

MINUTES

Rappahannock Area CSB

March Prevention/Public Information

Wednesday, March 14, 2018, 12:00 pm - 1:00 pm

Room 208, 600 Jackson Street, Fredericksburg

In Attendance

Amy Umble; Andrea Merwin; Brandie Williams; Debra Draper;
Jane Yaun; Karen Kallay; Ken Lapin; Linda Ball; Linda Carter;
Michelle Wagaman; Tina Sears

Not In Attendance

Beth Elkins; Diane Deibel; Greg Sokolowski

A. Rappahannock Area Kids on the Block Arts Commission Grant

Michelle
Wagaman

Michelle Wagaman reported that Rappahannock Area Kids on the Block will apply for a Government Challenge Grant through the City of Fredericksburg.

ATTACHMENT I

The Committee passed a motion recommending the Board approve applying for the grant.

Move: Karen Kallay Second: Ken Lapin Status: Passed

B. Data Measurement Plan (Prevention Block Grant)

Michelle
Wagaman

Michelle Wagaman reported that the Office of Behavioral Health and Wellness has contracted with OMNI to support CSB Prevention Services in developing logic models, action plans, and data measurement plans. This is a relatively new process for Prevention Services with an overall goal of greater accountability and documentation.

ATTACHMENT II

C. Opioid Team Prevention/Harm Reduction Update

Michelle
Wagaman

Michelle Wagaman updated the Committee on the OPT-R Opioid Treatment and Recovery grant. Prevention efforts focus on heightening community awareness and education, supply reduction, and harm reduction.

ATTACHMENT III

D. REVIVE! Training Update

Michelle Wagaman

Michelle Wagaman updated the Committee about REVIVE! training. She said that Prevention staff are trying to do at least two training sessions each month.

ATTACHMENT IV

E. Understanding ACES Training

Michelle Wagaman

Michelle Wagaman reminded the Committee that RACSB receives a family wellness grant which the agency uses for prevention programs for at-risk families. The RACSB has been selected to participate in an initial cohort to become master trainers of the ACE Interface training titled Understanding ACES. She told the Committee that children who experience trauma later struggle with issues from toxic stress. RACSB is required to facilitate 12 trainings annually.

ATTACHMENT V

F. Trauma/ACES Town Hall

Michelle Wagaman

Michelle Wagaman reported that there would be a town hall on ACEs. The event will include a workshop during the day for community leaders and a town hall in the evening for the public. The evening town hall will be interactive and will feature a nationally known speaker. The subject will be on how to build resiliency and how to create supportive communities.

ATTACHMENT VI

G. Mental Health First Aid Training

Michelle Wagaman

Michelle Wagaman reported that 313 community members have been trained in Mental Health First Aid.

ATTACHMENT VII

H. "The Ripple Effect" Documentary Screening

Michelle Wagaman

Michelle Wagaman reported that there would be a screening of a documentary by Kevin Hines, who survived a suicide attempt. Several community organizations will sponsor the screening at Regal Cinemas on May 21 at 7:30 p.m.

ATTACHMENT VIII

I. Lock and Talk Virginia Update

Michelle Wagaman

Michelle Wagaman updated the Committee about the regional suicide prevention initiative. A 4-hour curriculum and training guide has been developed so other regions could implement Lock and Talk Virginia.

ATTACHMENT IX

J. Other Business

Debra Draper

K. Adjournment

Debra Draper

Debbie Draper adjourned the meeting at 1:21 p.m.