



PATH FOUNDATION

**STRATEGIC ACTION PLAN
FOR
COMMUNITY MENTAL HEALTH**

JUNE 2017

Introduction

Fauquier County is well positioned for advances in the delivery of mental health services for area residents. In fact, successes realized in the last several years provide the foundation for continued improvements. These successes include:

- the telepsychiatry/collaborative care system that is thriving at the Fauquier Free Clinic
- the completion of the PRIDE survey and the subsequent engagement of stakeholders involved in committees focused on the challenges identified through the survey
- the establishment of the Mental Health Collaborative which is bringing together decision makers from agencies and organizations that have a stake in the behavioral health needs of the residents they serve
- the initiation of same day access for those seeking services through the RRCS
- the opening of the Crisis Intervention Center and ongoing Crisis Intervention training for local law enforcement professionals.
- over 750 (and counting) area residents trained in Youth Mental Health First Aid
- the recognition of and emphasis on mental health needs in Fauquier public schools

Still there is much to do. This document presents a strategic action plan for a selected set of behavioral health initiatives in the Fauquier and Rappahannock region. The plan was developed with advisory guidance from a community Behavioral Health Strategy Group convened by the PATH Foundation in 2017. 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

This strategic action 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 that have or may involve consultation or funding from the PATH Foundation. The purpose of the plan is to define and align these initiatives so that community organizations are positioned to optimize their work, and the PATH Foundation can begin to frame its 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 2017 through 2019.
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 including but not limited to the PATH Foundation.
6. A strategic emphasis on collaboration, innovation, and building upon existing community assets.

Strategic Goals and Action Initiatives

The plan organizes 24 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.

Strategic Action Plan for Community Mental Health						
Development Key: P = Plan, I = Implement, C = Continue, E = Expand						
Goal	Initiatives	2017	2018	2019	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. Establish the Mental Health Collaborative (or an alternative structure) as a single coordinating group with regular meetings for community networking and strategy development	C	E	E	Mental Health Collaborative	\$
	2. Support coordinating group members with meeting space, community data, a community asset inventory, and targeted education on efficient community networking	P/I	C/E	C/E	PATH Foundation/ Mental Health Collaborative	\$
	3. Establish a community resource website for professionals and advocates with community calendar	P/I	C/E	C/E	Mental Health Association	\$
	4. Establish advocacy and funding strategies that build sustainable support for behavioral health improvements (e.g. SAMHSA)	P/I	C	C/E	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. Implement Youth Mental Health First Aid	C/E	C/E	C/E	Public Schools / Mental Health Association	\$
	2. Implement Adult Mental Health First Aid	C/E	C/E	C/E	Mental Health Association	\$
	3. Implement community education and training on specific behavioral health conditions and topics (e.g. Chris Herren, Stronger than Stigma)	C/E	C/E	C/E	Mental Health Collaborative	\$
	4. Implement additional evidence-based prevention programs in schools and other community settings (e.g. Sources of Strength, Too Good for Drugs)	P	I	C/E	Mental Health School Coalition / Mental Health Collaborative / FCPS	\$\$
	5. Implement a multi-media education campaign with expert guidance on messages to youth and families (e.g. We Care)	P	I	C/E	Mental Health School Coalition	\$\$
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. Implement Crisis Intervention Training for law enforcement	C/E	C/E	C/E	RRCS / Law Enforcement	\$
	2. Implement an emergency mental health evaluation service within the hospital emergency department *Required service of the hospital	P	I	C/E	Fauquier Health	\$\$
	3. Implement an integrated health/mental health service in the free clinic setting	C/E	C/E	C/E	Fauquier Free Clinic	\$\$\$

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	4. Expand integrated health/mental health services to additional community settings	P	P/I	C/E	Collaborative Care Work Group ¹	\$\$\$\$
	5. Implement training in behavioral health for primary care providers and other health care providers (e.g. REACH, SBIRT)	P	P/I	C/E	Collaborative Care Work Group	\$\$
	6. Implement same-day access for CSB services	C/E	C/E	C/E	RRCS	\$\$
	7. Implement an assertive community treatment model for children and adults	P	P/I	C/E	RRCS	\$\$
	8. Implement a care coordination program for young adults age 18-24 in need of services for substance use	C/E	C/E	C/E	RRCS	\$\$\$
	9. Implement a Neonatal Abstinence Syndrome service at Fauquier Hospital	P/I	C	C	Fauquier Health	\$\$
	10. Optimize behavioral health services for incarcerated individuals, and consider drug courts.	P	I	C/E	County Sherriff Offices	\$
	11. Increase the number of qualified mental health providers serving the community, especially in psychiatry and children’s mental health. Explore NP scholarship programs or loan forgiveness. (Have .08 FTEs and need 3.6)	P	I	C/E	Fauquier Health / Novant	\$\$\$\$
	12. Increase medicated assisted treatment options for addictions population.	C/E	C/E	C/E	RRCS / Collaborative Care Work Group	\$\$
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 RRCS physical facilities to meet community service needs	P	I	C/E	Facilities Planning Work Group ²	\$\$\$\$
	2. Create a community wellness center to provide wellness outreach and education for community residents and professionals	P	P/I	C/E	Collaborative Care Work Group	\$\$\$
	3. Establish a local recovery house facility using Oxford House or McShin Foundation model to provide housing and rehabilitative support for individuals with substance use disorders	P	I	C/E	RRCS & stakeholders TBD	\$\$\$

Key: \$ < 50K, \$\$ <100K, \$\$\$ <500K, \$\$\$\$ > 500K

¹ A Collaborative Care Work Group includes Fauquier Health, Fauquier Free Clinic, Rappahannock-Rapidan Community Services, the PATH Foundation, MHAFC and other community organizations with a direct interest in developing collaborative care models.

² A Facilities Planning Work Group includes Rappahannock-Rapidan Community Services, the PATH Foundation and Fauquier County government.