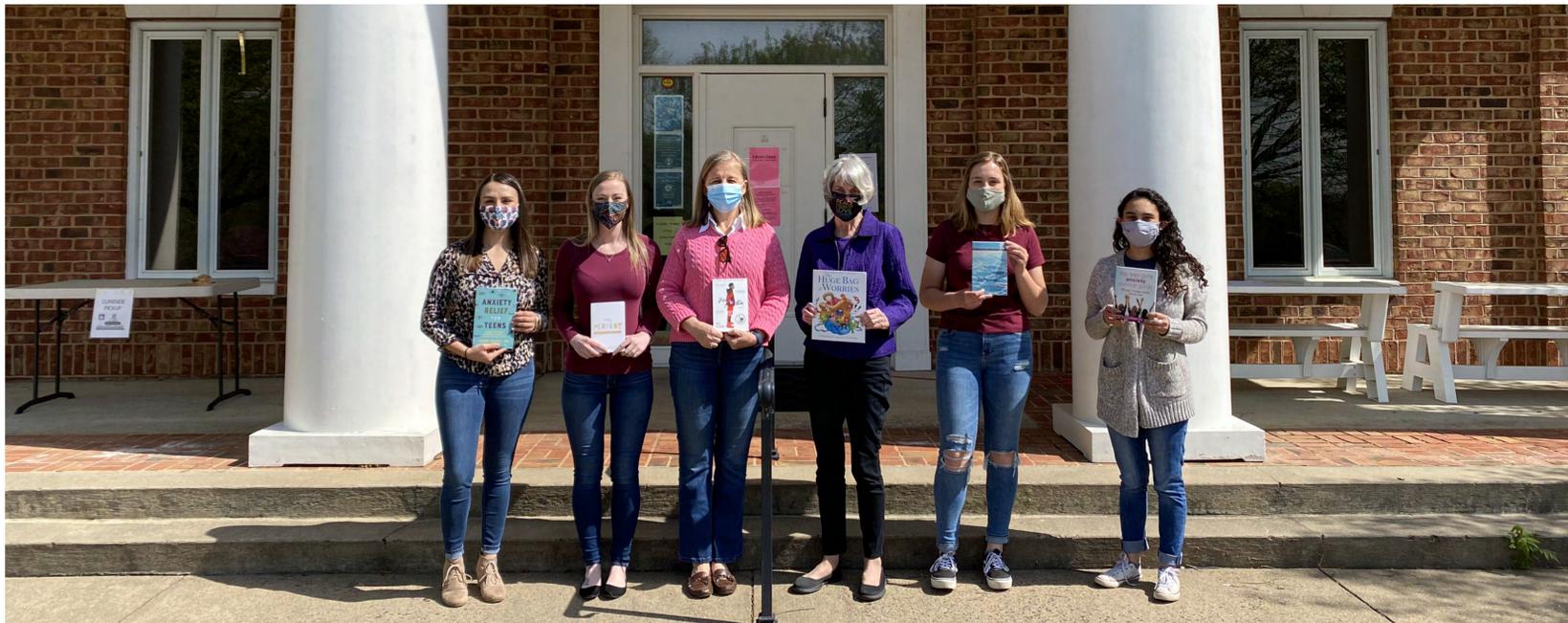


Mental Health Association of Fauquier County

Annual Report 2021



Mental Health Association staff and volunteers on Let's Volunteer Day sponsoring a mental health book drive for Rappahannock County Public Library.

The pandemic has brought the importance of our mental health to the forefront where it should have always been.

| Renee Norden

At no point has the importance of mental wellness been so evident here in Fauquier and Rappahannock counties as well as across the state and country as it has been in the past year. The pandemic has brought the importance of our mental health to the forefront where it should have always been. After all, as Sallie Morgan, our past Executive Director always said, "There is no health without mental health."

It has been a time that has brought our community many challenges including increases in mental health concerns, substance use, overdoses, suicide, caregiver burnout, and mental health workforce shortages. We have seen these increases impact our children, teens, adults and seniors but especially our young adults. This impact crosses all homes, schools, workplaces and care facilities.

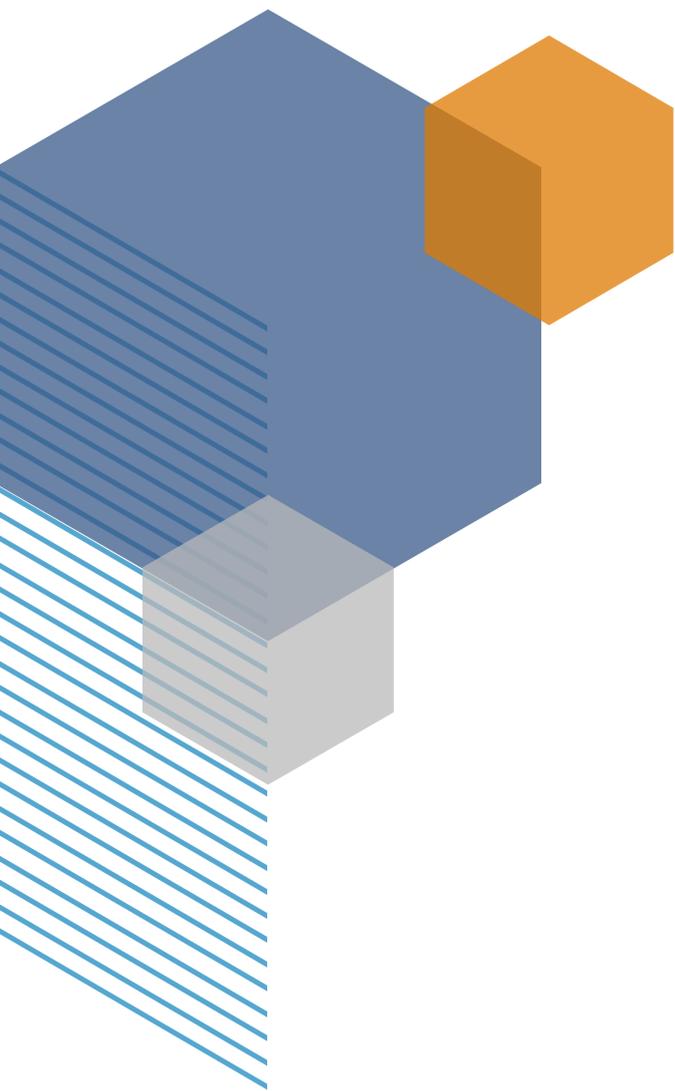
Even though it has been a challenging time, it has created opportunities. Richmond and Washington DC are paying attention and enacting new legislation, policies and funding that support the expansion of services. The state's MARCUS Alert legislation is bringing new and improved mental health crisis response to our area including mental health counselors responding with the police, adults' and children's mobile crisis teams and the creation of a voluntary mental health database.

The Mental Health Association has continued to convene stakeholders to better our communities' mental health, connect individuals to help, advocate for increased access to care, and provide education on mental health topics including Adult, Youth, and Teen Mental Health First Aid.

It has been a hopeful time but much more needs to be done.

The Mental Health Association's Vision & Mission

Established in 1964 when local citizens came together to create the first mental health clinic in the region, the Mental Health Association of Fauquier County (MHAFC) is a grassroots, nonprofit, advocacy and action group that works to increase awareness of mental health and substance use, decrease the stigma often associated with mental illness and addiction, and improve access to behavioral health treatment and supports. The Mental Health Association is an affiliate of Mental Health America.



Our Mission

is to promote and facilitate mental wellness in the communities we serve – primarily Fauquier and Rappahannock counties in Virginia.

Our Vision

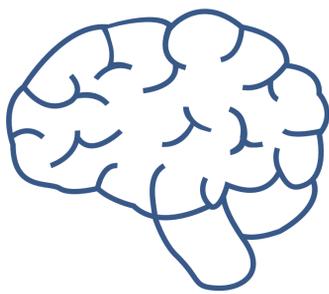
is to help create a caring community where everyone is able to live a healthy and fulfilling life.

Commitment to Equity

The Mental Health Association of Fauquier County (MHAFC) affirms that a mentally healthy community must ensure that all of its members are safe, heard, valued, and treated equitably. Because our vision is to help create a caring community where everyone is able to live a healthy and fulfilling life, we condemn racism of all kinds: personal, interpersonal, and institutional. MHAFC will work proactively to use compassion as a tool to foster understanding, to identify bias, to build equity, and to fight against the perpetuation of racism in our community.

The Impact on Mental Health

One Year In: COVID-19



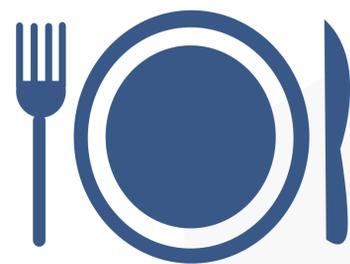
40%

of adults have reported symptoms of anxiety or depressive disorder.



36%

of adults have reported difficulty sleeping due to mental health challenges.



32%

of adults have reported difficulty eating due to mental health challenges.



12%

have reported worsening chronic conditions due to mental health challenges.



25%

of youth and 12% of adults have reported an increase in alcohol and substance use due to mental health challenges.

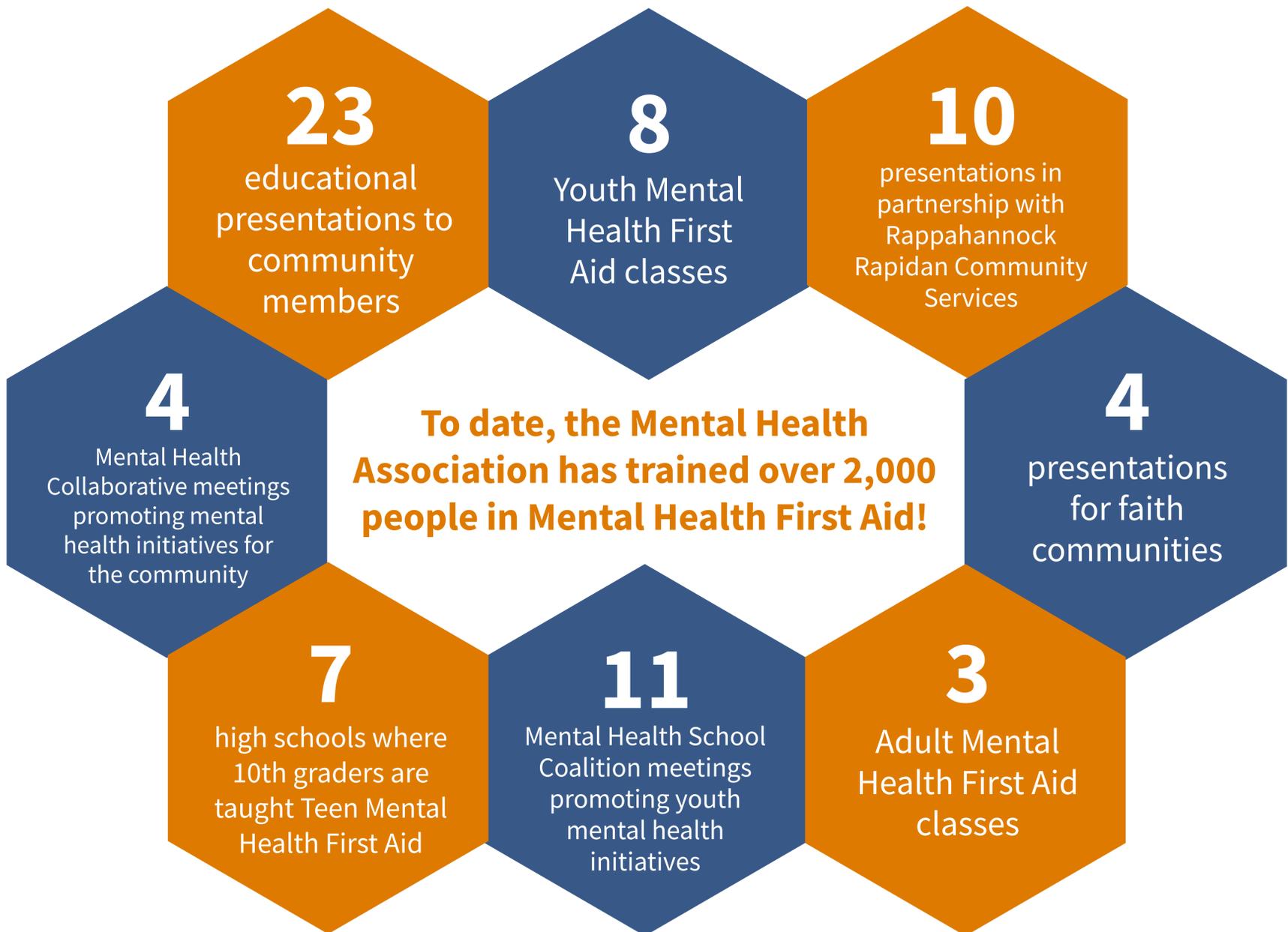


26%

of youth and 11% of adults report thoughts of suicide.

Promoting and Facilitating Mental Wellness in Fauquier and Rappahannock

2021 At a Glance



Leadership for Increased Access to Care

The Mental Health Association continues to be a catalyst for behavioral healthcare improvements by providing **leadership of the Mental Health Collaborative, Rappahannock Behavioral Health Roundtable, and Mental Health School Coalition**. As behavioral health needs continue to rise amidst COVID-19, these groups provide an essential networking opportunity for community stakeholders to develop new initiatives to better support youth and adults, collaborate to create strategic plans, and share helpful resources.



Expanding Outreach to At-Risk Communities

As our organization continues to address the needs of at-risk communities, the Mental Health Association has taken a stronger approach to support communities of color, the elderly, veterans, and families and caregivers of those living with a mental health challenge. Through private and public presentations and Mental Health First Aid trainings, our organization has educated over **3,000 individuals** this year about mental health including stress and anxiety management, building resilience and goal setting, self-care, warning signs of a mental illness, suicide prevention, and more.



Mental Health FIRST AID

Mental Health First Aid

Including Adult, Youth, and Teen Mental Health First Aid, the Mental Health Association taught Mental Health First Aid to **over 250 people** in 2021. The organization also had two staff members trained as Adult Mental Health First Aid instructors to help support the increasing demand for these trainings. These trainings offer education around warning signs of a mental health or substance use challenge, how to generate conversations around mental health, crisis and non-crisis de-escalation, and a five step action plan to offer Mental Health First Aid.



Supporting Youth Initiatives

As schools remained closed the first half of the year, the Mental Health Association sponsored workshops for Rappahannock County Public Schools' "Wonderful Wednesdays" program to educate about emotional intelligence and promote mental wellness. Through these workshops, the Mental Health Association reached **69 youth** with self-care workshops including glitter jars and kindness rock painting.



Faith Leader Outreach

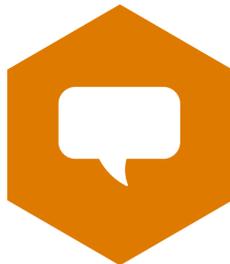
In 2021, we hosted four quarterly meetings with faith leaders to address behavioral health issues, network with one another, and brainstorm ways we can work together on faith community initiatives. Through multiple presentations such as supporting family members with anxiety, keeping faith amidst a pandemic, and finding hope, the Mental Health Association reached **67 individuals** within the faith community.



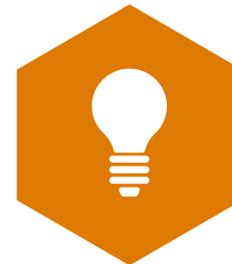
Assisted with Virginia's MARCUS legislation including creation of the voluntary database



Hired our first Administrative Assistant and Program Support Specialist



Published our general, Mental Health First Aid, and faith community newsletters monthly for optimal outreach



Developed a 2022-2023 Strategic Plan



Created a scholarship opportunity for students interested in a career in behavioral health



Expanded the Teen Mental Health First Aid program to include 7 more public and independent schools

A huge thank you to our 2021 grantors, major contributors, generous donors, and community partners!

PATH Foundation

Northern Piedmont Community Foundation

Wise Foundation

Mr. and Mrs. Glenn Kelly

Akre Capital Management, LLC

BWell Today for Tomorrow

Chili Appreciation Society International

Chrysalis Counseling Center

Come As You Are Coalition

County of Fauquier

Country Chevrolet

Great Meadow Foundation

Loudoun Mutual Insurance Company

Margaret Spillman Bowden Foundation

Morgan's Message

Oak View Bank

Piedmont Family Practice

Piedmont Pediatrics

Rodgers Family Fund

S.W. Rodgers Company

Jacquemin Foundation

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UVA Health

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