

To educate, empower, and advocate to improve the mental health of all Virginians



Service Highlights



Advocacy: A priority for MHAV since our founding

“To promote actively the adoption of such legislation as will make possible an effective mental health program for the state.”

- The Mental Hygiene Society of Virginia
February 19, 1937

2019 Policy Priorities:

- Increase access to community based mental health care
- Address the needs of people with mental health challenges in the criminal justice system
- Expand opportunities for Certified Peer Recovery Specialists
- Endorse effective strategies for reducing suicide

- Tracked state legislation and budget process; posted weekly updates on website
- Weekly conference calls/updates with local MHA affiliates in VA
- Public comment supporting full funding for public mental health services
- Workgroup developing draft Mental Health Standards for Jails
- Legislative study committee on health, pharmacy and dental services in jails
- Legislative advisory group to develop mental health curriculum for grades K-12
- Legislative task force on reducing TDO Admissions to State Hospitals
- Statewide Behavioral Health Redesign Task Force
- Monitored Board of Corrections work to review deaths of jail inmates
- Publicized national MHA’s “The State of Mental Health in America 2019,” which showed Virginia improving in youth mental health compared to other states, but still ranking 40th overall in adult access to care.

New for 2019 – 2020! Two peer recovery services that highlight mental health needs in the criminal justice system

With a new Victims of Crime Act grant, we are providing several sessions of our 4-day “(Re)STORE” recovery education program, to serve a **total of 50 crime/trauma survivors in ongoing recovery**. The program (Survivors of Trauma Obtaining Resiliency and Empowerment), uses a strength-based, peer recovery model focused on improving resiliency skills to improve overall wellness.

MHAV will **provide peer recovery support services in three state probation districts** through a pilot program with the Department of Corrections. The goal is to provide recovery tools and supports for individuals with a mental health condition who are released from incarceration to state probation supervision. Peer support provides an additional resource to support their successful return to the community.

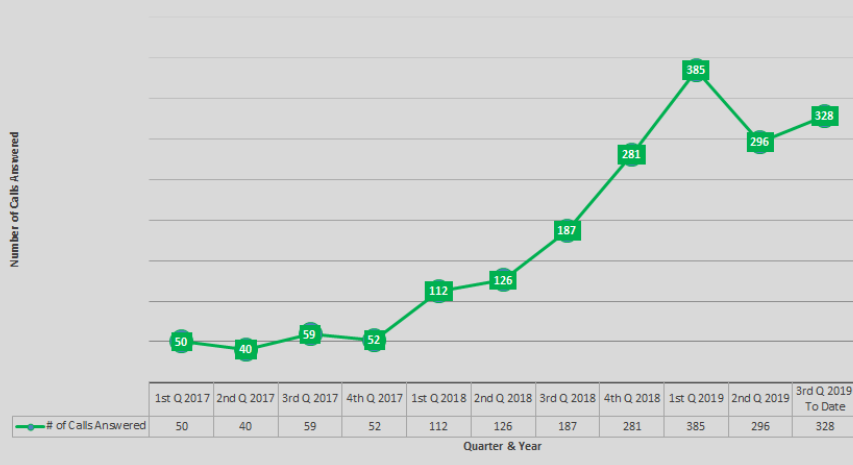
2018 Victory for Mental Health

Our first annual “Victory for Mental Health” in 2018 recognized high school advocates from Albemarle County. We celebrated Mental Health Advocate Champions: Alex Moreno, Choetsow Tenzin, and Lucas Johnson, who co-authored bills requiring mental health instruction in Virginia High Schools. Senator Creigh Deeds and Delegate Rob Bell presented the awards, and new Commissioner Dr. Hughes Melton spoke on initiatives at the Department of Behavioral Health and Developmental Services.



Statewide Peer-Run Warm Line

Number of Individuals Served through Warm Line by Quarter
(Q1 2017 through Q3 2019 To Date: January 2017 to September 2019)



New this year! 112 Check-In Calls

Warm Line operators initiate “check-ins” to callers who have requested someone call them back periodically. This helps strengthen peer recovery and encourage connection with supportive resources.

“If I could give you a 20, I would! Your Warm Line is always very supportive. Thank you so much for being there for me and for listening to me.”

Recovery Education Programs

- Updated Workforce Skills curriculum
- Provided 6 multi-day recovery education programs to 68 people through our CELT Empowerment and Leadership Training, (Re)STORE, Facilitator Skills, Workforce Skills and Advocacy trainings.
- Maintained the Virginia Advance Directives (VAD) website, providing information about advanced directives for mental health care to 8,000 users a year.



CELT graduates in Radford, June 2019

“I liked the hands-on engagement and the activities that taught me about me.”

Virginia Peer Recovery Specialist Network

- Hosted weeklong Intentional Peer Support Core Training March 2019 in Richmond
- Held 23 regional meetings with 145 peer recovery specialists in attendance
- 567 members in VPRSN Facebook group
- 640 subscribers to VPRSN e-newsletter



VPRSN Internship and Job Board

New! The Virginia Peer Recovery Specialist Network website provides a resource center of volunteer and job opportunities for peer recovery specialists in Virginia. Public and private agencies can post their PRS opportunities in a format that will then be a central site for a PRS looking for paid or volunteer experience.

Alive RVA: Addiction recovery peer support in the Richmond area



MHAV is a partner in the central region's effort to reduce deaths from opioid overdoses. The featured service is the Alive RVA Addiction Support Warm Line, taking calls from 8:00 a.m. to Midnight 7 days a week. Peer Recovery Specialists also assist callers with extensive information

and referral, including help finding treatment or a recovery house.

Jonathan Lang is the Certified Peer Recovery Specialist representing MHAV, providing 24 hours/week of warm line support and other assistance. Since its beginning in January 2018, Alive RVA has received 3,401 calls. The number: 1-833-4PEERVA.

The Virginia Department of Behavioral Health and Developmental Services allocates federal funds to support Alive RVA. Partner agencies include: Richmond Behavioral Health Authority, SAARA of Virginia, Friends 4 Recovery, Chesterfield Community Services Board and the Goochland/Powhatan Community Services Board.

New Interactive Outreach

Staff and volunteers provided mental health information and resources at 40 community events, health fairs and trainings around the state attended by over 2,000 people. We are now providing opportunity for children and adults to take mental health awareness with them by screen printing their own tote bag with a positive message.



Game Time for Mental Health

Our 2nd Annual Game Time for Mental Health in May promoted awareness of the mind-body connection for Mental Health Month. Nearly 50 people played ping pong, corn hole, and other games, enjoyed great food, and picked up new mental health information. A special treat was screen printing a canvas tote bag to take home.



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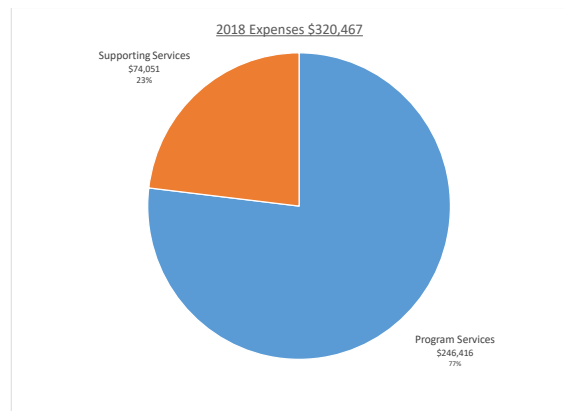
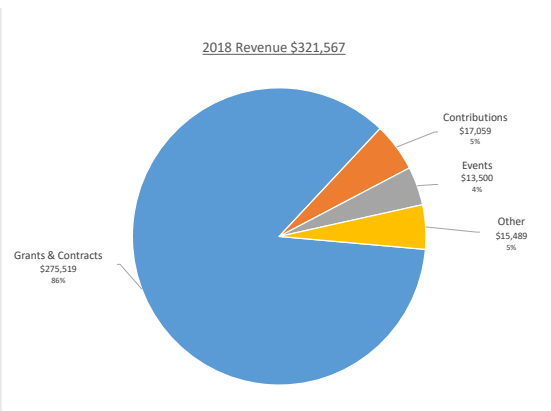
Virginia Hospital & Healthcare Association

*completed board service during year

Virginia Behavioral Health Advisory Council

MHAV is the administrative agent and a member of this diverse statewide council, required for all states receiving federal mental health and substance use block grant funding. Its mission includes reviewing the state's federal grant application and advising on state priorities for behavioral health services.

Calendar Year 2018 Financial Schedules



2018 Advisory Council

Ann Benner
VOCAL Virginia

Stephen Dawe
Henrico Mental Health & Developmental Services

Calendria Jones
Anthem

Mike Newcomb
McGuire VA Medical Center

David Rockwell
Henrico Mental Health & Developmental Services

Lynn Sanders
University of Virginia

2019 Advisory Council

Cynthia Evans
Fairfax-Falls Church Community Services Board

Heather Fossen
MHAV Senior Recovery Education Facilitator

Kevin Kelly
MHAV Senior Recovery Education Facilitator

Yolande Long
VOCAL Virginia

Tracy Ringquist
Rappahannock Area Community Services Board

Leroy Robinson
New River Valley Community Services

David Rockwell
Henrico Mental Health & Developmental Services

Staff

Executive Director
Bruce Crusier

Program Manager
Danielle Donaldson

Alive RVA Peer Recovery Specialist
Jonathan Lang

Project Manager
Hayden Myer

Outreach Coordinator
Jenny Sappington

Probation Peer Support Manager
Eddie Wiggins

Plus other support:

Financial Services
Aimable Munyakayanza

Senior Recovery Education Facilitator
Heather Fossen

Senior Recovery Education Facilitator
Kevin Kelly

Warm Line Operators

Trauma-Informed Community Network Member

Mental Health America of Virginia is the state's oldest non-profit mental health advocacy organization, founded in 1937 to improve conditions in the state's mental hospitals and advocate for greater understanding of mental health. Today, in addition to system advocacy and public awareness, we provide a peer-run Warm Line and trauma-informed educational programs serving Virginians in recovery.

Other Mental Health America Affiliates in Virginia

MHA of Augusta

MHA of Fredericksburg

MHA of Roanoke Valley

MHA Fauquier County

Hanover MHA

MHA - Warren County

Partner for Mental Health
Charlottesville