

**Region Ten Community Services Board**

**Board Meeting Minutes**

**September 9, 2025 4:00 PM**

100 Burnet St  
Charlottesville, VA

**Members Present**

Dave Oppen, Chair  
Alex Stott, Vice-Chair  
Francesca Diggs, Secretary  
Dr. Barry Blumenthal  
JoAnn Robertson  
Patti Heggie  
Joseph Szakos  
Peggy Whitehead  
Dr. David C. Harlow  
Mary Katherine King

**Members Absent**

Wendy Mitchem  
Barbara Barrett  
Steve Wunsch

**Others Present**

Dr. Lisa Beitz, Executive Director  
Kathy Williams, Deputy Executive Director  
Rachel Blakey, Administrative Services Project  
Coordinator  
Christina Percival, Director Blue Ridge Center  
Elizabeth Shuman, Program Director of Project  
Link  
Marny Bentley, Senior Director of Clinical  
Operations  
Deidre Creasey-Quirindoongo, Senior Director  
of Adult Rehabilitation Services  
Dr. Joseph Mason

**I. Call to Order**

Mr. Oppen called the meeting to order at 4:05pm

**II. Welcome**

Ms. Creasey-Quirindoongo welcomed the Board and visitors to the Blue Ridge Center and gave an invitation to tour the facility.

**III. Blue Ridge Center Presentation**

Ms. Percival and Ms. Shuman gave a presentation that started with the history of Blue Ridge Center as a consumer-run space and became more clinical as

time progressed. This included the addition of recovery groups and ways to manage symptoms as well as diagnosis.

Post pandemic, the community had a need for a wider scope and lower barrier services, enabling Blue Ridge Center to fulfil the need of Region Ten consumers and community members to come in without intake, referral, or cost.

Blue Ridge Center offers Walk-in Therapy on a first come, first serve basis twice a week, a Mental Health Intensive Outpatients Program for more intensive needs, and has a community outreach team that helps to build trust with community members in the Region Ten catchment area to offer support as well as items like harm reduction kits.

**IV. Comments from the Public**

Jane Pudhorodsky from IMPACT thanked and congratulated the Board and Region Ten on their hard work for getting the Women's Treatment Center ready to accept women being able to bring their young children with them. Liz Emery from IMPACT also congratulated Region Ten on fully opening the Women's Center.

**V. Chair's Remarks**

Mr. Oppen introduced Dr. David Harlow, the new Fluvanna county board representative, and JoAnn "Jojo" Robertson, a new Albemarle county board representative. The present board members introduced themselves to the incoming members.

**VI. Strategic Plan Presentation-Update**

Ms. Bentley gave an update of the Strategic Plan to the Board in detail by the six previously established goals and tasks. Staff surveys will be going out in the January/February 2026 timeframe and the Board will be updated on how the plan progresses.

**VII. Executive Director's Remarks**

**VIII. Consent Agenda**

Mr. Oppen asked if there was motion to accept the consent agenda. Ms. King made a motion to accept the consent agenda and Ms. Diggs seconded. The approval was unanimous.

**IX. Other Business**

**Ad Hoc Committee**

Ms. Heggie exclaimed to the Board that Ms. Diggs put together 600 fall appreciation baggies for Region Ten staff, leaving just the task of the present board members to tie up the bags. The board thanked Ms. Diggs for her hard

work. The Staff Appreciation committee plans to continue showing its support of staff in December, March, and June for the remainder of the fiscal year.

**Bylaws**

Mr. Stott stated that there are some language changes that will be discussed in the upcoming meeting as well as the inclusion of Zoom usage.

**Legislative Committee**

Mr. Opper gave an overview legislative committee minutes. He also proposed a strategy for legislator reach out, especially regarding CCBHCs and Medicaid. Mr. Opper explained to the Board that Ms. Blakey had been setting up meetings with legislators for the month of October.

Ms. Whitehead also mentioned that it would be a good idea to meet with newly elected officials after elections take place.

**X. Adjournment**

Mr. Opper asked if there was a motion for adjournment. Dr. Harlow motioned for adjournment, seconded by Ms. King. All were in favor and the meeting adjourned at 6:05pm.