



Voice/TDD (540) 373-3223 / Fax (540) 371-3753

NOTICE

To: Public Information/Prevention Committee: Melissa White (Chair), Nancy Beebe, Sarah Ritchie, Greg Sokolowski, Glenna Boerner, Claire Curcio, Carol Walker

From: Joseph Wickens
Executive Director

Subject: Public Information/Prevention Committee Meeting
August 8, 2023, 1:00 PM
600 Jackson Street, Board Room 208. Fredericksburg, VA

Date: August 3, 2023

A Public Information/Prevention Committee meeting has been scheduled for Tuesday, August 8, 2023, at 1:00 PM. The meeting will be held at 600 Jackson Street, Board Room 208, Fredericksburg, VA 22401.

Looking forward to seeing you on August 8th.

RAPPAHANNOCK AREA COMMUNITY SERVICES BOARD

Prevention/Public Information Committee Meeting

August 8, 2023 – 1:00 PM

600 Jackson Street, Room 208 Fredericksburg, VA 22401

Agenda

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III. Acronym List, *Umble*.....5
IV. Prevention Program FY 2023 Year End Summary, *Wagaman*9
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VI. Suicide Prevention Initiatives FY 2023 Year End Summary, *Wagaman*21
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VIII. Health Families Rappahannock Area FY 2023 Year End Report, *Wagaman*.....33
IX. Upcoming Events, *Wagaman*.....39
X. Other Business, *White*

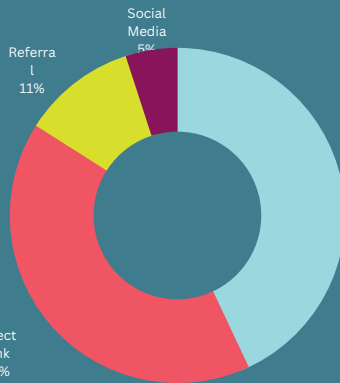
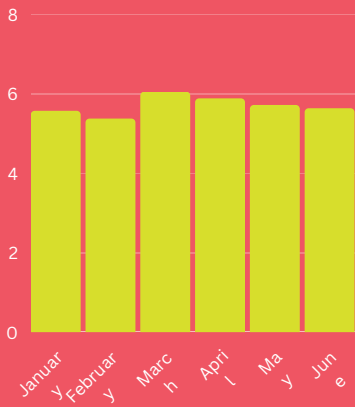
WEBSITE ANALYTICS

www.rappahannockareacsb.org

Jan. 1- June 30, 2023

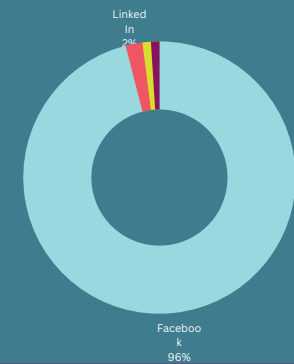
Active Users

28,966



How do people find us?

Acquisition Overview



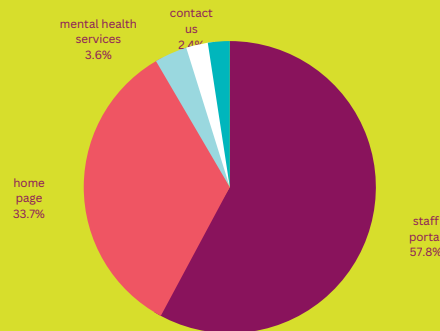
Fun Facts

Our biggest referral source is Fredericksburg.Today

Wednesdays see the most traffic.

The majority of our visitors are male.

Where do they go?



SOCIAL MEDIA REPORT

FISCAL YEAR 2023

FY23 Results

- Followers: 2,309 for Facebook, 331 Instagram and 314 LinkedIn
- Posts: 412 Facebook; 151 Instagram; 39 LinkedIn
- Engagement: 1,771 Facebook; 563 Instagram; 250 LinkedIn

Goals for FY 24

- Increase followers: 2,500 for Facebook, 400 Instagram and LinkedIn
- Increase posts: 500 Facebook; 200 Instagram; 50 LinkedIn
- Increase engagement: 1,900 Facebook; 700 Instagram; 325 LinkedIn

FY 23		
Facebook	Instagram	LinkedIn
<ul style="list-style-type: none"> • 6,818 Facebook visits • 211 New page likes • 412 Posts • Our most popular posts were: • A posting about jobs at SLH • Posting about our job fair • Post about Sarah Ritchie being named counselor of the year 	<ul style="list-style-type: none"> • 354 Instagram visits • 51 New followers • 151 posts • Our most popular posts were: • Employee in-service photos • Overdose Awareness Day • Abigail Spanberger's visit 	<ul style="list-style-type: none"> • 100 New followers • Our most popular posts were: • Abigail Spanberger's visit • RAAI Garden Party • Nicole Bassing winning an award • Behavioral Healthcare Workforce Summit

PREPARED FOR

Commonly Used Acronyms

ACT	Assertive Community Treatment
ADA	Americans with Disabilities Act
ALF	Assisted Living Facility
ASD	Autism Spectrum Disorder
ATOD	Alcohol, Tobacco and Other Drugs
BHA	Behavioral Health Authority
CARF	Commission on Accreditation of Rehabilitation Facilities
CBT	Cognitive Behavioral Therapy
CCCA	Commonwealth Center for Children and Adolescents
CCS	Community Consumer Submission
CHRIS	Comprehensive Human Rights Information System
CMS	Centers for Medicare and Medicaid Services

CPMT	Community Policy and Management Team
CSB	Community Services Board
DBHDS	(Virginia) Department of Behavioral Health and Developmental Services
DCJS	Department of Criminal Justice Services
DD	Developmental Disability (inclusive of individuals with an intellectual disability)
DMAS	Department of Medical Assistance Services
DOJ	Department of Justice
DSM	Diagnostic and Statistical Manual
DSP	Direct Support Professional
ECO	Emergency Custody Order
EHR	Electronic Health Record
ER/ED	Emergency Room/Emergency Department
FAPT	Family Assessment and Planning Team
IAACT	Independent Assessment, Certification and Coordination Team
ICF	Intermediate Care Facility

ISP	Individual Support Plan
ID	Intellectual Disability
LHRC	Local Human Rights Committee
MCO	Managed Care Organization
NAMI	National Alliance on Mental Illness
NGRI	Not Guilty by Reason of Insanity
NID	National Institute on Drug Abuse
NIH	National Institutes of Health
Part C	Part C of the IDEA (Federal funds for early intervention services)
PATH	Projects for Assistance in Transition from Homelessness
REACH	Regional Education Assessment Crisis Services Habilitation
SAMHSA	Substance Abuse Mental Health Services Administration
SMI	Serious Mental Illness
SSDI	Social Security Disability Insurance
SUD	Substance Use Disorder

TBI	Traumatic Brain Injury
TDO	Temporary Detention Order
VACSB	Virginia Association of Community Services Boards
VACO	Virginia Association of Counties
VNPP	Virginia Network of Private Providers
VOCAL	Virginia Association of Consumers Asserting Leadership
WaMS	Waiver Authorization Management System

Prevention Programs Fiscal Year 2023 Year-end Summary

RACSB Prevention Services facilitates several evidence-based curriculums in partnership with local schools and community groups. These curriculums include: Second Step; HALO (Healthy Alternatives for Little Ones); and Too Good for Drugs. These sessions were provided in-person. Additionally, we have provided Alcohol and Vaping Education presentations for high school health classes. We facilitated a parenting check-in this year as well.

Curriculum	Number Participants
Alcohol Education	352
Healthy Alternatives for Little Ones (H.A.L.O)	38
Parenting Check-In	8
Second Step SEL Early Childhood	39
Second Step: Bully Prevention	435
Too Good For Drugs	31
Vaping Education	1,646
Total:	2,549

Alcohol Education

Utilizing an evidence-based alcohol abuse prevention program, RACSB Prevention Services was able to educate 352 students at King George High School. The program was requested by both the NJROTC and Health Sciences program(s) teachers in addition to the Vaping education curriculum. Teachers have reported a steady increase in the number of students coming to school intoxicated as well as students reporting alcohol consumption over weekend and school breaks. Through the facilitation of the curriculum, students were able to make the connection between mental wellness and substance use. Students were also educated on generational addiction as well as the prevalence of societal acceptance of alcohol abuse. Students were able to identify positive ways to achieve the same perceived benefits of alcohol consumption with healthful/helpful coping techniques.

Healthy Alternatives for Little Ones (H.A.L.O.)

Healthy Alternatives for Little Ones (HALO) is a 12-unit holistic health and substance abuse prevention curriculum for children ages 3-6 in child care settings. HALO is designed to address risk and protective factors for substance abuse and other health behaviors by providing children with information on healthy choices. The program aims to help children understand the complexities of "health" and "healthy choices" by putting these abstract concepts into concrete terms they can understand. In HALO, health is defined as "growing bigger, stronger, and better able to think." The curriculum encourages healthy eating, exercise, and emotion recognition and educates children about the harmful effects of alcohol, tobacco, and other drugs (ATOD) on the body.

The students at both Four Seasons Daycare and St. Paul's Day School absolutely love the HALO program. They are now able to understand the connection between "big feelings," physical health and substance misuse. Students are able to identify choices that are appropriate for their bodies and their brains. The HALO program also gives children the words that they need to refuse choices that identified as harmful for someone their age. We also covered safe drug disposal, gun safety and the effects of second-hand smoke.

This curriculum was facilitated in three (3) classrooms at Four Seasons Daycare and one (1) classroom at St. Paul's Day School for a total of 38 participants.

Parenting Check-Ins

During the peak of COVID, we initiated monthly virtual parenting check-in sessions on a range of topics. Over time, attendance decreased and we placed these education sessions on hold.

At the request of Spotsylvania DSS, we hosted a parent education night for the parents of their HeadStart students. While turnout was low with eight (8) attendees, the quality of the education and conversation achieved through program facilitation was high. Parents were educated on how self-care must become a priority for their mental well-being. Parents were also educated on barriers and boundaries to have with their children. Parents shared some of their parenting pit falls and the group as a whole discussed ways to help resolve the situations. Spotsylvania DSS has made plans with RACSB Prevention Services to continue such parenting education nights with the commencement of the 2023-2024 school year.

Second Step SEL Early Childhood

Second Step® social-emotional learning (SEL) programs empower preschoolers, teens, and all ages in between to build skills for success. The children at both Four Seasons and St. Paul's Day School both benefitted greatly from the facilitation of the Early Childhood Curriculum. Over the course of 12-14 lessons, students learned not just the names of feelings, but also how those feelings affect their body. They explored incidences were one would encounter "big" feelings. The curriculum facilitated calm-down techniques and using our "feeling-words" correctly. Students became more self-aware of how their behaviors affect others and how they can calm down before big feelings take over. Using the printed curriculum, songs and selected children's books, the students at both daycares mastered a new feelings vocabulary, calm-down techniques and ways to avoid or diffuse stressful situations. The hand model of the brain was also to the children so that they could identify when they themselves were in either "fight, flight or freeze," safety seeking, or executive functioning. This gave students another way to express themselves to the people around them.

This curriculum was facilitated in three (3) classrooms at Four Seasons Daycare and one (1) classroom at St. Paul's Day School for a total of 39 participants.

Second Step: Bully Prevention

At the request of Caroline County Public Schools, RACSB Prevention Services piloted the Second Step Bully Awareness curriculum for all 3rd through 5th grade students attending Lewis and Clark Elementary. The curriculum was delivered weekly during March 2023 to six (6) 3rd grade classes, six (6) 4th grade classes, and five (5) 5th grade classes. The school was seeing an increase of bully ideation, bullying incidences, and students reporting of being bullied following closely after the call-back to classrooms from COVID isolation. The students all really identified and enjoyed all of the lessons. They most identified with being able to identify their bystander power. The guidance department reported an increase in bystanders standing up to incidences of bullying and an increase in students reporting that they now felt willing to attend school due to having “support” when it came to being bullied. For the 2023-2024 school year, Lewis and Clark Elementary school would like to have the Second Step Bully Awareness curriculum to be facilitated in ALL classrooms, Kindergarten to 5th grade. Dr. Monroe with Caroline County schools is asking that all elementary schools within Caroline County be offered this opportunity as well.

This curriculum was facilitated the 17 classrooms for a total of 435 participants.

Too Good For Drugs

Too Good is a comprehensive family of evidence-based substance use and violence prevention interventions designed to reduce the risk factors linked to problem behaviors and foster protective factors within the child to counter challenging behaviors. *Too Good* develops and reinforces skills that include setting reachable goals, making responsible decisions, identifying and managing emotions, and effective communication in addition to peer-pressure refusal, pro-social peer bonding, and peaceful conflict resolution skills. *Too Good* builds the basis for a safe, supportive, and respectful learning environment.

The students at Four Seasons Daycare have continued to benefit from the lessons covered by the *Too Good* curriculum. The students are able to identify “helpful” and “harming” substances within their households. Students are able to make the connection between feelings and body reactions. Students are also able to identify “trusted” adults both at the daycare and at home. In addition, students have practiced and mastered the words they need to be assertive in getting their mental and physical needs met.

This curriculum was facilitated in three (3) classrooms at Four Seasons Daycare and one (1) classroom at St. Paul's Day School for a total of 31 participants.

Vaping Education

Utilizing the Stanford Medical Vaping Education Tool-Kit, RACSB Prevention Services was able to education 1,527 students and 119 staff from various high schools across Planning District 16.

Riverbend High School selected to continue its partnership with RACSB Prevention Services to facilitate the vaping education curriculum as a part of their 9th grade health curriculum (480 students). King George High School has continued its 5-year partnership with RACSB to train the students participating in both the NJROTC and Health Sciences programs as a part of their substance use prevention efforts (297 students and 119 staff). North Stafford High School was a brand new community partner and made the vaping presentation available both in-person and streamed throughout the school simultaneously as a part of their "safe summer" efforts (750 students).

All of the high schools have reported a decrease in nicotine concentrates being vaped and a significant rise in THC concentrates used in vaping devices. All schools had reports of THC overdose among the students that chose to vape the THC concentrate.

Understanding Adverse Childhood Experiences (ACEs) Training FY 2023 Year-end Summary

The Rappahannock Area Community Services Board seeks to foster a community that is not only trauma informed but also trauma supportive. We believe having a shared language and understanding of the impacts of traumatic experiences on physical and mental well-being is vital to the overall health of the community.

RACSB began facilitating the ACE Interface “Understanding Adverse Childhood Experiences and Building Resilient Communities” in April 2018. Through a partnership with Community Resilience Initiative (CRI), RACSB also offers Course 1: Trauma Informed and Course 2: Trauma Supportive. These courses were on hold during COVID and resumed in-person in 2023.

Adverse Childhood Experiences or ACEs are potentially traumatic events that can have negative, lasting effects on health and well-being. These experiences range from physical, emotional, or sexual abuse to parental divorce or the incarceration of a parent or guardian. This adversity can harm a child’s brain and its development, which can result in long-term negative health and social outcomes. Preventing ACEs is an opportunity for improving the well-being of community health.

ACE Interface

Michelle Wagaman, Prevention Services Director, and Amy Jindra, Community Support Services Director, participated in the first cohort of master trainers (December 2017). They also serve on a state advisory council on this topic. In March 2019, RACSB was able to send two additional staff to become master trainers: Alison Standing, Part C System Manager, and Sherry Norton-Williams, Prevention Specialist. In April 2022, Prevention Specialist Jennifer Bateman participate in a virtual train-the-presenter cohort.

In November 2022, RACSB hosted an on-site train-the-presenter for an additional 15 local presenters.

In response to COVID-19 precautions, we partnered with Community Services Boards from across the Commonwealth to facilitate virtual trainings throughout FY 2021. This collective effort continued in FY 2023. We also hosted local trainings that were open to the community as well as those at the request of various organizations.

The number of participants attending the virtual trainings continues to decrease compared to the prior year. In person trainings have also had low attendance. We will evaluate that for CY 2024.

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Fiscal Year	# Trainings	# Participants
2018	10	157
2019	35	733
2020	23	646
2021	26	1,562
2022	29	690
2023	20	418
Total	143	4,206

Virtual trainings via collaborating CSBs continue to be scheduled in through December 2023.

To learn more and/or register: <https://www.signupgenius.com/go/RACSB-ACEsTrainings2023>

Community Resilience Initiative Course 1 and Course 2

RACSB resumed offering Course 1: Trauma Informed and Course 2: Trauma Supportive in 2023. Michelle Wagaman, Prevention Services Director, and Amy Jindra, Community Support Services Director, serve as instructors for Course 1: Trauma – Informed and Course 2: Trauma-Supportive. These courses are each 6 hours. You must complete Course 1 in order to take Course 2.

One of each course was held in FY 2023. Additional courses are scheduled through December 2023 and are already at capacity.

Fiscal Year	# Trainings	# Participants
2020	6	183
2023	2	33
Total		216

*Three (3) trainings were cancelled due to COVID in FY 2021 and no trainings were scheduled for FY 2022.

To learn more and/or register: <https://www.signupgenius.com/go/RACSB-CRI-Training2023>

Rappahannock Area CSB ACEs Evaluation Assessment July 1st, 2022 through June 30th, 2023



303-839-9422



omni.org



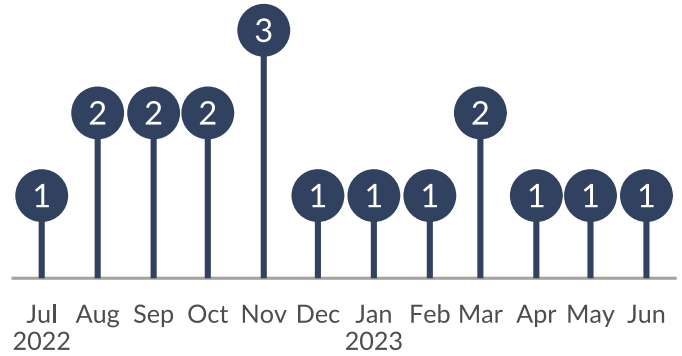
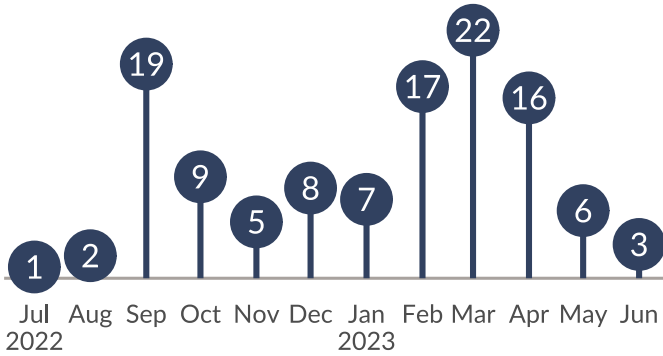
899 Logan St, St 600
Denver, CO 80203

Rappahannock Area CSB ACEs Evaluation Assessment July 1st, 2022 through June 30th, 2023

RAPPAHANNOCK AREA CSB

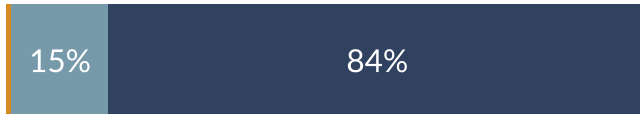
115 Participants were trained this year*

18 trainings occurred this year*



* Numbers reflect post-training evaluation data, and may not reflect actual number of participants and trainings held.

How satisfied were you with the presenter's level of knowledge?

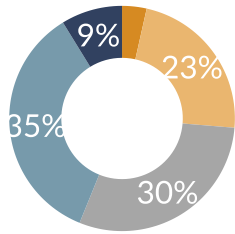


How satisfied were you with the presenter's delivery of the content?

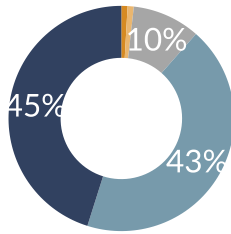


Very Dissatisfied
 Dissatisfied
 Satisfied
 Very Satisfied

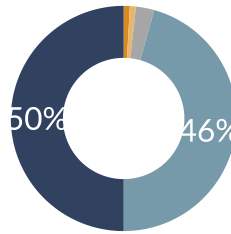
The information presented in this training was new to me



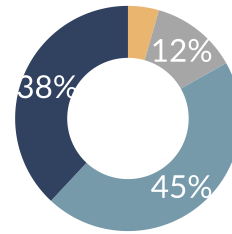
I want to learn more about the causes and effects of ACEs



I want to seek more information and guidance regarding trauma informed practice



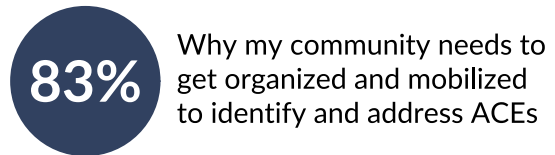
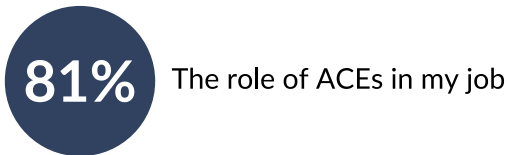
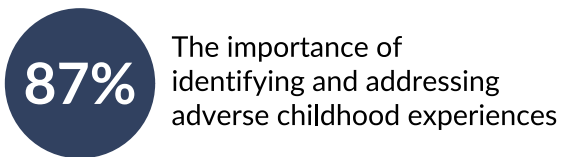
I want to actively participate in community-wide ACEs efforts



Strongly Disagree Disagree Neutral Agree Strongly Agree

Text labels for percentages below 5% are not shown.

How many participants learned about*:

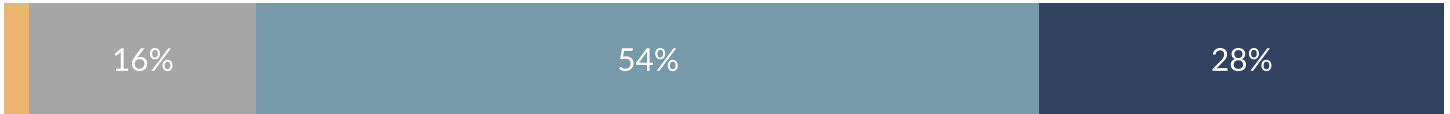


* Participants responded on a 4-point scale. The percentages below show those who demonstrated the highest level of learning.

46% of people **STRONGLY AGREE** that many challenges that people experience are rooted in their history of difficult life events



28% of people **STRONGLY AGREE** that people are usually doing the best they can at any given time



49% of people **STRONGLY AGREE** that many people need to experience healing relationships, rather than consequences, in order to function successfully in the world



61% of people **STRONGLY AGREE** that people can change more quickly when their support system expresses compassion, rather than judgement

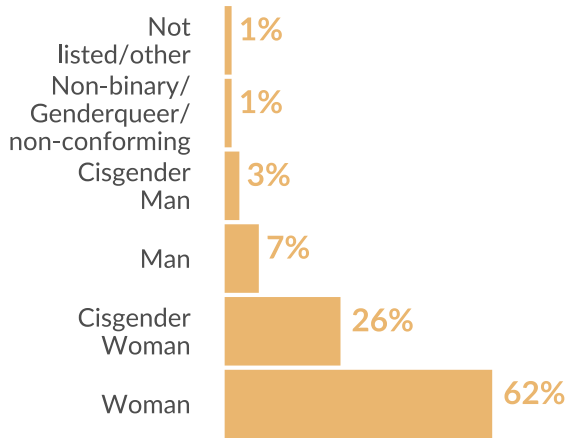


Strongly Disagree Disagree Neutral Agree Strongly Agree

96% of participants agreed or strongly agreed that they will incorporate their knowledge of ACEs into their daily interactions with family and friends

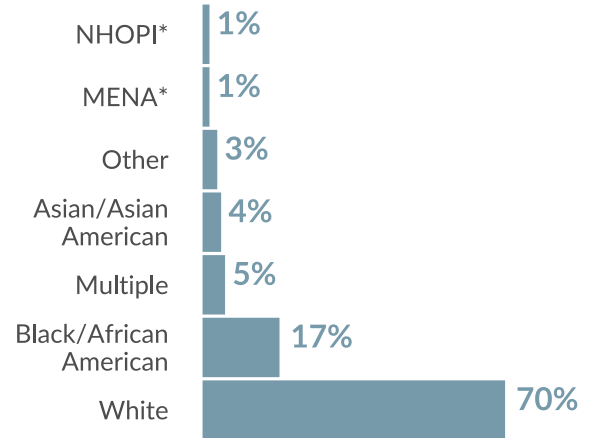
98% of participants agreed or strongly agreed that they will incorporate their knowledge of ACEs into their daily work

**Gender
(n = 110)**

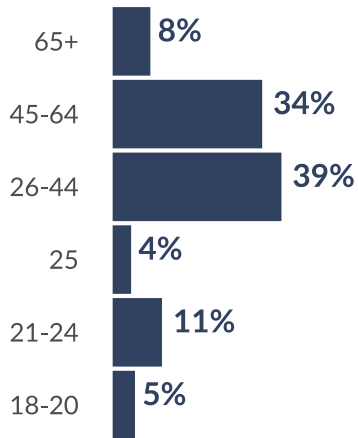


**Race
(n = 110)**

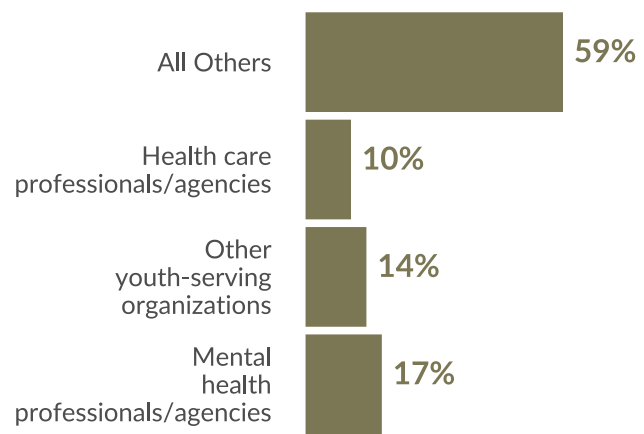
12% of participants identify as Hispanic or Latino/a/x



**Age
(n = 111)**



**Top 3 Occupations or Affiliations
(n = 111)**



*AIAN - American Indian or Alaska Native; MENA - Middle Eastern or North African; NHOPI - Native Hawaiian or Other Pacific Islander

Suicide Prevention Initiatives Fiscal Year 2023 Year-end Summary

RACSB continues to facilitate suicide prevention initiatives to include trainings, safe messaging campaigns, and distribution of lethal means safety devices through Lock and Talk Virginia.

Curriculum	# Trainings	# Participants
Mental Health First Aid	27	549
ASIST	6	53
safeTALK	4	71
Total:	37	603

Deaths by Suicide

The Virginia Department of Health recently released the Office of the Chief Medical Examiner 2021 Annual Report: <https://www.vdh.virginia.gov/medical-examiner/annual-reports/>

Death by suicide is relatively stable between 2020 and 2021 on the state level. Within Planning District 16, there was a decrease of 13.

In Virginia, the largest number of victims continue to be male (80.2%), white (79.9%), and aged 25-34 years old (18.3%). Males die by suicide at a rate of 4.1 compared to females. Firearms were used in 59.7% of all suicides.

Death by Suicide by Locality of Residence

Locality	2019		2020		2021	
	No. Deaths	Rate	No. Deaths	Rate	No. Deaths	Rate
Caroline	4	13	6	19.4	6	19.4
Fredericksburg	3	10.3	6	20.3	4	13.6
King George	2	7.5	6	21.9	1	3.7
Spotsylvania	17	12.5	15	10.8	15	10.8
Stafford	11	7.2	23	15.3	16	10.2
<i>Planning District 16 total</i>	<i>40</i>		<i>55</i>		<i>42</i>	
State Total	1098	12.9	1147	13.4	1138	13.2
<i>Out of state/unknown</i>	<i>31</i>		<i>62</i>		<i>63</i>	
Total	1159	13.6	1209	14.1	1201	14

*Rate per 100,000 population

Mental Health First Aid Trainings

RACSB trainers are certified to facilitate the adult, youth, higher education, and public safety curriculums. We continue to provide the Public Safety curriculum to all recruits at the Rappahannock Regional Criminal Justice Academy. We also partner with the University of Mary Washington to train new resident life staff twice a year.

In FY 2023, 549 community members were trained (23 adult and 4 youth trainings held). Since we began offering the Mental Health First Aid training in 2014, a total of 3,682 community members have been trained.

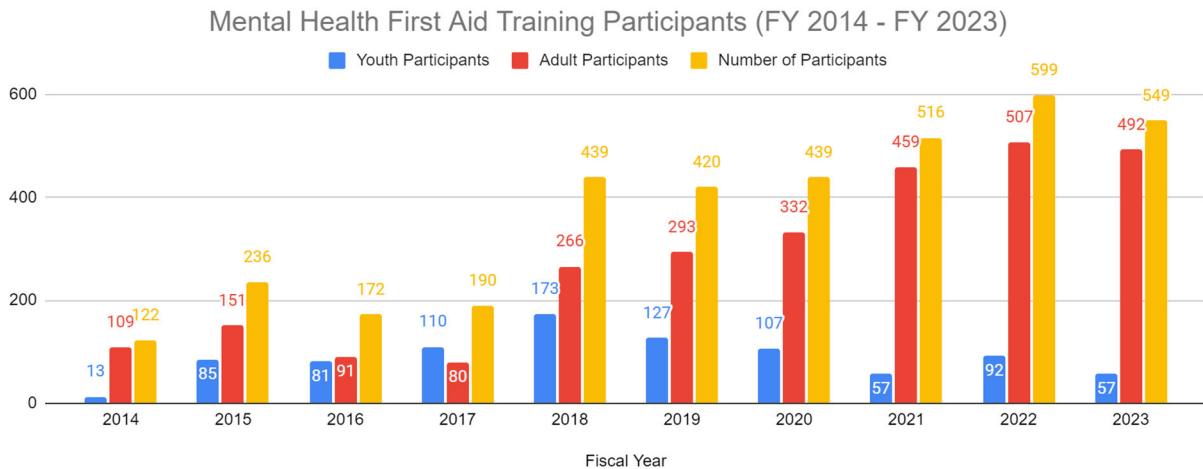
In addition to hosting numerous trainings that were open within the community, trainings were held in partnership with the following organizations:

- Rappahannock Regional Criminal Justice Academy
- University of Mary Washington
- U.S. Air Force Air Traffic Controllers (via Langley, VA)
- Wounded Warrior Regiment (Marine Corps Base Quantico)
- Spotsylvania County Public Schools

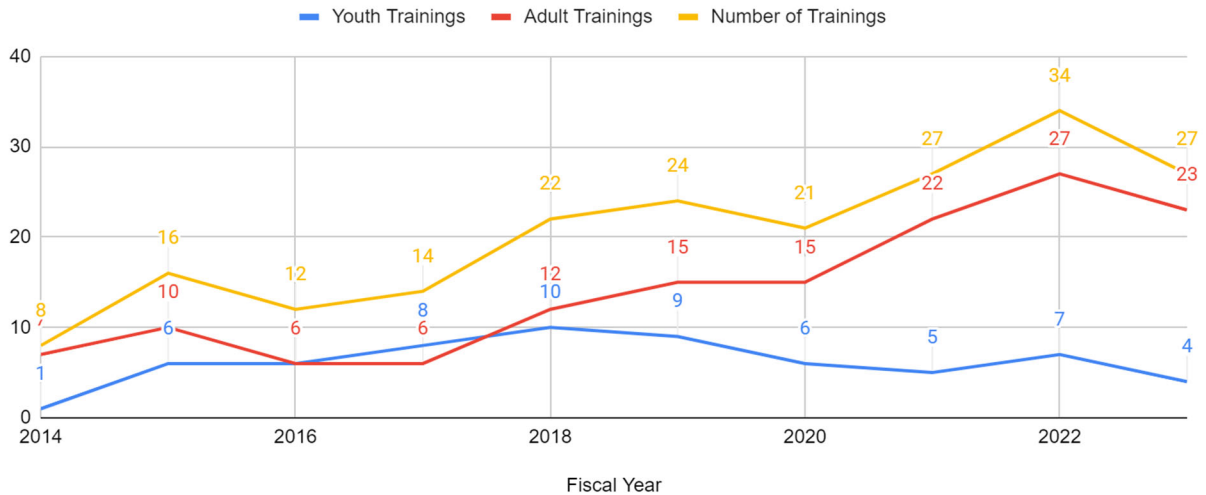
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- Virginia State Parks (in partnership with DBHDS)

The new Mental Health First Aid 2.0 curriculum and the CONNECT Platform continue to evolve. There have been recent updated modules released for Older Adults, Rural Communities, Higher Education, Public Safety, and a new Corrections Professional curriculum. Youth Mental Health First Aid has been updated with the release of 2.1 in June 2023.



Mental Health First Aid Trainings Held Annually (FY 2014 - FY 2023)



To learn more and/or register for Adult Mental Health First Aid:
<https://www.signupgenius.com/go/RACSB-MHFA-Training2023>

To learn more and/or register for Youth Mental Health First Aid:
<https://www.signupgenius.com/go/RACSB-YouthMHFA-Training2023>

Lock and Talk Virginia

RACSB is one of the eight founding CSBs of Lock and Talk Virginia. It has since grown from Health Planning Region 1 to across the Commonwealth with all 40 CSBs participating. Three communities in New York have formally signed on as Lock and Talk partners.

In addition to providing gatekeeper trainings like ASIST, safeTALK, and Mental Health First Aid, the initiatives promotes help seeking behaviors and lethal means safety. RACSB distributes medication lock boxes and gun locks through our clinics, trainings, and prevention outreach efforts. In FY 2023, RACSB distributed:

- 243 Medication Lock Boxes
- 515 Cable Gun Locks

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- 247 Trigger Gun Locks
- 1,852 Medication Deactivation Kits
- 12,000+ Wallet Resource Cards

Much of FY 2023 was spent expanding the graphics library and implementing a series of social media campaigns (Suicide Prevention Month, Caregiver Awareness Month, Mental Health Month). We also finalized the strategic plan and data evaluation plan.

In FY 2023, we partnered with the Central Rappahannock Regional Library to have Lock and Talk information as well as lethal means safety devices on display and available to community members at each branch.

The Gun Shop Project to provide education to firearm retailers will resume in FY 2024.

ASIST: Applied Suicide Intervention Skills Training

This suicide prevention “first aid” is a 2-day in-person training that supports participants to identify and intervene to help keep a person with thoughts of suicide safe for now. We were successful in getting a second internal instructor certified in March 2022 and resumed offering this training in FY 2023.

Fiscal Year	# Trainings	# Participants
2019	1	8
2020	1	15
2021*	0	0
2022	1	30
2023	6	53
Total:	9	106

*COVID and lack of required second trainer.

To learn more and/or register: <https://www.signupgenius.com/go/RACSB-ASIST-Training2023>

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SafeTALK

SafeTALK is a 3-hour suicide alertness training. It helps participants recognize a person with thoughts of suicide and connect them with resources who can help them in choosing life. TALK stands for Tell, Ask, Listen, and KeepSafe. We began offering this training in FY 2023.

Fiscal Year	# Trainings	# Participants
2023	4	71
Total:	4	71

To learn more and/or register: <https://www.signupgenius.com/go/RACSB-safeTALK-Training2023>

Prevention Efforts Related to Opioid Epidemic Fiscal Year 2023 Year-end Report

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.

Initiative	# Participants
REVIVE!/Save One Life	1,615
Naloxone Dispensed (doses)	2,870
Medication Deactivation Kits	1,852
Operation Medicine Cabinet	2,356 pounds collected

Deaths by Fatal Drug/Poisoning Overdose

The Virginia Department of Health has released the Office of the Chief Medical Examiner 2021 Annual Report in July 2023. In Virginia in 2021, for which the most current data is available, the number of fatal drug overdoses increased 15.6% compared to 2020. There was a total of 2,669 fatal drug/poison deaths, which is the largest number ever seen in Virginia.

The 2021 rate of drug/poisoning deaths in Virginia was 31.1 per 100,000 population. The majority of these deaths were accidental (94.9%), male (69.7%), Caucasian (65.8%) and 35-44 year olds (24.9%). Fentanyl was involved with 76.4% of all drug overdose deaths in 2021. Black males followed by Caucasian males had the highest rates of fatal overdoses, all substances in 2021 (66.3 and 44.7 per 100,000, respectively).

Within Planning District 16, we experienced an increase from 127 deaths in 2020 attributed to drug/overdose to 145 deaths in 2021 (increase of 18).

RAPPAHANNOCK AREA

COMMUNITY SERVICES BOARD

Number and Rate of OCME Fatal Drug/Poisoning Overdoses by Locality of Residence, 2019 - 2021:

Locality	2019		2020		2021	
	Deaths	Rate	Deaths	Rate	Deaths	Rate
Caroline	5	16.3	13	42.1	19	61.6
Fredericksburg	5	17.2	16	54.3	18	61
King George	8	29.8	7	25.6	5	18.3
Spotsylvania	33	24.2	54	39	62	44.8
Stafford	32	20.9	37	23.6	41	26.2
<i>Planning District 16 total</i>	83		127		145	
State Total	1627	19.1	2309	26.9	2669	31.1

Rate per 100,000 population.

<https://www.vdh.virginia.gov/medical-examiner/annual-reports/>

Opioid Overdose Reversal Training

The Rappahannock Area Community Services Board began providing the REVIVE! Training in June 2017. In Fiscal Year 2023, our instructors hosted 98 trainings and trained a total of 1,491 individuals. Additionally, we hosted 10 train-the-trainers for another 124 individuals. Locally, we are now calling the opioid overdose reversal training Save One Life.

Fiscal Year	# Trainings	# Participants
2017	3	43
2018	25	290
2019	30	409
2020	21	275
2021	26	329
2022	63	792
2023	108	1,615
Total	276	3,753

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In addition to open community groups, the following organizations/groups hosting trainings:

- Art of Aging Expo
- disability Resource Center
- Drug Take Back Days
- FailSafe Era
- Found and Sons Funeral Homes
- Fredericksburg Area Food Bank
- Fredericksburg City Schools (nurses)
- Fredericksburg Host Lion's Club
- Fredericksburg PRIDE
- Germanna Community College (multiple sessions/days)
- Juneteenth Celebration
- King George Public Schools – High School Health Careers classes (multiple sessions/days)
- Lighthouse Counseling – staff, individuals served, and families
- MAT Clients
- National Night Out
- National Park Service
- Neighborhood Watch – Spotsylvania County Sheriff's Office
- Probation and Parole
- Spotsylvania County Department of Social Services
- Spotsylvania County Public Schools (nurses)
- Stafford County Parks and Recreation
- The Table at St. George's
- Trinity Episcopal Church
- University of Mary Washington (multiple sessions/days)

Naloxone Dispensing

In January 2020, RACSB entered into a memorandum of understanding with the Virginia Department of Health to allow REVIVE! Instructors to dispense Naloxone (Narcan) to those completing the REVIVE! training.

A total of 1,435 boxes were dispensed in FY 2023. Each box contains two (2) doses of Naloxone for a total of 2,870 doses.

Fiscal Year	# Boxes	# Doses
2020	68	136
2021	164	328
2022	679	1,358
2023	1,435	2,870
Total	2,346	4,692

Prescription Drug Drop Boxes

Our community benefits from multiple permanent collection bins. Many are located at pharmacies like CVS and Walgreens as well as within the lobbies of local sheriff's offices. We created a map of locations within Planning District 16:
<https://bit.ly/PlanningDistrict16MedicationCollectionSites>

Drug Deactivation Kits

In FY 2023, RACSB distributed more than 1,800 medication deactivation kits.

Drug Take Back Events

Operation Medicine Cabinet was held in October 2022 (875 pounds collected) and April 2023 (1,481 pounds collected). In FY 2023, a total of 2,356 pounds were collected through this initiative. The Operation Medicine Cabinet effort is organized by the Partners in Aging coalition to coincide with the DEA National Drug Take Back. Safe disposal of expired and unused medications is an important strategy to prevent substance misuse and poisoning.

RAPPAHANNOCK AREA

COMMUNITY SERVICES BOARD

Locality	Saturday, October 29, 2022	Saturday, April 22, 2023	Percent Change
Caroline County	21	50	138%
Fredericksburg City	265	495	87%
King George County	Unknown	141	n/a
Spotsylvania County	440	431	-2%
Stafford County	149	364	144%
Total:	875	1,481	69%

Opioid Workgroup

The Opioid Workgroup continues to meet monthly to address the local impact of the opioid epidemic. In FY 2023, the group formed a subcommittee to specifically address harm reduction strategies.

Highlights from FY 2023 include:

- International Overdose Awareness Day on August 31, 2022: This involved drive through Rapid REVIVE! with Narcan dispensing at Germanna Community College (both campuses), encouraging community members to wear purple, and outreach efforts. Through the partnership between Mary Washington Healthcare and Fredericksburg Nationals Baseball, a community member with lived experience was invited to throw out the first pitch and a brief PSA was shared.
- Fredericksburg City School and Spotsylvania County Public Schools finally adopted policies for nurses to have naloxone in the clinics. Now all five school divisions have policies and naloxone on site. This is a goal the group has been working forward since forming in 2017 years ago. The nurses are also trainers who can facilitate the training to others. RACSB has partnered with several school nurses to dispense naloxone following their trainings for staff and parents.
- Fentanyl Awareness Day on May 9, 2023: This is the second annual observance in Virginia and the Governor made a big awareness push. RACSB hosted several Save One Life trainings with dispensing, presented at The Table, hosted virtual screening with panel discussion, and actively promoted on social media.

RAPPAHANNOCK AREA

COMMUNITY SERVICES BOARD

- Harm Reduction Training for Clinicians: The committee organized and hosted a training for clinicians specifically related to ethics of harm reduction. Additionally, those in attendance completed the REVIVE! Train-the-Trainer.
- Private Providers Dispensing Naloxone: Two local private providers have obtained with own MOUs with VDH to be able to dispense naloxone.
- Presentations to Local Governments: RACSB and Rappahannock Area Health District have presented to four of the five local governments to update them on the local impact of opioids and to increase education around harm reduction and the continuum of strategies.
- Harm Reduction Kits: The workgroup has assembled harm reduction kits and begun distributing Fentanyl Test Strips. We are working to obtain Xylazine Test Strips.
- Primary Care Outreach: The group has met with leadership at Mary Washington Hospital and is presenting to Grand Rounds for physicians. The goals are to increase their awareness and understanding as it relates to harm reduction strategies and gather support for implementation at practice sites. The initial ask is training staff, displaying posters/educational materials, and distributing medication deactivation kits.

Hidden in Plain Sight

We hosted one (1) virtual Hidden in Plain Sight events in FY 2023. We are collaborating with the Spotsylvania County Sheriff's Office to create a mobile Hidden in Plain Sight trailer that can be utilized at various community events throughout the year. As well as a room set up at the mall substation that can host regular education events. It will debut at National Night Out on August 1, 2023.

Healthy Families Rappahannock Area FY 2023 Year-end Report

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 (HFRA). The program consists of a Program Director, two Supervisors, one Office Manager and ten Direct Service Professionals (Family Resource Specialists and Family Support Specialists).

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

RAPPAHANNOCK AREA

COMMUNITY SERVICES BOARD

Healthy Families Rappahannock Area (HFRA) July 1, 2022– June 20, 2023

*Healthy Families Rappahannock Area helps parents **IDENTIFY** the best version of themselves, **PARTNERS** with parents with success in parenting, and **EMPOWERS** parents to raise healthy children. We provide free support to families residing in the City of Fredericksburg and the Counties of Caroline, King George, Spotsylvania, and Stafford.*

SCREENINGS

Period	Quarter 01	Quarter 02	Quarter 03	Quarter 04	YTD
Total number of Healthy Families screenings completed	84	65	90	86	325

ASSESSMENTS

Period	Quarter 01	Quarter 02	Quarter 03	Quarter 04	YTD
Total number of Parent Survey/Assessment completed	61	48	60	63	232
How many families were offered HV services	39	25	35	37	136
How many families enrolled (completed 1st home visit)	25	13	16	26	80

HOME VISITS

Period	Quarter-01	Quarter-02	Quarter-03	Quarter-04	YTD
Total number of home visits completed	693	563	566	514	2336
Total number of Families served with home visiting	173	165	166	144	246

FAMILIES SERVED

Period	Quarter 01	Quarter 02	Quarter 03	Quarter 04	YTD
Total number of Families served	208	197	201	180	381
Total number of Target Children served	187	184	178	143	291

Newsorthy:

- Received Level Funding for VDSS-TANF, MIECHV, and CBCAP.
- Recognized 22 participants at the Annual Graduation Celebration for their completion of the program.
- Re-established partnership with Stafford Hospital. The Family Resource Specialist is now visiting with families.
- Participated in Stafford Hospital Baby Shower event.
- Hosted its first “Costume Party” playgroup. There were three (3) sessions, each with a positive male role model from the community participating.
- Awarded a \$5,000 grant from Northern Neck Virginia Insurance.
- Recipient of a \$10,000 grant from the Fredericksburg Savings Charitable Foundation Fund through The Community Foundation of the Rappahannock River Region.
- Awarded a \$5,000 mini grant from Mary Washington Hospital.
- Received donations from the following Community Partners:
 - CMS Mortgage Solutions (\$3,800)
 - Creative Clips Hair Salon (\$600)
 - Kilgore and Smith Personal Injury Law Firm (\$1,100)
 - Prince Hall #61 (\$1,000) and 20 Thanksgiving Dinners
 - Sunshine Volunteers provide 110 toys for the target children of HFRA participating in the Holiday Drive Thru.
- Appointed seven (7) new members to the HFRA Board of Directors.
- Provided 110 families with \$100 Walmart gift cards during the Holiday Drive Thru thanks to the support of Community Partners and MIECHV ARP Funding.
- Onboarded two (2) new Family Support Specialists.
- Hosted the 2nd Community Awareness Open House (51 attendees).
- Established a new community partnership with Dr. McCrae (King George Pediatrician) to increase the number of referrals for King George County residents.
- Met with Rappahannock United Way regarding funding as a member agency. Funding will cease starting July 1, 2023 due to lack of donations received.
- Melodie Jennings, Program Manager, graduated from Fredericksburg Chamber of Commerce Leadership Fredericksburg fellowship.



Healthy Families Rappahannock Area

Empowering Parents to Raise Healthy Children

25th Anniversary Gala Celebration

Dynamic Speakers, Music & Dance Floor, Cash Bar, Gourmet Dinner, and Silent Auction

April 26, 2024

6:00-10:00 PM

STEVENSON RIDGE

6901 Meeting Street, Spotsylvania VA 22553

This is an excellent way for your business
and/or family to demonstrate
your passion for the

**PREVENTION OF
CHILD ABUSE AND NEGLECT**

with these

**EVENT SPONSORSHIPS
OPPORTUNITIES**

Sponsorship Levels

Platinum Sponsor- \$5000

- Eight (8) event tickets and a dedicated table with VIP Seating
- Company Logo or Individual/Family Name prominently displayed on Event Board and In the Event Program
- Company Logo or Individual/Family Name featured on event marketing materials before and during the event
- Special Recognition During Opening Welcome
- Video Presentation Opportunity of Company from Podium
- Invitation to the Exclusive VIP Reception
- Ten (10) Baby Bundles* with Company Logo or Individual/Family Name Showcased on Card

Diamond Sponsor- \$2500

- Six (6) event tickets and a dedicated table with Preferred Seating
- Company Logo or Individual/Family Name on All Event Displays
- Recognition of sponsorship on the HFRA social media websites
- Recognition During Opening Welcome
- Invitation to the Exclusive VIP Reception
- Five (5) Baby Bundles* with Company Logo or Individual/Family Name Showcased on Card

Sapphire Sponsor- \$1500

- Four (4) event tickets and a dedicated table with Preferred Seating
- Company Logo or Individual/Family Name on All Event Displays
- Company Logo or Individual/Family Name featured on event marketing materials before and during the event
- Signage with Company Logo or Individual/Family Name Displayed on each table "Dessert Provided By ____"
- Three (3) Baby Bundles* with Company Logo or Individual/Family Name Showcased on Card

Gold Sponsor- \$750

- Four (4) event tickets with reserved Seating
- Company Logo or Individual/Family Name prominently displayed on all Event Boards and Programs
- Company Logo or Individual/Family Name featured on event marketing materials before and during the event
- Prominent signage with Company Logo or Individual/Family Name displayed at the Bar/Beverage Station
- Two (2) Baby Bundles* with Company Logo or Individual/Family Name Showcased on Card

Silver Sponsor- \$500

- Three (3) event tickets with reserved seating
- Company Logo or Individual/Family Name on all event displays
- Prominent signage with Company Logo or Individual/Family Name displayed at the Bar/Beverage Station
- One (1) Baby Bundle* with Company Logo or Individual/Family Name Showcased on Card

Bronze Sponsor- \$300

- Two (2) event tickets with reserved Seating
- Company Logo or Individual/Family Name on all event displays
- Company or Individual/Family Name featured on event marketing materials before and during event

Healthy Families Sponsor- \$150

- One (1) event ticket with reserved seating
- Company Logo or Individual/Family Name on all event displays
- Company or Individual/Family Name featured on event marketing materials before and during the event

*One(1) Infant Car seat, Diaper Bag, Diapers, Wipes, etc.

Event Sponsorship Agreement

Thank you for your interest in being a Healthy Families Rappahannock Area Event Sponsor

- Please complete and send this form to mjennings@rappahannockareacsb.org
- By submitting this form you agree to pay the sponsorship amount within 30 days of the event
- Please email your logo in high-resolution .jpg, .png., or .svg file to mjennings@rappahannockareacsb.org
- Guarantee your logo placement on printed marketing materials by sending your sponsorship agreement and logo within two weeks of receipt of this agreement.



NAME OF ORGANIZATION: _____

Address: _____

City, State, Zip: _____

Contact Person: _____

Phone Number: _____

Email Address: _____

PAYMENTS

PAY BY CHECK - PAYMENT ENCLOSED

Please make checks payable to:

Healthy Families Rappahannock Area

Attn: Melodie Jennings

4605 Carr Dr

Fredericksburg VA 22408

PLEASE INVOICE MY COMPANY
FOR SPONSORSHIP

Invoice Contact: _____

Invoice Address: _____

SPONSORSHIP LEVEL:

Platinum Sponsor \$5000

Diamond Sponsor \$2500

Sapphire Sponsor \$1500

Gold Sponsor \$750

Silver Sponsor \$500

Bronze Sponsor \$300

Healthy Families Sponsor \$150



Healthy Families
Rappahannock Area

Upcoming Events

RACSB staff will be hosting and/or participating in a number of upcoming events:

- National Night Out, August 1, 2023
 - o Spotsylvania Towne Center
 - o King George High School
- Back to School events at King George Schools, August 3, 2023
- The Table produce distribution and COPE education, August 8, 2023
- OUD/SUD Panel, REMS/COPE Community Stakeholders Meeting, August 16, 2023
- International Overdose Awareness Day, August 31, 2023
 - o 9:00 a.m. Germanna Community College (Fredericksburg Campus)
 - o 11:00 a.m. to 1:00 p.m. University of Mary Washington
 - o 4:00 p.m. to 7:30 p.m. Spotsylvania Towne Center
 - o 6:30 p.m. Virtual Screening of “The Fentanyl Crisis” documentary
- Baron “Deuce” P. Braswell II 5K Run/Walk Against Teen Violence at Courtland High School on September 16, 2023
- RACSB Game Day at RAAI, September 16, 2023
- Plant and Play at FredNats Stadium, September 23, 2023
- disAbility Resource Center Fall Festival, September 23, 2023
- Caroline High School Block Party, October 6, 2023
- World Mental Health Day tabling at Germanna Community College, October 10, 2023
- Central Rappahannock Regional Library Panel on Combating Loneliness, October 13, 2023
- American Foundation for Suicide Prevention’s Out of Darkness Walk on October 14, 2023 at Pratt Park.

A central sign-up has been created for staff to volunteer:

https://www.signupgenius.com/go/RACSB_Volunteer

International Overdose Awareness Day Virtual Screening

The Fentanyl Crisis *Stories of Heartbreak and Hope*

**Did you know that
fentanyl contributes to
more than 75% of
overdose deaths in
Virginia?**



Join this virtual viewing to hear stories of Virginians who tragically lost their lives to overdose and the toll of overdose to individuals and families.

Following the viewing, local professionals will share crucial community supports to include recovery options, overdose prevention tools and the hope that lies ahead for a brighter future.

August 31, 2023 at 6:30 p.m.

Scan QR Code to Register:



2023 UPCOMING WORKSHOPS

UNDERSTANDING ADVERSE CHILDHOOD EXPERIENCES

Our life experiences can impact our health. Join us as we review the research on how Adverse Childhood Experiences (ACEs) play a tremendous role in developing potential physical, mental and behavioral problems later in life. Learn how you can not only work to reduce ACEs but also how to help foster individual and community resilience. Training is 3-hours.

- In-person: January 31, March 21, May 23, June 13, July 17, August 8, September 7, and October 12
- Virtual: January 24, February 16, March 16, April 19, May 23, June 21, August 10, September 26, October 19, November 15, and December 6

COMMUNITY RESILIENCE INITIATIVE COURSE 1 AND COURSE 2

The Community Resilience Initiative (CRI) has developed courses to teach any community member interested in learning more about toxic stress and how individuals and communities build resilience across the lifespan.

CRI Course 1: Trauma-Informed is a 6-hour course that covers NEAR Science (Neuroscience, Epigenetics, ACE Study, Resilience), Brain States, and ROLES strategies for individuals seeking a trauma-informed certification.

- February 23 and September 22 (9:00 a.m. to 4:00 p.m.)

CRI Course 2: Trauma-Supportive is a 6-hour course that covers the science of resiliency and shares promising strategies to build culturally and contextually resilient individuals and communities. (You must complete CRI Course 1 in order to take Course 2.)

- March 7 and October 26 (9:00 a.m. to 4:00 p.m.)

NALOXONE DISPENSING

Receive a free box of Naloxone following training or get trained at the same time.

- July 10, July 27, August 14, August 31 - International Overdose Awareness Day, September 21, October 2, October 19, November 13, December 4, December 14 (1:00 p.m. to 4:00 p.m.)
- First Friday of every month from 1:00 p.m. to 3:00 p.m. at the Fredericksburg Clinic (600 Jackson Street, Fredericksburg, VA 22401)

NALOXONE TRAINING/OPIOID OVERDOSE REVERSAL

A course that covers understanding opioids, how opioid overdoses happen, risk factors for opioid overdoses, and how to respond to an opioid overdose emergency with the administration of Naloxone. (1-hour virtual)

- Typically the first Thursday of the month at 6:30 p.m. and second Tuesday of the month at 10:30 a.m.



www.rappahannockareacsb.org

To learn more and register:
www.rappahannockareacsb.org/trainings

Find us on:



2023 UPCOMING WORKSHOPS

ADULT MENTAL HEALTH FIRST AID

Teaches adults how to identify, understand and respond to signs of mental illness and substance use disorders. The training introduces common mental health challenges and gives you the skills to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

- March 30, May 2, July 28, September 28, November 29 (8:30 a.m. to 4:30 p.m.)

YOUTH MENTAL HEALTH FIRST AID

Teaches adults how to identify, understand and respond to signs of mental illness and substance use disorders in adolescents. The training introduces common mental health challenges for youth and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

- February 7, April 13, June 8, and August 17 (8:30 a.m. to 4:30 p.m.)

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

The LivingWorks Applied Suicide Intervention Skills Training, commonly referred to as ASIST, is a 2-day interactive workshop in suicide first aid. Participants learn to recognize when someone may have thoughts of suicide and to work with the individual to create a plan that will support their immediate safety. ASIST can be learned and used by anyone ages 16 and older.

- May 10-11, July 10-11, September 14-15, and December 7-8 (8:30 a.m. to 5:00 p.m. both days; must be fully present both days)

SAFETALK

The LivingWorks safeTALK course is a 3-hour face-to-face workshop that encourages participants to learn how to prevent suicide by recognizing signs, engaging someone, and connecting them to community resources for additional support. It is appropriate for anyone age 16 and older.

- February 13 (1:00 p.m.), March 21, May 16, September 19, and October 12 (9:00 a.m.)

LOCK AND TALK

RACSB is a proud founder of the Lock and Talk Virginia suicide prevention initiative. Learn about lethal means safety, education opportunities, and community initiatives like The Gun Shop Project. Lock Meds. Lock Guns. Talk Safety. Learn more at www.lockandtalk.org.

Updated 07/10/2023



www.rappahannockareacsb.org

To learn more and register:
www.rappahannockareacsb.org/trainings

Find us on:

