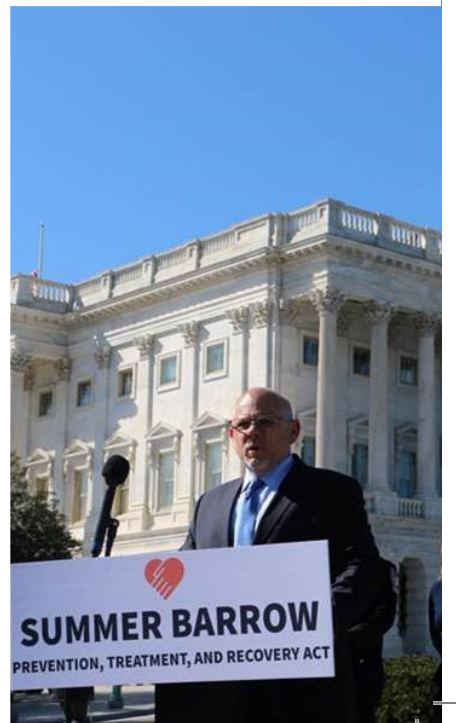




Celebrating Fifty Years
1972 **50** 2022
Rappahannock Rapidan
Community Services
Programs that matter. People who care.

2022 Impact Report





Rappahannock Rapidan
Community Services

Programs that matter. People who care.

RRCS HISTORY

It's 1972, you are driving your Buick Skylark down Route 29 from Buckland Farm stand in Warrenton, south to Madison or perhaps you are heading west on 211 towards Sperryville with the Blue Ridge Mountains beckoning. As the distance between you and the fast pace of Washington, D.C. increases, a smile spreads across your face.

The simple life of rural Virginia takes over.

That 1972 drive would have looked much different than it does today, of course. For instance, the Buckland Farm Market wouldn't be there. The market didn't begin until 1978. As a matter of fact, much of the growth passing through Warrenton wouldn't be there, as well as many of the large businesses and small shops that you currently encounter. Virginia fields simply stretched further than they do today.

There were also fewer cars on the road with you. Populations were also smaller. In the early 1970s, Fauquier County had a population of only 26,375 compared to today's 74,526.

Although much was different, some things were the same. The same socio-economic diversity among the region's residents were as diverse then as they are now. Some residents experienced behavioral or substance use disorders. Others had intellectual or developmental disabilities making life more challenging.

It was during this time that a group of elected officials, serving the five-county district of the Rappahannock Rapidan, created a new organization to meet the needs of community members. Some of the areas of concern were, and in large part, continue to be, behavioral health, intellectual disability, and substance use disorder.

Over the years, the organization grew in both size and purpose. New needs were determined including services for the infant and toddler population and on the other end of life's spectrum, specific services for older adults. And finally, a housing component was added to ensure everyone returned home to a safe and secure dwelling.

Eventually, the organization's leaders recognized that everyone in the five-county region can make use of, or knows someone who can make use of, one of its services.

In 2022, RRCS celebrated 50 years of keeping a pulse on community needs by offering services that improve the quality of life for everyone, at every stage of life.

The Rappahannock Rapidan Community Services Board is looking forward to the next fifty years of greater community partnerships, reaching more community members, offering better services, and watching our community members who may need support, receive it and thrive.





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LETTER FROM JIM LAGRAFFE AND EVE BROOKS



Dear Friends and Supporters,

We are pleased to share this Rappahannock Rapidan Community Services impact report, summarizing the services of our vibrant and growing organization. We are proud to be completing our 50th Anniversary Year and wish to thank everyone who has helped us build the organization and celebrate this milestone.

RRCS has a broad and important mandate to Culpeper, Fauquier, Madison, Orange, and Rappahannock counties, filling gaps in services and reaching the many who cannot easily find the help they need. We are often asked how best to describe RRCS, an organization of almost 400 employees and 80 programs. RRCS is one of 40 Community Service Boards established by the State of Virginia to provide mental health, substance use treatment, and services to the developmentally disabled and their families. We are also the Area Agency on Aging, overseeing five Senior Centers and an array of services to the growing senior population. In addition, we are the Regional Housing Authority. We are a unique organization and the only such combined agency in Virginia. We are funded primarily through state and federal grants, the counties we serve, and generous foundations and donations.

RRCS recognizes the twists and turns of life for those impacted by mental health, intellectual and developmental disabilities, substance use, aging, and housing needs. We provide caring, compassionate, and quality services to members of our community who suffer from the opioid and fentanyl crisis and whose mental health has been destabilized by the ravages of the COVID pandemic. We serve our community members of all ages—starting in infancy with Parent/Child Connection and through all stages of life.

RRCS is growing and building in response to rising challenges. Now behind us are the restrictions of the COVID pandemic, when much of our care was limited to teletherapy and our group activities had to be closed. Since the pandemic has abated, we have moved aggressively to open innovative supports—particularly for those who might not take advantage of our conventional therapy. Due to need, we founded the S.E.E. Recovery Center in Culpeper using trained peers and evidence-based group programs to provide stigma-free, no-barrier walk-in care. Our innovative model has received both state and national attention and praise. And recognizing the dire need for affordable housing, we have built our staff capacity to respond to the escalating needs of the homeless and to build and manage low-income housing.

We are also expanding our capacity to build resilient children and families through Evidence-Based Practices. We have increased support for older adults struggling with depression and anxiety through the Healthy Ideas program. To better address the need for our services to vulnerable groups when professionally trained applicants are in short supply, we expanded peer support services to veterans and jail populations. We have implemented mental health supports to work with local law enforcement to reduce the risks when responding to mental health crises. Finally, recognizing that we can prevent suicide if all sectors are aware and responsive, we implemented Zero Suicide culture training for our entire staff and board to assist school staff and teens, medical providers, and clergy to recognize the signs of suicide and respond effectively.

None of these accomplishments is possible without a truly talented and dedicated team of professionals. Additionally, our Board of Directors representing each county, is actively involved in advocating and supporting the organization.

We thank you for your interest. Please reach out to us if we can ever be of any support. Sincerely,

Jim LaGraffe
Executive Director

Eve E Brooks
Board Chair
Rappahannock Rapidan Community Services



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2022 *BOARD OF DIRECTORS*

CULPEPER COUNTY



MR. RICHARD BROOKING



MR. CHRIS JENKINS



DR. CHARLES A. STEIN

FAUQUIER COUNTY



MS. SHEL BOLYARD-DOUGLAS



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VICE CHAIR

RAPPAHANNOCK COUNTY



MR. GARY J. AICHELE



MS. ANN BAUMGARDNER



MS. EVE BROOKS
CHAIR



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LEADERSHIP

JIM LAGRAFFE
Executive Director

SHERYL REINSTROM
Associate Executive Director

RYAN BANKS
Sr. Director of
Behavioral Health

TAMMY BARBOZA
Director of Communications
and Public Relations

**GEORGENE "GEGE"
BROWN**
Sr. Director of Finance
and Administrative Services

TAISHA CHAVEZ
Director of
Children's Services

DUNCAN GRAHAM
Sr. Director of
Information Technology

DON JANES
Director of
Quality Improvement

KIM MARCEY
Director of
Facilities and Housing

ASHTON MORSE
Director of Community
Response Services

RAY PARKS
Director of Aging
and Program Support Services

LORRAINE SHEFFIELD
Director of Intellectual/
Developmental Disabilities

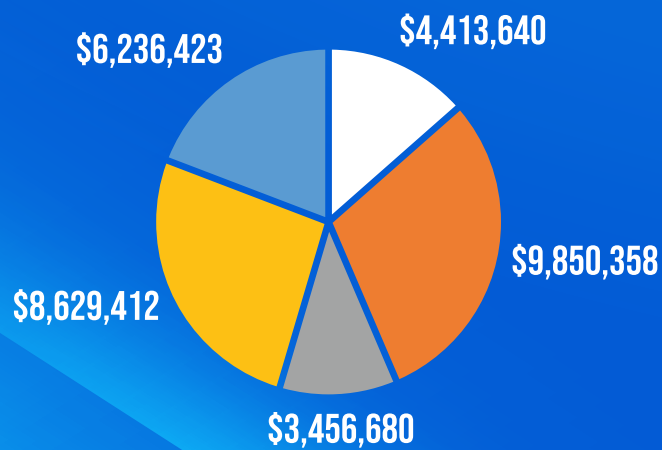
SHERI SOBKOWIAK
Director of
Case Management

CORY WILL
Director of Peer
Recovery Services



FINANCIALS

**TOTAL REVENUES -
\$32,586,513**



■ Federal revenue

■ Local revenue

■ Other funds (grants, contributions, etc.)

■ State revenue

■ Medicaid and other fees



RRCS MISSION/VISION

OUR MISSION

The mission of RRCS is to improve the quality of life in Culpeper, Fauquier, Madison, Orange and Rappahannock Counties by providing comprehensive mental health, substance use, developmental disability, housing, children's and aging services.

OUR VISION

RRCS is an organization that leads with integrity and excellence. We embrace diversity, collaboration, accountability and innovation in responding to the ever-changing needs of our community.





246,440 PEOPLE
PARTICIPATED IN 14 SUICIDE
PREVENTION PROGRAMS

549,283 PEOPLE
PARTICIPATED IN OPIOIDS,
OVER-THE-COUNTER OPIOIDS,
& PRESCRIPTION MISUSE PROGRAMS

795,649
TOTAL PREVENTION
PROGRAM PARTICIPANTS

S.E.E RECOVERY CENTER
SERVED 6% OF ITS TARGET
POPULATION

4,667 PEOPLE SERVED BY
A TOTAL OF 23 AGING AND
PROGRAM SUPPORT SERVICES

10,687 PEOPLE VISITED
S.E.E. RECOVERY CENTER
IN THE FIRST YEAR

324 LBS OF DROPBOX
MEDICATION RETURNED

PERSONS SERVED



MOBILITY SERVICES

457 people made
7,978 requests.



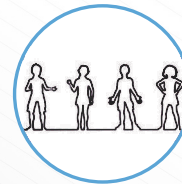
TRANSIT

334 people received
38,990 trips.



NUTRITION EDUCATION

334 people were educated in
599 educational sessions.



SOCIALIZATION & RECREATION

27,911 hours were spent
enjoying activities.



HOME DELIVERED NUTRITION

342 people received 34,597
at-home meals.



LOOKING BACK ON CHALLENGES, CHANGES, AND GROWTH OF THE PAST YEAR:

We began FY22 thinking we were turning the corner and coming out of the Coronavirus Pandemic. We planned and budgeted with this in mind. We knew nothing of the upcoming Delta Variant and the new wave of infection, closures, restrictions, and stress it would bring to staff already exhausted by the previous year.

The staff at RRCS stepped up once again; beyond what should reasonably be expected. Their unwavering professionalism, care, and commitment to members of our community that rely on them to be safe.

AN INCREASE IN BEHAVIORAL HEALTH CHALLENGES AS STRESSES FROM PANDEMIC CONTINUE

- Planning District 9 sees 59 fatal overdoses in calendar year 2021 - a 34% increase from prior year
- Emergency Services challenged in finding hospital placements for individuals in need of services
- Stressors exist at local emergency departments and with law enforcement agencies
- Expansion of the Crisis Intervention Team Assessment Center (CITAC) in Fauquier is hampered by an inability to recruit needed security staff
- Events in Ukraine cause a ripple effect of uncertainty and added stress
- Our Information Technology (IT) Department conducts a review of IT capacity and security
- Our Finance Department conducts a review of financial institutions and security of resources
- Our board and staff give to relief efforts to benefit the people of Ukraine
- As gas prices skyrocket, a stipend to assist staff was approved by our board of directors
- Our staff experience high levels of Compassion Fatigue

DESPITE THE CHALLENGES AND CHANGES EXPERIENCED, RRCS DEMONSTRATES DRAMATIC GROWTH AND INCREASED IMPACT IN OUR COMMUNITIES





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S.E.E. RECOVERY CENTER-OPENED AUGUST 2021

- A unique service model in Virginia
- Combination of peer and clinical supports with barrier-free entry to services
- Reduces stigma of behavioral health and substance use disorders
- Offers a non-hospital local option
- On pace for 10,000 visits in 1st year of operation, servicing almost 2,500 unique individuals
- Provides Harm Reduction Kits (including Fentanyl test strips and Narcan) to the community



PARENT CHILD INTERACTIVE THERAPY (PCIT)

- An evidence-based practice for young children with behaviors of concern

HEALTHY IDEAS

- Outreach and screening for local seniors

LIBERTY HOUSE APPROVED TO ACCEPT HOSPITAL DIVERSIONS

- Eases state hospital crisis
- Gives a local support option

ZERO SUICIDE INITIATIVE

- A belief that suicide deaths for individuals under care are preventable. Zero Suicide presents an aspirational challenge and practical framework for system-wide change

STEP-VA: STEPS IMPLEMENTED

- A service for veterans and military families
- Peer and family support services

PARKSIDE HOUSING DEVELOPMENT PROJECT

- A partnership with Culpeper Housing and Shelter Services
- Application approved for a 37-unit income tax credit development in Culpeper

CONTINUED DEVELOPMENT OF MADISON ROAD PROJECT IN ORANGE

- Proposed a 20-unit affordable housing development
- Expansion of RRCS office location and services

RRCS RECEIVES EXPANDED HOUSING VOUCHERS FOR PSH, SRAP, HOUSING CHOICE

- More affordable housing in our community

FINANCIAL SUPPORT FOR HOSPITAL HILL PROJECT (FAUQUIER COUNTY)

RECEIVED FROM PATH FOUNDATION AND COUNTY

- Will support women in recovery with a local housing option



THE PEOPLE OF RRCS

THE NUMBER OF PEOPLE SERVED BY RRCS SPEAKS VOLUMES.

1,422

COMMUNITY MEMBERS WERE SUPPORTED BY RRCS CRISIS TEAMS



1,220 INDIVIDUALS RECEIVED CASE MANAGEMENT



1,051 INDIVIDUALS VISITED OUTPATIENT CLINICS & 650 SERVICE ASSESSMENTS WERE COMPLETED



134 INDIVIDUALS ATTENDED BOXWOOD RECOVERY CENTER, A 28-DAY RESIDENTIAL ALCOHOL AND OTHER DRUG TREATMENT PROGRAM

CHILDREN'S SERVICES

721 INFANTS AND TODDLERS WERE SUPPORTED WITH OCCUPATIONAL/PHYSICAL/SPEECH THERAPIES AND OTHER DEVELOPMENTAL SERVICES



INTELLECTUAL/DEVELOPMENTAL DISABILITIES

Day Support/Pro-Vocational Services

OVER 100 COMMUNITY MEMBERS WERE SUPPORTED TO LIVE COMMUNITY INCLUSIVE LIVES





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RRCS MEETS PEOPLE WHERE THEY ARE

RAPPAHANNOCK

FAUQUIER

MADISON

CULPEPER

ORANGE





Physical Address:
15361 Bradford Road
Culpeper, VA 22701

Mailing Address:
PO Box 1568
Culpeper, VA 22701
Phone: (540) 825-3100
Fax: (540) 825-6245



www.rrcsb.org



www.facebook.com/rrcsb

If you or someone you know is having a mental or behavioral health emergency, please call RRCS' 24/7 Crisis Services Line at **540-825-5656** and choose option 7, the Regional Call Center at **434-230-9704**, or dial **988** for the Suicide and Crisis Lifeline.