

Annual Newsletter FY 2024



Here's what happened in the last year!

Empower Henrico Task Force, formerly the Addiction Task Force, expanded our membership and efforts over the past twelve months. The work contained within is being performed by County employees and our community friends IN ADDITION TO THEIR EVERYDAY JOBS. Our members do not say, "I'm too busy to do that." They say, "What more can I do to help." Our bi-monthly meetings are robust, and committee meetings even more energetic.

The impact of these efforts is significant. Recent Police Division data reflect a 39% decrease in overdoses in our county from our five-year average. While any fatal overdose is one too many, we also have a 31% decrease from the average number of fatalities. Our efforts are working, and the energy that our members devote is only increasing.

This group thrives because of its membership. We invite County employees and members of our community to attend our group meetings, which occur every other month on the third Thursday at 2 p.m. at Henrico Mental Health-East. The next meeting will be November 21. We also invite participation in each of the six subcommittees.

It's my honor to work with the members of this effort. Together, we are making a real difference in the lives of many who just need a little help. Thank you for your continued support!

Mike Feinmel

In this newsletter you can expect:

Committee Updates

Upcoming Events

Substance Use Services within the County

For Questions or Comments:
Mike Feinmel
804-501-7580
fei@henrico.gov

Task Force Highlights

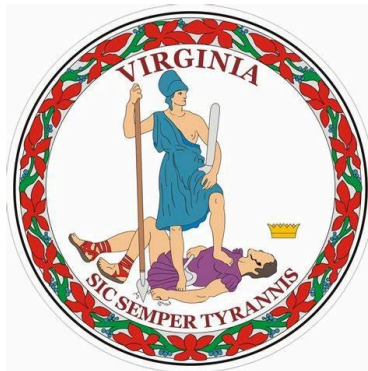


2024 Rx and Illicit Drug Summit

Nineteen Task Force members attended the 2024 Rx and Illicit Drug Summit in April 2024 in Atlanta, Georgia, with one Task Force member attending virtually. The members utilized newly learned information to shape some of the efforts made in our community.

After the summit, multiple planning meetings occurred to develop enhanced programming and data collection efforts based on what was learned.

We expect another robust group of attendees at the 2025 Rx and Illicit Drug Summit with the potential of a Henrico County presentation.



VOAA Funding

In FY2024, Henrico County received from the Virginia Opioid Abatement Authority the following:

- \$700,311 for services in Henrico, Charles City and New Kent counties for Pregnant and Parenting Women with a substance use disorder
- \$90,000 for a planning grant in partnership with Richmond, Chesterfield, and Hanover to conduct a needs assessment and gap analysis on Pregnant and Parenting Women in our region
- \$70,200 for expansion of prescriber services for medication assisted treatment

New applications submitted in April 2024 included a request for the Kinship Care Navigator Project through the Henrico Department of Social Services.



What can YOU do to help your community?

- Get trained to use naloxone - for training and free naloxone, please call 804-727-8515.
- Host a naloxone training for your community organization. Call 804-727-8515 to learn how.
- Lock your medications.
- Safely dispose of medications that are no longer being used.
- Help others to avoid peer pressure.
- Encourage members of your community to seek mental health services when needed.
- Learn good stress management for yourself and support it in others.
- Learn how to combat the stigma of addiction.
- Be an advocate.
- Share your story.
- Get engaged.
- Spread the message that recovery works.
- Talk with people in recovery.
- Participate in Task Force efforts.



Diversion Committee

The Diversion Committee has focused on strengthening partnerships to benefit incarcerated individuals who struggle with substance use. This past year, the committee developed a renewed focus on diversion at the magistrate level. This is helping to transition individuals into immediate treatment. The committee is also working closely with judges, Police, Fire, private providers, defense attorneys, and others. Henrico Area Mental Health & Developmental Services is directly transporting those receiving Medication Assisted Treatment in the jails to Same Day Access to ensure there is no lapse in treatment. The time of release from jail is one of the most dangerous times for an overdose; the immediate link to treatment is critical. This committee has trained all defense attorneys and General District judges on the substance use services that are provided in Henrico's jails, including Medication Assisted Treatment, RISE (Recovery in a Secure Environment) and ORBIT (Opioid Recovery Based in Intensive Tracking). The training also includes information about the Behavioral Health Docket and all Diversion programs through Henrico Area Mental Health &

Developmental Services. Additionally, this committee has provided the hostage negotiation team with education on substance use disorder and naloxone. The committee is actively considering a needs assessment/gap analysis for services benefiting individuals incarcerated in Henrico. Additionally, the committee is looking to enhance resources and treatment apps that all inmates can access. They support the continuation of Medication Assisted Treatment in the jail as well as a partnership to ensure that pregnant women in the jail have access to substance use treatment in the community. A theme in recent meetings has been the need for resource mapping. An additional effort is developing substance use and mental health trainings for attorneys that will afford them Continuing Legal Education credits that will encourage larger participation.



"SUDP (Substance Use Jail Diversion Program) and Vivitrol saved my life, I am so thankful for your team. They helped me get my life back. The sky is the limit for me now, there is nothing I can't do." - SUDP Participant

Henrico Community Corrections Supports those with Substance Use

Both Henrico Community Corrections Programing and Henrico Adult Recovery Court provide community supervision for individuals referred by the court. Recovery Court has been in existence since 2003. In 21 years, there have been 293 graduates. Participation in Recovery Court continues to save lives and is a program founded on achieving and maintaining sobriety. Community Corrections provides community supervision to individuals in Henrico referred by the court for both pretrial and probation. In FY24, pretrial and probation services had 2,858 referrals for supervision and conducted 8,302 test for use of substances.

This year Henrico Recovery Court will host the 6th annual Bernard Greene Memorial 5K. This will be held on October 12th, 2024, at Deep Run Park at 9:30am. Registration is available now.

<https://runsignup.com/bernardgreenememorial5k>



Henrico County Sheriff Recovery Efforts

The Henrico County Sheriff's Office has a long history of addressing substance use in innovative ways. The Office is working to grow its Medication Assisted Treatment Program. This program includes medication paired with group therapy sessions, including the use of Moral Reconation Therapy as well as other curriculums, such as Staying Quit. Care coordination is provided to assist with pre-release and post-release plans that are individualized to meet the needs of the participant. The R.I.S.E. program is a therapeutic community that offers participants an opportunity to explore their patterns of use, learn about recovery, and develop a plan to prevent relapse upon their return to the community. The program also offers ongoing, skills-based instruction throughout the three phases addressing areas such as anger management, errors in thinking, coping skills, release planning and healthy relationships. Individuals who use the tools provided in the program have a much-improved chance of remaining abstinent in the community. Maintaining sobriety and avoiding criminal behaviors are dependent on continued participation in community-based recovery programs (e.g. Intensive Outpatient Programs, AA, NA, Recovery Courts, etc.). Finally, the Sheriff's Office also offers the ORBIT program, which is an innovative and intensive approach to rehabilitating those struggling with opioid use.

The Sheriff's Office works to continually improve substance use interventions and values recovery.



Henrico County Department of Social Services

Henrico County Social Services is a partner on the Task Force and is always looking for ways to positively impact the opioid epidemic. Social Services has been honored to collaborate with Henrico Area Mental Health & Developmental Services (HAMHDS) to better meet the recovery needs of our community. Following an overdose incident in our lobby, HAMHDS hosted several training events for our staff on naloxone and provided us with the resources and skills to better intervene in crisis situations at work, at home and when out in our community. Additionally, we have received overdose prevention kits that we are able to share with our clients and their extended family members and supports. These kits contain naloxone as well as educational and resource information. We are a better, safer community in partnership around these recovery efforts.

Henrico County Police

The Henrico County Police Division collaborates with internal and external partners to connect individuals in need of services with those who provide them. Our efforts include community outreach and diversion recommendations. We continue to distribute peer support contact information on bracelets to those who may have a current or future need for services. Over the past year, the County has seen a notable reduction in overdoses, which may be attributed to the many programs and services available to Henrico residents through our Task Force and our community stakeholders working together to help those in need.



Mobile Unit Services

The mobile medication assisted treatment (MAT) program represents a partnership between the Richmond and Henrico Health Districts (RHHD) and Henrico Area Mental Health & Developmental Services (HAMHDS). This program launched in April 2023 as a response to the overdose crisis and its impact in Henrico. Every week, a team from both HAMHDS (a clinician, prescriber, peer, and nurse) and RHHD park at two locations in Henrico County. To date, the mobile MAT team has provided over 350 doses of naloxone to community residents, along with training on how to respond to an opiate overdose. The team has also handed out medication lockboxes, disposal kits, gun locks, condoms, and prescription savings cards.

The mobile team offers on-site substance use treatment in an innovative, low-barrier setting that focuses on bringing treatment directly to the communities that are hardest hit by the opioid overdose crisis. Individuals who have accessed treatment services through this program speak to its benefits. One individual said, "this [program] is a godsend. ... [People] who have their own mental health issues or have transportation issues with their insurance, when they see this van, they are here." This program has a unique opportunity to develop relationships with individuals and with communities in ways that traditional, office-based programs do not. One individual maintained informal contact with the team during weekly on-site clinics in his neighborhood for seven months until he decided to seek services. Having the ability for informal contacts with community members is an invaluable opportunity to build rapport and build meaningful and trusting therapeutic relationships.

In addition to these services, the mobile program staff have found other ways to engage with the community. HAMHDS staff have conducted outreach visits at over 90 businesses and community organizations in the HAMHDS local area, offering naloxone doses and trainings,



safe medication disposal kits, and other harm-reduction supplies. The mobile team also collaborated to offer Revive training to almost 100 staff members from the Henrico County Department of Social Services as well as staff members from area apartment complexes, treatment providers, and recovery houses. Individuals recently released from jail are one of the most at-risk populations for overdose. The mobile team has collaborated with staff from the Sheriff's Office to create a warm hand-off that provides a direct linkage for individuals getting released from jail into substance use treatment. Of the individuals referred for these services, all who requested treatment services with HAMHDS were successfully admitted within 48 hours of their jail release.

In short, the mobile MAT program, while in the very earliest stages, has already proven to be a success. By continuing to invest in creative, responsive solutions to the ever-evolving substance use crisis, HAMHDS can show some of its most vulnerable and under-resourced residents that recovery is possible.





Prevention Committee

The Prevention committee focused much of its work on developing services and resources for the St. Luke community. Research has shown that reduction in the start of substance use in youth can be greatly impacted by the presence of positive role models. Each Wednesday, committee members supported afterschool activities in the St. Luke community. Too Smart 2 Start Coalition has purchased five new laptops for the computer lab through a grant from Meta. This committee partnered with the community to develop a summer pilot CONNECT program. The program, funded with Henrico County abatement funds, operated on Mondays, Wednesdays and Fridays from 9 a.m. to 2 p.m. for 10 weeks in the summer. HAMHDS – Prevention Services Unit leads the facilitation of the CONNECT program. However collaborative efforts from Henrico County Public Schools, Henrico County Recreation & Parks, Henrico Library, YMCA and Feed More also support the program. Virginia Senator Lamont Bagby supported these efforts and requested a budget amendment to the General Assembly, securing \$1.2 million in funding for the continuation of this programming. The ongoing programming continued this fall with the start of the 2024-25 academic year. The funding also supports two full-time mental health case managers to serve the youth and families living at St. Luke Apartments.

Additionally, the committee is working with the Department of Information Technology to revamp the counties substance use website. Beginning October 1, 2024, residents can access the new site at recovery.henrico.gov



Finally, this committee and the treatment committee are planning to provide the public with easy and free access to naloxone to further reduce overdoses in our county.

“I am glad that we have kids interested in the program...I think it is great that the program is here.” - Terri Caldwell-Ward, Activities Director at St. Luke Apartments

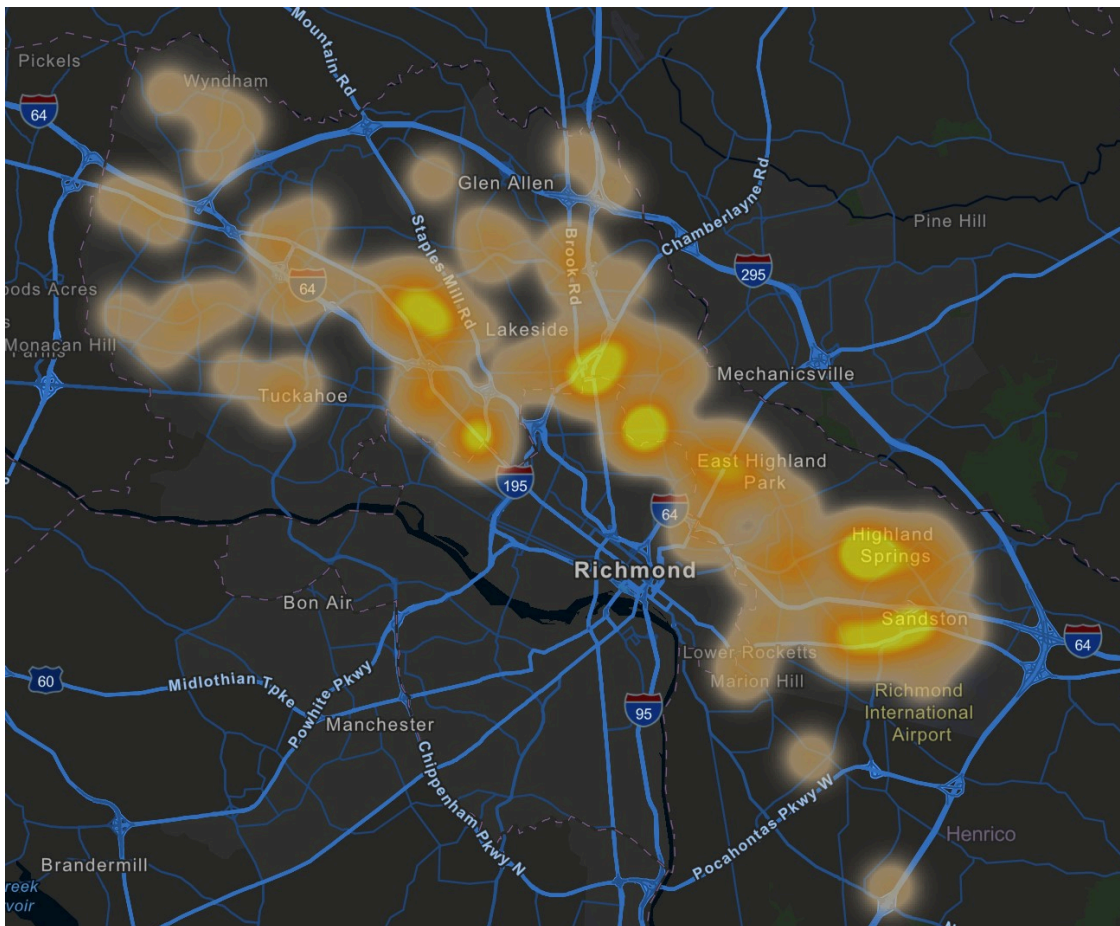


Data Committee

The Task Force is working to utilize data-driven decision making. According to the Harvard Business School, data-driven decision-making “is the process of using data to inform your decision-making process and validate a course of action before committing to it.” However, the Task Force is taking this a step further. The Data committee’s mission is to consistently and accurately collect and analyze data with the aim of identifying trends, recognizing opportunities and measuring success. In the past year, the Data committee has met with each of the other subgroups to determine data needs. They are working in partnership with the other committees to develop processes to ensure that selected initiatives are data driven. Three members attended the RX Summit and are working on relaunching an updated dashboard that utilizes ESRI maps, which can overlay social determinants of health, such as socio-economic status, food deserts and rates of violence, with the overdose map to help better determine the needs of each community. This assists with targeting efforts most efficiently and effectively.

As this committee continues its work, combined with county efforts in multiple agencies, Henrico will be at the forefront in using historic and real-time data to guide decision-making in all areas of public safety and community support.

“The Task Force continues to prioritize data in its efforts to both understand addiction in our community and effectively measure the success of interventions. An example of this can be seen in ODMAP, a powerful tool using multiple data sources to visualize trends in overdoses. This information allows targeted interventions in areas that need them most and provides a metric for measuring the ongoing status of overdoses in Henrico County.” - Assistant Fire Chief Michael Roth



The above is a sample of the Henrico County Heat Map. A heat map shows in real time where overdoses are occurring. From the map, the county is able to see where the larger numbers of overdoses are occurring and can target interventions in those areas to help reduce the overdose rate and ultimately save lives.

Fire Peer Support

We are excited to have had peer support imbedded within Henrico County's Division of Fire for the second year. This position participates on the Community Assistance Resources and Education team (CARE). The peer receives direct referrals from Fire, EMS and Police for individuals interested in recovery from substance-use disorders. Services provided include peer support, naloxone, referrals to treatment and recovery supports. The Recovery wristband initiative allows for direct referrals from individuals seeking assistance. A phone number for the peer as well as a website are listed on the inside of the wristband. This position is able to contact every individual who has experienced an overdose in our county and offer peer support and resources. Additional tasks include monthly outreach with Daily Planet and twice-monthly Recovery 101 meetings at Henrico libraries. This meeting is for anyone interested in learning more about recovery, including family members and loved ones. Substance-use disorder education and discussion, naloxone and Henrico-specific resources also are available. A major part of this position is to share personal recovery story. The peer in this position reports, "I truly believe that recovering out loud encourages and permits others to do the same."



HAMHDS OBAT

Office Based Addiction Treatment (OBAT) services are available to adult residents of Henrico, Charles City, and New Kent. Services are individualized and include medication, therapy, peer support and case coordination. Individuals may enroll in OBAT through our Same Day Access program. When an individual is identified as a candidate for the program, they are provided rapid access to a prescriber appointment within 48 hours of their initial request for services. Once enrolled in the program, individuals have access to regular interdisciplinary treatment support. Services include meeting with the nursing staff to obtain lab work, Revive training, naloxone, weekly evidenced-based treatment groups and individual therapy, weekly prescriber appointments initially, urine drug screens and, if appropriate, treatment for Hepatitis C. Individuals are regularly assessed for other psychiatric or medical needs, and the team provides referrals to appropriate agency or community resources. In addition to therapeutic and medical care, individuals receive case coordination services, which can help them obtain insurance, transportation, child care, food, housing and more. Individuals also receive regular peer support from our Certified Peer Recovery Specialists.

Youth Outreach Committee



New this year is the Youth Outreach Committee. This committee focuses exclusively on those 18 and under. The committee hosted four Hidden in Plain Sight events at local high schools. Members hope to hold four additional events at local schools in the next year. They worked to listen to youth and learn what would work best to reach others. To that end, they held two youth focus groups, partnering with the Henrico Police Athletic League and Henrico Too Smart 2 Start. Additionally, they collaborated with Richmond Elite Academy, Henrico Prevention, and Too Smart 2 Start on a Youth Opioid Awareness Townhall that was well attended by youth in the community. Finally, Youth Ambassadors from Henrico Prevention, Too Smart 2 Start and the Youth Advisory Group assisted with two DEA Drug Take-Back events. The co-chairs attended targeted training, specifically on outreach to youth about substance-use prevention. In the next year, this committee hopes to work with youth to develop a public service announcement campaign on substance misuse prevention. Please reach out to Kathy Johnson or Octavia Marsh if your community or organization has an interest in hosting an event at HenricoPrevention@henrico.gov

Treatment Committee

The Treatment Committee has been extremely active in FY24. It has supported the Mobile OBAT efforts, a collaboration between the Richmond and Henrico Health Districts and Henrico Area Mental Health & Developmental Services. Members have worked to ensure CHIRP funding for recovery housing for indigent residents who meet criteria for assistance. Several members of the committee met with the Virginia Association of Recovery Residences executive staff to review proposed changes to the program. The committee continues to work on the Continuum of Care Center, which will include Withdrawal Management beds. On March 29, Gov. Glenn Youngkin announced an award of \$10.6 million from the Commonwealth to assist with funding this enterprise as part Virginia's Right Help, Right Now plan. This funding, along with \$13 million previously pledged by Henrico County and federal sources, will cover the \$23.6 million capital cost. The committee has also supported the Pregnant and Parenting Women services that were developed in the last fiscal year and implemented this fiscal year. A large part of the work this year focused on the Aging Population and their overall wellness to include substance misuse. The committee is working to provide no cost medication disposal kits to senior communities and at senior events throughout the county. The committee is developing a large-font infographic in partnership with Henrico Recreation & Parks and Henrico Libraries. Finally, the committee is partnering with the Diversion Committee to strengthen re-entry support and with the Prevention Committee to increase naloxone availability throughout the Henrico community.

HAMHDS AcuWellness

Henrico Area Mental Health & Developmental Services has trained the adult outpatient clinicians and several peers to provide AcuWellness. AcuWellness consists of five acupuncture needles placed strategically around the outer ear. The treatment assists with reducing stress and increasing relaxation. Many report that this practice assists with reducing cravings and better sleep. If you would like to try AcuWellness, please attend the Regional Recovery Day event on Sept. 30 from 12:30-4:30 p.m. at the Henrico Sports & Events Center.



Henrico County Public Library

The Henrico County Public Library (HCPL) has staff serving on the Task Force and its committees. HCPL has more than 60 library staff members who are REVIVE!-trained, and naloxone is stored at all library locations to be used in emergencies. The library hosted the *Recovery 101* meeting series with Amber Harris from the Division of Fire at the Libbie Mill and Fairfield Area libraries. As part of the Aging committee, the library is collaborating with Henrico EngAGE/Advocate for the Aging, HAMHDS and Recreation & Parks to produce a quarterly flyer highlighting resources and events of interest to the aging community, with a target launch in fall 2024. A flyer for "Moms in Recovery," highlighting library services of interest and support to families, was created and shared in fall 2023.

For moms in recovery

The library is here for you. It is easy to get a card.
Join us for free access to:

- **Books, ebooks, audiobooks, movies, and streaming.** We have everything from books to support your recovery, to thrillers, best-sellers, picture books for kids, and comic books for teens.
- **Public computers and Wi-Fi**
- **Special work and play stations** where you can use a computer with your baby right beside you
- **Wi-Fi hotspots you can borrow** for a month to have Internet at home
- **Enriching programs for adults** where you can learn new things, be creative, relax, and connect
- **Fun storytimes for newborns to preschoolers.** We read, sing, and play—and we have bubbles!
- **Programs for teens**, from improv, to anime clubs, coding, and crafting

Everything we have is free (except printing from the computers) and there are no fines on youth materials.
Come see us.

Henrico County Public Library

henricolibrary.org/locations

Pregnant and Parenting Women Case Management Services

Pregnant and Parenting Women with a substance-use disorder is a population that has had access to limited resources in our region for many years. The Treatment Committee of the Task Force began meeting with community providers, including the Motivate Clinic, the Medical Director of the Coleman Institute, Richmond and Henrico Health Districts, Daily Planet, individuals with lived experience, the McShin Foundation, Starfish and others in fall 2022 to begin to research the needs and develop a treatment program that would address them. As a result of this work, Henrico County applied for and was awarded a cooperative grant from the Virginia Opiate Abatement Authority. This cooperative grant is a partnership between Henrico, New Kent and Charles City counties.

The VOAA awarded funding in July 2023. Since that time, the program was fully developed and is based within Henrico Area Mental Health & Developmental Services. Already, the program has demonstrated some amazing outcomes. There have been two children born to the women in this program since enrolling, and both were born without neonatal abstinence syndrome. All women enrolled have received community resources, such as food and clothing, as well as housing referrals, peer recovery support, and collaboration with a physical health provider. Other outcomes include: all women needing child care have been connected to this resource; all women needing medication assisted treatment are receiving this service; 92% seeking employment are currently employed; 92% seeking psychiatric medication have been linked to this service; and 86% of mothers requiring therapy and/or ongoing substance-use treatment have been connected to services. In addition, one mother has already been able to regain custody of her toddler. These are amazing results!

The treatment team consists of a supervisor, a peer specialist, and substance use case managers. They provide intensive case management services to ensure that the women in the program and their children get the services they need to thrive. The team serves women and their children in Charles City, New Kent and Henrico counties. Referrals are often received for women who may not be ready to engage in services. Because there is an understanding that accepting help can be difficult at times, program staff provide gentle and diligent outreach. In many cases, it really is all about timing. Currently, the team is working on guidelines to pay for placement in recovery homes,

which allows mothers to have their children with them.

One of our participants shared that the program “...has helped me tremendously in my recovery journey. They have become a part of my support network and recovery path. They have helped me become the strong, independent, sober mother that I am today. ...The program was by my side when my father passed away and did everything they could to help me find housing when I learned I could not keep his place. Upon moving, they continued to support me and helped make the transition as stress free as possible. I know that I can count on them to be there whenever I need extra support. I know ... my future only looks brighter.” ... R.L.

Another participant in the program shared this program has taught me “....I can do anything I can put my mind to...” The staff have been “... helping me with controlling my thoughts, helping me with my daughter, picking her up from school. They also have been helping me with looking for housing and filling out applications for housing and jobs transportation to appointments for my health helping me with my meds also. They have been supportive and patient with me. They also help with food.” ...S.G.



Grants and Abatement Committee

Henrico County received over \$850,000 in FY2024 from the Virginia Opioid Abatement Authority for project grants. Henrico also received Direct Disbursement funding from the national opioid settlements. The Grants and Abatement Committee was formed to review proposals for utilization of Opioid Settlement Direct Disbursements as well as to work with community partners to develop more project grants for Opioid Abatement Authority funding.

When a proposal is suggested to the Grants and Abatement Committee or the County, the committee meets to evaluate the proposal and measures the potential impact of the proposal on the community, balancing the need to ensure continuity of funding for each project. The committee wants to ensure that Opioid Settlement funds are being utilized in the best possible manner to support those impacted by the opioid and substance-use crisis.

For FY2024 and FY2025 to date, the committee has evaluated and approved the following expenditures of Direct Distribution funds (in addition to the OAA grants): xylazine wound kits, Safe Medication Disposal Products, St Luke Apartments CONNECT Pilot, Henrico Police Athletic League, HAMHDS Director of Substance Abuse Services, two peer positions for Henrico Sheriff's Office, First Tee Recovery League, peer position for Henrico Fire, vehicle for HAMHDS Pregnant and Parenting Women program, and Henrico financial contributions to support OAA funding for Pregnant and Parenting Women Program, DSS Kinship Navigator, and HAMHDS Mobile and OBAT treatment hours.

Anyone with project ideas to present to the Grants and Abatement Committee may contact Deputy County Manager Mike Feinmel at 804-501-7580 or fei@henrico.gov.





EMPOWER HENRICO

Preventing, Treating and Combating Substance Use

Beginning October 1, 2024
please visit our website at
recovery.henrico.gov

