



Department of Behavioral Health and Developmental Services (DBHDS)

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Facts about DBHDS

- DBHDS is the state's Single State Alcohol and Drug Agency (SSA) and State Mental Health Authority (SMHA) (Title 37.2 of the Code of Virginia) that provides public behavioral health (mental health and substance use disorders) and developmental (intellectual disability) services in Virginia.
- DBHDS' mission is to provide leadership/service to improve Virginia's system of quality treatment and prevention services and supports for individuals and families whose lives are affected by mental health or substance use disorders or developmental disabilities.
- DBHDS' central office promotes recovery, self-determination, and wellness.
- DBHDS directly operates the following:
 - 8 state hospitals (The Commonwealth Center for Children and Adolescents (CCCA) in Staunton is the only state hospital for children with serious emotional disturbances.);
 - 3 training centers;
 - 1 medical center; and
 - 1 behavioral rehabilitation center for sexually violent predators (SVP).
- DBHDS contracts with, provides consultation to, funds, monitors, licenses and regulates 39 Community Service Boards.
- Local community services are provided by the following:
 - 39 Community Services Boards (referred to as CSBs);
 - 1 behavioral health authority; and
 - contracts with private providers.

- Community Service Boards are essential partners with DBHDS and provide the following:
- preadmission screening for single points of entry into state mental health and developmental services facilities;
 - case management and coordination of services;
 - discharge planning for individuals leaving state facilities;
 - support for individuals who are receiving services, or who are in need of services;
 - community education, organization, and planning services; and
 - consultation to local governments about behavioral health and developmental services/needs.

Foster Care and DBHDS

- CSBs are members of the Family Assessment and Planning Teams (FAPT) through the Children's Services Act (CSA).
- FAPT is a multidisciplinary team to address a family's and youth's strengths and needs.
- DBHDS received a System of Care (SOC) Expansion Implementation Grant and now uses Intensive Care Coordination to provide High Fidelity Wraparound (HFW).
- DBHDS trains clinicians in Trauma Focused – Cognitive Behavioral Therapy (TF-CBT) and Parent Child Interaction Therapy (PCIT) to support youth eligible for prevention services to avoid foster care placements.
- The Mental Health Initiative (MHI) Fund was created as a dedicated funding source to preserve families by providing mental health and substance abuse services for children and adolescents with serious emotional disturbances (SED) who are not mandated for the Children's Services Act (CSA).

Contact Information

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Commissioner – Dr. S. Hughes Melton

DBHDS and Foster Care in Virginia

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What is DBHDS's Role in Virginia?

The Department of Behavioral Health and Developmental Services (DBHDS) is responsible for providing public behavioral health (mental health and substance use disorders) and developmental (intellectual disability) services in Virginia. Title 37.2 of the *Code of Virginia* establishes DBHDS as the state authority for Virginia's public behavioral health and developmental services system, thereby designating the agency as the Single State Alcohol and Drug Agency (SSA) and State Mental Health Authority (SMHA).

Local community services are provided by 39 community services boards and one Behavioral Health Authority (referred to as CSBs), established by local governments, that provide services directly or through contracts with private providers. DBHDS directly operates eight state hospitals, three training centers, a medical center, and a behavioral rehabilitation center for sexually violent predators (SVP). The Commonwealth Center for Children and Adolescents (CCCA) in Staunton is the only state hospital for children with serious emotional disturbances.

CSBs function as the single points of entry into publicly funded behavioral health and developmental services, including access to state facility services through preadmission screening, case management and coordination of services, and discharge planning for individuals leaving state facilities. CSBs advocate for individuals who are receiving services or who are in need of services; act as community educators, organizers, and planners; and advise their local governments about behavioral health and developmental services and needs.

While not part of DBHDS, CSBs are key operational partners with DBHDS and its state facilities in Virginia's public behavioral health and developmental services system. DBHDS's relationship with all CSBs are based on the community services performance contract, provisions of Title 37.2 of the *Code of Virginia*, State Board policies and regulations and other applicable state or federal statutes or regulations. DBHDS contracts with, provides consultation to, funds, monitors, licenses, and regulates CSBs.

The mission of DBHDS' central office is to provide leadership and service to improve Virginia's system of quality treatment and prevention services and supports for individuals and families whose lives are affected by mental health or substance use disorders or developmental disabilities. The central office seeks to promote recovery, self-determination, and wellness in all aspects of life.

How do Community Service Boards (CSBs) and DBHDS intersect with the Foster Care System?

- CSBs are members of the Family Assessment and Planning Teams (FAPT) through the Children's Services Act (CSA). The FAPT is a multidisciplinary team that considers the needs and strengths of youths and families, identifies and reviews the service plan, and makes recommendations to ensure the plan builds on the family's strengths and needs. Each member of a FAPT brings a unique set of expertise, information and skills to the process. Bringing the team together in a multi-disciplinary forum helps bring the system of care concepts to life.
- DBHDS received a System of Care (SOC) Expansion Implementation Grant and through this grant has expanded the SOC approach through the use of Intensive Care Coordination to provide High Fidelity Wraparound (HFW). A SOC is a broad, flexible and effective array of services and supports that is coordinated across multiple stakeholder agencies, culturally and linguistically competent, and builds partnerships with families at both the service delivery and policy levels. Over the past 26 years Virginia made considerable progress laying the foundation for a SOC for children with serious emotional disturbance and their families through legislation and policy development.
- To support the Family First Prevention and Services Agreement (FFPSA) through the Virginia Department of Social Services (VDSS), DBHDS will provide training for clinicians in two evidence based practices: Trauma Focused Cognitive Behavioral Therapy (TF-CBT) and Parent Child Interaction Therapy (PCIT). TF-CBT and PCIT will be used to support youth who will be eligible for prevention services to avoid foster care placements. DBHDS has participated in VDSS' planning process (Evidence Based Practices, Prevention and Finance work groups) and will continue with on-going coordination as a home team member for FFPSA implementation.
- The Mental Health Initiative (MHI) Fund was established by the General Assembly in FY 2000 to create a dedicated source of funding for mental health and substance abuse services for children and adolescents with serious emotional disturbances (SED) who are not mandated for the Children's Services Act (CSA). In general, SED services have the purpose of keeping children in their homes and communities and preserving families whenever possible.