

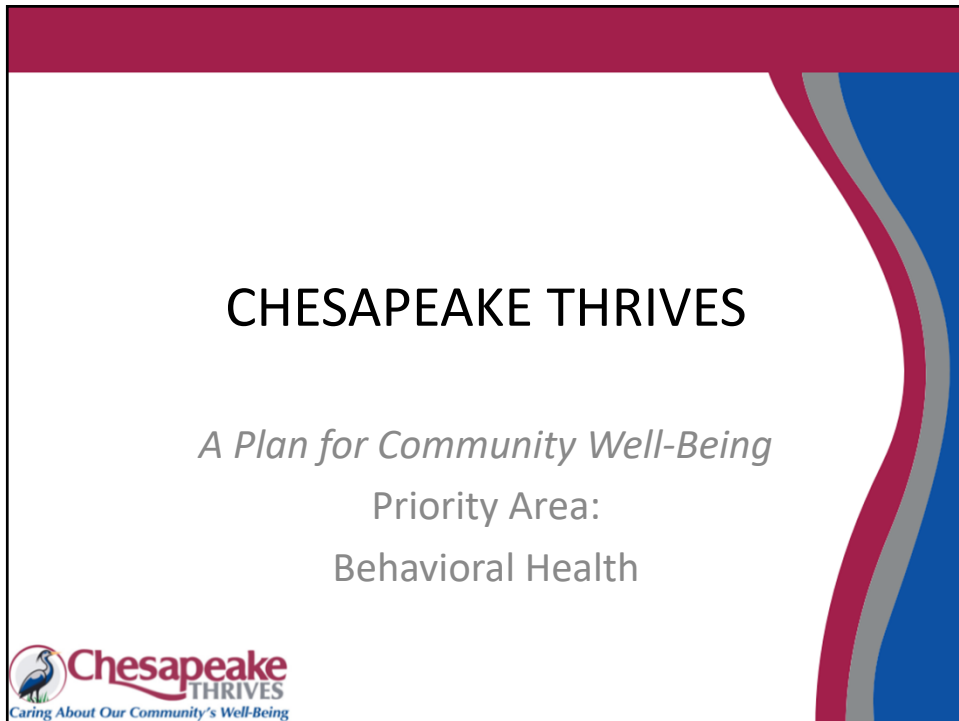


A Chesapeake Thrives Conference

# The Power of Partnerships

Building community connections to improve resident outcomes


Breakout Session:  
Behavioral Health



# CHESAPEAKE THRIVES

*A Plan for Community Well-Being*

Priority Area:  
Behavioral Health



## Inclusive Opener

*What is one thing you do well in your profession and how does it impact your community?*



## Chesapeake Integrated Behavioral Healthcare

### Vision

Individuals in Chesapeake whose lives are affected by mental health, substance use, or developmental disabilities lead satisfying lives to reach their fullest potential

### Mission

CIBH provides behavioral healthcare to citizens of the City of Chesapeake whose lives are affected by mental health, substance use, or developmental disabilities to facilitate opportunities for recovery, resilience and wellness



# Chesapeake Integrated Behavioral Healthcare

Our core purpose:

Chesapeake Integrated Behavioral Healthcare provides a safety net while simultaneously promoting self-reliance for people who otherwise cannot or will not serve.

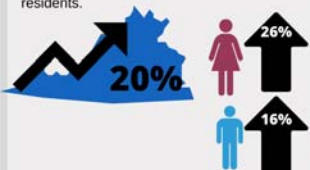
Our core value is to maintain a culture of caring through:


- **Teamwork** – be resourceful and collaborate to optimize services
- **Respect** – treat people with dignity; provide culturally competent care
- **Ethical service** – act with integrity
- **Accountability** – accept responsibility
- **Transparency** – share information and communicate openly



## Behavioral Health

**Definition:** The term "behavioral health" means the promotion of mental health, resilience and well being; the treatment of mental and substance use disorders; and the support of those who experience and/or are in recovery from these conditions, along with their families and communities.

DATA	STRENGTHS	WEAKNESSES
<p>According to the Virginia Department of Health in Quarter 1 and 2 of 2021, there was an increase of 20% Statewide in emergency visits for opioid or unspecified substance overdose (excluding Heroin) among Virginia residents.</p>  <p><b>33%</b> 54-64 (years)</p> <p><b>29%</b> 45-54 (years)</p> <p><b>24%</b> 35-44 (years)</p>	<ul style="list-style-type: none"> <li>• The Bridges offers counseling and crisis services through voluntary commitment or police crisis diversion response (drop off center at Chesapeake Regional Health)</li> <li>• Trauma informed training at all levels</li> <li>• Same day access center – CIBH</li> <li>• Outpatient BH, psychiatric services, case management, peer &amp; veterans' services, psycho-social services, and opioid treatment.</li> <li>• Mental health docket in J&amp;DR court</li> </ul>	<ul style="list-style-type: none"> <li>• Inadequate inpatient mental health services and substance use treatment programs</li> <li>• Lack of BH Coordination</li> <li>• Need for more flexible counseling services and increased psychiatric support</li> </ul>
	OPPORTUNITIES	THREATS
	<ul style="list-style-type: none"> <li>• Hospital is building a 60-bed inpatient facility to treat children's BH needs.</li> <li>• BH services for children transitioning out of school and child welfare systems and services for non-IEP students</li> <li>• Integration of social emotional learning and expansion of tiered behavioral health supports in schools</li> <li>• Increase mobile crisis response.</li> </ul>	<ul style="list-style-type: none"> <li>• Rising suicide rates, including increase in youth suicide attempts and deaths by suicide</li> <li>• Increase capacity in the behavioral health response system to prevent re-traumatization of clients/patients raised especially in the context of homeless residents experiencing a behavioral health crisis</li> <li>• Long waitlists for outpatient mental health treatment - CHKD has a waitlist of 1500+ children</li> <li>• Managed Care Organizations' reducing re-authorizations for BH services/treatment</li> </ul>



## Chesapeake Public Schools

### Vision

We inspire, engage, and empower all students to achieve their highest potential.

### Mission

The Chesapeake Public Schools family promotes educational excellence by engaging all students in meaningful and innovative learning experiences that empower them to successfully fulfill their life's purpose.



## Chesapeake Public Schools

### Core Value

Our Educational Family:

- Fosters Equity • Cultivates Innovation • Models Integrity
- Promotes Accountability • Inspires Excellence

### Goals

- Provide exemplary teaching and learning experiences.
- Recruit, retain, and support our valued employees.
- Provide a safe and supportive learning environment.
- Engage, inform, and collaborate with the community to support our mission.



## Chesapeake Public Schools Quick Facts July 2021

### Student Enrollment (June 30)

2020-2021	39,015
2019-2020	40,448
2018-2019	39,722
2017-2018	39,497
2016-2017	39,153
2015-2016	38,935

Projected Enrollment 2021-22: 39,269



## BEHAVIORAL HEALTH

- Objective: Strengthen, expand and diversify prevention programming
- Strategies:
  - Increase access to behavioral health supports and education
  - Promote community awareness of prevention behavioral health and wellness resources
  - Decrease stigma of behavioral health conditions and treatment



## BH Prevention Strategies

### CIBH

- Provide Mental Health First Aid (MHFA) training - Youth, Teen, And Adult
- Provide Community Outreach
- Expand Awareness Campaigns
- Provide Community Programming and Training
- Build Capacity

### CPS

- CARES CoLab
- Tier 1 SEL Practices
- Responsive Classrooms
- Morning Meetings
- Responsive Advisory Meeting
- Offer professional development opportunities that support the integration of the five social-emotional learning competencies as outlined by CASEL.



## BEHAVIORAL HEALTH

- Objective: Strengthen, expand, and diversify behavioral health intervention services
- Strategies:
  - Increase behavioral health collaboration
  - Increase awareness of intervention resources
  - Decrease stigma



## BH Intervention Strategies

### CIBH

- Offer Crisis Intervention Training (CIT)
- Promote Marcus Alert System information
- Provide Crisis Mobile Response Services
- Promote Use of Harm Reduction Strategies

### CPS

- Provide EAP Services
- Provide Behavioral Health Counseling through CPS Wellness Health Center Clinic
- Promote adult mental health awareness.
- Provide employees with mental health resources and service options.
- CPS professional development module on student mental health for all CPS employees and supported through the Department of Professional and Organizational Development.



## BEHAVIORAL HEALTH

- Objective: Strengthen, expand, and diversify treatment services
- Strategies:
  - Increase access to treatment
  - Promote treatment options
  - Decrease stigma



## BH Treatment Strategies

### CIBH

- Provide Same Day Access Services
- Promote and Provide Least Restrictive Treatment Options
- Promote and Provide Person Centered, Evidence Based Treatment Options
- School Based Counseling Services

### CPS

- Equip teachers with positive behavior intervention strategies to support students' social-emotional development.
- Practice trauma-informed care to address the adverse childhood experiences of students and staff.
- PREPaRE Training for Support staff in CPS to assist with Crisis intervention
- Erika's Lighthouse: A Beacon of Hope for Adolescent Depression Presentation
- FACE - Family Empowerment
- Seminars



## DISCUSSION

### GOAL of the Discussion:

These are selected Objectives and Strategies from the Behavioral Health dashboard. These are offered to introduce you to Chesapeake Thrives and to begin the conversation about the role all of us have in helping families and individuals in Chesapeake.

How do these goals and objectives connect with the work you're doing now?

How do you see connecting with these in the future?





## Engaging Activity

Break up into groups of 10 (5 CIBH/5 CPS)

*You will receive a scenario and we want both groups (within your 10) to collaborate and discuss what services could be rendered from each organization.*

Scenario 1: Breaking News

Scenario 2: Co-Worker concerns



## The Power of Partnerships!

- Scenario 1 : Share out
- Scenario 2: Share out



## Intentional Closer

- Review the handout: 9 ways to Fight Mental Health Stigma
- Share with your shoulder partner one of the nine ways to Fight Mental Health Stigma that you will start today!



## NEXT STEPS?



Thank you!

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CIBH

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