

FY 2013 ANNUAL REPORT

region ten community services board

Working Together To Enrich Our Community One Life At A Time

July 1, 2012 - June 30, 2013

A Year of Vision



Some Programs at Region Ten
are CARF Accredited

region ten community services board

500 Old Lynchburg Road, Charlottesville, VA 22903

Welcome to Region Ten Community Services Board

A Message from the Board Chair

region ten community services board

Robert Johnson
Executive Director

Caruso Brown
Deputy Executive Director

David Moody, M.D.
Medical Director

Beth Gager
Coordinator of Consumer Empowerment

CENTERS OF EXCELLENCE

Access and Adult Clinical Services
Diane Gordon, Senior Director

Adult Developmental Services
Martha Maltais, Senior Director

Adult Rehabilitation & Rural Services
Marcia Becker, Senior Director

Child and Family Services
Neta Davis, Senior Director

Emergency and Case Management
Lynn Shoen, Senior Director

Quality Improvement and Standards
Jane Lewis, Senior Director

Welcome to the FY 2013 Annual Report for Region Ten Community Services Board. This has been an exciting time for us as we continue to provide mental health, substance addiction, and intellectual disability services to our communities of Charlottesville city, and counties of Albemarle, Fluvanna, Greene, Louisa and Nelson. FY 2013 promised changes, opportunities and achievements, and it did not disappoint. From the growth of Region Ten's Adult Rehabilitative Services employment enterprise *Decidedly Delicious*, to the implementation of Region Ten's Classification and Compensation study, Region Ten has continued the forward momentum toward achieving strategic goals.

The Fundraising Committee of the Board awarded its second round of grants to worthy Region Ten programs who sought to improve services using donations to fund initiatives where no other funding stream exists. And, Region Ten looked ahead to the next five years by convening a strategic group meeting at Glenmore to plan for the future of the agency. These are just a few of our achievements in FY 2013. We invite you to keep reading for more information on the work of Region Ten Community Services Board for fiscal year 2013.

Very truly yours,



Susan Fletcher
Chair
Region Ten Community Services Board

Contributions to FY 2013 Annual Report: Thanks to Caruso Brown, Deputy Executive Director of Region Ten for his summary of the FY 2013 Annual Plan.

LOCATIONS

Administration
502 Old Lynchburg Rd.
Charlottesville, VA 22903

Peterson Building
800 Preston Avenue
Charlottesville, VA 22901

Access
Emergency Services
500 Old Lynchburg Road
Charlottesville, VA 22903

Meadowcreek Center
2000 Michie Drive
Charlottesville, VA 22901

Fluvanna County Office
13623 James Madison Highway
Palmyra, VA 22963

Greene County Office
24 Rectory Lane
Stanardsville, VA
22973

Louisa Counseling Service
101 Ashley Street
Louisa, VA 23093

Nelson County Office
71 Tanbark Plaza
Lovingston, VA 22949

Blue Ridge Clubhouse
100 Burnett Street
Charlottesville, VA 22902

Friendly Oaks Clubhouse
130 Louisa Avenue
Mineral, VA 23117

Horizon Clubhouse
83 Tan Bark Plaza
Lovingston, VA
22949

Dual Recovery Center
310 Avon Court
Charlottesville, VA
22902

Mohr Center
1014 East Market St.
Charlottesville, VA 22902

Wellness Recovery Center
504 Old Lynchburg Rd.
Charlottesville, VA 22903

CONTENTS

A Message from our Board Chair.....	i
Centers of Excellence.....	1
Strategic Planning Results.....	5
Innovative Services - Pet Therapy.....	10
Community Education - Mental Health First Aid.....	11
Innovative Partnerships.....	11
Community Collaborations.....	12
Program Scholarships.....	12
The Power of Ten Continues.....	13
Remembering our Colleagues.....	14
Financial and Audit Information.....	15

Centers of Excellence

Region Ten provides mental health, intellectual disability, crisis and substance use services for adults and children living in the city of Charlottesville and the counties of Albemarle, Greene, Fluvanna, Louisa and Nelson. Since Region Ten's inception in 1969, our staff have worked to enrich our community one life at a time.

We seek to implement a person-centered approach in all facets of our agency. We recognize that each person is unique and has a voice, personal history, strengths, preferences, choices and needs that guide our service delivery. We collaborate with each person and their support system to facilitate the individual's path and journey.

To accomplish our goals, Region Ten has six Centers of Excellence.

Centers of Excellence

Center for Access and Adult Clinical Services

Diane Gordon, Senior Director

Access and Adult Clinical Services serves as a central point of entry to services for persons with addiction, mental health and intellectual disability needs. As the front door to the agency, the center works to assure that the Region Ten area has access to appropriate services. The center also provides comprehensive, evidence-based, outpatient mental health and substance abuse individual and group counseling services as well as residential substance abuse services.

Access Department: A central point of entry to Region Ten adult services where, upon completion of a comprehensive clinical assessment, eligibility and service needs are determined.

Outpatient Mental Health and Substance Use Disorder Counseling: Short term individual therapy and longer term specialized group treatment are offered.

Jail Based Services: Offers substance use disorder services to incarcerated adults.

Substance Use Disorder Diversion/Recovery Support Services: Provides supportive services to individuals with substance use and/or co-occurring issues.

Wounded Warrior Program: This service offers supportive and referral services to veterans and their families.

Mohr Center: The Mohr Center provides residential substance use disorder treatment and public inebriate shelter services.

PATH Homeless Services (Program Assisting in the Transition from Homelessness): This program provides outreach and engagement in the community to homeless individuals with mental health issues.

Project Link: Project Link provides assertive case management for women who are pregnant or parenting small children and abusing drugs and/or alcohol.

Center for Adult Developmental Services

Martha Maltais, Senior Director

Region Ten Adult Developmental Services offers an array of day and residential services to individuals with intellectual disabilities. This Center promotes full societal inclusion and participation for people with intellectual and developmental disabilities. Services are provided in the least restrictive/most appropriate environment.

Congregate Residential Services: Provides 24 Hour group homes located through our Charlottesville City and Albemarle County.

Supported Living Service: This service provides intermittent supports for adults living in their own home or apartment. This service is designed to promote independence and a healthy lifestyle.

Sponsored Placement: Individuals are offered supports by living with a family or provider in the provider's home. This is a Medicaid Waiver service.

Day Activity: The Meadowcreek Center offers a variety of daytime activities for adults with intellectual disabilities.

Supported Employment: This component of the Meadowcreek center services offers an opportunity for a paid employment experience to consumers.

Therapeutic Consultation: This consultation service is offered to residents of Region Ten Adult Developmental Residential Services and participants of the Meadowcreek Center to assist these individuals in overcoming behavioral challenges in achieving success.

Center for Adult Rehabilitation Services

Marcia Becker, Senior Director

The Center for Adult Rehabilitation provides rehabilitation and support interventions for persons recovering from serious mental illnesses, including those with co-occurring mental illness and substance addictions.

PACT (Assertive Community Treatment Services): A wrap-around service providing an intensive interdisciplinary team for clinical and rehabilitative treatment and support for persons with serious mental illness.

Intensive Services Team: In-home supportive residential services providing intensive skill training and supports across non-traditional hours to persons experiencing the impact of serious mental illness. This includes services partnered with a peer specialist of *On Our Own-Charlottesville*, a local consumer run organization.

Residential Services: Supervised residential skill development for persons with serious mental illness in need of structured training and supervision.

Dual Recovery Center: An innovative, grant-supported psycho-educational and residential treatment service for homeless men experiencing both severe and persistent mental illness and co-occurring substance addictions.

Blue Ridge Clubhouse: This program offers a wide variety of psychosocial rehabilitation and day support services to adults at differing stages of mental health recovery.

Supported Employment Services: Employment service that provides persons with psychiatric disabilities opportunities for competitive job placement, job training and support.

Center for Child and Family Services

Neta Davis, Senior Director

The Child and Family Center is dedicated to the mission of keeping children in their own families and communities. Services are provided within a systems of care philosophy that embraces the value of community-based services over restrictive residential services.

Prevention Services: Student assistance services are provided in the Charlottesville and Albemarle middle and high schools. Programming and services are offered to students to reduce risk factors and/or increase resiliency factors in youth to prevent problems such as substance use and mental health problems.

Child and Adolescent Outpatient Program: This service offers assessment, intake and supportive counseling for children, adolescents and their families. Also provided is specialized outpatient treatment for use with substance use issues and for children with a history of sexual trauma.

Centers of Excellence

Assessment and Diagnostic Services: Community based assessment and diagnostic services for children and adolescents 6-18 at risk for out-of-home placement.

Educational Support Services: School-based mental health support program located in most Charlottesville/Albemarle elementary, middle and high schools.

Child and Adolescent Case Management: This service is offered to ensure that children receiving mental health treatment are able to access the full range of community supports. (Individuals with diagnoses of autism without an accompanying intellectual disability or serious mental illness diagnosis are referred to the Department of Medical Services (DMAS) for eligibility determination for the Individuals and Families with Developmental Disabilities (IFDD) waiver and the EDCD waiver. Children on the spectrum are often served with mental health treatment services and Targeted Case Management. These children must also have an accompanying mental health diagnosis that qualifies them for services.

Infant -Toddler Connection of the Blue Ridge: Provides assessment and early intervention supports and services for children birth-3 years of age with developmental delays.

Strengthening Families: This 14 week program is designed to improve family communication, youth social skills, and parenting while providing all or most of the clinical and rehabilitative treatment and support for persons with serious mental illness.

Center for Emergency and Case Management Services

Lynn Shoen, Senior Director

The primary focus of the Center of Emergency and Case Management Services is to provide crisis and case management supports to individuals in our service area. This Center of Excellence offers:

Emergency Services: These services provide crisis assessments, crisis counseling services and phone consultations with people in crisis, family members, law enforcement personnel, emergency rooms and other health care professionals. Crisis services are available 24 hours a day, 7 days a week.

Medical Services: An array of medical and associated nursing services that focus on pharmacological evaluation, treatment, management and monitoring of DSM-V disorders for persons with serious mental illness, or with co-occurring support needs. Medical services are provided in conjunction with case management/care co-ordination.

The Wellness Recovery Center: A short term residential program which provides a supportive and recovery oriented environment for individuals experiencing an acute psychiatric crisis. Services are provided in an unlocked environment.

Adult Case Management (for persons with intellectual disabilities and serious mental illness): Services that assist individuals with intellectual disabilities and serious mental illnesses in accessing the full range of needed supports to assist them in their daily lives. Individuals with diagnoses of autism without an accompanying intellectual disability or serious mental illness diagnosis are referred to the Department of Medical Services (DMAS) for eligibility determination for the Individuals and Families with Developmental Disabilities (IFDD) waiver.

State Hospital Liaison: This program assists individuals returning to their community from state psychiatric hospitalizations. Staff work in coordination with hospital treatment teams, community providers and family members to ensure a successful transition back into the community.

Healthy Transitions Case Management Services: A short term service that assists individuals newly released from jail or prison who have a mental illness and are in need of continued psychiatric and medication support. In addition, case management is provided to assist with the transition back to the community.

Center for Quality Improvement and Standards

Jane Lewis, Senior Director

The Center for Quality Improvement and Standards oversees quality improvement, legal compliance, and standards in the areas of service delivery, training, and workforce development.

Service Quality and Compliance: Overall quality improvement of service delivery is the focus of this department. The department handles quality of agency programs including compliance with all federal and state legal statutes, licensure, Medicaid, Human Rights, and CARF mandates for the agency. Staff handle quality assurance in records record keeping, centralized processes, medical records and peer reviews for the agency.

Training: This department is responsible for all training functions of the agency including mandated trainings, quality improvement, annual re-certifications, and new initiatives internally and externally. In addition, the training department evaluates new programs and promotes available trainings for staff, manages the training budget, and ensures that all staff is kept on the cutting edge of information and evidence based practices in the field.

Workforce Department: Through our Human Resources Department a full array of human resources are offered to staff including recruitment, hiring, evaluation, orientation, employee compensation and benefits, employee relations and staff appreciation. The department is responsible for initiatives in employee hiring, satisfaction, and retention as well as ensuring legal compliance with all employee programs.

Center for Rural Services

Marcia Becker, Senior Director

Rural Services brings an array of clinical services to individuals in Nelson, Greene, Fluvanna and Louisa counties as well as the town of Crozet. These mental health, intellectual disability and substance abuse services are provided by this Center at rural locations in Louisa County, Nelson County, Fluvanna County, Greene County, and in Crozet.

STRATEGIC PLANNING

• Strategic Goal	• FY 2013 Outcome
Optimize Electronic Health Record	Throughout this first year with Credible, Region Ten has made many modifications and enhancements with the software. While benefitting from Credible consultants, consulting needs continue. The strategic planning meetings held in May of 2013 highlighted a need to focus more intently on designing ways to increase the ease and efficiency of use for the end user.
Develop outcome measures to demonstrate that services are effective and result in consumer satisfaction.	Currently, outcome measures for services at Region Ten are being evaluated using the Mental Health Statistics Improvement Program, measuring time between the access appointment and treatment appointment, using the Global Assessment Functioning Scale change, reviewing the number of arrests, and change in residential arrangements for children being assessed through Assessment and Diagnostics service of Region Ten. In FY 2013, Region Ten added the monitoring of the employment status of individuals with serious mental illness, and intensity of engagement with case management services as outcome measures. Additionally, individuals utilizing substance abuse services were included in outcome measures. Consumer satisfaction is measured using Region Ten's waiting room customer service survey and the Mental Health Statistics Improvement Program.
Explore/share architectural options for Peterson Building	At the close of fy 2013, specific space requirements were under review for programs in the Peterson Building. Displacement plans were in development for programs that were required to vacate the Peterson building during renovations.

STRATEGIC PLAN OUTCOMES

- CONTINUED

• Strategic Goal	• FY 2013 Outcome
Explore/share architectural options for Peterson Building (continued)	These plans are were finalized by the end of first quarter FY14. Plan implementation will commence pending the availability of bond refinancing funds.
Position the CSB to operate in the national health care and managed care environment	As the year ends, Region Ten remained in a good position to take advantage of the new managed care environment. Region Ten board and staff have been educated to the nuances of these imminent changes and remain eager to move forward in the new environment
Implement a system to accommodate electronic communications	Region Ten has subscribed to "Go to Meeting" so that electronic meetings are now possible.
Incorporate physical health issues in planning mental health care services	Region Ten has evaluated funding for the <i>In Shape</i> program, designed to assist individuals with serious mental illnesses in meeting their health goals with a personal health coach.
Continue to train staff in evidence based practices, implement evidence based practices, report key indicators; trauma-informed care, evidence based practices for all psycho-social rehabilitation and integrated dual disorders treatment.	Region Ten staff will participate in Virginia's Trauma Informed Care training. Additionally, Region Ten has implemented integrated dual disorder treatment. (Managed care will require Region Ten's continued implementation as a part of ongoing routine service delivery).
Expand Employment Services (include "moving" services)	Employment Services of Region Ten is currently working to expand the catering service Decidedly Delicious beyond the agency. Legal and tax issues must be addressed prior to this expansion.
Promote adequate reimbursement (Med.) for SPO services and ID residential with goal of lowering Case Management caseloads due to increasing mandates	Significant advocacy to the Virginia General Assembly has been applied and continued advocacy is needed especially considering the uncertainty that manage care regulation will have upon rates.

STRATEGIC PLAN OUTCOMES

- CONTINUED

• Strategic Goal	• FY 2013 Outcome
Consider anti-stigma campaign. Recruit high school and college students. Offer to give presentations to other groups: presentations to local schools.	Region Ten has increased the number of certified instructors in Mental Health First Aid who are now trained in both the adult and youth versions and delivering monthly training classes for staff and community members. Additionally, Region Ten has sponsored a train the trainer course to provide Mental Health First Aid throughout the community on a large scale.
Create a Facebook page and explore other social media	A Facebook page has been created. Region Ten is currently exploring full implementation of social media as part of the branding and marketing goals of the 2014 strategic plan.
Market services we provide to community by better telling our story	Over this past year Region Ten has improved communicating its message to the community using data. Utilizing Return on Investment data as provided by the Virginia Association of Community Services Boards, in addition to the narratives of individuals served, Region Ten's advocacy message has kept pace with the information demands of stakeholders. Additional upgrades in FY 13 included converting the agency newsletter to an email delivery format.
Work with local governments on resources; look for important opportunities (e.g. housing, special programs, one-time gifts, etc.)	The City of Charlottesville had originally plan to purchase three Region Ten residential buildings that were in dire need of costly renovation. Due to unforeseen legal issues, the City was unable to complete this purchase. However, two of these properties have been sold on the open market (initial inspections and property evaluation provided by City at no cost to Region Ten).
Continue to support the Region Ten Consumer Advisory Council	The Consumer Advisory Council (CAC) has increased membership to include representatives from rural services. FY 2014's CAC conference took place on October 25, 2013 with consumer involvement at many levels. CAC officers meet regularly with

STRATEGIC PLAN OUTCOMES

- CONTINUED

• Strategic Goal	• FY 2013 Outcome
<p><i>(continued)</i></p> <p>Continue to support the Region Ten Consumer Advisory Council</p>	Region Ten Executive Director Robert Johnson. Also in FY 2013, CAC members attended a leadership empowerment workshop that resulted in several consumers assuming leadership roles, including speaking at the Region Ten Board of Directors meetings. As part of CAC meetings, guest speakers from Region Ten programs have reported on the status and impact of their services.
Continue to nurture the Mental Health and Wellness (MHW) coalition and the Prevention Coalitions.	The Region Ten Research and Grants Coordinator currently serves as co-chair of Mental Health and Wellness (MHW) Coalition, chair of MHW Coalition data committee, and writes reports for all three interagency MHW Coalition programs, Healthy Transitions, Coalition Services Program, and Free Clinic Integrated Care program.
Primary Care - continue to work on co-location, record sharing, exchange to create “no wrong door” for consumer/patient and integrating physical and mental health care.	Region Ten continues to be involved in Free Clinic Integrated Care program while participating in integrated care conversations throughout the state and the local community including Martha Jefferson Hospital and UVA Hospitals.
Develop new partnerships to deal with Autism and Early Intervention gaps.	The Child and Family Case Management Director continues to actively participate in the Charlottesville Regional Autism Action Group (CRAAG) as a member of the CRAAG leadership team.
Explore telecommuting as an alternative to current environment.	Tele-commuting is available on a limited basis at Region Ten, however, training needs will continue as more staff work from home. Time-management training will be made available in FY 2014 along with the development of telecommuting policies and accompanying training slated for the fall of 2014.

STRATEGIC PLAN OUTCOMES

- CONTINUED

• Strategic Goal	• FY 2013 Outcome
Develop implementation plan for classification and compensation study. Follow through with this study so as to attract and employ top talent.	The Board of Directors approved the final phase of the Classification and Compensation implementation plan for July, 2013
Shore up financial health of retirement programs	The Board of Directors approved a revised OPEB benefit plan that has dramatically reduced the future cost of this plan.
Create other leadership opportunities for superuser out of Credible process.	Credible superusers continue to meet quarterly to hear updates and transmit updates to staff. Superusers also contribute to solutions for ongoing concerns and/or suggestions for further Credible development. As a result of the May 2013 Strategic planning retreat, Region Ten continues to foster an environment conducive to the development of new leadership while cultivating Credible supersusers
Develop ongoing assessment plan of resource needs to prevent wasteful spending.	The intent of this work plan item is to address the work being done by IT Director to appropriately match computer devices (laptops, desktops tablets etc.) to staff based on their functional computing needs. The assessment phase of this task has been completed. Next steps involve Senior Director approval for procurement of equipment. Current challenges involve correct matching of devices to the staff (especially staff deployed to deliver services away from the traditional office).
Develop proactive plan for technology development and distribution	In addition to the equipment deployed to the PACT and MH/ID Case Management teams as part of the equipment needs study, Region Ten is planning to complete a formal detailed Technology Plan in FY14.

The Vision of Innovative Services



Pet Therapy offers Innovative Outreach to Individuals served by Region Ten

Included in many of the years achievements, Region Ten has successfully enhanced services with pet therapy using seven dogs to assist with therapy.

Region Ten counselors have noted how animals soothe and socialize mentally challenged adults and children. Animal-assisted therapy is especially effective for consumers who are traumatized, impulsive or hard-to-engage in traditional therapies.

During the year, Region Ten's Therapy Dog team attended and presented at the third Veterinary Social Work Summit in Knoxville, TN, hosted by the University of Tennessee College of Veterinary Medicine and College of Social Work.

Three dog-handler teams from Region Ten's Therapy Dog program spoke at the conference about experiences in using dogs for animal-assisted therapies within Region Ten.

Animal assisted therapy is part of the person-centered range of mental health supports offered to the Region Ten community.



The Vision of Community Education



Region Ten brings Mental Health First Aid to our Community

Mental Health First Aid is a groundbreaking educational program that helps the public identify, understand, and respond to signs of mental illness and substance use disorders.

Mental Health First aid is offered in the form of an interactive 8-hour course that presents an overview of mental illness and substance use disor-

ders in the US and introduces participants to risk factors and warning signs of mental health problems.

Region Ten is providing this important training to the public for the costs of materials and lunch (\$25.00) in order to promote Mental Health First Aid in our community.

The Vision of Innovative Partnerships



Region Ten Community Services Board was an original partner in the development of the Community Mental Health and Wellness Coalition serving Charlottesville and Albemarle County. There are 15 Coalition Charter organizations and eight supporting organizations to the Coalition. As this partnership has progressed, behavioral health services have been merged into a primary care setting.

The goal is to improve the screening and treatment of mental health needs of Free Clinic patients and provide "in the moment" assessment and triage, short-term (between 1-5 sessions) mental health services, and psychiatric evaluations and medication management, for people with mild to moderate mental health care needs.

The Vision of Community Collaborations



During the year, Region Ten relocated the Louisa County Counseling Services as an important step in treatment for patients and consumers by creating opportunities for co-locating counseling services with primary medical care services. Co-locating primary care and behavioral health services is regarded as an optimum arrangement for total health care. Region Ten continues to offer a wide array of services at the Louisa Counseling Services Center including outpatient, crisis management, case management mental health support services, and psychiatric services.

The Vision of Scholarships

Generous donations from community members have provided scholarships and enhancements to the following worthy Region Ten programs:

- \$1200 for art supplies for Nelson County Clinic
- \$10,000 transportation grant to Meadowcreek Center
- \$9,800 for Catering Equipment for Decidedly Delicious Employment Service (part of Adult Rehabilitative Services)
- \$4,000 to upgrade the café lounge at Blue Ridge House
- \$2,150 for X-box equipment for Greene County Clinic to promote health and wellness
- \$1,300 for Horizon Clubhouse trip to Washington DC to visit the Smithsonian Museum of Natural History and other museums
- \$8,600 for audio-visual equipment for Louisa County Clinic
- \$1,500 for youth empowerment program for at-risk girls at Walton Middle school
- \$3,000 to develop resource library for the PACT team
- \$10,000 for yoga, drumming, and outdoor adventure supplies for the Dual Recovery Center.

Funding for these programs was made possible by the Power of Ten grant process, a competitive funding process administered by the Fundraising Committee of Region Ten Community Services Board that evaluates applications for funding and disburses funds, and requires programs to provide follow up information regarding the grant awarded.

THE POWER OF TEN CONTINUES

Region Ten's Fundraising Committee continues Community Outreach in FY 2013

Second Annual *Power of Ten* Luncheon featured Assistant Commission for the Virginia Department of Behavioral Health and Developmental Services John Pezzoli

FY 2013 fundraising committee of Region Ten held its second annual Power of Ten luncheon on Thursday, September 27, 2013 in the Region Ten conference center. Catered by Region Ten's own *Decidedly Delicious* in-house consumer operated catering service, the Power of Ten luncheon was an opportunity to bring potential donors to Region Ten to learn more about the agency's services, challenges, and future plans.



John Pezzoli, Assistant Commissioner
Virginia Department of Behavioral Health
and Developmental Services

Assistant Commissioner of Virginia's Department of Behavioral Health and Developmental Services John Pezzoli served as keynote speaker. The Power of Ten luncheon was sponsored by donations from Mr.

and Mrs. Leslie B. Disharoon; Mr. and Mrs. Richard L. Nunley; ACCUType; Daggett & Grigg, Architects; Feil, Pettit & Williams, PLC; and Brown, Edwards and Company. The luncheon provides an opportunity for Region Ten to expand community awareness of Region Ten and its programs of service.

In his remarks, Mr. Pezzoli emphasized how well the behavioral health system works, despite ongoing challenges. Additionally, he provided updates relevant to the state's efforts to accommodate the requirements of the settlement arrangement between the Virginia Department of Behavioral Health/Developmental Services and the US Department of Justice. Virginia was cited by the DOJ for not providing services in the most integrated/ appropriate setting, and not developing a sufficient quantity of community services. Additionally, Virginia was found to have a flawed discharge process at training centers.

Participating in Festival of the Book as an important Community Host offering information on PTSD

On March 21, 2013 Region Ten hosted a Festival of the Book panel discussion on post-traumatic stress disorder.

This hour long panel discussion featured Roberta Culbertson, Ph.D., author of *Danger Worlds: A Spiritual Guide to PTSD*. Dr. Culbertson is an expert on the spiritual dimensions of violent experience. An anthropologist, she directed the Virginia Foundation's Center on Violence and Community for many years.

This Festival of the Book presentation also featured Michael Lund, author of *How Not to Tell a War Story*. Mr. Lund also wrote *Route 66 to Vietnam: a Draftee's Story and Growing up on Route 66*.

Also in attendance was Grady Smith, author of *Blood Chit*. Mr. Smith attended infantry Officer Candidate School, and Ranger and Airborne training. He later commanded an infantry company in the Vietnam Delta. His novel follows a soldier's struggles with battle trauma when he returns home.

Also presenting was Matt Zeller, author of *Watches Without Time: an American Soldier in Afghanistan*. Mr. Zeller served in Afghanistan in 2008, then ran for Congress in New York in 2010. This work contains the heartfelt emails he sent home to his family from Afghanistan.

This Festival of the Book event was moderated by Region Ten's Ben Shaw, a Veteran Peer Specialist with Region Ten Community Services Board/Virginia Wounded Warrior Program.

MARCH 20-24, 2013

VIRGINIA
FESTIVAL
OF THE
BOOK

CHARLOTTESVILLE, VA

[\[Home\]](#)
vfh Virginia Foundation
for the Humanities

Remembering our Colleagues



Paul Regan



Fredina Witcher



Steve Cowan

Region Ten remembers colleagues who passed away while still actively employed with Region Ten. during the year.

Health Planning Region One Initiatives Director Paul Regan passed away January 26, 2013. In this capacity, Paul supervised many of the operations concerning regional discharge assistance planning from state hospitals as well as the START program. Prior to serving as the Regional Initiatives Director, Paul was employed from 1994 until 2010 as Coordinator of Access and Emergency Services for Rappahannock Rapidan Community Services Board.

Meadowcreek Day Support Specialist Fredina “Freddie” Witcher passed away on January 8, 2013. Freddie was a member of the Adult Developmental Services Center for 10 years, working with individuals with intellectual and developmental disabilities. Among the many tributes in honor of Freddie, a balloon launch was held in January to honor her many contributions to Meadowcreek and provide consumers, staff, and friends the opportunities to pay tribute to her memory.

Adult Mental Health Case Manager Steve Cowan passed away on March 6, 2013. Steve was employed by Region Ten in several capacities, initially serving as a Meadowcreek Day Support Specialist and later as a case manager for mental health services.

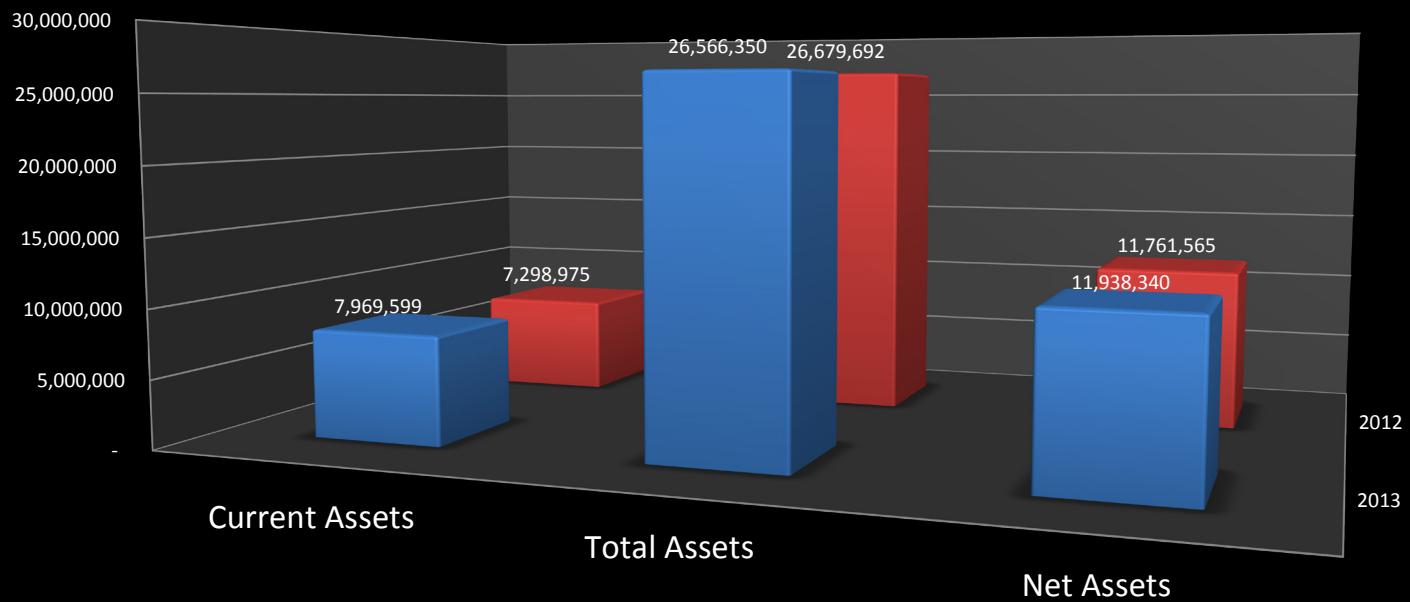
Adult Developmental Services Residential Direct Support staff Vivian Vest passed away on Feb 7, 2013 . Vivian served in many capacities and most recently provided overnight support as part of her service to consumers enrolled in Region Ten Adult Developmental Residential Services. Vivian had been a member of the Region Ten family for almost 10 years.

Region Ten continues to honor the memory of these colleagues who dedicated their lives in pursuit of excellent behavioral health and developmental supports service delivery.

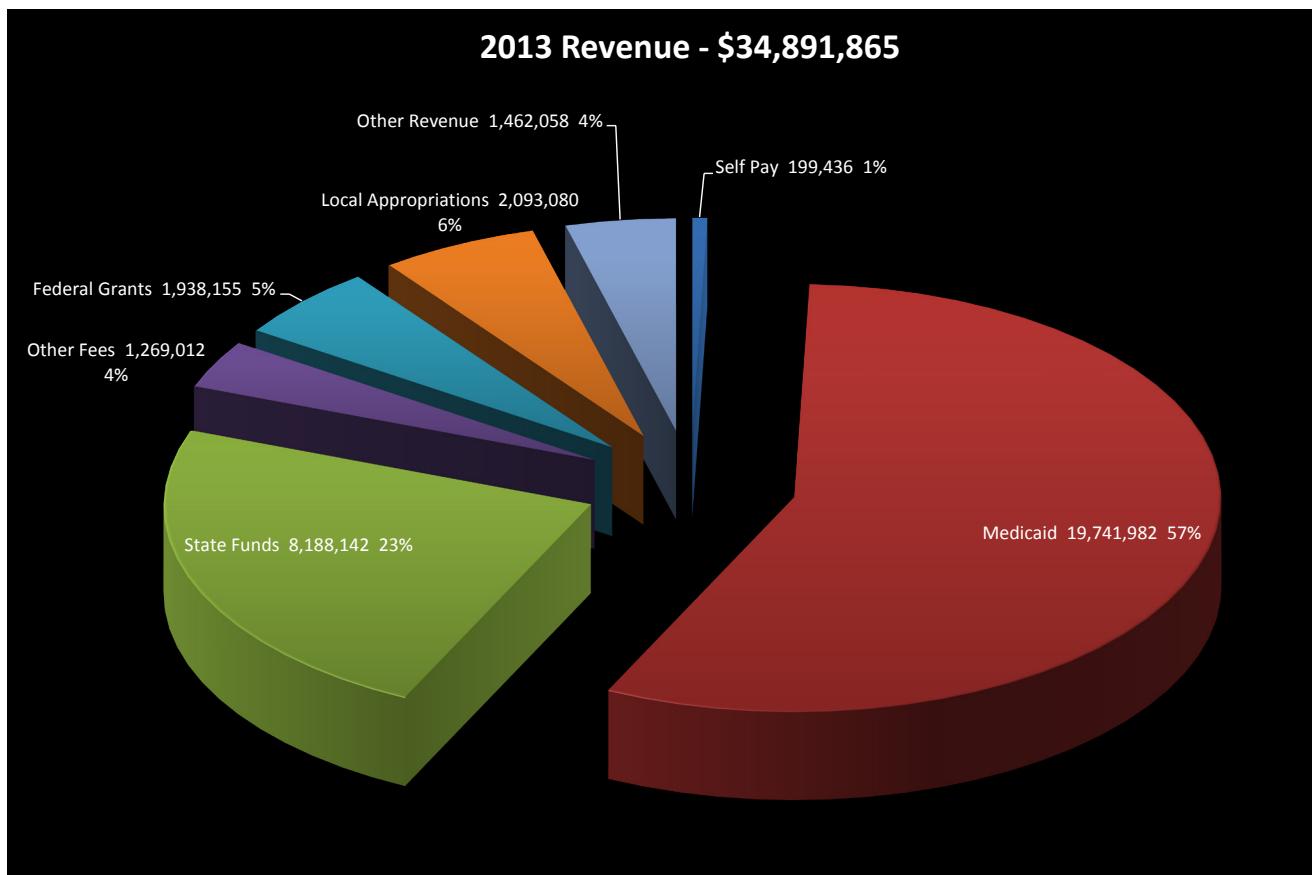
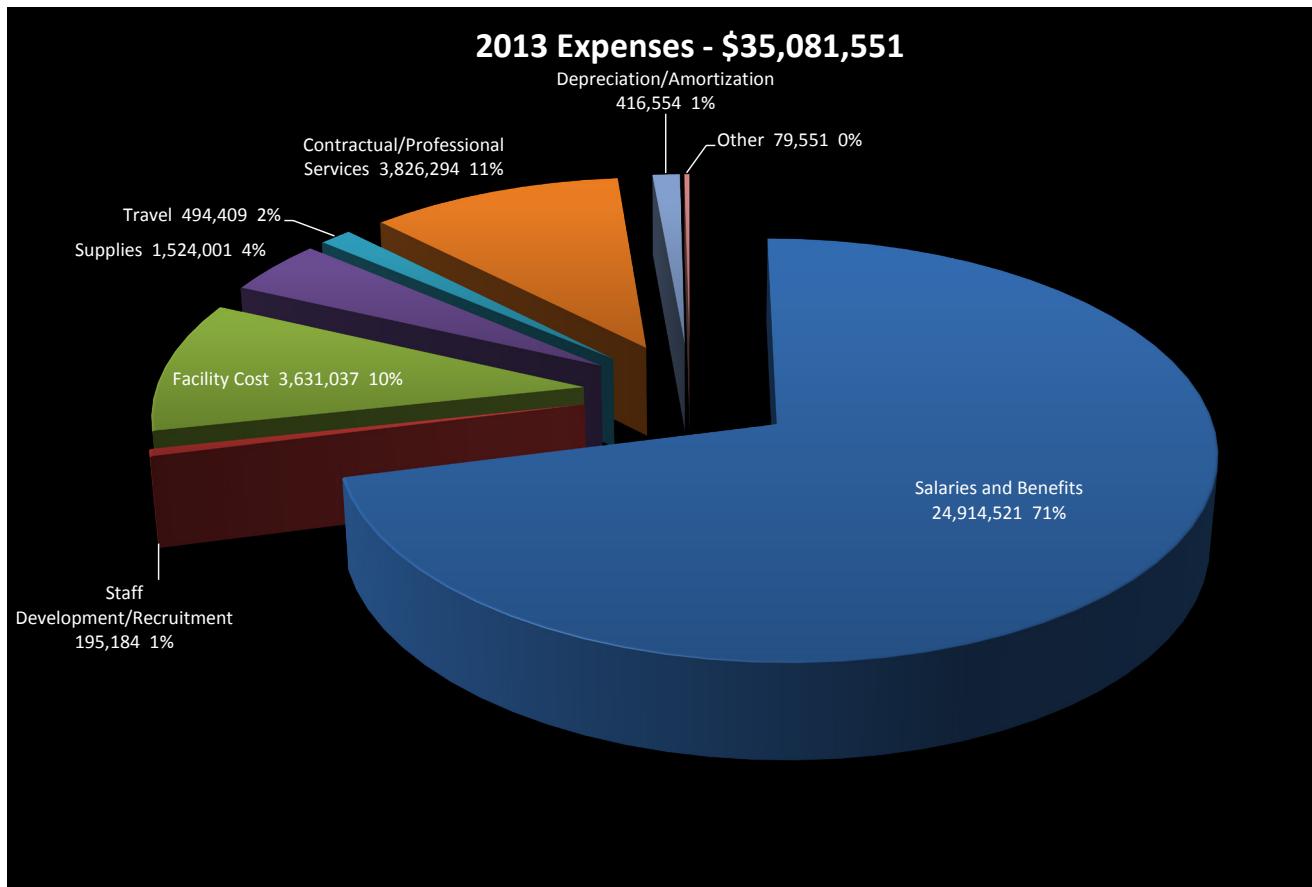
Excellent Audit Results for Fiscal Year 2013

Statement of Net Assets

Region Ten presents a slightly improved financial position over last year. Current Assets increased by 9.2% Total assets increased by 0.1%, and Net Assets increased by 2.7%.



	Current Assets	Total Assets	Net Assets
2013	7,969,599	26,566,350	11,938,340
2012	7,298,975	26,679,692	11,761,565



FY 2014 Board of Directors

Region Ten Community Services Board

Peter DeMartino <i>Board Secretary</i> <i>Public Policy Committee</i> <i>Finance Committee</i> <i>Albemarle County</i>	Nancy Gansneder <i>Public Policy Committee</i> <i>Albemarle County</i>	Daniel Krasnegor <i>Personnel Committee</i> <i>Albemarle County</i>
Albie LaFave <i>Personnel Committee</i> <i>Albemarle County</i>	Gigi Davis <i>Fundraising Committee</i> <i>City of Charlottesville</i>	Aaron Laushway <i>Personnel Committee</i> <i>City of Charlottesville</i>
Maryfrances Porter <i>Board Vice Chair</i> <i>Public Policy Committee</i> <i>City of Charlottesville</i>	Vacant <i>City of Charlottesville</i>	Pamela Ross, MD <i>Fluvanna County</i>
Vicki Strauss <i>Personnel Committee</i> <i>Greene County</i>	Susan Fletcher, <i>Board Chair</i> <i>Fundraising Committee</i> <i>Finance Committee</i> <i>Louisa County</i>	William Hale <i>Personnel Committee</i> <i>Louisa County</i>
Mike Kelley <i>Personnel Committee</i> <i>Nelson County</i>	Patricia Hughes <i>Fundraising Committee</i> <i>Nelson County</i>	

