorrect it will hold up your request.

Drug Treatment Records Section

The following provides an explanation regarding the instruction about the protection of drug treatment information.

ONLY check “ARE Protected” if the person for whom the consent is being signed (typically the child/youth) is 13 y/o or older and HAS BEEN IN DRUG TREATMENT OR YOU ARE SEEKING DRUG TREATMENT FOR THEM. For ALL other circumstances check “Are Not Protected”.

JUST REMEMBER:

NO DRUG TREATMENT RECEIVED OR NEEDED = ARE NOT PROTECTED

If you have checked **YES**, the client for whom the consent is being submitted MUST sign the form at the bottom where it states “Signature.” In that case the parent or guardian (consenting party) would sign where it reads “Other Signature.”

If you have questions, please call me or Sarah Young BEFORE you submit the packet.



A PARENT’S GUIDE TO EVIDENCE-BASED TREATMENT

Wednesday, November 14, 2018

6 pm to 8 pm

Fairfax County Government Center

12000 Government Center Pkwy, Room 120C



Have you ever wondered what your child is “doing” when they go into a therapy appointment? What do CBT, DBT, ACT, FBT and these other acronyms mean? What keywords should you be hearing or listening for when your kids are involved in therapy? We will review evidence-based and empirically supported treatments for common conditions such as depression, anxiety, OCD, eating disorders, and self-injury.

The presentation is targeted toward helping parents and loved ones understand mental health treatment, how to choose the best treatment, and how to find credentialed providers in the area. The importance of outcome measures and ethical considerations in treatment, as well as determining when it’s time to transition to a new therapist or medication management provider will also be reviewed.

Register at

<https://www.fairfaxcounty.gov/hrcode/EReg/Registration.aspx?groupID=87>



Special accommodations will be provided upon request. For event information, to view this information in an alternate format or to request special accommodations, call 703.324.7938. Please allow two (2) working days in advance of the event in order to make the necessary arrangements. For general ADA questions / information, please contact the Fairfax County Office of Equity Programs at 324-2953 / TTY 711.



Children’s Services Act Office

Question, Concerns or Compliments ...

Please don’t hesitate to let us know!

DFSCSA@fairfaxcounty.gov

703.324.7938

