

# MINUTES

## Rappahannock Area CSB

### March Prevention/Public Information Committee

Wednesday, March 13, 2019, 12:00 pm - 1:00 pm

Board Room 208, 600 Jackson Street, Fredericksburg, VA 22401

#### In Attendance

Amy Umble; Andrea Merwin; Brandie Williams; Diane Deibel;  
Jane Yaun; Jim Howard; Joe Wickens; Karen Kallay; Ken Lapin;  
Michelle Wagaman

#### Not In Attendance

Beth Elkins; Greg Sokolowski; Linda Carter; Tina Sears

- A. Rappahannock Area Kids on the Block: City Arts Commission Grant

Michelle  
Wagaman

Michelle Wagaman told the Committee that the Rappahannock Area Kids on the Block submitted an application to the City of Fredericksburg for the Government Challenge Grant. This is a matching grant that combines local funds with state funds to support nonprofit art organizations. The Rappahannock Area Community Services Board is not responsible for additional funding.

The Fredericksburg Arts Commission will review all applications before submitting the selected grant applications to the Virginia Commission for the Arts in April. If included, RAKOB will receive the funds in spring 2020.

#### ATTACHMENT I

The Committee passed a resolution recommending the Board approve the grant submission as presented.

Move: Jim Howard Second: Ken Lapin Status: Passed

- B. Understanding ACEs Training Annual Report

Michelle Wagaman

Michelle Wagman reported that the Rappahannock Area Community Services Board began offering Understanding ACEs and Building Self-Healing Communities training in April 2018. In 2018, RACSB facilitated 28 trainings for 587 participants.

#### ATTACHMENT II

- C. Virginia Substance Abuse Prevention Block Grant Annual Report 2017-2018

Michelle  
Wagaman

Michelle Wagaman provided an update on the Virginia Substance Abuse

Prevention Block Grant. For 2017-18, prevention services uses the Strategic Prevention Framework to guide efforts. This process involves assessment, capacity, planning, implementation, and evaluation.

RACSB is active with several community coalitions: The Community Collaborative for Youth and Families; Be Well Rappahannock; Caroline County Resource Council; Fredericksburg SHAB; and HeadStart Advisory Council.

In FY 2018, RACSB held 22 Mental Health First Aid trainings and trained 439 individuals and held 26 REVIVE! Naloxone Trainings for 295 individuals. Also, 460 individuals have participated in evidence-based prevention curricula including Too Good for Drugs, Healthy Alternatives for Little Ones, Second Step, Too Good for Drugs, and DARE To Be You.

ATTACHMENT III

D. State Opioid Response Funding--Prevention Services

Michelle  
Wagaman

Michelle Wagaman said that the Rappahannock Area Community Services Board received notification on March 4 of a Prevention Services funding award in the amount of \$75,000 to address the opioid epidemic. This will continue efforts in the areas of coalition development, heightened community awareness and education, supply reduction, tracking and monitoring, and harm reduction.

This is the first year of State Opioid Response Funding and replaces two years of Opioid Prevention Treatment and Recovery funding which was also known as State Targeted Response.

ATTACHMENT IV

E. FY 2018 Lock and Talk Virginia Semi Annual Report

Michelle  
Wagaman

Michelle Wagaman reminded the Committee that the Rappahannock Area Community Services Board is one of the founders of Lock and Talk Virginia Suicide Prevention Initiative. She said that in the past year, Health Planning Region 1 has partnered with the Department of Behavioral Health and Developmental Services, Office of Behavioral Health and Wellness, to expand this initiative to other regions across the Commonwealth. To help track these efforts on the state level, a semi-annual report is now required for all of the participating community services boards.

ATTACHMENT V

F. Strategic Communications

Amy Umble

Amy Umble told the Committee that a recent survey showed that many of the programs and services of the Rappahannock Area Community Services Board could be boosted using communications techniques. In 2019-2020, she plans

to create strategic communications plans for the agency's program and services. The first plan was created for Rappahannock Adult Activities, and she shared that plan with the Committee.

ATTACHMENT VI

G. RACSB Website Analytics

AmyUmble

Amy Umble reported that the Rappahannock Area Community Services Board launched a new website in 2017. This new site gave capabilities for blogging, event tracking, and more. Since the new site launched, the agency has seen a steady increase in website traffic.

In December, the RACSB website had 4,117 users who viewed 24,949 pages. In January, the site had 5,471 users who viewed 29,905 pages. In February, 5,787 users viewed 30,304 pages.

ATTACHMENT VII

H. Upcoming Community Events

AmyUmble

Amy Umble reviewed a list of upcoming community events that could be of interest to RACSB. These include two upcoming RACSB events: the RAAI Garden Party and plant sale and the Art of Recovery exhibit.

ATTACHMENT VIII

I. Other Business

J. Adjournment

The meeting adjourned at 1 p.m.