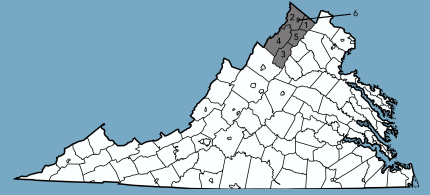


NORTHWESTERN COMMUNITY SERVICES BOARD

PREVENTION DEPARTMENT • COMMUNITY REPORT 2020

MISSION :

To prevent substance misuse and suicide and to promote mental wellness in the Lord Fairfax Planning District.



This report summarizes the work and data of the Northwestern Community Services Board Prevention Department and its partners in 2020. An emphasis is placed on community collaboration and mobilization, enabling groups to be brought together for the benefit of the community.

MENTAL HEALTH FIRST AID

Mental Health First Aid (MHFA) trainings prepare participants to help individuals who may be developing a mental health problem or experiencing a mental health crisis. The training helps participants identify, understand, and respond to signs of addiction and mental illnesses. NWCSB provides youth and adult classes, and partners with facilitators in the community to provide trainings.

MHFA PARTNERS

New Market Police Department • Winchester Police Department • NWCSB's Crisis Services Department • Frederick County Sheriff's Department • Lock and Talk Virginia • Skyline Regional Criminal Justice Academy

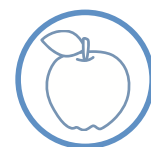
**TOTAL
NUMBERS
REACHED:
930**



443
Adult
MHFA



30
Adult Higher
Education MHFA



205
Youth
MHFA



252
Adult Public
Safety MHFA

NEEDS ASSESSMENT & STRATEGIC PREVENTION FRAMEWORK

Our 2019 Needs Assessment provided us with valuable data about our region, showing us areas of improvement as well as areas that require more attention. We use the Strategic Prevention Framework (pictured here) to provide evidence-based prevention, programs, and strategies to the community. Areas of priority include juuling/electronic cigarettes, alcohol, marijuana, and opiates. We're also focusing on suicide prevention and the creation of trauma-informed, resilient communities.



YOUTH RESOURCE ALLIANCE

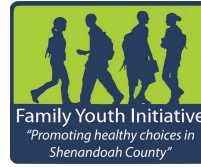
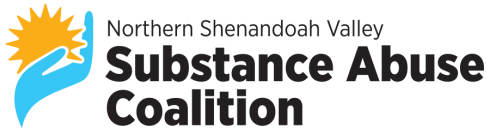


Youth Resource Alliance (YRA) is a collaborative effort to provide a comprehensive list of resources for children, youth and families in the Virginia counties of Clarke, Frederick, Warren, Shenandoah and Page, and the City of Winchester.

Interested in checking out the resources, partners, and social media sites in this report? Each image is linked to a website, so if you click the image, you'll be taken to their page!

OUR PARTNERS:

Working together with coalition partners has increased our ability to impact more of the community. Our partners are listed below.



GRANT FUNDED INITIATIVES



Lock & Talk Virginia continues to provide services and materials designed to promote safe and responsible care of guns, medications, and other lethal means. In partnership with NWCSB, Lock & Talk was able to reach community members by providing lock boxes, information, trigger and cable locks for guns, Mental Health First Aid trainings, and other trainings for high school students.

The Strengthening Families Program is an evidence-based family skills training program for families with youth between the ages of 10-14. Through participation in the program, parents and youth build communication and practice skills via learning games and family projects. This grant serves families in Winchester, and Frederick and Clarke Counties.



NORTHWESTERN PREVENTION COLLABORATIVE

The collaborative is a partnership among three substance abuse prevention coalitions and Northwestern Community Services. Focusing on the heroin/opioid epidemic, the collaborative has dual goals of preventing young people from abusing prescription drugs and reducing the number of heroin/prescription drug overdose deaths in the region.

PARTNERSHIP FOR SUCCESS

Through our PFS grant addressing opioid misuse and overdose, we have distributed the following materials to the community:

- 4,579 Deterra Bags** - Safely deactivates drugs
- 4,656 Timer Caps** - Helps individuals regulate their medication intake
- 2,150 Lock Boxes** - Secures medications in a designated location



A LOOK AT OUR WORK IN THE COMMUNITY:

- Facilitating Evidence-Based programming like Parenting Wisely, Ripple Effects, and LEADS: for Youth
- Providing training on Adverse Childhood Experiences (ACES), which includes information on the impact of childhood trauma on brain development, the CDC/Kaiser Permanente Study that started the trauma-informed movement, and ways communities can begin thinking about self-healing and resilience.
- Visiting all tobacco vendors across the region with Counter Tools in an effort to gather data about stores and counteract tobacco product sales and marketing at the point of sale

FIND US ONLINE

The Collaborative has been increasing its online presence through PSAs on YouTube, and posts on Instagram, Facebook, and Twitter. Check out the hashtag #EveryoneHasARole, or click these icons to find us online!



NWCSB Prevention Department

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<http://www.nwcsb.com/prevention.php>

<https://www.facebook.com/NorthwesternCommunityServices/>