

**MINUTES OF THE MEETING OF THE  
GEORGE WASHINGTON REGIONAL COMMISSION**

April 17, 2017

The Robert C. Gibbons Conference Room  
406 Princess Anne Street, Fredericksburg, Virginia

**MEMBERS PRESENT AND VOTING:** **Chair** – Matt Kelly, Vice- Chair, **City of Fredericksburg; City of Fredericksburg**, Billy Withers; **Caroline County:** Nancy Long; **King George County:** Ruby Brabo & Jim Howard; **Spotsylvania County:** Greg Benton& Paul Trampe; and **Stafford County:** Meg Bohmke& Laura Sellers

**MEMBERS ABSENT:** Jeff Black, Caroline County

**OTHERS IN ATTENDANCE:** Mr. Tim Coyne, Northern Shenandoah Substance Abuse Coalition; Mr. Todd Gordon, Berkley Group; Mr. Ben Nagle, Office on Youth; Dr. Brooke Rossheim, Rappahannock Area Health District; Michelle Wagaman, RACSB; Mr. Tom Foley, Stafford County Administrator; & Ms. Donna Krauss, Stafford County

**STAFF:** Tim Ware, Executive Director; Paul Agnello & Nick Quint, FAMPO; Kate Gibson, CoC; and Diana Utz, Leigh Anderson & JoAnna Roberson, GWRC

**CALL TO ORDER:**

Mr. Kelly called the meeting to order at 6:04 p.m. with a quorum present; which was followed by the Pledge of Allegiance.

**APPROVAL OF GWRC MEETING AGENDA**

Upon motion by Mr. Benton and seconded by Ms. Sellers, with all concurring, the agenda was approved as submitted.

**APPROVAL OF GWRC MEETING MINUTES (March 20, 2017) - (Action Item)**

Mrs. Bohmke asked for clarification on page 5 of the minutes as to what HMIS is an acronym for. Mr. Kelly relayed HMIS stands for Homeless Management Information System. Mrs. Bohmke asked for this clarification to be noted in the minutes Staff advised the edit would be made after the conclusion of tonight's meeting.

Upon motion by Ms. Brabo and seconded by Mr. Withers, with Mr. Howard & Ms. Sellers abstaining, and all others in consensus, the minutes from the March 20th meeting were approved as amended.

**PUBLIC INVOLVEMENT** -None

## **DRAFT FINANCIAL REPORT**

Mr. Ware advised that the Financial Report is included in tonight's agenda packet. Mr. Withers asked for clarification of an unbudgeted equipment purchase of over \$11,000. Mr. Ware advised this was a purchase made to replace the current GIS plotter and server. There were no other questions addressed and the Draft Financial Report was approved as submitted upon vote by Ms. Bohmke and seconded by Ms. Brabo, with all in consensus.

## **EXECUTIVE DIRECTOR'S REPORT**

Mr. Ware advised that the current lease on the existing GWRC building expires in June. Mr. Ware relayed that he would be presenting a Resolution to go before the Commission at the upcoming May meeting requesting that the lease be renewed. Mr. Ware stated that the terms of the new lease would remain the same as those currently in place. Mr. Ware advised that it is the consent of both GWRC and the landowner for the lease to be re-newed.

Mr. Ware stated that the LEPC (Local Emergency Preparedness Committee), which is a committee that is functional and overseen by GWRC meets regularly and their goals are to have a regional plan of dealing with hazardous material disasters that occur within the region. Mr. Kelly stated this committee is vital to the region considering the rail/freight traffic that runs through the area; the two tank lines that border both the City of Fredericksburg and the County of Spotsylvania, etc.

Mr. Ware advised that the LEPC oversees the process of ensuring and securing grants that are available to the region and beginning in July of 2017, the committee will be facing a funding issue regionally. Mr. Ware stated that approximately \$50,000 per year, over the next two years, will be needed to ensure the LEPC can maintain and meet the region's goals. Mr. Ware stated the majority of the \$50,000 will be utilized for the purchase of the regional software needed to maintain the LEPC program and ¼ staff time. Mr. Ware stated this request will be brought to GWRC at the May meeting for endorsement. Mr. Ware stated that the needed budget amount would be approximately \$5,000 per jurisdiction.

Ms. Brabo stated that King George County will be adopting its budget on Tuesday, April 18<sup>th</sup> and this expense is one that was not planned for so she was unsure whether the King George Board of Supervisors would be in support.

### **OLD Business:**

#### **a.) Health Department Update— Dr. Brooke Rossheim, Rappahannock Area Health District**

Dr. Rossheim provided a presentation on the Health Department activities of the opioid/heroin cases that are seen by the Rappahannock Area Health District which covers PD16. Dr. Rossheim stated that opioid is an overarching term that is either a natural or synthetic substance. Dr. Rossheim advised that these substances work in the brain and provide pain relief that can result in euphoria. However, on the negative side, they can also cause respiratory depression. Dr. Rossheim stated that naturally occurring opioids are found in the opium poppy plants and make-up the morphine and codeine drugs. Dr. Rossheim advised that the synthetic opioids are made in a lab and

are the fentanyl, methadone, etc. drugs. Dr. Rossheim relayed that Narcan is the antidote for opioids overdoses and these drugs reverse the action of the opioids. Narcan is administered either intravenously or intranasal.

Dr. Rossheim stated that heroin is a derivative of morphine and results in a high risk of physical dependence and addiction. Heroin is used intravenously or intranasal and when given intravenously it is about 2-3 times more potent than morphine.

Ms. Sellers asked Dr. Rossheim how many people are served through the Rappahannock Area Health District. Dr. Rossheim stated that approximately 360,000 citizens within PD16 are serviced through the Health District. Dr. Rossheim stated that by population totals, this region is the 7<sup>th</sup> largest health district in the state in regard to service/treatment to those drug addicts.

Dr. Rossheim advised that opioid-related deaths from fentanyl and heroin have increased in both Virginia and PD16 over the last several years. Dr. Rossheim stated that in both PD16 and the State of Virginia, that emergency room visits for heroin overdose has increased from 2015 to 2016. Dr. Rossheim relayed that the rate of EMS administration of Narcan has increased each year from 2013 to 2016 both statewide and in PD16.

b.) **Northern Shenandoah Substance Abuse Coalition**– Mr. Tim Coyne

Mr. Coyne stated that the Northern Shenandoah Valley recognized that opioid addiction is the worst epidemic and has resulted in the most number of deaths for all ages and demographics. Mr. Coyne relayed that the Substance Abuse Coalition effort was formed by Winchester and the surrounding counties to form a community-wide coalition organization to deal with the increased use of opioid/heroin users in their region. Mr. Coyne stated that the current population of the Winchester region is 220,000, which is 1/3 less than the population in the Fredericksburg region.

Mr. Coyne stated the objectives of Substance Abuse Coalition are as follows:

- 1 – first, needed an overview of the problem
- 2 –working together regionally to form the Coalition group
- 3 – involve the stakeholders and define roles of key system representatives, community mental health organizations, and outpatient treatment centers
- 4 – continue to work on suggestions/recommendations for program sustainability

Mr. Coyne advised that these issues originally started out as a law enforcement issue but it was quickly determined that the region could not arrest its way out of the on-going drug problem. Resolving the issue was more overwhelming for a single agency to overcome and recommendations were made and endorsed that cited success needed to be community-wide effort.

Mr. Coyne cited that deaths and overdosing were not the only issues – the crime rates escalated as well as abusers needed money for purchasing the drugs and there was a large increase in robberies, larcenies, credit card theft, etc.

Mr. Coyne stated that since July of 2011 through March of 2016, there have been 724 inmate graduates who have begun and completed the 90-day drug treatment program that resulted from efforts from the Coalition.

Mr. Coyne advised that in June of 2014 the Northern Shenandoah Valley implemented a system-wide program that would ensure proper prescriptive practices were in all Valley Health Hospital Emergency departments and Urgent Care Centers.

The system-wide program provides education and accessibility for appropriate dispensing; for PMP utilization by prescribers; and educational outreach to the public. The Northern Shenandoah region partnered to develop informational resources, access, and visibility for community organizations and programs relating to addiction, rehab and crisis referrals.

Mr. Coyne stated that they held a community leadership summit; they developed a mission and vision statement; they reached out to 100 stakeholders; they obtained support from the Boards of Supervisors/City Councils to address the substance abuse health crisis. Mr. Coyne stated Northern Shenandoah focused on three points: prevention, treatment & recovery. Mr. Coyne relayed that the efforts have continued to grow and they have instituted a drug treatment court program and in just two years have seen victims of previous drug addiction and now being enrolled in the drug treatment plan have resulted in a 75.5% rate of additional arrests.

Mr. Coyne advised that they started their program literally with seed money and locality matches. Now they have qualified for grants from the following agencies: United Way (support of the drug treatment center) - \$25,000; Rotary Club (support of the peer program) - \$18,200; BJA Drug Court Implementation Grant (requires a local match) - \$350,000; & HIDTA (support/funding for treatment) - \$100,000.

Mr. Coyne stated that some of the “lessons learned” from Shenandoah’s program is the following:

- 1 – engage & educate the community/leaders
- 2 – collect/share data
- 3 – identify the crisis
- 4- provide a light to hopeful recovery
- 5 – realize that addiction is a disease and is a public health crisis
- 6 – establish a multi-disciplinary, cross-system approach
- 7 – establish realistic & concrete goals

8 – share the issue through the media

9 – include the recovery and faith based communities early in the process

Mr. Coyne advised that even though much progress has been made and successful programs are in place, they are still just at the tip of the iceberg in combatting, controlling, & eliminating the drug issue within their region. It is an on-going effort and by working together much can get accomplished.

c.) **Other New Business** - None

## **NEW BUSINESS:**

a.) **Hazard Mitigation Plan Update**– Mr. Todd Gordon, The Berkley Group

Mr. Gordon advised that they have been working with GWRC for the past eleven months on updating the Hazard Mitigation plan for GWRC. Mr. Gordon stated the last plan was completed in 2012 and they are required to be updated every five years. Mr. Gordon stated that there is an opportunity for public input on the plan through the GRWC website until the end of April. Mr. Gordon relayed that each locality within GWRC will need to adopt the plan in either late May or early June.

Mr. Gordon stated the plan is to help citizens and local governments within the region to understand the risk of natural hazards potentially facing the area and how to mitigate these risks should they occur. Mr. Gordon advised that hazard mitigation is the result of many actions that can be taken by a locality/region that could reduce or eliminate the risk to human life and property from a variety of natural hazards to include: drought, hurricanes, winter storms, and wildfires. Mitigation occurs before a disaster strikes which saves a community time, effort and money rather than reacting when an emergency has occurred.

Mr. Gordon stated the plan serves two roles for the region. First the plan identifies natural hazards that could pose a threat to the safety, health and economy of the region as well as implementing steps that can be taken to reduce the impact of these natural hazards in the future. This will help communities to get back on their feet and back to normal living as quickly and easily as possible. The community can then reduce both the impact and cost of natural disasters by being prepared in advance rather than acting only after a disaster has occurred.

Secondly, the plan ensures the region is in compliance with the Disaster Mitigation Act of 2000, which requires that local governments develop a natural hazard mitigation plan in order to qualify for FEMA benefits should a natural disaster occur. Having a plan in place, qualifies a region for both pre-disaster and post-disaster grant opportunities.

Mr. Gordon stated the long-term success of GWRC's mitigation plan is directly correlated with the routine monitoring, evaluation and updating process. The process ensures that the plan remains current and up-to-date and is retained as a useful tool for preventing and mitigating damages from known natural disasters.

b.) **Approval of Resolution No. 17-09, Endorsing the Fiscal Year 2018 Rural Transportation Planning Work Program – Mr. Paul Agnello (ACTION ITEM)**

Mr. Quint advised that Resolution No. 17-09 is endorsing the FY2018 Rural Transportation Planning Work Program and regionally represents the counties of Caroline and King George.

Upon motion by Ms. Brabo and seconded by Ms. Long, with all in consensus, Resolution No. 17-09 was adopted by the George Washington Regional Commission at the April 17<sup>th</sup> meeting.

c.) **Other New Business**– None

Upon motion by Mr. Withers and seconded by Ms. Brabo, the April 17<sup>th</sup> meeting was adjourned at 7:28 p.m. The next meeting will be held on May 15, 2017 at 6:00 p.m.

Respectfully submitted,  
Timothy Ware, Executive Director  
(Draft minutes prepared by JoAnna Roberson)

DRAFT