
September 2020 Prevention/Public Information Committee Meeting Minutes

Call to order

A meeting of the Prevention/Public Information Committee of Rappahannock Area Community Services Board was held at River Club on September 9, 2020. Attendees included Karen Kallay, Beth Elkins, Nancy Beebe, Greg Sokolowski, Debbie Draper, Jane Yaun, Andrea Merwin, and Amy Umble. Members not in attendance included Linda Carter.

Stafford CARES Act Award—Healthy Families

Michelle Wagaman reported that Healthy Families Rappahannock Area was awarded \$25,000 from Stafford CARES funding to purchase early learning materials and to support virtual engagement of families.

ATTACHMENT I

ACTION TAKEN: It was moved by Beth Elkins and seconded by Debbie Draper that the committee recommends the Board of Directors accept the grant as presented.

Parenting Check-In

Michelle Wagaman said that prevention specialists developed a series of online support meetings for parents after the agency's parenting course was cancelled because of COVID-19.

ATTACHMENT II

Suicide Prevention Initiatives Year-End Summary

Michelle Wagaman told the Committee that RACSB continues to facilitate suicide prevention initiatives such as trainings, safe messaging campaigns, and distribution of lethal means safety devices. Trainings include ASIST: Applied Suicide Intervention Skills Training and Mental Health First Aid. Many scheduled training sessions were cancelled due to the pandemic but with creativity and community partnerships, the prevention team was able to continue some of the trainings. She also told the Committee that RACSB is one of the founders of Lock and Talk Virginia, a suicide prevention initiative that has been recognized as a best practice by the state.

ATTACHMENT III

Prevention Efforts Related to Opioid Epidemic, Year-End Report

Michelle Wagaman reported that RACSB continues to facilitate initiatives to prevent opioid use, abuse, and overdose. This includes naloxone trainings, safe messaging campaigns, and distribution of medication deactivation kits and medication lock boxes. REVIVE! is currently being offered virtually. Additionally, RACSB entered into a memorandum of understanding with the Virginia Department of Health to allow REVIVE! instructors to dispense naloxone to those completing the REVIVE! training.

ATTACHMENT IV

Adverse Childhood Experiences FY2020 Year-end Summary

Michelle Wagaman told the Committee that RACSB began facilitating the ACE interface “Understanding Adverse Childhood Experiences and Building Resilient Communities” in April 2018. In FY 2020, the agency added Community Resilience Initiative Course 1: Trauma-Informed and Course 2: Trauma Supportive. Each includes six hours of instruction..

ATTACHMENT V

Prevention Programs Fiscal Year 2020 Year-end Summary

Michelle Wagaman said that RACSB facilitates several evidence-based curriculums in partnership with local schools and community groups, including: DARE To Be You, Second Step, HALO (Healthy Alternatives for Little Ones), and Too Good For Drugs.

ATTACHMENT VI

Healthy Families Rappahannock Area FY 2020 Year-end Report

Michelle Wagaman reported that HFRA completed 220 assessments in FY20 and delivered home visits to 161 families. The program also provided 2,300 car seats at its annual Safety First event and about 192 seats throughout the year.

ATTACHMENT VII

Rappahannock Area Kids on the Block FY 2020 Year-end Report

Michelle Wagaman said that the RAKOB puppet troupe conducted 11 community and group presentations in FY 20 and performed for 2,895 community members.

ATTACHMENT VIII

Governor’s Challenge

Michelle Wagaman reported that RACSB was one of two community services boards to be chosen to participate in the expansion of the Veteran’s Affairs/SAMSH Governor’s Challenge to Prevent Suicide Among Service Members, Veterans and their Families. She said that RACSB was already taking many of the measures promoted in the challenge and this was a way to be recognized for the agency’s efforts.

ATTACHMENT IX

State Opioid Response Funding—Prevention Services

Michelle Wagaman reported that RACSB received notification on Sept. 8 of a prevention services funding award in the amount of \$110,000 to continue prevention efforts related to the opioid epidemic. RACSB previously received \$75,000 the past two years in SOR funding.

ATTACHMENT X

Intranet Update

Amy Umble told the Committee that she was working on a new intranet to replace one that was too complicated—both for the end user and the administrator. She reported that the future intranet will include a knowledge base, a form repository, kudos and celebrations, pulse surveys, Buddy Press, and

flipbooks of the employee newsletter.

ATTACHMENT XI

Internal and External Communications Update

Amy Umble said that in FY 20, internal communications includes seven e-newsletters, a virtual pop-up shop of Hope Starter-branded merchandise, 46 updates to the intranet, 46 all-staff emails, and a newly created online form so employees can submit kudos more easily. She also reported that external communications included:

- Website, which was visited by 64,300 people and was updated or revised 464 times
- Social Media, including Instagram, Facebook, Twitter, and Constant Contact

ATTACHMENT XII

Inside RACSB

Amy Umble showed the Committee the latest edition of the employee newsletter. She said that she had originally turned to quick e-newsletters, following modern internal communications practices, but discovered that employees were attached to the old newsletter. After some research and a survey, she created a hybrid approach which includes quick e-newsletters and a monthly newsletter.

ATTACHMENT XIII

Adjournment

The meeting adjourned at 1:19 p.m.