

STRATEGIC ACTION PLAN FOR COMMUNITY BEHAVIORAL HEALTH 2020-2022



**Mental Health Collaborative
serving
Fauquier and Rappahannock Counties**

January 2020

Introduction

This document presents a strategic action plan for a selected set of behavioral health initiatives in the Fauquier and Rappahannock region. The term behavioral health includes both mental health issues/services and substance use or addiction challenges/services. The plan was developed by the Mental Health Collaborative, which includes leaders from a wide range of community partners. The following sections outline the scope and purpose of the plan, strategic assumptions, and a proposed set of strategic goals and action initiatives.

Scope and Purpose of the Plan

In 2017, the Mental Health Collaborative developed a three-year plan which set community-wide goals to increase awareness/prevention efforts related to mental health and substance use and to increase access to high quality treatment and recovery resources. This strategic action plan for 2020 through 2022 builds on successes in meeting those goals and sets new priorities for the next three years. The plan is not intended to encompass all behavioral health organizations and resources at work in the community. The focus is on a selected set of action initiatives identified by the broad partnership of stakeholders who comprise the Mental Health Collaborative. The purpose of the plan is to define and align these initiatives so that community organizations are positioned to optimize their work, and funding sources can begin to frame their strategic thinking about future investments. In this context, the plan presents a high-level vision of the action initiatives and how they align, rather than a detailed operational plan for each initiative.

Strategic Assumptions

The plan was developed based on a set of strategic assumptions that shape the results. These include:

1. A three-year time horizon from 2020 through 2022.
2. A population focus on children and adults.
3. A geographic focus on Fauquier County and Rappahannock County.
4. A service focus on awareness, prevention, treatment, and recovery.
5. A resource focus on multiple sources of funding
6. A strategic emphasis on collaboration, innovation, and building upon existing community assets.

Strategic Goals and Action Initiatives

The plan organizes 35 distinct action initiatives into four broad strategic goals, as outlined below.

- **Goal 1. Align Multiple Groups Working on Behavioral Health Improvement.** Our region is fortunate to have many individuals and multiple groups working to improve community behavioral health. This goal includes initiatives to help community groups optimize their work through active coordination, networking, and information sharing, while also respecting the diversity of interests among the groups.
- **Goal 2. Increase Community Awareness, Improve Prevention Activities and Reduce Stigma.** Lack of awareness, stigma and early onset substance abuse are continuing obstacles to behavioral health. This goal includes initiatives to continue the work of increasing awareness, reducing stigma and preventing substance abuse through community outreach, education, and support.
- **Goal 3. Improve Access to Community Behavioral Health Services.** Access to behavioral health care is a challenge for many community residents. This goal includes initiatives to improve access for at-risk populations by creating innovative community service models.
- **Goal 4. Optimize Community Service Locations and Facilities.** Access points and architecture are key considerations in efforts to optimize community engagement and access to services for behavioral health. This goal aligns initiatives that may require capital investments for optimizing service locations and facilities.

As shown in the attached planning outline, each goal is presented with an associated set of action initiatives. Unless otherwise noted, each action initiative is expected to support children and adults in Fauquier County and Rappahannock County. Each action initiative also includes a proposed development timeline, a lead development organization, and a general projection of resource requirements.

Draft Strategic Action Plan for Community Behavioral Health

Development Key: P = Plan, I = Implement, C = Continue, E = Expand

Goal	Initiatives	2020	2021	2022	Development Lead	Resource Requirements
Goal 1. Align Multiple Groups Working on Behavioral Health Improvement. Our region is fortunate to have many individuals and multiple groups working to improve community behavioral health. This goal includes initiatives to help community groups optimize their work through active coordination, networking, and information sharing, while also respecting the diversity of interests among the groups.						
	1. Convene the Mental Health Collaborative as a single coordinating group with regular meetings for community networking and strategy development, and expand representation (e.g. Rappahannock, faith community)	C/E	C/E	C/E	Mental Health Collaborative MHAFC	\$
	2. Support coordinating group members with meeting space, community data, a community asset inventory, and targeted education on efficient community networking	C/E	C/E	C/E	PATH Foundation/ Mental Health Collaborative	\$
	3. Coordinate with Rappahannock stakeholders to plan for increased access to behavioral health services for county residents	P/I	I	I	MHAFC RRCS Rappahannock Roundtable	\$
	4. Maintain and update a community resource website for professionals and advocates.	C/E	C/E	C/E	Mental Health Collaborative MHAFC	\$
	5. Create a regional substance use coordinator position to pursue collaborative goals related to prevention and treatment, and seek resources for implementation	P/I	I	C/E	RRCS Mental Health Collaborative	\$\$
Goal 2. Increase Community Awareness, Improve Prevention Activities and Reduce Stigma. Lack of awareness, stigma and early onset substance use are continuing obstacles to behavioral health. This goal includes initiatives to continue the work of increasing awareness, reducing stigma and preventing substance abuse.						
	1. Offer Youth and Adult Mental Health First Aid training	C/E	C/E	C/E	MHAFC RRCS	\$
	2. Analyze results of 2019 PRIDE Survey and share data with the community	P/I	C	C	MHAFC Mental Health School Coalition	\$
	3. Implement Teen Mental Health First Aid and other prevention programs in schools (e.g. virtual library related to behavioral health information)	P/I	C/E	C/E	FCPS/RCPS MHAFC	\$
	4. Implement community education and training on specific behavioral health conditions and topics	C/E	C/E	C/E	Mental Health Collaborative MHAFC	\$
	5. Reach out to faith communities, businesses/employers, older adults/caregivers, victims of domestic violence to provide training on behavioral health topics	P/I	C/E	C/E	MHAFC, DSS, Chamber, Senior Services Collaborative, faith leaders	\$
	6. Implement additional evidence-based prevention programs in schools and other community settings – e.g. HIPS, Screenagers, Vaping	C/E	C/E	C/E	Mental Health School Coalition	\$\$
	7. Implement a multi-media education campaign with expert guidance on messages to youth and families –	P/I	C/E	C/E	Mental Health School Coalition PATH	\$\$
	8. Engage youth in planning and implementing peer messaging and peer support efforts	P/I	P/I	P/I	MHAFC FCPS, RCPS CAYA LFCC	\$\$

Plan adopted by Mental Health Collaborative 11/15/19

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Goal	Initiatives	2020	2021	2022	Development Lead	Resource Requirements
	9. Host Stand Up for Mental Health Program	P/I			RRCS	\$
	10. Offer professional development opportunities for behavioral health providers	P/I	P/I	P/I	Mental Health Collaborative PATH	\$

Goal 3. Improve Access to Community Behavioral Health Services. Access to behavioral health care is a challenge for many community residents. This goal includes initiatives to improve access for at-risk populations by creating innovative community service models.

1.	Sustain Crisis Intervention Training for law enforcement	C/E	C/E	C/E	RRCS / Law Enforcement	\$
2.	Advocate for and establish crisis stabilization resources in this region	P/I	C	C	Mental Health Collaborative RRCS	\$
3.	Maintain an emergency mental health evaluation service within the hospital emergency department	C	C	C	Fauquier Health	\$\$
4.	Sustain an integrated health/mental health service in the free clinic setting	C/E	C/E	C/E	Fauquier Free Clinic	\$\$\$
5.	Expand integrated health/mental health services to additional community settings	P	I	C/E	Mental Health Collaborative	\$\$\$\$
6.	Implement training in behavioral health for primary care providers and other health care providers - encourage screening for mental health and substance use disorders	P	P/I	C/E	Mental Health Collaborative	\$\$
7.	Encourage local PCP participation in Virginia Mental Health Access program, and encourage screening	P/I	C	C	Mental Health Collaborative	\$
8.	Sustain Rapid Access for RRCS services and begin service delivery within 10 business days of initial assessment	C/E	C/E	C/E	RRCS	\$\$
9.	Explore additional services for Seriously Mentally Ill population	P	P/I	C/E	RRCS	\$\$
10.	Develop and Implement solutions to RRCS staff recruitment and retention issues	C/E	C/E	C/E	RRCS	\$\$\$
11.	Build supports for pregnant women with addiction and services to address Neonatal Abstinence Syndrome	P/I	C	C	Fauquier Health	\$\$
12.	Optimize behavioral health and recovery services for incarcerated individuals	P	I	C/E	County Sherriff Offices	\$
13.	Increase the number of qualified mental health providers serving the community, especially in psychiatry and children's mental health and especially in Rappahannock County	P	I	C/E	Mental Health Collaborative PATH	\$\$\$\$

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Goal	Initiatives	2020	2021	2022	Development Lead	Resource Requirements
	14. Explore feasibility of creating a drug court and/or a mental health docket in this region	P	I	I	Court Services RRCS	\$\$\$
	15. Provide information to localities on value of harm reduction programs	I	C	C	Health Dept.	\$
Goal 4. Optimize Community Service Locations and Facilities. Access points and architecture are key considerations in efforts to optimize community engagement and access to services for behavioral health. This goal aligns initiatives that may require capital investments for optimizing service locations and facilities.						
	1. Optimize physical facilities to meet community behavioral health service needs	P	I	I	Mental Health Collaborative PATH	\$\$\$\$
	2. Implement and support Herren Wellness Center at Twin Oaks	I	C	C	HWTO PATH	\$\$\$
	3. Plan for and establish additional recovery/sober living options in the community with an emphasis on integrated care models	P	I	C/E	RRCS & stakeholders TBD	\$\$\$
	4. Explore creation of transitional housing for individuals coming back to the community after hospitalization	P			RRCS	\$\$\$\$

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Mental Health Collaborative Partners

- Mental Health Association of Fauquier County (facilitator)
- Come as You Are Coalition
- Fauquier CADRE
- Fauquier County Government
- Fauquier County Public Schools
- Fauquier Department of Social Services
- Fauquier Fire and Rescue
- Fauquier Free Clinic
- Fauquier Health
- Fauquier Sheriff's Office
- Juvenile Court Services
- Lord Fairfax Community College
- Novant Health
- PATH Foundation
- National Alliance for Mental Illness (NAMI)
- Northern Piedmont Community Foundation
- Piedmont Dispute Resolution Center
- Probation and Parole
- Rappahannock County Government
- Rappahannock County Public Schools
- Rappahannock Rapidan Community Services
- Rappahannock Rapidan Health Department
- SpiritWorks Foundation
- Warrenton Town Police
- Youth for Tomorrow