

The Equalizer

Marriage & Family Therapy Solutions, LLC Newsletter



STRATEGIES FOR EQUITY AT INTERCEPT 0: ACCESSING CRISIS MENTAL HEALTH SERVICES

Happy New Year!

Welcome to the January 2024 issue of the Marriage and Family Therapy Solutions (MFTS), “The Equalizer Newsletter”! In this issue we highlight, how Virginia is transforming its Behavioral Health and Crisis Care System.

VIRGINIA IS TRANSFORMING ITS BEHAVIORAL HEALTH AND CRISIS CARE SYSTEM

“The true test of whether there is adequate capacity to meet the needs of the community is by assessing whether individuals are able to access needed services in a timely manner”.

- Substance Abuse and Mental Health Services Administration (SAMHSA)

Newsletter Highlights

[Strategies for Equity at Intercept 0: Accessing Crisis Mental Health Services](#)

[Virginia is Transforming its Behavioral Health and Crisis Care System](#)

[SAMHSA'S National Guidelines for Behavioral Health Crisis Care](#)

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It is important for mental health providers and community partners to understand how to access crisis services so that they are better able to support the people they serve.

The **2025 Vision** for Behavioral Health in Virginia is that all Virginians will:

- be able to access behavioral health care when they need it
- have prevention and management services personalized to their needs, particularly for children and youth
- know who to call, who will help, and where to go when in crisis, and
- have paths to reentry and stabilization when transitioning from crisis

Right Help, Right Now is a three-year plan to transform Virginia's behavioral health system. The plan includes a six-pillared approach to address challenges with behavioral health service delivery, behavioral workforce, crisis care delivery, law enforcement burdens and substance use disorder support.

The Right Help, Right Now Six Pillars

- 1** We must strive to ensure same-day care for individuals experiencing behavioral health crises.
- 2** We must relieve the law enforcement communities' burden while providing care and reduce the criminalization of behavioral health.
- 3** We must develop more capacity throughout the system, going beyond hospitals, especially to enhance community-based services.

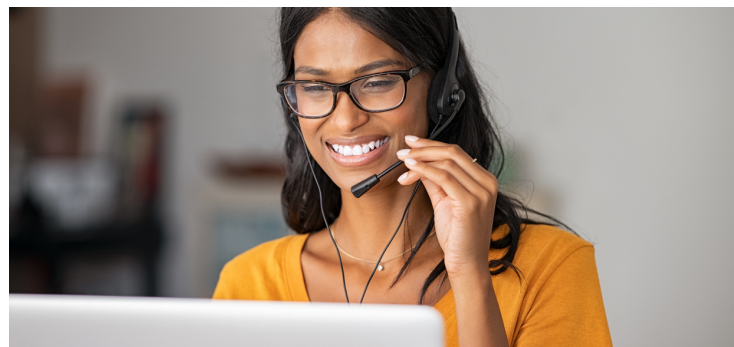
4 We must provide targeted support for substance use disorder (SUD) and efforts to prevent overdose.

5 We must make the behavioral health workforce a priority, particularly in underserved communities.

6 We must identify service innovations and best practices in pre-crisis prevention services, crisis care, post-crisis recovery and support and develop tangible and achievable means to close capacity gaps.

SAMHSA'S NATIONAL GUIDELINES FOR BEHAVIORAL HEALTH CRISIS CARE – A BEST PRACTICE TOOLKIT

The national guideline for behavioral health crisis care provides a best practice toolkit. This toolkit identifies the essential elements for a “no-wrong-door” integrated crisis system. The three core programmatic elements are: regional call centers, crisis mobile team response and crisis receiving and stabilization facilities. **Regional call centers, crisis mobile team response and crisis receiving and stabilization facilities** are being implemented throughout Virginia.




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In order to achieve the **2025 Vision** for Behavioral Health in Virginia, communities will need to understand the resources that are available to them and understand how to access those resources. Information about behavioral health crisis services in Northern Virginia is provided below. Please share this information with your networks.

NORTHERN VIRGINIA BEHAVIORAL HEALTH CRISIS SERVICES

NOVA REGIONAL CRISIS CALL CENTER:

 (703) 527-4077, 988 OR

 TEXT 85511

SOMEONE TO TALK TO

Staffed 24/7, a person may call to speak to a trained crisis worker or they may communicate via text and chat. These services are coordinated in real time and meet National Suicide Prevention Lifeline (NSPL) standards for risk assessment and engagement of individuals at imminent risk of suicide. If needed, crisis workers can connect the caller to a full continuum of services, like crisis mobile team response.

CRISIS MOBILE TEAM RESPONSE:

SOMEONE TO RESPOND

Mobile crisis teams are available 24/7 and are centrally located so that they can reach a person in the service area in a timely manner. A person may receive services in their home, workplace, or at a community-based location. Crisis mobile responders provide evaluations, interventions and connect people to resources in the community.

CRISIS RECEIVING AND STABILIZATION FACILITIES:

A PLACE TO GO

Crisis receiving and stabilizations facilities provide short-term (under 24 hours) observation and crisis stabilization services to all referrals in a home-like, non-hospital environment. These facilities provide no-wrong door access for mental health and substance use care and provide, a safe and secure location within the community for assessment, resources and emergent crisis treatment. Several crisis receiving and stabilization centers are scheduled to open in Virginia in the near future.

RESOURCES

SAMHSA'S National Guidelines for Behavioral Health Crisis Care – A Best Practice Toolkit

go to: <https://www.samhsa.gov/sites/default/files/national-guidelines-for-behavioral-health-crisis-care-02242020.pdf>

Right Help, Right Now go to:

<https://www.hhr.virginia.gov/media/governorviriniagov/secretary-of-health-and-human-resources/pdf/behavioral-health/12-14-2022-VA-BH-Transformation-Plan.pdf>

Northern Virginia Region 2's Crisis Call Center go to:

<https://www.fairfaxcounty.gov/community-services-board/region/brochure>



BE A PART OF MAKING OUR COMMUNITIES BETTER

Equity at Intercept Zero aims to make sure that community services are available to meet the needs of Virginians of color and other minority groups by providing training opportunities, increasing participation of providers of color in crisis services, increasing the number of students of color seeking jobs in crisis services, and viewing all crisis programming through a Black, Indigenous, and People of Color (BIPOC) lens.

MARCUS ALERT/NORTHERN VIRGINIA REGIONAL PROJECTS OFFICE REGION 2 NEWS AND UPDATES

[Click to access the Northern Virginia Public-Sector Crisis Brochure for community members and Stakeholders.](#) Please feel free to share this with others as warranted.

Please distribute this brochure to your contact list, encourage others to visit the Marriage and Family Therapy Solutions website, and like us on social media.

NOVA Regional Crisis Call Center: ☎ (703) 527-4077 or Text 8551

The NOVA Regional Crisis Call Center provides immediate help to callers by connecting them to behavioral health and other community services.

Mobile Crisis Response

Community Regional Crisis Response (CR2): ☎ (844) 627-4747 (24/7) or 571-364-7390

CR2 provides 24-hour rapid response to children, youth, and adults facing a mental health and/or substance use crisis who may be at risk for hospitalization.

[CR2 Public Flyer 5-2022](#)

[CR2 Client Flyer 5-2022](#)

REACH Mobile Response: ☎ (703) 531-2150 TTY 711 (24/7)

The REACH program is designed to meet the crisis support needs of individuals who have a developmental disability and are experiencing crisis events that put them at risk for homelessness, incarceration, hospitalization, and/or danger to themselves or others. REACH programs offer an additional layer of support to emergency services, the state hospital system, and caregivers who work most closely with individuals with developmental disabilities (DD).



RESOURCES

988 Suicide & Crisis Lifeline

The SAMHSA [988 Suicide & Crisis Lifeline](#) provides information about 988, and understanding the background, history, funding opportunities, and implementation resources for strengthening suicide prevention and mental health crisis services

The [Native Americans and Alaska Natives](#) section of the [988 Lifeline](#) website provides Native American specific information and resources for AI/AN communities

Other Suicide Prevention Organizations

[Suicide Prevention Resource Center](#)

Helps with the development of suicide prevention programs, interventions, and policies, and advances the National Strategy for Suicide Prevention

Suicide Prevention Fact Sheets

[Suicide among Racial/Ethnic Populations in the U.S.: American Indians and Alaska Natives](#)

Provides information on suicide and risk and protective factors among American Indians and Alaska Natives

[Suicide Facts at a Glance](#)

A fact sheet from the Centers for Disease Control and Prevention

[HTTPS://STORE.SAMHSA.GOV/PRODUCT/ADVANCING-BEST-PRACTICES-BEHAVIORAL-HEALTH-ASIAN-AMERICAN-NATIVE-HAWAIIAN-PACIFIC-ISLANDER/SMA17-5032](https://store.samhsa.gov/product/advancing-best-practices-behavioral-health-asian-american-native-hawaiian-pacific-islander/sma17-5032)