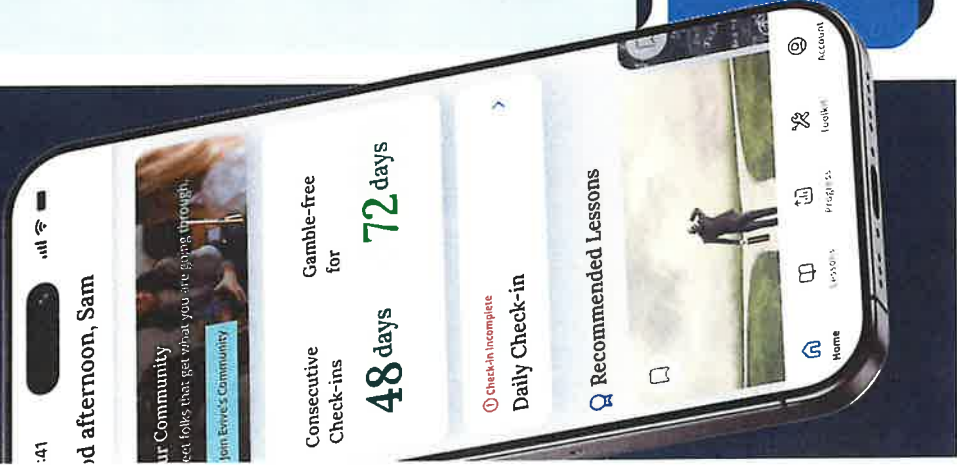


evive

Redefine your relationship with gambling and get immediate, tailored help for lasting change



- **Set Your Goals**
Stay in control, cut back, or stop gambling; whatever path fits your needs.
- **Track Your Progress**
Stay on track and build positive habits with brief daily check-ins.
- **Learn & Grow**
Access expert content for a life free from gambling harm.
- **Build Connections**
Join peers and experts in a private, judgment-free space.



Download the Evive App
for FREE access in
Virginia!



INTRODUCING



Evive is an evidence-based mobile app that provides personalized support to help people manage their gambling. Available 24/7, it offers tools, resources, and structured pathways for anyone who gambles—whether they want to play safer, cut back, or stop completely—as well as for those supporting loved ones with gambling concerns.

IT IS FREE - PERSONAL

PRIVATE - NO REFERRAL NEEDED

AVAILABLE ON THE APPLE STORE & GOOGLE PLAY



To learn more, visit www.getevive.com



Gloucester Rotary Club

The Gloucester Rotary Club has been doing some amazing projects in recent years. We built kiosks, trail benches and a classroom sail shade at Machicomoco State Park. We also built the Ellis Hall and Bob Marble Memorial Garden on Main Street to honor two charter members of our club.

If you have a project you would like some assistance with, please go to [our website](#) and complete a Community Service Project Application Form, or contact us at Gloucester.va.rotaryclub@gmail.com.

Other service projects we will be doing this quarter are volunteering a couple times a month at Bread for Life Community Food Pantry, supporting Clean Community Day and supporting a rabies clinic for cats and dogs. We are also planning a golf tournament for the spring.

Reach out for information on how to get involved!

Riverside Health Bereavement Support

The Riverside Health Hospice Care team offers counseling, educational resources, and emotional and spiritual support. We are here to help you move forward with hope and healing. Our services are designed to help you honor your loved one's memory, find peace and rediscover the joy in your life.

Grief Support Group
Second Thursday of every month
Gloucester Main Library
6920 Main Street
Gloucester, VA 23061

Call [804-693-1111](tel:804-693-1111) to learn more, or reach out to us via email at bereavement.support.midpen@rivhs.com.



MPNN BH Prevention, Health and Wellness Division upcoming trainings and classes

If you would like to participate in any of the Middle Peninsula Northern Neck Behavioral Health trainings, please reach out to us by calling [804-642-5402](tel:804-642-5402), emailing prevent@mpnn.state.va.us, or visiting www.allianceva.org.

PARENTING PROGRAMS

Ongoing Nurturing Parenting live online program & Children First live online co-parenting classes.

ACE INTERFACE TRAINING

Free, live online class. When: 2/27 and 5/1.

REVIVE TRAINING

Opioid overdose & naloxone education. Three free, live online trainings on 3/4, 4/22 and 5/7.

"QPR" TRAINING

Question, Persuade and Refer training. Two free, live online courses on 3/12 and 5/19.

YOUTH MENTAL HEALTH

We are offering a Youth Mental Health First Aid course, free and live online, on 5/29.

ADULT MENTAL HEALTH

We are offering an Adult Mental Health First Aid course, free and live online, on 3/26.

NATIONAL
FENTANYL
AWARENESS
DAY

TAKE ACTION.

SAVE A LIFE.

**45% of teens are
unaware that fentanyl
is being used to create
fake Rx pills.**

**TUESDAY,
APRIL 29TH**

**National
Fentanyl
Awareness
Day!**

**MPNN ALLIANCE PREVENTION
COALITION MEETING**

**TUESDAY, APRIL 29th
FROM 3-4PM**

Join our coalition and help us to
save lives from fentanyl and fake
prescription pills. We will preview the
film Song of Charlie.



**You can register
also by visiting
www.allianceva.org**



ALLIANCE

well-being for Virginia communities



MIDDLE PENINSULA NORTHERN NECK BEHAVIORAL HEALTH

“Promoting Well-Being...One Individual, One Family, One Community at a time”

www.mpnnb.org

ESSEX GLOUCESTER KING & QUEEN KING WILLIAM LANCASTER MATHEWS MIDDLESEX NORTHUMBERLAND RICHMOND WESTMORELAND

MPNN BH PREVENTION, HEALTH & WELLNESS DIVISION PARENTING PROGRAM

On-Going Nurturing Parenting Live On-Line Program

When: Tuesdays, 6:00 pm-8:00 pm

Cost: \$35 Handbook + \$25 per person/per session

Pre-registration by phone is required.

NOTE: The virtual 15-week On-Going Nurturing Parenting Program takes place year round. Parents can enroll in the classes at any time.

Children First Live On-Line & In-Person Co-Parenting Classes

1. Saturday, March 22nd - Time 8am-12pm - **NOTE: This is an in-person class. Location:** 3786 George Washington Memorial Highway, Hayes, VA 23072
2. Thursday, April 17th – Time 4-8pm – Live On-Line
3. Thursday, May 15th – Time 4-8pm – Live On-Line
4. Saturday, May 31st– Time 8am-12pm - **NOTE: This is an in-person class. Location:** 3786 George Washington Memorial Highway, Hayes, VA 23072
5. Thursday, June 12th – Time 4-8pm – Live On-Line
6. Saturday, August 16th – Time 8am-12pm - **NOTE: This is an in-person class. Location:** 3786 George Washington Memorial Highway, Hayes, VA 23072
7. Saturday, November 1st – Time 8am-12pm - **NOTE: This is an in-person class. Location:** 3786 George Washington Memorial Highway, Hayes, VA 23072

Cost: \$50. To be paid one-week prior scheduled class.

To register, please call us at 804-642-5402 or email prevent@mpnn.state.va.us

MPNN BH Prevention, Health & Wellness
3786 George Washington Memorial Highway
PO Box 452, Hayes, VA 23072
Ph: 804.642-5402 - Fax: 804-642-8765
prevent@mpnn.state.va.us
www.allianceva.org

MIDDLE PENINSULA NORTHERN NECK BEHAVIORAL HEALTH

“Promoting Well-Being...One Individual, One Family, One Community at a time”

www.mpnncsb.org

ESSEX GLOUCESTER KING & QUEEN KING WILLIAM LANCASTER MATHEWS MIDDLESEX NORTHUMBERLAND RICHMOND WESTMORELAND

MPNN BH PREVENTION, HEALTH & WELLNESS DIVISION UPCOMING TRAININGS/CLASSES

ACE INTERFACE TRAINING - FREE - LIVE ON-LINE – 1-CEU

ACE Interface Training bring awareness of childhood trauma and its effects. It is designed to help you engage and motivate everyone to prevent ACEs and improve well-being:

WHEN: Thursday, May 1st from 12pm-1pm

Online Registration:

<https://bayriverstelehealth.zoom.us/meeting/register/tJApdeuoqDgoE9VGdxvpVgGlb1rMeILLGTYb>

QUESTION, PERSUADE & REFER (QPR) TRAINING FREE – LIVE ON-LINE -1 CEU

Question, Persuade & Refer (QPR) is a suicide prevention training that helps participants to recognize the warning signs of suicide and question, persuade, and refer people at risk for suicide for help.

WHEN: Monday, May 19th from 10am-11am

Online Registration: <https://bayriverstelehealth.zoom.us/meeting/register/tJcudeCvqTtHdcj3TBHpaLMc6esUnMtMb-D>

REVIVE – OPIOID OVERDOSE & NALOXONE EDUCATION TRAINING FREE
– LIVE ON-LINE -1 CEU

REVIVE - Opioid Overdose & Naloxone Education Training. This training covers understanding opioids, how opioid overdoses happen, risk factors for opioid overdoses, and how to respond to an opioid overdose emergency and the use of Naxolone.

WHEN: Tuesday, April 22nd from 10am-11am

Online Registration: <https://bayriverstelehealth.zoom.us/meeting/register/tJUvdOyogzkjGdGVufpRV9-ljhvcAxIsnS94>

WHEN: Wednesday, May 7th from 10am-11am

Online Registration: https://bayriverstelehealth.zoom.us/meeting/register/tJEkdO6ggj4iG9A1PP-FZ1GfmAm_vnPPRMB3

SafeTALK SUICIDE PREVENTION TRAINING – FREE - IN PERSON – 3.5 CEUs

safeTALK is a four-hour training that equips people to be more alert to someone thinking of suicide and better able to connect them with further help. Using a simple yet effective model, safeTALK empowers everyone to make a difference.

WHEN: Friday, April 11 from 9am-12:30pm

Location: Whitcomb Lodge, Beaverdam Park, 8687 Roaring Springs Rd., Gloucester, VA 23061

Online Registration: https://bayriverstelehealth.zoom.us/meeting/register/PPS_rf40RxmySyNGtdVYyA

MPNN BH Prevention, Health & Wellness
3786 George Washington Memorial Highway
PO Box 452, Hayes, VA 23072
Ph: 804-642-5402 - Fax: 804-642-8765
prevent@mpnn.state.va.us
www.allianceva.org

MENTAL HEALTH FIRST AID TRAINING FREE

Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders.

We offer two trainings, one focus in Youth and the other one focus in Adults.

YOUTH MENTAL HEALTH FIRST AID TRAINING - IN PERSON – 8 CEUs

WHEN: Thursday, May 29th from 8:30am-4:30pm

Location: Daffodil Gardens, 5954 Garden Grove Ln., Gloucester, VA 23061

Online Registration: <https://bayriverstelehealth.zoom.us/j/7Yofu2qqz8sHdKIHZhWGsOZMZcQpNg6jboE>

ADULT MENTAL HEALTH FIRST AID TRAINING FREE – LIVE ON-LINE – 8 CEUs

WHEN: Wednesday, March 26th from 9am-3pm

Online Registration: <https://bayriverstelehealth.zoom.us/j/7JlodOyprT0vHNfYYPDpqmknkD0eIViY2Q6AwP>

NEW LOCK AND TALK MEDIA AD CAMPAIGN

Lock Meds. Lock Guns. Talk Safety.

**We are a lock
and talk family.**

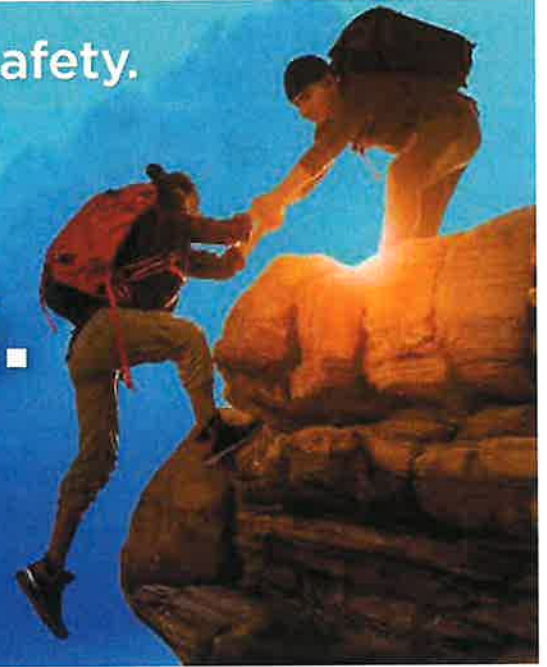


LOCKANDTALK.ORG

www.mpnbnh.org
www.allianceva.org



**Call or text 988
for the Suicide
and Crisis Lifeline.**



MPNN PREVENTION, HEALTH & WELLNESS DIVISION FY2025												
NUMBER OF SERVICES PROVIDED - MONTH OF: FEBRUARY & MARCH 2025												
SERVICES	ESSEX	GLOUC	K & Q	K WILL	LANC	MATH	MIDD	NORTH	RICH	WEST	OTHER	TOTAL
School-Based Wellness Strategies												
Botvin LifeSkills Training Program		35								55		90
TOTAL		35								55		90
Family Wellness Strategies:												
Group-Based Nurturing Parenting		11										11
Children First Program		2										2
TOTAL		13										13
Community Wellness Strategies:												
AMHFA		1										1
QPR		1										1
ACE		1										1
REVIVE Training		1	1									2
Gun Stores		1		1			1	1				4
TOTAL		5	1	1			1	1				9
GRAND TOTAL		53	1	1			1	1		55		112

MPNN PREVENTION, HEALTH & WELLNESS DIVISION FY 2025												
NUMBER OF INDIVIDUALS SERVED - MONTH OF: FEBRUARY & MARCH 2025												
PARTICIPANTS	ESSEX	GLOUC	K & Q	K WILL	LANC	MATH	MIDD	NORTH	RICH	WEST	OTHER	TOTAL
School-Based Wellness Strategies												
Botvin LifeSkills Training Program		369								300		669
TOTAL		369								300		669
Family Wellness Strategies:												
Group-Based Nurturing Parenting				1		1					2	
Children First Program		1					1					
TOTAL		1		1		1	1				2	6
Community Wellness Strategies:												
AMHFA	2	3	1	1			1					8
QPR		2	1								1	4
ACE	1	1		1				1	1			5
REVIVE Training		2	4			1		1	2	1	3	14
Gun Stores		1		1				1				4
TOTAL	3	9	6	3		1	2	3	3	1	4	35
GRAND TOTAL	3	379	6	2		2	3	3	3	301	6	708

MPNN PREVENTION, HEALTH & WELLNESS DIVISION FY 2025												
MEDIA CAMPAIGN & INFORMATION DISSEMINATION CAMPAIGN MONTH OF: FEBRUARY & MARCH 2025												
Impressions & Outreach Materials	ESSEX	GLOUC	K & Q	K WILL	LANC	MATH	MIDD	NORTH	RICH	WEST	Other	TOTAL
Opioid Prevention Program:												
Billboards	17,546			34,754								52,300
Bus Campaigns		105,764			21,206							126,970
Bus Campaign ACE		52,884			21,206							74,090
Cinema Ads		40,000										40,000
Cox Cable TV Campaign SOR	20,000	20,000	20,000	20,000	20,000	20,000	20,000	20,000	20,000	20,000		200,000
SOR Library Display		231										231
Medicine Lock Boxes		60	13				10					83
Medicine Deactivation Pouches		61	25									86
Prescription Rack Card		69					10					79
Educational Resources		152	102				40					294
Substance Misuse Awareness packet		5	20									25
Parent/Teen Ask, Talk, Listen packet		3	5									8
Opioid "Know the Signs" & Fentanyl Posters c		4										4
Suicide Prevention Programs:												
Medicine Deactivation Pouches		20										20
Gun Locks		50	10									60
Gun Shop visits		1		1			1	1				4
Billboards	8,773	52,884										61,657
Bus Campaign "988 Hope"		52,884			21,206							74,090
Bus Campaign "Lock & Talk"		105,764	7,025	17,377	10,603			20,756				126,520
Cinema Ads		40,000										40,000
LOCK & Talk posters		1		1			1	1				4
Youth Signs of Suicide poster		2										
Educational Material		24	20									44
"Feelings" Activity books		35	5									40
988 Signs		1	1									2
Marijuana Prevention Program:												
Bus Campaigns		105,768	14,050									119,818
Cinema Ads		40,000										40,000
Gambling Prevention Program:												
Cinema Ad		40,000										40,000
Be A Winner Bus Campaigns		105,768		34,754	21,206					36,426		198,154



Youth and Family Board Report (MHOP and SUD Clinic)

February- March 2025

Strategic objective #1: *To establish operational efficiencies within the organization in order to best meet the needs of program participants and staff, remain responsive to the marketplace, and promote and enhance our values while remaining financially responsible.*

- Jayme Campagnola and Paula Deininger were able to get a grant to expand the hours at the CIT location in Gloucester and to add weekend hours on. This will allow more use of the center because officers who need to bring people in on Friday's will not have to worry that there will be no one to take over the next day. And- Crisis does happen on the weekends. In addition, we will be assisting the northern neck with long transports by having an officer in Essex who will transfer custody and transport individuals to the Gloucester location.
- Healthy Families (Debbie Lancucki) has had requests to expand the preschool imbedded healthy families model worker.
- GCC hired a new full time Licensed virtual assessor, Ms Antionette Payne
- ECC hired a full time Licensed assessor, Linda D Kelly
- GCC has one full time assessor position vacant and two therapy positions vacant, ECC has one full time assessor position vacant and three therapy position vacant. However, we interviewed on March 28th and are making a recommendation to hire for the two vacant full-time assessor positions and one of the vacant therapy positions at ECC.
- We have also been working diligently on updating our protocols/guidelines for MH Assessments, Referral Pathways, SDA Redesign. We are hoping to open the clinics back up in the next several weeks for SDA walk in and some virtual appointments once we have filled the vacancies.
- Agency staff have been trained on the new CNA and all of the expectations per Licensure and DMAS.
- YOP: have a full-time school-based position available in Gloucester Co. We have most recently added school-based therapy at Lancaster Elementary School and Northumberland Middle and High School.
- YOP SUD: Providing supports in Colonial Beach, Westmoreland, Richmond Co, Northumberland, Middlesex and most recently have offered to Lancaster Co. We have been providing psychoeducational presentations in the classrooms throughout the counties and individual supports to referrals that have been received.
- Recently, we have hired another full-time support under a separate grant to expand our SUD supports into additional counties. We offer a Virtual Psychoeducational Support, utilizing the curriculum "Catch My Breath", it is an evidenced-based youth vaping prevention program (5-week course). This opportunity is offered 2-3 times a year and is advertised in all MPNN BH Catchment areas.
- YFCM has hired another full-time case manager on the Northern Neck.

- Our High-Fidelity Wraparound program is growing with two additional Family Support Partners. Also, IIH and CS staff are registered for continuing education for ways to support youth experiencing suicidal ideation.

Strategic objective #2: *To establish MP-NN CSB as an employer of choice and invest in our staff to ensure that we recruit, develop, and retain a skilled and diverse workforce committed to achieving our mission.*

- Workforce development funds have enabled many of the clinical staff to sign up for evidence-based trainings and certifications:
 - 2 SUD staff are getting Certifications and others are attending ASAM 5 training
 - Youth SUD are attending ASAM 5 training and will be working with Caitlin Gallagher toward their CSAC certifications.
 - Youth SUD has asked for a lead clinical position and been granted that as the program grows.
 - Many outpatient and youth outpatient staff are being trained in Brainspotting, an evidence based and trauma informed approach
 - We've signed another staff up for Parent Child Interactional Therapy training/certification. Staff are also being trained in Synergetic Play Therapy and AEDP (Accelerated Experiential Dynamic Psychotherapy).
- Celebrations would include 3 staff gaining QMHP-C certification.
- Hannah Roberts and Michelle Belfield recently completed HFW training to strengthen the High- Fidelity Wrap program.