

Rappahannock Area Community Services Board



FY23

Annual Report

Hello

ON THE COVER

A client served by our Assertive Community Treatment enjoys a visit from a furry friend; a resident of New Hope Estates Group Home enjoys a trip to the beach; HopeStarters represent RACSB at the Pride Festival; Emergency Services Therapist Karen Wright is part of our new co-response team with the Fredericksburg Police Department



I am pleased to bring you our annual report for Fiscal Year 2023. In many ways, it was a challenging period for our agency as we faced significant systemic changes in the behavioral health care field and a workforce shortage crisis that impacted services nationwide.

As you can see from this report, RACSB's team of HopeStarters persevered and worked to serve more than 24,000 individuals in our community. We opened a children's services clinic and partnered with local school divisions to school-based therapy to address the growing mental health needs of our youth.

There's a lot more growth ahead, so stay tuned.

Joseph Wickens

Executive Director

We believe in a community where everyone has the opportunity to achieve maximum potential and receive maximum respect.

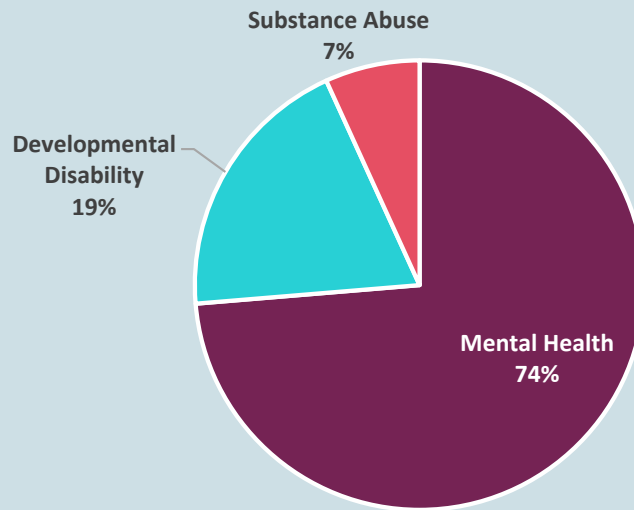
To realize this vision, we roll up our sleeves to lend a hand. We work at the intersection of hope and health to provide support services across the full life-cycle of complex behavioral health needs. Through collaboration, we empower individuals in our community with the tools, services, supports, and care they need to meet and surpass personal expectations.

We are strongest when all of our neighbors are healthy, happy, and harmonious. Regardless of causes, conditions, or financial means, anyone who walks through our doors will find a little lift or a lifetime of support. Together, we can take the first step toward stabilizing day-to-days and defining tomorrows.

Fiscal Year 2023

By the Numbers

FY 2023 Services to Individuals



Locality	Mental Health	Developmental Disability	Substance Use Disorder	Healthy Families	Total
Caroline	919	268	81	28	1,296
Fredericksburg	2,177	333	231	128	2,785
King George	1,393	260	104	40	1,797
Spotsylvania	5,073	1,366	424	270	7,133
Stafford	4,126	1,396	420	186	6,128
Total	13,688	3,623	1,266	652	19,229

\$3,049,648

provided by RACSB in financial assistance to individuals served by the agency in FY23

\$3

For every dollar received from local governments, RACSB provided \$3 in financial assistance.

3,623

individuals received developmental disability services from RACSB.

13,688

received mental health services.

1,266

received substance use disorder services.

652

received services from Healthy Families Rappahannock Area

19,229

received services from RACSB.



By the Numbers

Mental Health

Highlights:

RACSB now has school-based therapists in two local school districts, Fredericksburg City Public Schools and Caroline County Public Schools.

The agency launched an emergency services co-response team with Fredericksburg Police Department.

The Fredericksburg area now has a Behavioral Health Docket, with RACSB providing treatment for participants. This is in addition to a local Veterans Docket and the regional drug treatment courts for adults and juveniles.

Nicole Bassing received the 2023 Community Partner Award from the Spotsylvania County Sheriff's Office and Commonwealth Attorney's Office. Nicole leads RACSB's specialty docket services.

13,688

individuals received mental health services from RACSB in FY23.

1,733

received help from Emergency Services therapists.

7,750

received mental health outpatient services.

13,688

received mental health services.

520

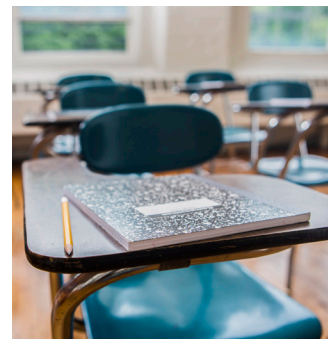
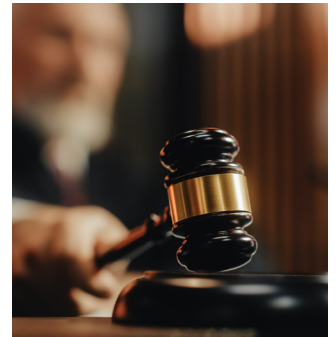
received case management.

129

were members of Kenmore Club, a psychosocial day program for adults with mental illness

139

stayed at Sunshine Lady House, a crisis stabilization center



Peer Services

RACSB uses peers in nearly all of its mental health programs.

A peer support specialist is someone with lived experience who brings empathy, compassion, and understanding. And studies show that peer services support recovery and resiliency, making them an integral part of treatment.



118

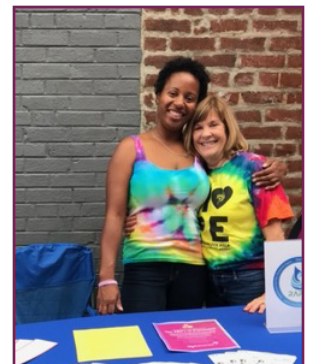
individuals were part of RACSB's Mental Health Residential Services.

Above, some MH Residential clients visit a local farm.



129

individuals belonged to Kenmore Club. Our clubhouse provides psychosocial rehabilitation to members with severe and persistent mental illness. Below, Kenmore Club staff pose in their finery on a formal dress spirt day.



Assertive Community Treatment



66

individuals received services through RACSB's Assertive Community Treatment teams.

ACT is often called a "hospital without walls," because the treatment model involves taking all of the services found in an inpatient facility directly to clients. ACT staff meet individuals where they are, which often means visits to homes, apartments, motels and tents.



Our two ACT teams provide intensive, wrap-around services to individuals with severe mental illness who would otherwise be hospitalized. This year, they focused a lot on building community, which involved a lot of outings—and weekly puppy visits!

Developmental Disability

3,623

individuals received developmental disability services from RACSB in FY23

890

received support coordination

1,292

received infant/child support coordination

1,174

received early intervention services

103

received residential services

119

received day support services





Substance Use Disorder

1,266

individuals received substance use disorder services from RACSB in FY23.

236

received emergency services.

465

received SUD outpatient services.

387

received case management.

176

received office-based opioid treatment.

58

received services through Project LINK, learn more about this program on the right.

Project LINK served 58 pregnant, postpartum, and parenting women in FY23, providing intensive case management, home visitation, and support services to women whose lives have been negatively affected by substance use disorders.

The program held two Nurturing Parenting graduations in FY23. The Nurturing Parent curriculum offers parenting education and support. Project LINK also provided holiday assistance to 35 families in the community. LINK continues to work in collaboration with local area hospitals and Departments of Social Services to provide services to postpartum substance using women and their infants.

Below, Project LINK Program Manager Tamara Johnson-Maiden poses with some of the gifts donated for program participants and their children.



In addition to providing life-saving treatment, our substance use disorder team also worked hard educating the community on harm reduction techniques, such as carrying naloxone to reverse opioid overdoses.

Below: members of the OBOT team offer a spirited reminder of the importance of carrying Narcan.



Prevention

23,944

individuals were impacted by prevention services from RACSB in FY23.

418

attended trainings on Understanding Adverse Childhood Effects.

603

received suicide prevention trainings.

1,615

received training on reversing opioid overdoses.

2,870

doses of naloxone were distributed.

2,356

pounds of unused and expired medication were collected.

Highlights:

Piloting the Second Step Bully Prevention program with Lewis and Clark Elementary School grades 3rd through 5th.

Resuming a full in-person training continuum and providing learning opportunities to so many community members. (And streamlining registrations through Sign-up Genius – thank you for the central training web page)

Growing and strengthening partnership with community organizations and school systems through trainings, education, and collaboration.

Efforts of the Opioid Workgroup and Harm Reduction Subcommittee to increase education and awareness of harm reduction strategies. This includes the formation of a local initiative, Save1Life.

Helping parents and caregivers by publishing an insert in Fredericksburg Family and Parent Magazine on holding difficult conversations.



Healthy Families Rappahannock Area

Healthy Families Rappahannock Area is a voluntary home visitation program designed to promote healthy families and healthy children through a variety of services, including child development, access to health care and parent education. Rappahannock Area Community Services Board serves as the fiscal agent for Healthy Families Rappahannock Area.

In FY 2023, Healthy Families Rappahannock Area:

- Completed 325 Screenings
- Completed 232 parent assessments
- Offered services to 136 families
- Enrolled 80 new families
- Conducted 2,336 home visits with 246 families
- Served 381 families



Sherry Norton-Williams, Prevention Specialist, was recognized for a second consecutive year as training the most people in Mental Health First Aid in Virginia.

1,646

students and staff in high schools throughout Planning District 16 received vaping prevention education.



The Prevention Services team won "Best Vendor" at Youth First with a focus on building stronger communities through prevention efforts.

Administration

10,733

service tickets were answered by the Information Technology team.

968

applications were received by the Human Resources department.

255

users were added to the electronic health records and active directory.

2,180,888

data elements were analyzed and submitted to the state by the IT department.



Serving 42,521 individuals isn't easy. The HopeStarters who provide services to our community rely on a crew of support staff, who start hope behind the scenes by offering technology, financial, administrative, personnel and communication help.

Above, the IT team works on a large color printer in the main administrative offices.

Below, part of the HR crew participates in HopeStarter selfie day.



Hope is here

EMERGENCY SERVICES

Fredericksburg, Spotsylvania and Stafford: 540-373-6876
Caroline: 804-633-4148
King George: 540-775-5064

ADMINISTRATION

600 Jackson Street
Fredericksburg, VA 22401
540-373-3223 V/TTY

CONSUMER AFFAIRS ADVOCATE

540-899-4616

OUTPATIENT & CASE MANAGEMENT

Children's Services
4815 Carr Drive
Fredericksburg, VA 22408
540-479-2912

Fredericksburg Clinic

600 Jackson Street
Fredericksburg, VA 22401
540-373-3223 V/TTY

Spotsylvania County Clinic

7424 Brock Road
Spotsylvania, VA 22523
540-582-3980 V/TTY

Stafford County Clinic

15 Hope Road
Stafford, VA 22554
540-659-2725 V/TTY

Caroline County Clinic

19524 Rogers Clark Boulevard
Ruther Glen, VA 22546

King George County Clinic

8479 St. Anthony's Road
King George, VA 22485
540-775-9879

Project LINK

540-891-3132

DAY SUPPORT SERVICES

Rappahannock Adult Activities

750 Kings Highway
Fredericksburg, VA 22405
540-373-7643

The Gathering Place (RAAI)

19254 Rogers Clark Boulevard
Ruther Glen, VA 22546
804-633-5721

Spotsylvania County RAAI

7424 Brock Road
Spotsylvania, VA 22553
540-582-7200

Stafford County RAAI

15 Hope Road
Stafford, VA 22554
540-659-8527

King George County (RAAI)

8479 St. Anthony's Road
King George, VA 22485
540-775-6590

Kenmore Club

632 Kenmore Avenue
Fredericksburg, VA 22401
540-373-7737

EARLY INTERVENTION

**Parent Education-Infant
Development Program**
540-372-3561

Infant and Toddler Connection of the Rappahannock Area

540-372-3561
877-268-4169 (toll-free)

PREVENTION SERVICES

10825 Tidewater Trail
Fredericksburg, VA 22408
540-374-3337

Rappahannock Area

Kids on the Block
540-940-2325

Healthy Families

Rappahannock Area
4605 Carr Drive
Fredericksburg, VA 22408
540-374-3366

RESIDENTIAL SERVICES

Crisis Stabilization Program

Sunshine Lady House
615 Wolfe Street
Fredericksburg, VA 22401

Mental Health Supportive

Residential Services
540-899-4516

Permanent Supportive Housing

540-899-4516

Assertive Community Treatment

540-479-1092

Developmental Disability

Residential Services
540-899-4368

Sponsored Placement Program

540-899-4436

RESPIRE SERVICES

Myers Drive Respite Home
10 Myers Drive
Fredericksburg, VA 22405
540-899-4670



600 Jackson Street
Fredericksburg, VA 22401