

Mental Health Parent Tips & Resources in Arlington

ACI – Student Mental Health
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Resources within APS

- Student's school counselor or social worker.
- The APS website: apsva.us/mental-health-services
- The APS Parent Resource Center – apsva.us/prc

Join a Local ListServ or FaceBook Group

- Arlington Special Education PTA (SEPTA) – ArlingtonSEPTA@googlegroups.com
- Arlington Gifted – ArlingtonGifted@googlegroups.com
- Arlington ADHD – ArlingtonADHD@yahoogroups.com
- Arlington Reading (Reading Support) – ArlingtonReading@yahoogroups.com
- Arlington ASIS (Autism Spectrum) – ArlingtonASIS@yahoogroups.com
- Arlington Twice Exceptional (2e) – Arlington2e@googlegroups.com

- Next Door

- FaceBook – Arlington Education Matters

Attend a NAMI Parent Support Group

- What is NAMI? **National Alliance on Mental Illness**
- Grades PK-12: Semi-monthly on Sundays from 7-8:30pm. Contact Michelle Best (mczero@yahoo.com) or Alisa Cowen (acowen@cowendesigngroup.com)
- Young Adults: 3rd Sunday of the month from 1-3pm. Contact Naomi Verdugo (verdugo.naomi@gmail.com) or Alisa Cowen (acowen@cowendesigngroup.com)

Finding Providers

- Request a referral from your pediatrician.
- Ask around. Listservs, friends, etc.
- Consider calling your insurance company. Request the mental health services division and ask for help finding an in-network provider. They are required to provide your student with necessary medical care, including mental health interventions.
- Arlington Behavioral Health: 703-228-1560
- Arlington Behavioral Health also offers same day walk-in intake. Youth Hours: Monday 10-2, Tuesday 8-2, Wednesday 10-6, Friday 10-2. 703-228-1560

In Crisis? Need Help NOW?

- Call your child's provider (medical or behavioral).
- CR2 – Children's Regional Crisis Response Team ([CR2crisis.org](https://www.cr2crisis.org)) – 571-364-7390
- Go to the ER.
- Arlington Behavioral Health Crisis Line – 703-228-5160.
- 911 – Insist they send a CIT (Crisis Intervention Team) trained officer.

At least one of these numbers should be on your child's phone:

- Crisis Link Regional Hot Line: **703-527-4077** or Text: **CONNECT** to **85511**
- National Hope Line: **1-800-SUICIDE**
- LGBTQ Lifeline: **1-866-488-7386**
- National Suicide Prevention Lifeline: **1-800-273-TALK**
- SAMHSA National Helpline: **1-800-662-HELP**

Mental health subcommittee recommendations

May 28, 2019

Committee Members: Alison Acker, Jay Hamon, Nadia Facey
Committee Chair: Michelle Best

Background Information

The mental and emotional health of all students continues to be of significant concern within APS. Needs are steadily increasing. Putting in place a framework whereby we can address these needs before they reach a point of crisis must be a priority.

These recommendations come as a result of interactions with the following:

- Community members

- Parents of students in crisis

- Student Services Advisory Committee (SSAC)

- Observed conversations in Arlington Education Matters

- Special Education professionals (APS staff, education advocates, etc)

In addition, the recent results of the survey by the Arlington Partnership for Youth and Family are concerning.

Recommendation 1

Continue the previously approved roll out of School Psychologists and Social Workers. Assess to determine if the approved roll out is sufficient given increasing enrollment.

Recommendation 2

Provide student access to trauma informed counselors via Counseling as a Related Service (CARS) in all schools serving students in grades K-12.

Recommendation 3

Continue and strengthen the Interlude Programs. Ensure these programs are available to students identified with an emotional disability. Provide appropriate alternative to support students with high behavioral needs.

Recommendation 4

Develop a matrix so APS staff are fully aware of current and future placement possibilities when a parent calls to report a child in crisis. Provide this matrix to families so they can understand what APS offers, even if it is not (yet) relevant to their child.

Recommendation 5

Research need and consider creating a classroom within APS to address the needs of students with both Autism and an Emotional Disability (ED). It is the perception of this subcommittee that a significant percentage of our students in private placement have both Autism and an ED. A least restrictive environment (LRE) placement would allow these students to remain in Arlington and, as they are able, to access the same curriculum as their non-disabled peers.

Recommendation 6

Based on IEP team recommendation, allow students to take an online Health and Physical Education class via Virtual Virginia or other VDOE approved program.