



The Joint Subcommittee to Study Mental  
Health Services in the Twenty-First Century

Continuum of Care Workgroup Presentation

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JULY 1, 2015

# Who we are, what we do

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- Statewide nonprofit organization
- Our pillars are support, education, and advocacy
- 22 affiliates
- 1,800 members – “lived experience”
- 17,874 Virginians reached through our volunteer-driven education and support programs (2014)
- 3,064 HelpLine responses (2014)

# 10 Pillars of a High-Quality State Mental Health System

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1. Comprehensive
2. Integrated
3. Adequately funded
4. Focused on wellness and recovery
5. Safe and respectful
6. Accessible
7. Culturally competent
8. Consumer-centered and consumer- and family-driven
9. Well-staffed and trained
10. Transparent and accountable

Source: NAMI, Grading the States, 2009

# Strengths of Virginia's mental health system

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- CSB system is the single point of entry
- CSB system gives the state a vehicle to enact policy and accountability standards
- Localized system fosters local buy-in
- Movement to infuse recovery principles throughout system
- Private providers give consumers options and support to CSBs struggling with waiting lists and capacity challenges
- Many examples of excellence, success, effectiveness, and collaboration throughout Virginia

# Challenges of Virginia's mental health system

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- Fragmented (public, private, legal) and confusing to navigate
- System is largely crisis-driven
- Inequity in funding structures from CSB to CSB
- Inconsistent array of services available to Virginia's citizens
- High numbers of uninsured people
- No entity required to govern CSBs

# Challenges- Continued

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- Lack of clarity and guidelines governing the relationship between public and private providers
- Most Medicaid dollars (for community-based services) are spent in the private sector
  - Not reinvested into new services
  - Can be difficult to find providers that accept Medicaid
- Private psychiatric hospitals have no obligation to accept psychiatric patients
- Private insurance – lack of parity
- Housing

# Adult Mental Health Services and Supports

All Mental Illness

Serious Mental Illness

Severe Mental Illness

Prevention and outreach services

Screening, assessment and evaluation

Effective individual, group and family therapies

Integrated mental health, addictions and primary care

Medications

Case management and care coordination

Peer and caregiver education and support services

Intensive outpatient services

Employment and education supports

Housing with supportive services

Skill-building and socialization services\*

Daily living and personal care services\*

Assertive Community Treatment (ACT)

Jail diversion and reentry services

Crisis intervention and stabilization

Hospital and residential care

\*Including transportation services

# Child and Youth Mental Health Services and Supports

All Mental Illness

Serious Mental Illness

Severe Mental Illness

Prevention and outreach services

Screening, assessment and evaluation

Effective individual, group and family therapies

Integrated mental health, addictions and primary care

Medications

Case management and care coordination

Peer and caregiver education and support services

Intensive evidence-based interventions (e.g., MST, FFT)

“Wraparound” planning and services

School and in-home skill-building and behavioral supports

Respite care

Therapeutic foster care

Juvenile justice screening and diversion

Crisis intervention and stabilization

Day treatment

Hospital and residential care



# Membership Needs Assessment – Preview

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## **Top Five Priorities to Receive Additional Funding**

1. Integrating mental health with primary care
2. Additional hospital and residential care beds
3. Prevention services for mental health/substance abuse
4. Access to medications
5. Intensive outpatient services

## **Top Priorities to Improve Access**

1. Medicaid expansion
2. Permanent supportive housing
3. Access to affordable health insurance

# Membership Needs Assessment – Preview, Continued

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## **Most pressing short term need**

1. Crisis stabilization
2. More acute care services (inpatient beds)
3. Housing

## **Most pressing long term need**

1. Public awareness and addressing stigma
2. Housing
3. Outpatient services

Thank you!

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