

# BUILDING BRIDGES

Partnership • Collaboration • Impact

PRINCE WILLIAM  
—— Community Services

2023  
Annual Report

*....it's about connection*

“

Life is the love that reaches out,  
**BUILDING BRIDGES** across gulfs of  
uncertainty to touch hands, hearts, and  
souls in the experience of union.

— PETER SEYMOUR  
American Author



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# BUILDING BRIDGES AND PATHWAYS

## A Message From the Executive Director & Board Chair

In 2023, Community Services (CS) focused on building and strengthening bridges to improve connections and pathways between the organization and the community. Despite facing workforce shortages, the opioid epidemic, and other behavioral health and developmental health needs, CS remained innovative and transformative. The organization formed partnerships with our community, county, regional, and state partners to address these challenges and to achieve sustainable growth and success. We have benefited from the diverse backgrounds, experiences, and talents of our staff and partners to engage in strategic efforts and achieve some remarkable firsts.

The 2023 Annual Report highlights CS' bridge-building efforts, strategic partnerships, and accomplishments over the past year. We are delighted to announce that we have received funding to open a state-of-the-art Crisis Receiving Center in 2025, which will help Prince William County become a leader in the Commonwealth's crisis transformation initiative. This center will provide a solution to the psychiatric hospital bed crisis and support our law enforcement partners. Additionally, we've also been granted our first SAMHSA grant of \$4 million over the next four years to enhance the system of care for our youth in greatest need.



*Lisa Madron*  
**LISA MADRON, LCSW**  
Executive Director



*Timothy Oshiki*  
**TIMOTHY OSHIKI**  
CS Board Chair

This report also showcases our work to foster hope by enhancing access to the necessary services, treatments, and support for county residents. This includes the new Emergency Department Care Coordination platform, our Opioid Abatement Authority grant projects, our collaboration with George Mason University's Empowerment Center on a peer support services workforce pipeline, our new Forensics Transitional Housing Program, and our new Trauma Program.

Our staff is our greatest resource, and we are pleased to report that they have returned from the pandemic stronger than ever. They have done an excellent job of focusing on inclusion and wellness, strengthening the culture of CS, and allowing us to provide the best possible services to our most vulnerable community members.

Lisa will begin a two-year appointment as the Chief Transformation Officer of the county in the coming year. Her team will develop strategic initiatives that aim to improve the quality of life and well-being of the citizens of Prince William County by focusing on a cross-departmental, human-system approach to customer care. Despite Lisa's absence, our commitment to the community will remain strong under the experienced leadership of Georgia Bachman, who will be the Acting Executive Director, and Sherry Bowman, who will be the Acting Deputy Director, along with the support and guidance from the CS Board and committed community partners.

We express our gratitude to the staff, stakeholders, and advocates who have collaborated with us to establish or expand services that will improve access and delivery of high-quality behavioral health services to the residents of Prince William County. Together, let's continue to build magnificent bridges that connect and strengthen us and our community.





**GEORGIA BACHMAN, LCSW**  
Deputy Director  
Community Services



**SHERRY BOWMAN, LCSW**  
Asst Dir Human Services  
Community Support



**KANCHAN CLARK, MD**  
Medical Director



**BETH DUGAN, MPA, MED**  
Quality Improvement



**ROBYN FONTAINE**  
Chief Financial Officer



**MIKE GOODRICH, MPA, CPM**  
Asst Dir Business Services



**VIRGINIA HEUPLE, PT**  
Asst Dir Human Services  
Early Intervention



**MICHELLE KASTON, BS**  
CS Information Technology



**ELISE MADISON, LPC**  
Asst Dir Human Services  
Emergency, Assessments &  
Trauma Services



**TANYA ODELL, LPC**  
Asst Dir Human Services  
Youth Behavioral Health  
& Recovery



**JACQUELINE TURNER, QDDP**  
Asst Dir Human Services  
Developmental Disability Services



**SARA WHEELER, LPC**  
Asst Dir Human Services  
Adult Behavioral Health  
& Recovery Services

# LEADERSHIP TEAM

# Prince William County COMMUNITY SERVICES

We are committed to improving the well-being of the residents of Prince William County, the City of Manassas, and the City of Manassas Park who are affected by, or are at risk of, developmental delays and disabilities, mental illness, and/or substance use disorders. We provide and coordinate community-based resources that respect and promote the dignity, rights, and full participation of individuals and their families. Our services include Emergency and Crisis, Individual and Group Therapy, Case Management, Medication Management, Medication-Assisted Treatment, and Peer Support.

## LOCATIONS:

### **Sudley North Complex**

7969 Ashton Ave.  
Manassas, VA 20109  
703-792-7800  
Fax: 703-792-7817

### **Phoenix Building**

8500 Phoenix Drive  
Manassas, VA 20110  
703-792-5480  
Fax: 703-792-5145

### **Ridgewood Building**

4370 Ridgewood Center Dr.  
Woodbridge, VA 22192  
703-792-4900  
Fax: 703-792-5098

### **A.J. Ferlazzo Building**

15941 Donald Curtis Drive  
Suite 200  
Woodbridge, VA 22191  
703-792-4900  
Fax: 703-792-7057

### **Crisis Receiving Center**

14011 Worth Ave.  
Woodbridge, VA 22192

*Coming Soon*

## Diversity, Equity, Inclusion & *belonging*

We value and celebrate diversity, equity, inclusion, and belonging. Creating a diverse and inclusive work environment is crucial for building strong teams, fostering collaboration and innovation, and achieving greater outcomes.

That's why we've made Diversity, Equity, Inclusion, and Belonging a lifelong commitment; to be woven into our work culture and all we do for our community.

Some of our recent efforts to deepen DEI+B across CS over the past year include:

- Hosting LGBTQIA+ trainings for staff
- Translating Human Rights posters into 12 languages
- Starting a middle management Leadership Collaborative
- Creating a Virtual Suggestion Box for staff
- Embedding DEI+B discussions into Leadership Team meetings
- Hosting employee engagement events and activities to cultivate inclusivity and belonging.







WE SERVE THE MOST  
**DIVERSE**  
County In Virginia

**OUR PEOPLE!**  
*make the difference*



# STAFF

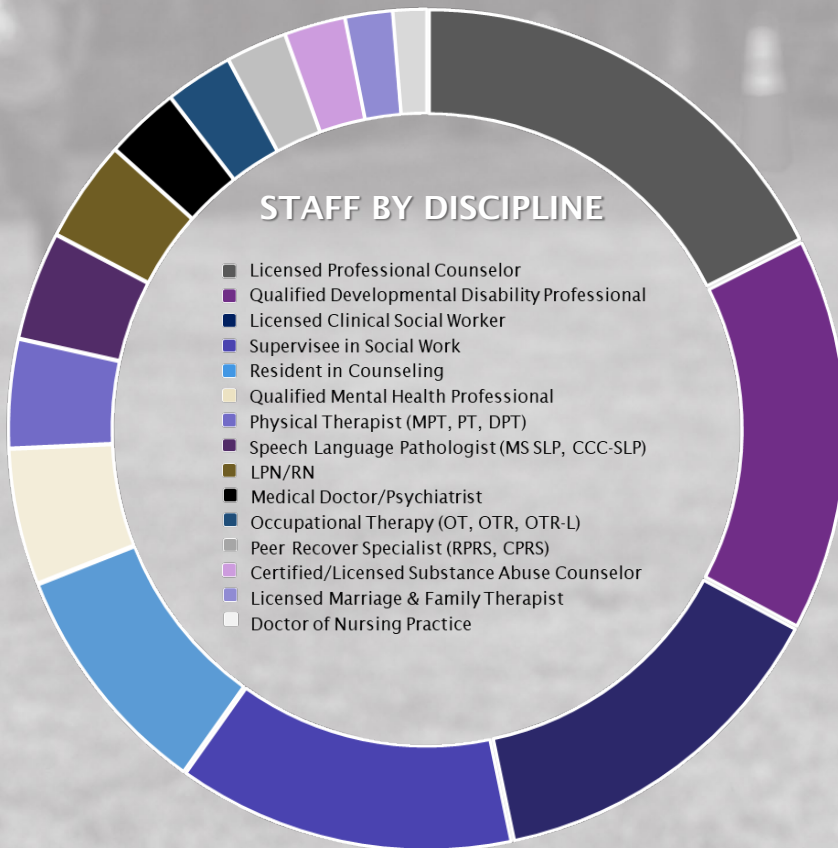
“

Unity is strength...  
when there is **TEAMWORK  
& COLLABORATION**,  
wonderful things can be  
achieved.

—MATTIE STEPANEK  
American Poet



# our greatest resource



**516**  
EMPLOYEES  
STRONG

OVER **200**  
LICENSED  
PROFESSIONALS

**23%**  
WORKED  
5+ YEARS

**22%**  
WORKED  
10+ YEARS

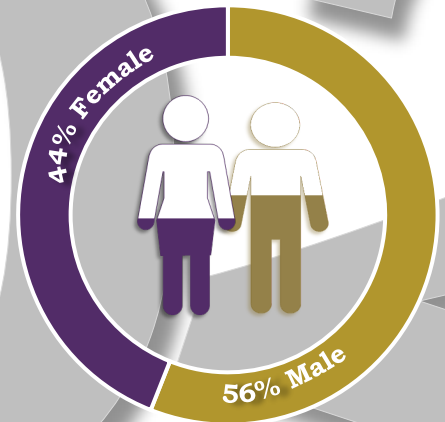
**Our Direct Service Staff are TRAINED in  
EVIDENCE-BASED  
& Culturally Relevant**

**Treatments and Practices to Include:**

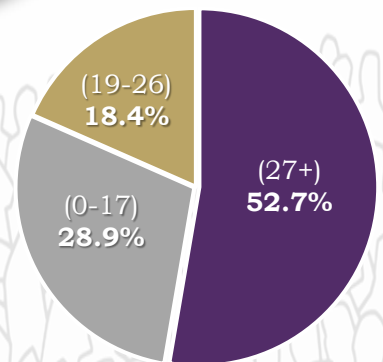
- CAMS - Collaborative Assessment & Management of Suicidality
- CBT - Cognitive Behavioral Therapy
- CPT - Cognitive Processing Therapy
- DBT - Dialectical Behavioral Therapy (DBT)
- EMDR - Eye Movement Desensitization & Reprocessing
- MI - Motivational Interviewing
- TF-CBT - Trauma-Focused CBT

# 11,710 INDIVIDUALS Served

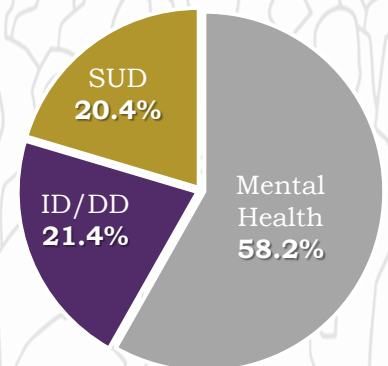
Individuals by Gender



By Age



By Disability Area



**94%** of Co-Responder Unit Responses **DIVERTED** from Custody



**75%** of Youth Completing Treatment Reported **Symptom Improvement**



We **Collected 754.8 lbs.** of **Unused And Unwanted Medication.** An Increase of **48%** From Last Year.



We **Provided 53 REVIVE** Trainings to **745** Participants



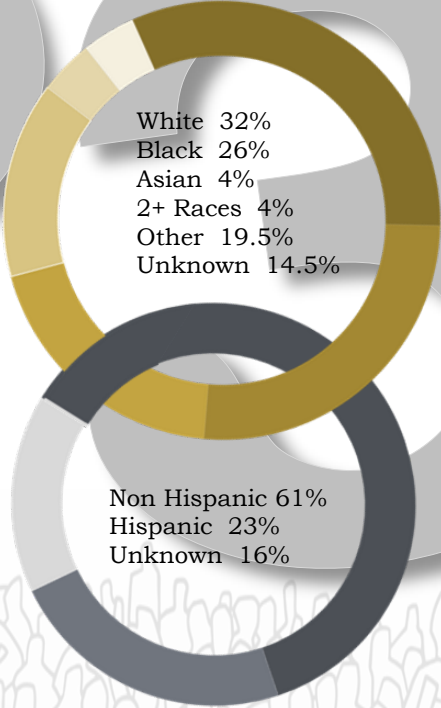
**89%** of Individuals Receiving **Supported Employment** Services **Maintained Employment** for More than **90** days.







### Race & Ethnicity

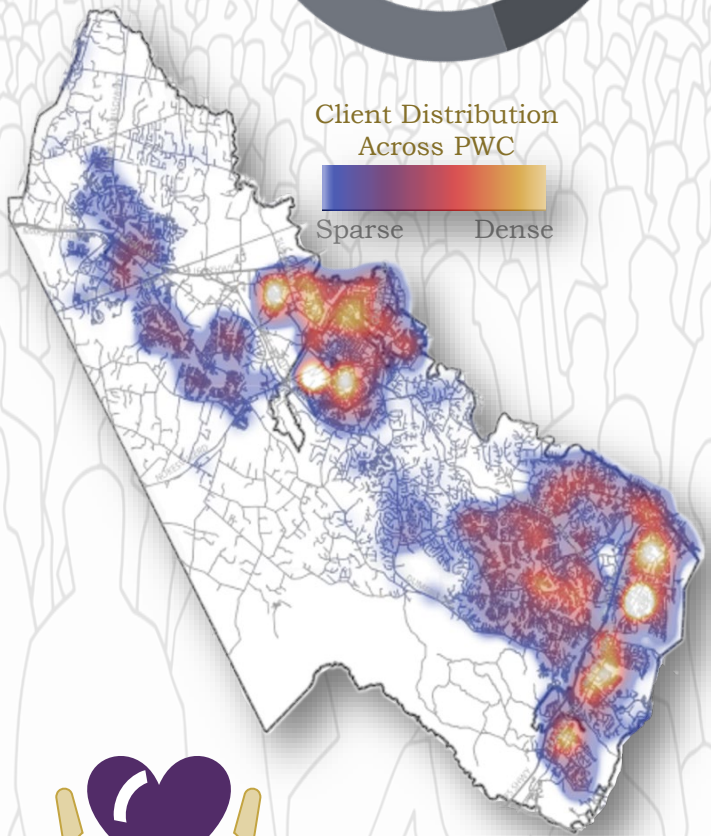


### FY 2023 Revenue

**\$62,446,909**



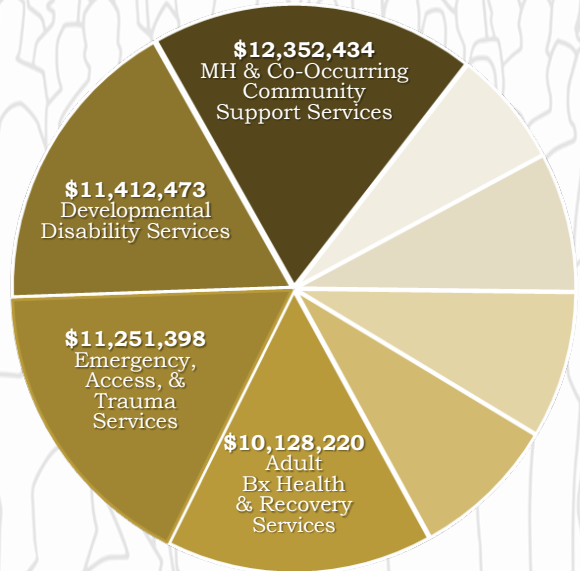
### Client Distribution Across PWC



# FINANCIALS

### FY 2023 Expenditures

**\$62,446,909**



# 445,784

## SERVICES *Delivered*

# Collaborating with Community Partners to ENHANCE *Crisis Services*

## MARCUS ALERT

Through the Marcus Alert initiative, PWC has developed a process for identifying persons in crisis and their level of need through the 911 communication centers. FY23 was PWC's first year of implementation and 4,702 calls to the local 911 communication centers were identified as needing a specialized mental health response. Of those calls, 375 were connected to the Regional Crisis Call Center and resolved without police intervention.

## COMMUNITY CRISIS OUTREACH TEAM

The Community Crisis Outreach Team was developed through the Marcus Alert initiative. It is comprised of three mental health specialists who respond to non-emergent outreach requests from first responders across Greater Prince William County. The goal is to assist community members with connecting to services and reducing the need for first responder intervention. The team builds trusting relationships and follows up with community members to make sure they have the tools they need to successfully connect to resources in the community. The Outreach Team has been instrumental in assisting the community with a range of needs. This includes providing crisis debriefing immediately after violent crimes in the community, referring people to domestic violence shelters, assisting veterans with resources, and helping families connect to community providers. In FY23, their first full year of operation, the Outreach Team responded to 433 referrals.

## CO-RESPONDER PROGRAM

Developed in 2020 and initiated in 2021, the Co-Responder team consists of 6 CIT officers and 6 clinicians responding together to calls for service involving persons in crisis across PWC. The teams are trained through the PWC Police Academy in scene safety, officer wellness, first aid and procedures. This team aims to bring the help that community members need to the scene of the crisis and reduce the need for police intervention. This process preserves the dignity of the community members as well as provides support when and where they need it the most.

## 2023 IMPACT

433

Community  
Outreach Referrals

1,182

Co-Responder  
Unit Responses

63%

Increase in  
Co-Responder Unit  
Responses from FY 22

94%

Diverted From  
Custody

38%

Reduction in  
Emergency Custody  
Orders Since FY21

32%

Reduction in  
Temporary Detention  
Orders Since FY21



Our Co-Responder unit brings a much-needed piece to police work on the street level. The clinicians provide valuable, real-time services to citizens in need. I truly think the community appreciates the unit, and more police officers are seeing the benefits of the specialty. I hope the unit grows and continues to bring mental health knowledge to the street.

— PRINCE WILLIAM COUNTY CIT OFFICER

Assure the safety of individuals with mental illness and the community

Decrease the unnecessary arrest of individuals with mental illness

Link individuals to community-based services to promote hope, healing & recovery

Goals of the Co-Responder Program



# Leaders in *Crisis Response*



## Virginia CIT Behavioral Health

### PROVIDER OF THE YEAR

**KYM LUDWIG, LCSW**

CS' Kym Ludwig is this year's winner of the Virginia Crisis Intervention Training (CIT) Behavioral Health Provider of the Year award. This award recognizes a behavioral health provider whose dedication and active membership in a Virginia CIT program has greatly enhanced the program's success. They must demonstrate ongoing commitment and active involvement with CIT community partnerships and work to improve access to services within their own system or with the community behavioral health system. Kym was nominated by our law enforcement partner, Lieutenant Heather Vance, for consistently going above and beyond.

“Kym was instrumental in teaching the academy recruits and strengthening law enforcements' knowledge and understanding of mental illness and all the resources available to the community. Kym's passion for working alongside law enforcement to assist those suffering from mental illness and her unwavering commitment towards CIT officers, Co-Responder Officers, and community members was unparalleled.

—**LIEUTENANT HEATHER VANCE**

Prince William County Police Department  
Co-Responder Unit / CIT Coordinator



The Greater Prince William CIT Program was awarded the Virginia CIT Program of the Year. The PWC program has been used as a model for other programs across the Commonwealth. Over 1,000 officers have been trained since 2012. Trainers also provide 8-hour CIT classes within the recruit academies for Police, Fire/ Rescue, as well as 911 dispatchers.

Photo Left: Kym Ludwig with Lieutenant Heather Vance



# CRC Dedication

## Transforming Crisis Services

On Thursday, May 11th, the county hosted a Community Dedication Ceremony for its new Crisis Receiving Center, which is set to open in 2025. This center is the first of its kind in Virginia and is based on the Crisis Now model. It will provide individuals who are in crisis with **A Place To Go** for immediate access to quality behavioral healthcare services 24/7/365.



### The 3 Components of the CRISIS NOW Model



During the Community Dedication Ceremony, state and local officials wrote messages of hope, recovery, and healing on large canvas boards to be displayed inside the center once completed.

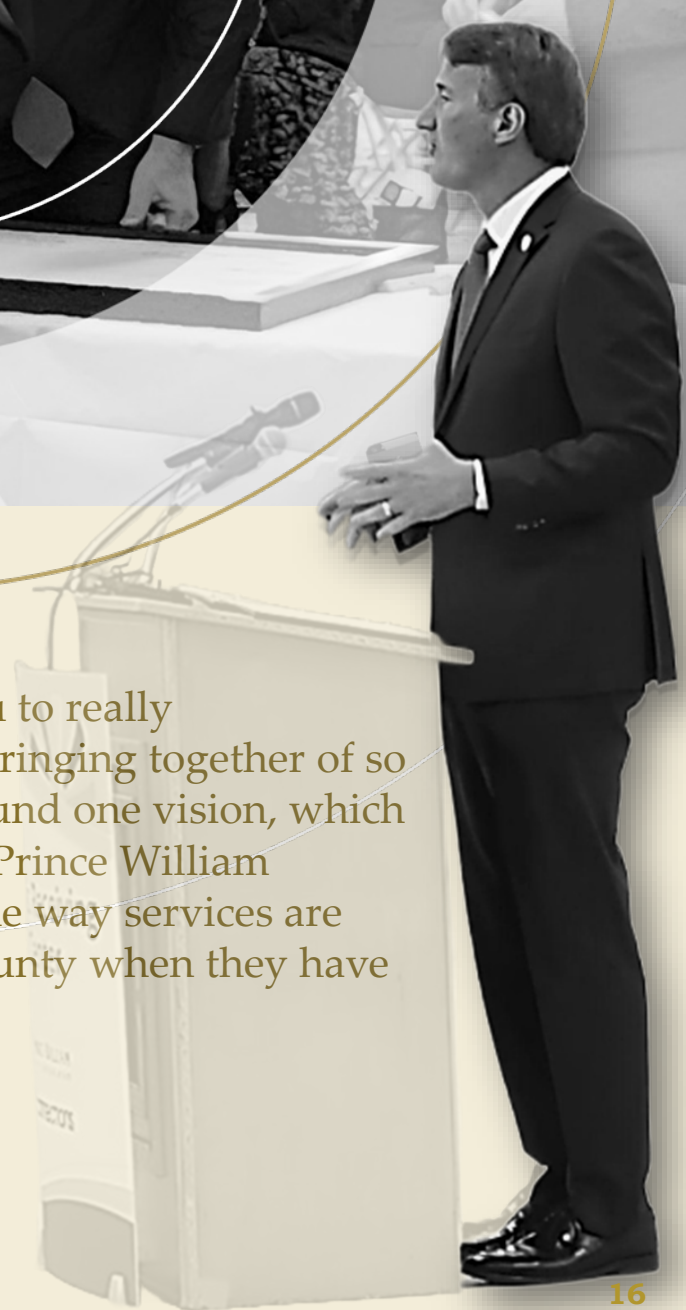




“

I am so pleased to be able to join all of you to really acknowledge, but more so, celebrate the bringing together of so many different capabilities, resources around one vision, which is to have a crisis receiving center here in Prince William County that will fundamentally change the way services are delivered to citizens in Prince William County when they have behavioral health needs.

—GLENN YOUNGKIN  
Virginia Governor





# Expanding Access to *quality care*

## ACCESS TRAUMA PROGRAM

Community Services launched the ACCESS Trauma Therapy Program in August 2023 to provide short-term, evidence-based trauma treatment for youth, adolescents, and adults who have experienced adverse life events. The Trauma Team delivers evidence-based therapies that facilitate positive change; reduce the frequency and intensity of symptoms; provide psychoeducation and skill development to empower clients to better identify and manage trauma responses; and to link individuals to natural resources and community supports. Since launch, the Access Trauma Team has facilitated 127 therapy sessions to 29 individuals.

SERVED  
**29** Unique Individuals

FACILITATED  
**127** Therapy Sessions

## CS RECEIVES \$4 MILLION SAMHSA GRANT

This year our Youth Behavioral Health and Recovery Services Division received a \$4 million grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) for the expansion of youth and family services. The grant will be used to establish a four-year program that will provide resources to improve mental health outcomes for children and youth from birth to age 21 who are at risk of or have serious emotional disturbances, and their families.

“ We are very excited about the possibilities this grant will bring as we enhance our current system of care and improve our ability to serve the needs of youth, families, and the community as a whole.

—TANYA ODELL

Division Manager- Youth Behavioral Health & Recovery

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration



## FORENSIC SERVICES

2018

The Forensic Services Program was established to combine multiple pre-existing forensic-related services under one program: Control Docket Monitoring, Forensic Evaluation and Discharge Planning, Mental Health Competency Restoration, NGRI- Hospital Discharge Planning and Coordination, and NGRI- Community Monitoring.

2021

The Forensic Re-entry Program was added to the Forensic Services umbrella and works collaboratively with the Prince William County Adult Detention Center (ADC) Mental Health Team and other community-based providers to help detained individuals connect with the services and supports they need upon release for successful re-entry to the community.

2022

The Forensic Re-Entry Transitional Townhouse (FoRTT) program was established to provide stable housing, for up to 3 re-entry clients, who are vulnerable to recidivism and require ongoing support and monitoring to sustain stability in the community.

The Re-entry Program

► 99 SERVED  
Individuals  
in FY 23

“Collaboration and Coordination in expanding behavioral health services to the incarcerated population is critical. By working together, we're able to provide more comprehensive care in order to support those we serve to live healthy and productive lives.

— KRISTEN DURBIN  
Forensic Services Program Supervisor

# Bridging the gap

## in Care for Criminal Justice-Involved Individuals

“I am so thankful for the Re-Entry Program. It really helped me to know that I had someone looking out for me and made sure I had everything I needed to be successful upon my release.”

- Former Re-Entry Client

### IMPACT STORY

Jason had been caught in the revolving doors of hospitalization and the criminal justice system for many years. For a fresh start, he relocated to Prince William County to live with relatives. Being unfamiliar with how to access services in Virginia, his mental health quickly declined and during a mental health crisis, was arrested, charged with battery and disorderly conduct, and taken to the Prince William County Adult Detention Center (ADC).

Upon arrival, the ADC Mental Health Team and CS Forensic Team initiated services. The Mental Health Team provided the necessary treatments to stabilize his condition, while the CS Forensic Program assessed his community-based needs and initiated Re-entry services. As Criminal Justice Services diligently worked with legal parties across two states to facilitate the processing and amendment of orders for his release, Re-entry staff strategically worked to secure the services and support Jason would need in the community. Jason was referred and found eligible for intensive wrap-around mental health support through the ACT program and transitional housing through FoRTT.

Upon release, Jason was transported to FoRTT and provided with essential items such as food from CS's Food and Resource Pantry, a cell phone, and a clothing voucher. With ongoing engagement with his community-based providers, Jason is continuing to improve and expresses gratitude for this new opportunity for positive change.

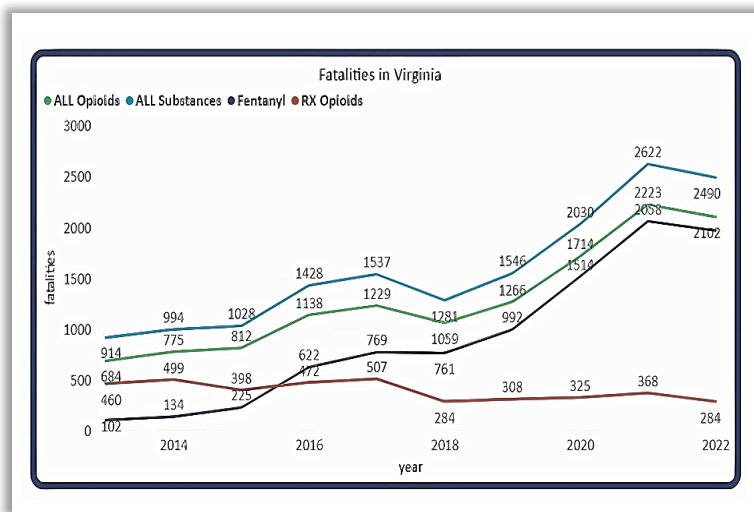
—FORENSIC RE-ENTRY TEAM



# THE OPIOID EPIDEMIC

Fatal drug overdose has been the leading cause of unnatural death in Virginia since 2013, according to the Virginia Department of Health. In the last decade, drug overdose claimed 15,870 Virginians. Fentanyl, a synthetic opioid that elevates the risk of an overdose, has been a driving force in the rise in fatalities. Over the past five years, Fentanyl has contributed to 73% of overdose deaths across the state and 80% of fatalities in Greater Prince William County (GPWC), with a significant spike at the start of the pandemic.

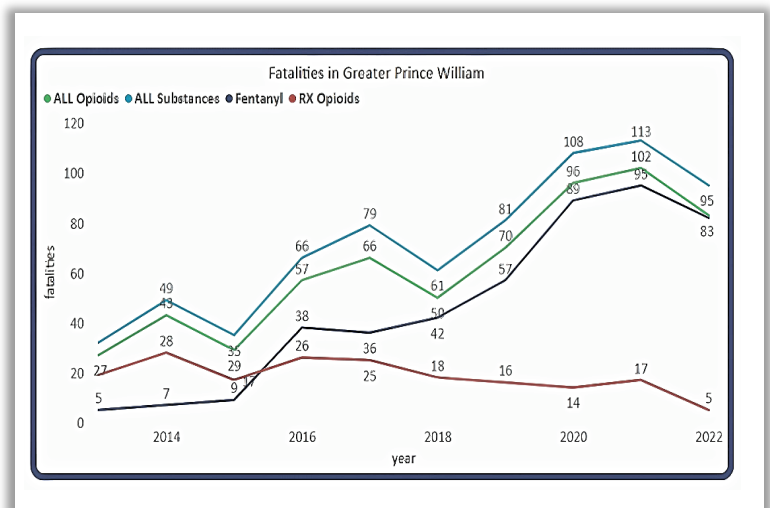
According to 2022 data from the Virginia Department of Health, drug overdose fatalities declined by 5% across the state. GPWC saw a 16% drop and a 13.7% drop in Fentanyl-related deaths. While this is good news, the impact of Fentanyl and the sustained high levels of overdose fatalities underscores the continued need for high-quality comprehensive treatments and supports to help save lives. Our multiprong approach to fighting the opioid epidemic combines *Evidence-based Treatments, Prevention, Harm Reduction, and Peer Support*.



Data Source: Virginia Department of Health

Between 2018-2022, 9,969 Virginians died statewide from Drug Overdoses: 73% were related to FENTANYL. In GPWC, 80% of the 458 fatalities between 2018 and 2022 were related to FENTANYL.

From 2021 to 2022, overdose fatalities **DECREASED 5%** across the state. GPWC saw a **16% DROP** in overdose fatalities and **13.7% DROP** in Fentanyl-related deaths.



Data Source: Virginia Department of Health

## FY 2023

▶ **611** Individuals served with primary diagnosis of **Opiate Use Disorder (OUD)**. An increase of **47%**

▶ **303** Individuals received **Medication-Assisted Treatment (MAT)**. An increase of **44%**

## Evidence-based

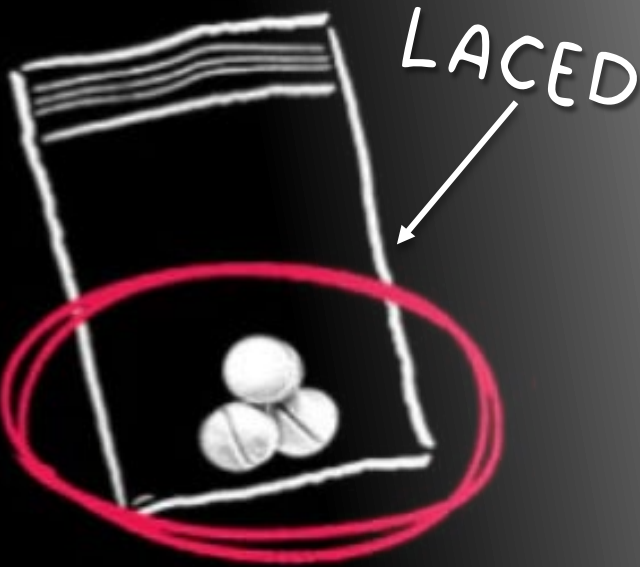
## Treatments

We, at CS, are committed to fighting against the opioid epidemic by delivering an array of high-quality evidence-based treatments to individuals with substance use or co-occurring disorders. We offer general recovery services for youth and adults as well as **Medication-Assisted Treatment** for Alcohol and Opioid Use Disorder and jail-based treatment services to justice-involved individuals who are vulnerable to relapse and recidivism.

## Fentanyl Awareness & Overdose

## Prevention

In July 2023, we launched FENTANYL EXPOSED, a media campaign utilizing Opioid Abatement Funds, to educate teens and young adults in the greater Prince William County area on the risks and dangers of fentanyl-laced substances and how to reduce the risk of a fatal overdose. The FENTANYL EXPOSED message was dispersed over social media (*Facebook, Instagram, Snapchat, TikTok, YouTube*), local movie theaters and the *FentanylExposed.com* website. From July to October of 2023, the **Fentanyl Exposed** Message delivered:



**FENTANYL  
EXPOSED**

# IMPACT

**6,404,736**

**IMPRESSIONS**

across Social Media Platforms

**435,00**

**IMPRESSIONS**

at local Movie Theaters

**24,228**

**SESSIONS**

on the [fentanylExposed.com](https://fentanylExposed.com) website with

**86 UNIQUE USERS**

engaging with the online quiz



# Harm Reduction

## Revive Trainings

CS offers free 60-minute Revive! training to teach individuals how to recognize and respond to an opioid overdose emergency using Naloxone, the only FDA-approved medication to reverse opioid overdoses. After completing the Revive! Training participants receive, at no cost, Naloxone nasal spray and an opioid overdose response kit.



## Naloxone Leave Behind Bags

In FY 23, Community Services assembled over 1,000 Leave-Behind Bags containing Naloxone and other valuable resources. The bags were made available to EMS personnel and other community providers to give directly to at-risk patients and their caregivers. Research shows that overdose survivors are at higher risk of fatally overdosing in the future. Therefore, by providing these kits, we can save lives beyond the patient care given in the moment of an overdose. The Naloxone Leave-Behind Bags project is a collaboration between Community Services and public safety and is funded by the Opioid Abatement Authority.



## 2023 IMPACT

53  
REVIVE!  
Training Sessions  
Delivered to  
265  
Participants

1,383  
Boxes of  
Naloxone  
Distributed

1,000  
Naloxone Leave  
Behind Bags  
Distributed

12  
Adverse Childhood  
Experiences Sessions  
Delivered to  
265  
Participants

9  
Mental Health  
First Aid  
Sessions Delivered to  
81  
Participants

*Saving Lives*

# Recovery Support

## Support Outreach Advocacy & Recovery Program

The Support Outreach Advocacy and Recovery, or SOAR program, provides peer recovery support from individuals with lived experience in long-term recovery. The SOAR Program seeks to connect individuals with resources such as treatment, medication-assisted treatment, Narcan, food pantries, clothing closets, medical services, housing programs, community support meetings, and social services.

Peer Support Specialists in the program offer mentorship and encouragement while they walk alongside clients and their families to help connect them to recovery resources. This is from when they take their first steps towards recovery through treatment. SOAR's Peer Support Program provides a non-judgmental, uplifting space to let each individual know recovery is possible.



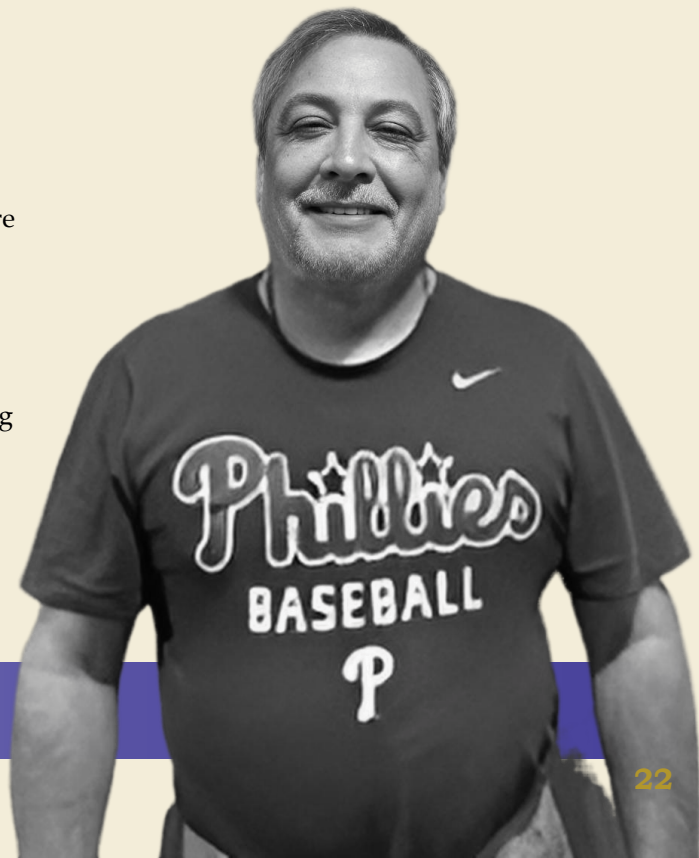
## YEAR OF THE PEER

On September 14, 2023, Community Services hosted the Greater Prince William Year of the Peer community event which highlighted peers across the county who work with people living with substance use and mental health disorders. The event was attended by over 200 individuals and those completing a short training session received free naloxone, the medication used to reverse overdoses. The naloxone was provided by the Virginia Department of Behavioral Health and Developmental Services and Community Services. The event was funded by a \$2,500 matching grant from the Virginia Department of Behavioral Health and Developmental Services.

## PEER SPOTLIGHT

Alex is a kind and generous person who enjoys helping others. He tries to help others who have mental illnesses and stresses that there can be joy in their lives despite their difficulties. He is an advocate of medication and discloses that he would not be able to function without it. He challenges ACT clients to strive for their personal goals and to reach their full potential in life. He is guided by the sayings: "Do the things in life that make you happy without hurting yourself or anyone else" and "Don't let others judge you, because they are not you". Alex has worked over 15 years with CS' ACT Team and believes he's doing something important with his life.

**ALEX REINTAL**  
Peer Support Specialist- ACT Program







“Forming meaningful relationships not only with clients but also with their families and primary support is what we do! Excellent customer service and client care is achieved through **COLLABORATION** and **COORDINATION** with our clients’ support systems, and CS’s internal and external partners. I am excited about the new opportunities ahead, to broaden and deepen our services to clients and the community.

KATANYA GOSWELL, LP, PhD  
Acting Asst Dir Human Svcs- Community Support Services (2024-2025)


“Having an experience with psychosis is part of who I am, and part of my story but it definitely does not define me.



I want to say a huge thank you to all of the Get On Track (GOT) program employees for not giving up on me. I was blessed with my wonderful education specialist/therapist/mentor Jaree who helped me make my goal of transferring to a university happen. On Tuesday I received my acceptance letter from Old Dominion University, where I will be completing my dental hygiene degree.

I have people walk up to me daily and ask how I keep a smile on my face and how I always stay so positive. And to that I say, I’ve seen pretty low points in my life, but I overcame it, all the negative thoughts, all of the hardships, and I’m just happy to be living in the now. And I’m excited to see what my future holds.

“SAMANTHA”  
Recent Get on Track Program Graduate



“ The strength of the team is  
each individual member.  
The strength of each member is the team.

— PHIL JACKSON  
FORMER BASKETBALL PLAYER & COACH

## LEVERAGING TECHNOLOGY TO IMPROVE CARE

### Emergency Department Care Coordination (EDCC) Program

In FY 23, CBHP began piloting the EDCC program. This program was established in 2017 by the General Assembly. It provides a single, statewide technology solution that allows real-time communication and collaboration between healthcare providers, and clinical and care management personnel to improve the quality of patient/client care services. CS is already seeing positive outcomes from this pilot and will continue to expand this service across all programs in FY24.

## IMPACT STORY

A young male client I've assisted for several years became street-level homeless again after being housed in a room-for-rent family home for 2 years. His schizophrenia diagnosis made him vulnerable to others who may want to take advantage of him. He slept in a tent in a parking lot for one month until we found a shared basement he could afford. He mentioned that he liked the landlord "but she has dogs." He didn't seem comfortable with the dogs but denied there was a problem. I received an EDCC notification that he went to Sentara ER for a cut on his leg. I called him immediately because it was unusual for him to go to the ER.

He shared that the landlord had 3 pit bulls that were allowed to roam freely through the basement he rents. The dogs caused the injury and he was living in fear of them but did not want to report a problem "because the landlady is nice and I don't want to get her in trouble." We were able to talk about his right to safety in the space he's renting and I was able to facilitate the conversation with his landlord to improve the living situation.

BY: PAULA ARCE, LPC

Therapist III, Clinical Behavioral Health Program (CBHP)





# 15th Annual Mental Health Awareness Event

**MORE THAN  
1 in 5 ADULTS**  
in the US live with a  
mental illness-CDC

**OVER  
1 in 5 YOUTH**  
13-18 either currently  
or at some point during  
their life have had a  
seriously debilitating  
mental illness- CDC

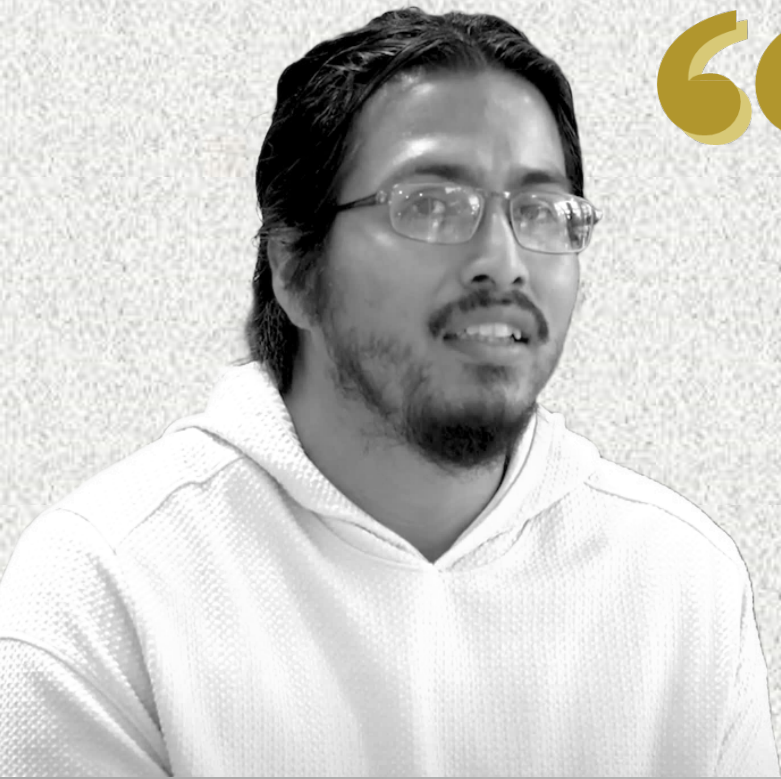
## Fighting the Stigma

Community Services strives to reduce mental health stigma. Through education and celebrating people who are recovering from mental illness, we can dispel harmful misconceptions about mental health. We can also attack the harmful influence of stigma that keeps individuals from seeking help and suffering in silence. Each year, Community Services holds the **Mental Health Awareness Art Event** to showcase and celebrate the work of local artists dealing with mental health issues. This year's event was held on October 11<sup>th</sup> and featured Josue Rios, a Community Services client and a published poet. Josue attended the event with his book "*Rosita: Little Rose,*" which examines his bout with depression. Josue shared how writing helps him cope with symptoms and hopes those reading his poetry feel inspired and know "they're not the only ones going through depression".



**The importance of today's event is to FIGHT the STIGMA against mental health; and to educate the public, to celebrate the individuals that we serve, and to teach about recovery and resources available for individuals with mental health issues.**

— TINA KAVARLIGOS  
Program Manager, Clinical Behavior Health Program



“ I entered a state of depression. I stopped writing completely. I stopped reading, **AND THEN ONE DAY I WAS INSPIRED** to start writing poetry in 2020, & that has been my best helping mechanism for helping cope with my symptoms.

— **JOSUE RIOS**  
Published Poet & Current Client

## **BRIDGING THE GAP**

By Josue Rios

Bridging the Gap; an escape from where we feel trapped.

Constructing a bridge towards self, for the sake of our own mental health.

Bridging the Gap with each other, by trusting and confiding with one another.

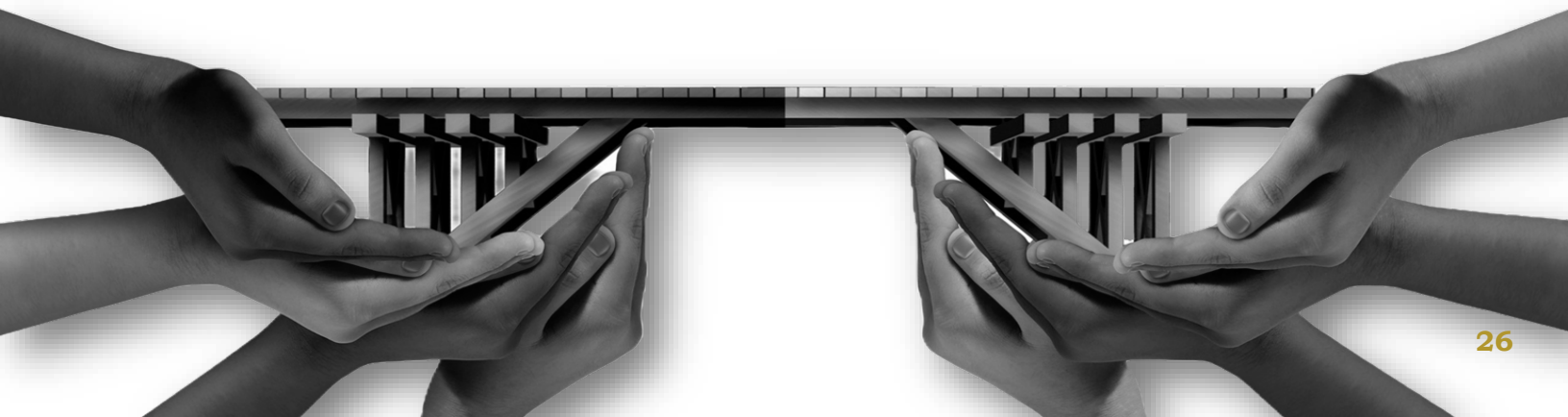
Asking for a helping hand; hoping someone will understand.

Building a future of togetherness; picking up the pieces of our brokenness.

Putting ourselves out there with the purpose of constructing something we can all share.

Bridging the Gap from darkness into light, so we may behold the beauty within our sight.

Building bridges that have been broken, by forgiving with arms wide open.







# In Memory OF A LIFE WELL LIVED

## **Mr. William (Bill) Greaver** **A Strong Advocate for Individuals with Developmental Disabilities**

Bill lived an exemplary life. He could brighten a room with his presence. Anyone who had the pleasure of interacting with him would leave feeling uplifted. He radiated kindness and optimism and had a great sense of humor. He loved listening to music, playing his guitar, and watching classic movies and TV shows.

Bill was an excellent advocate for people with disabilities. From 2009 to 2010, he participated in “Partners in Policymaking” with the Virginia Board for People with Disabilities. He served on the Local Human Rights Committee with Prince William County Community Services and was on the board of directors for Didlake.

Bill received Developmental Disability (DD) Support Coordination services from Prince William County CS from 1996-2023. He had 3 DD Support Coordinators during his time with Prince William County CS. Deb Ward, his first SC, worked with Didlake directors, Annaberg Manor administrators, Bill’s sister Wanda, and his psychiatrist and psychologist. He advocated to Commonwealth Community Care of Roanoke (owners of Gainesville Health and Rehab Center) for Bill to have a private room. With their collaboration, Commonwealth Community Care of Roanoke granted Bill a private room at Gainesville Health and Rehab Center for the rest of his life. Bill struggled with depression and having his own room for the last 17 years of his life was tremendously beneficial for his mental health and overall well-being.

Bill had access to special funding from the state for individuals with developmental disabilities living in nursing facilities called OBRA funding, which is managed by Prince William County CS. With the help of these OBRA funds, Bill was able to go to Virginia Beach and get in the ocean, for the first time in his life. Bill also used that funding to go on weekly outings to shop, eat out at his favorite restaurants, visit friends and family, go to concerts, attend classes at the Lifelong Learning Institute, volunteer at Plant Land in Manassas, repair and replace his power wheelchair, access wheelchair accessible transportation and for case management services. Having OBRA funds and DD Case management services with Prince William County, allowed Bill to have a private room and access to his community, which improved his quality of life immensely. Sadly, Bill passed away earlier this year due to complications with esophageal cancer. He touched the lives of everyone he met. At his funeral, everyone who spoke about him said they were better people for knowing him. He will be greatly missed.

As his DD Support Coordinator for the past 12 years, I can say that I feel so privileged to have worked with him and been a part of his life. Helping individuals like Bill live their best lives is what working for Prince William County CS DD services is all about.

BY: APRIL GROVER, BS, QDDP  
ID Service Coordinator III

# LOOKING AHEAD

## PEER PIPELINE

We are working closely with our George Mason University (GMU) partners to build our Peer Recovery Support workforce and pipeline for Peer Recovery Specialists. This program will provide enhanced skill training and an 18-week paid internship for up to 5 peers. We will provide training, support, and income while they obtain 500 practice hours towards becoming a certified PRS. During this internship, peers with lived experience in substance use or co-occurring disorders who have taken Virginia's 72-hour training towards certification can obtain the needed 500 hours for certification required for employment as a Certified Peer Recovery Specialist. Nine weeks will be spent at GMU and 9 weeks with PWC Community Services. By implementing this high-quality, paid internship program, we will increase employment opportunities and ensure a more qualified, experienced applicant pool, and reduce vacancy rates for PRS positions while enhancing our recovery-oriented system of care.

## OPIOID RESPONSE COORDINATOR

With our Opioid Abatement Authority Partnership Grant, we have hired our first Opioid Response Coordinator. This individual will be leading project teams and providing technical support to cross-agency workgroups focused on implementing strategies and action plans in the Greater PWC area, (which includes Prince William County, the City of Manassas Park, and the City of Manassas) to battle the ongoing opioid epidemic. The coordinator will ensure a collaborative approach is being taken and will monitor progress and determine timelines and metrics to ensure a coordinated service delivery approach at all levels.

## SAMHSA GRANT FOR YOUTH BEHAVIORAL HEALTH AND RECOVERY SERVICES

Our SAMHSA System of Care (SOC) grant will target children and youth with complex emotional, behavioral, or mental health needs and their families. The model utilized is Intensive Care Coordination/High Fidelity Wraparound which is a best practice approach that uses an individualized, team-based collaborative process to provide a coordinated set of services and supports. Throughout the process, youth and their families work with a care coordinator who convenes, facilitates, and coordinates the efforts of the wraparound team. This approach strengthens the SOC for the youth within that community. The grant's first year focuses on identifying community needs and setting up the infrastructure for this program. The team will be onboarding new program staff to manage this endeavor which will enhance cross-system collaboration across public, private, health, and educational stakeholders, both formal and informal. The care coordinator will help the family navigate planned services and supports; track progress and satisfaction to revise the plan of care as needed and ensure program fidelity.





“

I am proud to be a part of a county that brings together community to help people and their families who are dealing with mental health issues. Mental health awareness can get us to the place where we feel comfortable talking about mental health concerns. Talking is the first step toward the health of the community. Talking can result in knowing and knowing can lead to healing.

—CHRIS SHORTER  
Prince William County Executive

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**Christopher Shorter**

**DEPUTY COUNTY EXECUTIVE**  
**Elijah Johnson**

Health, Wellbeing &  
Environmental Sustainability

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Community Services

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