

* GWRC Update Impacting Community Health Initiatives

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Overall goal is to impact the health & well being of our community

INVEST IN YOUR COMMUNITY

4 Considerations to Improve Health & Well-Being *for All*

WHAT Know What Affects Health



WHERE Focus on Areas of Greatest Need

Your zip code can be more important than your genetic code. Profound health disparities exist depending on where you live.



WHO Collaborate with Others to Maximize Efforts



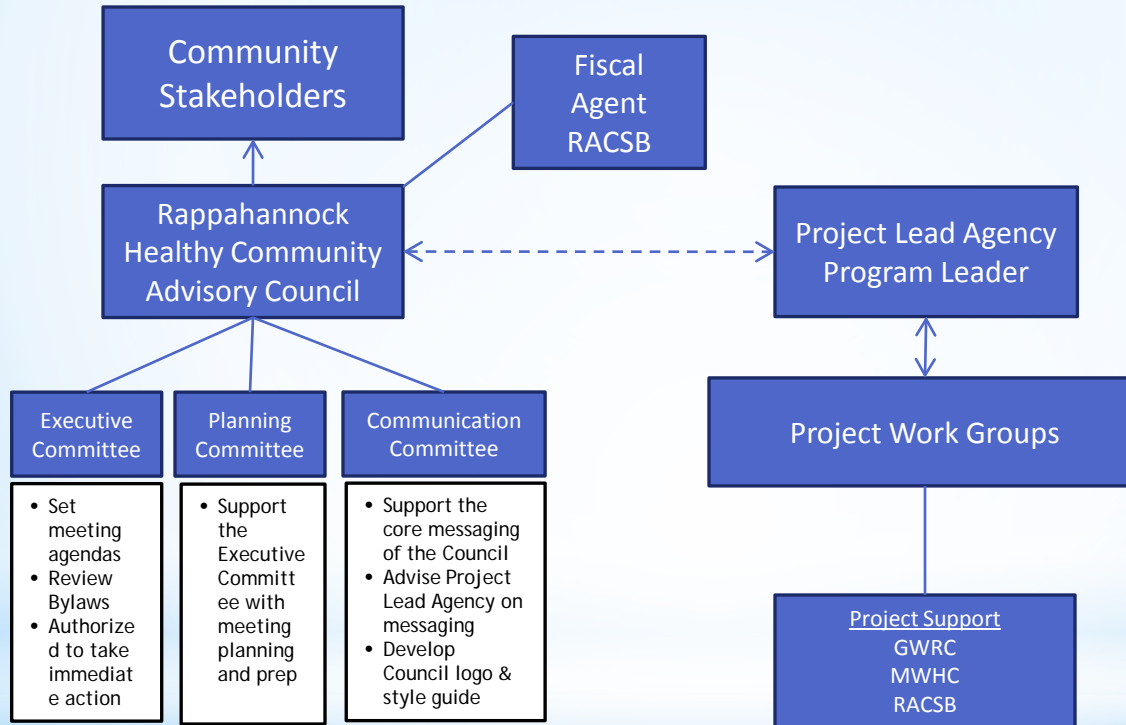
HOW Use a Balanced Portfolio of Interventions for Greatest Impact

- Action in one area may produce positive outcomes in another.
- Start by using interventions that work across all four action areas.
- Over time, increase investment in socioeconomic factors for the greatest impact on health and well-being for all.

Four ACTION Areas



* Rappahannock Healthy Community Advisory Council Organizational Structure



* Rappahannock Healthy Community

Advisory Council – Composition and Roles

Advisory Council Composition:

1. George Washington Regional Commission
2. Mary Washington Healthcare
3. Mental Health America Fredericksburg
4. Rappahannock Area Community Services Board
5. Community Collaborative for Youth and Families
6. Rappahannock United Way
7. School Administration – Rotate Jurisdiction
8. Physician (ED., Psy., PM)
9. Local Law Enforcement – Rotate Jurisdiction
10. Rappahannock Area Health District
11. Community Advocate
12. Pharmacy
13. Public Defender
14. Department of Social Services – Rotate Jurisdiction
15. Commonwealth Attorney – Rotate Jurisdiction
16. Mary Washington Hospital Foundation
17. Higher Education

Advisory Council Roles:

- Identify priority health and social needs of the Rappahannock Region from existing community assessments.
- Solicit input from community stakeholders on select key health and social concerns for focused improvement efforts.
- Work in partnerships with other community groups/agencies to develop goals, strategies and tactics addressing focused community improvement efforts.
- Serve as an advocate in the Rappahannock Region for the people affected by the health and social concerns identified in the assessments.
- Serve as a communication liaison, increasing awareness of the health and social issues of the region and promote ways for members of the community to be involved.
- Provide support, insight and leadership to groups working on community initiatives.
- Promote partnerships/collaboration to improve the health and social concerns in the Rappahannock Region.
- Actively support the financial sustainability of community improvement efforts focused on the health and social concerns of the Rappahannock Region.

* Case Study - Live Well San Diego



Live Well San Diego is a regional vision adopted by the [San Diego County Board of Supervisors](#) in 2010 that aligns the efforts of County government, community partners and individuals to help all San Diego County residents be healthy, safe and thriving.

Three Goals:

1. [Building Better Health](#) - focuses on improving the health of residents and supporting healthy choices
2. [Living Safely](#) - focuses on protecting residents from crime and abuse, making neighborhoods safe, and supporting resilient communities
3. [Thriving](#) - focuses on cultivating opportunities for all people to grow, connect and enjoy the highest quality of life.

Live Well San Diego strives to connect organizations of every kind—cities and governments, businesses, healthcare organizations, schools, and community- and faith-based organizations—through a shared purpose. Cities and local governments throughout the region have the potential to reach residents and policy makers throughout San Diego County. Working together, partner cities and governments are sharing best practices and advancing policies and programs that support healthy, safe and thriving communities.

* Efforts To Date

Workgroups established in the following areas: Prevention/Harm Reduction and Treatment

Accomplishments:

- Establishment of four(4) permanent medication collection bins within Planning District 16. Bins have been installed at Spotsylvania and Stafford County Sheriff's Office and the Fredericksburg Police Department.
- School resource officers now carry Narcan.
- Caroline County Sheriff's Office was trained in REVIVE and provided Narcan
- The Community Collaborative for Youth and Families hosted a series of five (5) town halls. More than 500 people attended and more than 3,000 viewed online videos from the Spotsylvania County event.
- Nearly 200 community members have been trained through REVIVE!
- Mary Washington Healthcare hosted department trainings on the topic of substance abuse and prescribing practices. They are also reviewing their entire pain management protocol.
- Spotsylvania County school nurses requested a presentation from the Sheriff's Office on opioids. This occurred in December.
- King George High School provided training for teachers on January 2nd.
- An educational training has been developed to education various key groups on opiates and addiction.

* Efforts To Date

Ongoing Efforts from work groups:

Prevention Initiatives

- Social Norms Campaign
- Photoshoot

Provider

- Physician-to-Physician Campaign
- Pain Management Policy/Procedure Review

Education

- School Survey
- School Board Outreach
- DEA's Operation Prevention
- Regional resource guide to access treatment



*Efforts To Date

Rappahannock Area Community Services Board

Impact: Prevention/Harm Reduction

- 14 REVIVE! Trainings since July 1, 2017. REVIVE! Educates participants about this crisis and instructs individuals on how to administer Narcan. In collaboration with the Rappahannock Health District, Narcan is provided to individuals who attend this training.
- 155 individuals trained in use of Narcan since July 1, 2017, to include treatment participants, professionals
- Increased education opportunities being provided to schools regarding Substance Abuse awareness
- Early intervention services for substance exposed infants (includes all substances)

* Efforts To Date

Rappahannock Area Community Services Board

Impact: Treatment

- Medication assisted treatment – since September 1, 2017 – 54 lives touched, remain engaged in treatment
- Intensive support and treatment, not just handing out medications
- Includes referrals to physicals, lab work; rental assistance, childcare assistance, parenting education
- RACSB prescribers and contracted psychiatrist
- Peer support
- Continued engagement a challenge but key, but we are seeing success stories

-Individual who lost baseball scholarship, heroin for 6 years; early in treatment relapsed, now following treatment regimen and doing well, seeking employment

-Individual in minimum wage job living with others who use; rental subsidies, commitment, following through with treatment

*Efforts To Date

Rappahannock Area Community Services Board

Challenges

- Engagement – need to want treatment; we continue to reach out
- Funding – federal grant ends in April. Indications that it will be renewed but no formal notice.
- Limited provider network
- Impact of trauma and understanding of impact of Adverse Childhood Experiences
- Community -wide effort to chip away at this local, state, and federal crisis

* Efforts To Date

- The Council has met three times
 - Meeting #1:
 - The Council agreed on its purpose, structure and reviewed bylaws
 - Meeting #2:
 - Approved the bylaws
 - Reviewed the progress of the Opioid Work Groups
 - Discussed issue of babies exposed to opioids
 - Meeting #3:
 - Provided feedback on the Suicide Prevention Summit
 - Reviewed the progress of the Opioid Work Groups
 - Discussed VDH Health Needs Assessment

* Suicide Prevention Professional Workshop

* School Age:

- * Create a dialogue with parents and children to foster a safe place to discuss feelings, educate parents on respect and boundary setting, review the exposure to social media and electronic devices
- * Reach out to schools for additional programs to be included in the curriculum

* LGBTQ:

- * Need to create and leverage existing material and resources that focus directly to the needs of this unique population.

* Youth/Young Adults:

- * Need to explore National support groups and other networking opportunities in the schools—King George HS has an after school club.. could this be replicable to other interested schools? Need to investigate various inclusion and diversity policies in businesses and in schools.

* Adults and Veterans:

- * Address the stigma, increase awareness of problem, social media usage
- * Engage the ACT program
- * 10-wave—5—smile---1 speak
- * Warning signs and awareness campaign

* Larger Themes

- * What already exists—“Burgundy book”—leverage what is out there to connect to the
- * Create a community-wide campaign to address Suicide prevention and awareness—what is support look like in Fredericksburg
- * Post-vention resources for survivors of suicide
- * Reach out to churches and the faith-based community for a closer partnerships
- * SPRC.org

*Moving Forward

- 2018 RHCAC Focus
 - Determine how to promote the Council and the work of the Council to the Community
 - Look for ways for the Council to increase awareness, assist with removing barriers, and help secure resources select community health improvement
 - Plan for Adverse Childhood Experiences (ACE's) Summit
- Council will be identifying additional strategies that will impact specific community concerns
- Invite Council members to your community to build awareness and remove barriers where they exist
 - Councils
 - Schools
 - Public Safety Officials
- Social media campaign into the school/Prevention Group
- Help to determine key health and well being indicators that each jurisdiction is tracking and create a dashboard that can be utilize to measure progress over time