

## Regional Funding

### Fiscal Year 2023 - Partner Funding Application

#### Mental Health America of Fredericksburg

##### Agency Total Budget

*In the boxes below provide an overview of the administrative costs associated with your total agency budget for the FY 2023 Budget. Please also provide updated FY 2021 Actuals, data has been rolled over from previous application submissions for other fiscal years.*

	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2021 Actual	FY 2022 Budget	FY 2023 Budget
Salary	19,246.00	19,047.00	19,300.00	14,397.00	21,860.00	15,116.85	24,000.00
Benefits	2,988.00	3,108.00	2,833.00	2,459.00	2,808.00	2,581.95	3,500.00
Operating Expenses	31,883.00	31,640.00	28,037.00	17,740.46	25,131.00	18,627.49	30,000.00
Capital Expenses	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other Expenses	7,709.00	8,201.00	5,960.00	1,210.00	3,508.00	1,270.50	4,000.00
Total	61,826.00	61,996.00	56,130.00	35,806.46	53,307.00	37,596.79	61,500.00

##### Agency Total Revenues

*Please include revenue associated with your entire organization for FY2023. Please also provided updated FY 2021 Actuals, data has been rolled over from previous application submissions for other fiscal years. This section represents the TOTAL revenue your organization is receiving. The revenue associated with specific programs will be listed within your program budgets; this section represents total revenues. (For example if your organization requests funding for multiple programs the total amount requested from each locality or other entities goes within this section)*

	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2021 Actual	FY 2022 Budget	FY 2023 Budget
Caroline	0.00	5,750.00	0.00	0.00	0.00	6,103.00	5,000.00
Fredericksburg	12,215.00	18,133.00	12,215.00	12,215.00	12,215.00	19,664.00	25,000.00
King George	0.00	3,322.00	0.00	0.00	0.00	3,352.00	5,000.00
Spotsylvania	27,348.00	26,250.00	14,750.00	25,000.00	24,998.00	26,083.00	31,083.00

	<b>FY 2019 Actual</b>	<b>FY 2020 Budgeted</b>	<b>FY 2020 Actual</b>	<b>FY 2021 Estimate</b>	<b>FY 2021 Actual</b>	<b>FY 2022 Budget</b>	<b>FY 2023 Budget</b>
Stafford	15,000.0 0	15,584.0 0	14,805.0 0	37,048.0 0	31,125.0 0	22,838.0 0	35,000.0 0
United Way	47,000.0 0	49,000.0 0	47,000.0 0	18,750.0 0	20,469.0 0	18,750.0 0	23,400.0 0
Grants	42,530.0 0	25,980.0 0	51,279.3 5	48,000.0 0	48,310.0 0	60,000.0 0	60,000.0 0
Client Fees	15,000.0 0	20,500.0 0	4,995.00	6,000.00	4,955.00	6,000.00	0.00
Fundraising	93,000.0 0	87,500.0 0	65,830.0 0	88,000.0 0	67,826.0 0	85,000.0 0	70,000.0 0
Other (Click to itemize)	56,580.0 0	49,075.0 0	100,184. 65	44,909.0 0	81,445.0 0	48,550.0 0	83,000.0 0
<b>Total</b>	<b>308,673. 00</b>	<b>301,094. 00</b>	<b>311,059. 00</b>	<b>279,922. 00</b>	<b>291,343. 00</b>	<b>296,340. 00</b>	<b>337,483. 00</b>

### Surplus / Deficit

	<b>FY 2020 Budgeted</b>	<b>FY 2020 Actual</b>	<b>FY 2021 Estimate</b>	<b>FY 2021 Actual</b>	<b>FY 2022 Budget</b>	<b>FY 2023 Budget</b>
Surplus or Deficit	-239,098.0 0	-44,054.65	-244,115.5 4	-238,036.0 0	-258,743.2 1	-275,983.0 0

# Mental Health America of Fredericksburg

## Agency Budget Narrative

### Administrative Expenses

**Provide an overview of the administrative costs for your agency.**

Over the years, average administrative costs do not exceed 20% of Mental Health America of Fredericksburg (MHAfred) revenue for that same year.

**If your agency is requesting an increase or decrease in administrative funding, please describe in detail the reasons for these changes.**

MHAfred is anticipating a need to hire new employees or increase part-time staff to full-time to cover increases in the use of all programs. Some increase in administrative costs will be inevitable, but MHAfred's policy is not to use locality funding to pay for administrative expenses. Program usage has increased most across the HELPLINE and the Seniors Visitors after articles in the Freelance Star highlighted how these programs were meeting current needs across PD16.

**Please provide justification for and specific amounts of administrative costs that are defrayed by locality funds.**

MHAfred budgets all locality funding to direct program costs. For those localities providing unrestricted funds, no more than 10% of that locality's funding would be spent on administrative costs that directly support a program. An example would be the bookkeeper's time tracking financials for a program. No locality funds are spent on any costs associated with fundraising, and MHAfred does not participate in any lobbying activities.

### Capital Expenses

**Please provide an overview of the capital costs for your agency.**

There are no capital expenses

**Please provide justification for and specific amounts of capital costs that are defrayed by locality funds.**

N/A

### Salary & Benefit Expenses

**Please provide an overview of any increases or decreases in general personnel expenses for your agency.**

Personnel costs are only increasing to accommodate the increased usage of programs.

**Please provide a description of any changes to agency benefits structure or cost.**

There are no changes to agency benefits, which are allocated per calendar year. For employees the board approved: 11 paid holidays each calendar year and sick & vacation days that are variable based on employee number of hours worked each week and number of years with MHAfred.

## Budget Issues

**Provide any legislative initiatives or issues that may impact the agency for the upcoming year.**

N/A

**If you are aware of “outside” funding sources that will expire or be reduced on a set cycle or date, please note those below and how you are planning for them.**

MHAfred received a one-time grant from the Community Foundation of Richmond in the amount of \$25,000. We are expanding development activities by increasing the number of grants applications and beginning a peer-to-peer fundraising program.

**Please detail any identified agency needs or areas of concern that are currently not being addressed in your funding request.**

N/A

# **Mental Health America of Fredericksburg**

## **Locality Information**

### **Caroline County**

Using population data from the 2020 Census, 8% of the population across PD16 live in Caroline County. Comparatively, based on past usage: 5% of HELPLINE requests and 4% of participants in the Senior Visitors program live in Caroline County. Though MHAfred has been marketing our services across all of PD16, there is an increased effort in Caroline to increase usage. Additionally, MHAfred is actively recruiting mental health providers from the Richmond area to meet needs among residents of Caroline who wish to use the HELPLINE.

### **City of Fredericksburg**

Using population data from the 2020 Census, 7% of the population across PD16 live in the City of Fredericksburg. Comparatively, based on past usage: 15% of HELPLINE requests and 24% of participants in the Senior Visitors program live in the City of Fredericksburg.

### **King George County**

Using population data from the 2020 Census, 7% of the population across PD16 live in King George County. Comparatively, based on past usage: 3% of HELPLINE requests and 1% of participants in the Senior Visitors program live in King George County. Though MHAfred has been marketing our services across all of PD16, there is an increased effort in King George to increase usage.

### **Spotsylvania County**

Using population data from the 2020 Census, 37% of the population across PD16 live in Spotsylvania County. Comparatively, based on past usage: 52% of HELPLINE requests and 45% of participants in the Senior Visitors program live in Spotsylvania County.

### **Stafford County**

Using population data from the 2020 Census, 41% of the population across PD16 live in Stafford County. Comparatively, based on past usage: 25% of HELPLINE requests and 26% of participants in the Senior Visitors program live in the Stafford County. HELPLINE use among Stafford residents is currently trending higher, in response to increased marketing and events in the County. To meet this growing need, mental health providers located in Prince William County are being added to HELPLINE.

# Mental Health America of Fredericksburg

## Agency Information

**Agency Name** Mental Health America of Fredericksburg  
**Physical Address** 618 Kenmore Avenue, Suite 2A, Fredericksburg, VA, 22401, US  
**Mailing Address** 618 Kenmore Avenue, Suite 2A;Fredericksburg, VA, 22401  
**Agency Phone Number** (540) 371-2704  
**Federal Tax ID #** 54-0678704  
**Web Address** www.mhafred.org  
**Agency Email Address** barlow@mhafred.org

## Agency Mission Statement

Mission: Mental Health America of Fredericksburg (MHAfred) mission is to improve people's mental health and wellness through education, advocacy and supportive services.

Vision: MHAfred envisions a just, humane and healthy society in which all people are accorded respect, dignity and the opportunity to achieve their full potential free of stigma and prejudice. Specifically, MHAfred: connects people with appropriate and available resources; educate to promote mental health awareness and understanding; advocate for policies and programs that impact the lives of people with mental health problems in our community; serves those with mental health needs by providing supportive services; identifies gaps unmet by public and private mental health providers and insurers; creates and incubates programs tailored to meet those needs through collaborative efforts.

**Number of Years in Operation** 66

**Main Contact** Barbara J Barlow, phone: (540) 371-2704, email: barlow@mhafred.org  
**Job Title** Executive Director

## Localities Served

*Please select any/all localities your agency serves.*

**Caroline**   
**Fredericksburg**   
**King George**   
**Spotsylvania**   
**Stafford**

## Agency Collaborative Impact

**Describe in detail how the community would be impacted if your agency were dissolved or merged with another partner agency.**

Over the decades, MHAfred has identified gaps in the delivery of mental health services across PD16 and created unique individualized programs to meet those needs. Past programs evolved into recognized community resources such as Rappahannock Area Community Services Board, Kenmore Club, Fredericksburg Counseling Services, Rappahannock Goodwill, and Rappahannock Legal Services. These outcomes underscore a value of MHAfred to the community - partnerships that lead to the sustainability of developed resources. MHAfred's programs are often the startups that later scale for greater community impact. Few other organizations are positioned to fill this role in the mental wellness space.

**Agency Community Impact**

*Please provide at least two examples of how the mission and vision of your agency impacts the community and overall region.*

**Example 1**

In recent years, mental health providers have been struggling to keep up with the number of new clients requesting services. Many PD16 residents have expressed frustration trying to find local providers who are accepting new clients, accept their insurance, and offer the services they need. MHAfred's HelpLine removes some of these barriers that people face when searching for mental health services. By keeping track of local mental health providers, the HelpLine makes the process to get an appointment a more simplified and optimistic process for all callers.

**Example 2**

20 years ago, senior citizens were the highest population that were dying by suicide each year. While adolescents have since overtaken this group, the COVID-19 pandemic has led to a sharp increase in the number of seniors who die by suicide. The Virginia Department of Health's Office of the Chief Medical Examiner Annual Report from 2019 shows this increasing trend for people ages 75 and older. To combat the highest risk factors for depression and suicide - social isolation and loneliness - MHAfred's Senior Visitors Program was started. The program encourages genuine friendship and a community connection between at-risk seniors and their trained volunteers.

**Example 3 (Optional)**

Suicide rates of adolescents have been increasing in the country and Virginia over the past five years. The Virginia Department of Health's Office of the Chief Medical Examiner Annual Report from 2019 included data that showed how the number of child deaths by suicide nearly matched the number of accidental deaths. To play a role in reducing this rate, MHAfred presents the evidence-based curriculum, Signs of Suicide (SOS), to educate middle and high school students about depression and suicide. The SOS curriculum teaches students how to identify the signs and symptoms of depression, and how to get help if they are concerned about themselves or a friend.

## Mental Health America of Fredericksburg - HelpLine

### Program Overview

*You may save your work at any time by clicking on the "Save My Work" link/icon at the bottom or top of the page.*

*When you have completed all questions on the form, select the "Save My Work and Mark as Completed" link/icon at the bottom or top of this page.*

*You may also SWITCH between forms in this application by using the SWITCH FORMS feature in the upper right corner. When switching forms, any updates to the existing form will automatically be saved.*

### General Information

**Program Name** HelpLine

**Is this a new program?** No

### Program Contact

**Name** Barbara J Barlow

**Title** Executive Director

**Email** barlow@mhafred.org

**Phone** (540) 371-2704

### Program Purpose / Description

#### Provide an overview of this program

MHAfred proactively maintains relationships with mental health providers to curate a list that tracks insurance accepted, services offered, and if new clients are accepted. This list is available on MHAfred's website for individuals to search privately at their convenience. Also, people needing more assistance can call MHAfred to request help. Each person calling is emailed a list of providers that meet their stated criteria. Further, MHAfred provides follow-up calls and emails asking if an appointment was secured or if additional assistance is needed. This follow-up service provides another prompt, encouraging people to make an appointment.

### Client Fees

#### Please describe the fees clients must pay for the services by this program.

Any individual or organization within PD-16 searching for a mental health provider can utilize the HELPLINE for free.



## **Justification of Need**

**Please state clearly why this service should be provided to the citizens of the region and why the localities should consider this funding request.**

The services offered through HELPLINE are not duplicated by any other nonprofit or organization serving PD16. Though other provider directories exist, HELPLINE is the only resource that routinely calls and emails providers to ensure current information. Also, during follow-up calls, if participants share they had not heard from a provider or a phone number did not work, MHAfred staff will reach out to the provider to determine if changes are needed to the list. Additionally, HELPLINE was recently updated, allowing listed providers to request updates to their profile through MHAfred's website. Before this change, providers needed to complete paperwork, which could be emailed or mailed to MHAfred. Further, MHAfred operates using continuous quality improvement processes, resulting in new procedures when warranted that would improve the experience for all stockholders.

**If this is a new program, be sure to include the benefits to the region for funding a new request.**

This is not a new program.

## **Target Audience and Service Delivery**

**Describe the program's intended audience or client base and how those clients are served.**

A sampling of organizations that use the HELPLINE includes UMW Tally Center, RACSB, medical practitioners needing to refer a patient, and social workers. Individuals using the HELPLINE include parents trying to secure help for their child, veterans referred by the VA to a local provider, first responders worried about confidentiality, and any other individual looking for mental health services.

Recently, mental health providers within PD have shared their need for mental health supports due to the additional stress caused by meeting increased demands during the pandemic. Across our area, many mental health providers are sole proprietors, isolating them from their peers. Specifically, providers requested MHAfred coordinate events with expert speakers to facilitate social support among this group of peers. When implemented, this would create another beneficiary group for this program. As with other MHAfred programs, this service would be provided for free to participants.

**If your program has specific entry or application criteria, please describe it here.**

There are no entry or application criteria for participation in the HELPLINE.

It is preferable to email information to participants because they are provided a list of matched mental health providers without the possibility of errors. However, information is provided while someone is on the phone if they do not have internet access. Additionally, people are helped at the office location. Further, the service is offered in English and Spanish.

There are no qualifying criteria, so demographics such as age, race, age, income, etc., are not collected. It can only be assumed that participants reflect the general population.

## **Mental Health America of Fredericksburg - HelpLine**

### **Program Budget Narrative**

#### **Please indicate in detail reasons for increases or decreases in the amounts you are requesting.**

There has been a dramatic increase in the use of HELPLINE since the article was published in the Freelance Star about this service. Further, feedback from users of the HELPLINE prove that follow-up calls and emails increase the percentage of people who follow through to make an appointment. Though these follow-up touchpoints do not increase the overall total of people being served, this effort does increase the conversion rate of those who move forward to get help. Both the increased volume of users and the increased touchpoints are requiring more staff hours, which is currently being handled by staff not assigned to the HELPLINE. However, during the next fiscal year another dedicated staff person will be needed. Finally, local mental health providers have asked MHAfred to organize networking events among this group to help mitigate the increased occupational stress caused by outcomes related to the pandemic. To be able to offer this important service, more resources are needed.

#### **If an increase is being requested, please describe the impact not receiving an increase would have on the program.**

Currently, HELPLINE calls are taken between 9 am through 2 pm during weekdays and MHAfred would like to extend this timeframe to at least 5 pm. Additionally, we have been asked to consider weekend hours. Extending HELPLINE hours would allow the service to be more accessible to callers, several of whom have expressed the request for more hours. Further, MHAfred has become more proactive reaching out to mental health providers to ensure that entries in the HELPLINE directory are up to date. Again, making these connections takes more time. Finally, MHAfred is uniquely positioned to organize networking events for mental health providers. Without additional funding resources, it will be difficult to make these events happen and this need from the providers themselves will remain unmet. MHAfred sees these events as an essential way to give back to the mental health professionals who work tirelessly each day to provide much needed community services.

#### **In particular, please describe in detail if any increase is sought for new positions or personnel.**

Increases from locality funding is to cover the additional costs for salaries and benefits to employees needed to address increases in the use of this program.

Instead of a coordinator position, covering oversight, reporting, and preformed all associated job functions, MHAfred would hire a Supervisor to manage volunteers and new part time employees that would cover shifts to expand coverage.

## Mental Health America of Fredericksburg - HelpLine

### Program Specific Budget

*In the boxes below provide program specific administrative costs associated with this program for FY 2023. Please also provide updated FY 2021 Actuals. Data has been rolled over from previous fiscal year application submissions.*

	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2021 Actual	FY 2022 Budget	FY 2023 Budget
Personnel	31,593.00	40,078.00	37,073.00	39,828.00	24,770.00	41,022.00	69,439.00
Benefits	5,033.00	6,286.00	5,707.00	6,202.00	2,627.00	7,096.00	9,703.00
Operating Expenses	11,023.00	11,058.00	10,400.00	11,328.00	8,944.00	11,720.00	14,401.00
Capital Expenses	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total	47,649.00	57,422.00	53,180.00	57,358.00	36,341.00	59,838.00	93,543.00

### Program Specific Revenue

*In the section below please provide revenue specifically associated with your program for FY 2023. Please also provide updated FY2021 Actuals. Data has been rolled over from previous fiscal year application submissions. The revenue in this section supports the implementation of your program and the services provided to the community.*

	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2021 Actual	FY 2022 Budget	FY 2023 Budget
Caroline	0.00	0.00	150.00	0.00	0.00	670.00	2,500.00
Fredericksburg	5,428.00	0.00	5,418.00	3,000.00	0.00	1,940.00	4,440.00
King George	0.00	0.00	0.00	0.00	0.00	192.00	2,692.00
Spotsylvania	3,350.00	2,250.00	2,250.00	2,250.00	4,687.00	1,001.00	3,501.00
Stafford	1,500.00	1,500.00	2,084.00	12,033.00	1,125.00	910.00	3,410.00
United Way	25,000.00	25,000.00	25,000.00	18,750.00	18,750.00	18,750.00	23,000.00
Grants	0.00	0.00	0.00	0.00	10,193.00	0.00	10,000.00
Client Fees	0.00	0.00	0.00	0.00	0.00	0.00	0.00

	<b>FY 2019 Actual</b>	<b>FY 2020 Budgeted</b>	<b>FY 2020 Actual</b>	<b>FY 2021 Estimate</b>	<b>FY 2021 Actual</b>	<b>FY 2022 Budget</b>	<b>FY 2023 Budget</b>
Fundraising	9,913.21	25,772.00	15,378.00	18,425.00	0.00	33,475.00	30,000.00
Other (Click to itemize)	2,494.00	2,900.00	2,900.00	2,900.00	3,000.00	2,900.00	14,000.00
In-Kind	2,403.00		2,400.00	2,400.00	2,500.00	2,400.00	8,000.00
Individual Contributions	91.00		500.00	500.00	500.00	500.00	6,000.00
In-Kind		2,400.00					
Individual Contributions		500.00					
<b>Total</b>	<b>47,685.21</b>	<b>57,422.00</b>	<b>53,180.00</b>	<b>57,358.00</b>	<b>37,755.00</b>	<b>59,838.00</b>	<b>93,543.00</b>

### Surplus / Deficit

	<b>FY 2019 Actual</b>	<b>FY 2020 Budgeted</b>	<b>FY 2020 Actual</b>	<b>FY 2021 Estimate</b>	<b>FY 2022 Budget</b>	<b>FY 2023 Budget</b>
Surplus or Deficit	36.21	0.00	0.00	0.00	1,414.00	0.00

## **Mental Health America of Fredericksburg - HelpLine**

### **Collaborative Impact**

#### **Efforts and Partnerships**

**Describe in detail examples of collaborative efforts and key partnerships between your program and the other programs or agencies in the area.**

Although two employees are assigned directly to HELPLINE, every staff person is trained to handle these calls to ensure coverage. For that reason, every staff member has completed Mental Health First Aid (MHFA) and knows the procedures if a person in crisis calls the HELPLINE. MHFA training is offered free through RACSB Prevention Services, reducing program costs. Further, protocols for referring crisis callers to Emergency Services were developed collaboratively with the RACSB, which ensures that callers are properly directed for help.

Key partnerships are required with mental health providers, which is why many providers reached out to MHAfred to help create a local network. Additionally, organizations, such as social workers from municipalities, call regularly if there is a unique need.

Further, MHAfred is continuously conducting community outreach to get the word out about HELPLINE, as well as other relevant community resources offered by MHAfred and other organizations.

#### **Collaborative Impact**

**Describe in detail how the community would be impacted if your program were dissolved or merged with another partner agency.**

Without the HELPLINE, many people who reach the point where they are ready to ask for help stop searching for a mental health provider because it is too difficult.

HELPLINE also serves as a community hub between providers and those who need mental health services, which uniquely positions MHAfred staff to be a resource to other organizations. For example, MHAfred gets requests from top research universities that we share with local providers. Local college students serve internships in the HELPLINE program and benefit from networking with the program's stakeholders.

## Mental Health America of Fredericksburg - HelpLine

### Number of Individuals Served

#### Localities

*Please provide the actual numbers of individuals served in this program during FY2021 and the estimated numbers of individuals to be served in FY2023.*

Locality	FY2017 (Actual)	FY2018 (Actual)	FY 2019 (Actual)	FY 2020 (Actual)	FY 2021 (Actual)	FY 2022 Estimate	FY 2023 Estimate
Fredericksburg City	325	283	325	597	180	850	230
Caroline County	10	18	20	206	64	75	94
King George County	16	13	15	59	29	75	59
Spotsylvania County	103	126	130	308	644	420	694
Stafford County	105	111	120	280	316	540	376
Other Localities	76	213	190	159	344	120	344
Total	635	764	800	1,609	1,577	2,080	1,797

# Mental Health America of Fredericksburg - HelpLine

## [View Diagram](#) Goals and Objectives

### Goals

#### Goal:

Individuals searching for a mental health provider will use the HELPLINE database available on MHAfred's website.

Objectives		2020 Baseline	2020 Year End	2021 Baseline	2021 Year End	2022 Baseline	2022 Year End	2023 Baseline
<b>Online users of the HELPLINE database will find at least one mental health provider that meets specified requirements of accepting new patients, accepts the correct insurance, and offers the need service. This conclusion will be determine if an individual user remains on the webpage hosting the HELPLINE for more than 60 seconds.</b>	Total # Clients Served	4,045	0	3,500	0			500
	Total # Clients Achieved/Successful	4,045	0	3,500	0			500
	% Achieved / Successful	100	0	100	0	0	0	100
<b>HELPLINE virtual users, who obtain information about a mental health provider and are able to be contacted for a follow-up survey will</b>	Total # Clients Served	3,333	0	3,000	0			250
	Total # Clients Achieved/Successful	3,200	0	2,800	0			230
	% Achieved / Successful	96.01	0	93.33	0	0	0	92

express an increased sense of personal safety and wellbeing after locating a provider.

### Explanation & Overview

**If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case**

Currently, bots are not being filtered out from webpage usage reports, elevating the number of reported users to over 20,000 each month. Further, these users are from all over the world. The closest cities to track data by users' location are Richmond and Arlington, and only two users are reported for each of these cities, which is not helpful. Without reliable data, it is impossible to report on this objective. For that reason, zeros were listed.

### Updates for FY2018

**Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported**

MHAfred is working with the developer of the webpage hosting the HELPLINE database to create a reliable method for tracking the actual number of HELPLINE users. These changes should be completed during FY2022.

**If you are restating the goals or objectives for the prior calendar year, please include those here**

### Goal:

Individuals searching for a mental health provider who contact MHAfred directly by calling, faxing, mailing, or visiting the office location are provided referrals from the HELPLINE database that match the stated requirements of accepting the correct insurance, scheduling new clients, and offering the needed service.

Objectives	2020 Baseline	2020 Year End	2021 Baseline	2021 Year End	2022 Baseline	2022 Year End	2023 Baseline
During the initial request	Total # Clients Served	850	1,609	2,352	1,577		1,797



<b>for a mental health provider all individuals will be provided with at least one matching provider, but preferably given three choices.</b>	Total # Clients	799	1,609	2,200	1,577			1,797
	Achieved/Successful							
	% Achieved / Successful	94	100	93.54	100	0	0	100

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<b>All individuals given information about a mental health provider will be called or emailed within 3 business days to inquire if they were able to secure an appointment, or if additional information would be helpful. If no contact is made during this first request for feedback, two more attempts are made. For this objective, clients served will be those individuals actually reached for their feedback. Among this group, success will be those who shared satisfaction with the</b>	Total # Clients Served	850	804	2,000	788			890
	Total # Clients Achieved/Successful	782	790	1,800	780			886
	% Achieved / Successful	92	98.26	90	98.98	0	0	99.55

**assistance  
provided.**

## **Explanation & Overview**

**If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case**

The 2021 baseline figures provided were unrealistically high. Year end totals were not previously provided for years 2020 and 2021. For that reason, these numbers were provide now.

A central web-based system has been created to manage requests to the HELPLINE, which ensure that all inquires are recorded and properly tracked, which allows for remote work by staff. Before this system, each request was written on a sheet of paper and during the pandemic the tracking of calls was not consistent. If paperwork was completed when working from home, it did not regularly get turned in because staff were not reporting to the main office for months at a time.

## **Updates for FY2018**

**Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported**

From the lessons learned during the pandemic, MHAfred is continuing to evolve the systems supporting the HELPLINE. The current web-based system to manage and track requests is built in SharePoint, which will be expanded to create a dashboard providing staff with daily updates about task to complete. Though 40 hours are split between two different staff members dedicated to working on the HELPLINE, more hours are needed to meet increasing demands. This dashboard would allow any staff member to fill-in during peak times or when HELPLINE staff are not available.

**If you are restating the goals or objectives for the prior calendar year, please include those here**

## Mental Health America of Fredericksburg - Senior Visitors Program

### Program Overview

*You may save your work at any time by clicking on the "Save My Work" link/icon at the bottom or top of the page.*

*When you have completed all questions on the form, select the "Save My Work and Mark as Completed" link/icon at the bottom or top of this page.*

*You may also SWITCH between forms in this application by using the SWITCH FORMS feature in the upper right corner. When switching forms, any updates to the existing form will automatically be saved.*

### General Information

**Program Name** Senior Visitors Program

**Is this a new program?** No

### Program Contact

**Name** Barbara J Barlow

**Title** Executive Director

**Email** Barlow@mhafred.org

**Phone** (540) 371-2704

### Program Purpose / Description

**Provide an overview of this program**

Senior Visitors has been operating for over twenty year. When started, rates of death by suicide by age group was highest among seniors across PD16. Depression, which is not a normal result of aging, was the leading cause for these suicides. Loneliness and social isolation were the leading risk factors for depression, which is still true today. These risk factors are mitigated when trained volunteers are matched with qualifying seniors. Participation in this program requires each senior and volunteer match to meet once a week, providing a connection to the community. Some of these matches have existed since the beginning of the program.

Though reducing risk factors leading to depression are still relevant outcomes today, in recent years program impacts have expanded to include respite care for primary caregivers as many seniors are now living with their grown children. Further, more than half of these families are within the ALICE population. For these households, more nuanced understandings of interventions to mitigate identified risk factors are needed, requiring more training for volunteers and oversight by MHAfred staff. The program continues to evolve to address these new challenges.

During the pandemic, staff, volunteers, and the seniors have been creative to ensure that seniors who want visitors still benefit from this program. Community picnics and parties have been drive thru, where seniors play games in the car, and takeaway meals and baskets of gifts.

## **Client Fees**

**Please describe the fees clients must pay for the services by this program.**

No fees are charged to seniors or their family for participation in the Senior Visitors Program.

## **Justification of Need**

**Please state clearly why this service should be provided to the citizens of the region and why the localities should consider this funding request.**

Many seniors in our program live alone on fixed incomes, have health and mobility impairments, cannot drive, and have lost connection with their community. These are the very factors that make our seniors such a vulnerable population.

Trained, screened volunteers are matched with seniors referred by local government agencies, healthcare providers, churches, family members, neighbors, or self-referral. Volunteers are trained to recognize emotional and physical health and safety risks, transportation needs and other gaps where community resources may benefit our seniors.

Referral sources use Senior Visitors as a continuum of care after hospital discharge, as a safety net after home health visits are exhausted, to connect seniors on waiting lists of community agencies until resources are available and to supplement the services of other community agencies.

**If this is a new program, be sure to include the benefits to the region for funding a new request.**

This is not a new Program.

## **Target Audience and Service Delivery**

**Describe the program's intended audience or client base and how those clients are served.**

The program is designed for senior citizens who are socially isolated and/or experiencing feelings of loneliness. Senior Visitors combats these risk factors for depression and suicide by fostering genuine friendship and connection between seniors and their volunteers. Many of the program's participants live alone or have recently relocated to the area to be closer to family members. Social isolation and loneliness, if left untreated, can lead to mental health issues as seniors struggle to find community in the later decades and years of life. While many community services exist to meet the physical needs of the senior population, the Senior Visitors program addresses the mental health needs that often go unaddressed. The volunteer and senior pairs created through the program often lead to lasting friendships that span years and provide mutual benefits.

**If your program has specific entry or application criteria, please describe it here.**

Seniors or an advocate - family member, doctor, social worker, etc. - apply. Whether completed by the senior or advocate, an MHAfred staff member meets with the senior in their home. This meeting allows the senior to learn more about the program, ask questions, and complete a mental health assessment to measure loneliness and social isolation. Further, a confidential discussion about elder abuse provides an opportunity for seniors to share.

Respite care for family caregivers can be a meaningful outcome of the Senior Visitor Program, but it is not a stated objective of the program. For that reason, if a senior declines the program or does not have the noted risk factors, participation is not encouraged, even if respite could benefit the family. However, these families would be referred to other possible resources.

Volunteers must complete an application, complete training, and submit to a background check before they can be matched with a senior.

# Mental Health America of Fredericksburg - Senior Visitors Program

## Program Budget Narrative

**Please indicate in detail reasons for increases or decreases in the amounts you are requesting.**

There has been an increase in applications to participate in the Senior Visitors program after the article in the Freelance Star highlighted the community benefit of this service. Besides the core elements of the program, MHAfred has started creating additional training opportunities for our program volunteers that are also being shared with other community partners working with seniors. All of this work takes more time, but also provides broader community benefits by strengthening networks between local groups working with seniors.

**If an increase is being requested, please describe the impact not receiving an increase would have on the program.**

The requested increase is to increase staff hours working on this program. Without increased hours, this program will not scale to help more seniors beyond the plateau that has capped expansion over the last 5 years. Additionally, MHAfred's decades of experience is of value to other groups who want to provide services to this population. Without additional funding, this resource may not be developed or networks enhanced.

**In particular, please describe in detail if any increase is sought for new positions or personnel.**

Funding would be used to increase staff hours. During past years, this program had both a program coordinator and administrative assistant. Budget cuts eliminated the assistant position, and funding would restore this position.

## Mental Health America of Fredericksburg - Senior Visitors Program

### Program Specific Budget

*In the boxes below provide program specific administrative costs associated with this program for FY 2023. Please also provide updated FY 2021 Actuals. Data has been rolled over from previous fiscal year application submissions.*

	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2021 Actual	FY 2022 Budget	FY 2023 Budget
Personnel	59,621.0 0	63,423.0 0	67,144.0 0	60,000.0 0	50,152.0 0	57,520.0 0	97,311.0 0
Benefits	11,000.0 0	9,947.00	10,376.0 0	11,000.0 0	5,067.00	10,760.0 0	10,648.0 0
Operating Expenses	19,301.0 0	19,283.0 0	19,020.0 0	19,800.0 0	15,581.0 0	19,800.0 0	22,066.0 0
Capital Expenses	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total	89,922.0 0	92,653.0 0	96,540.0 0	90,800.0 0	70,800.0 0	88,080.0 0	130,025.0 00

### Program Specific Revenue

*In the section below please provide revenue specifically associated with your program for FY 2023. Please also provide updated FY2021 Actuals. Data has been rolled over from previous fiscal year application submissions. The revenue in this section supports the implementation of your program and the services provided to the community.*

	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2021 Actual	FY 2022 Budget	FY 2023 Budget
Caroline	0.00	0.00	0.00	0.00	0.00	4,440.00	2,000.00
Fredericksburg	12,215.0 0	12,215.0 0	12,215.0 0	12,025.0 0	12,215.0 0	12,025.0 0	13,725.0 0
King George	0.00	0.00	2,489.00	0.00	0.00	2,200.00	3,900.00
Spotsylvania	23,000.0 0	23,000.0 0	23,000.0 0	25,000.0 0	9,250.00	22,385.0 0	24,085.0 0
Stafford	12,000.0 0	12,000.0 0	12,000.0 0	24,327.0 0	14,800.0 0	14,615.0 0	16,315.0 0
United Way	12,000.0 0	12,000.0 0	12,000.0 0	0.00	0.00	0.00	0.00
Grants	15,750.0 0	827.00	1,099.00	3,000.00	12,050.0 0	2,500.00	5,000.00

	<b>FY 2019 Actual</b>	<b>FY 2020 Budgeted</b>	<b>FY 2020 Actual</b>	<b>FY 2021 Estimate</b>	<b>FY 2021 Actual</b>	<b>FY 2022 Budget</b>	<b>FY 2023 Budget</b>
Client Fees	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fundraising	10,050.00	38,511.00	16,750.00	18,748.00	13,075.00	22,215.00	20,000.00
Other (Click to itemize)	4,907.00	5,600.00	16,987.00	7,700.00	75,086.00	7,700.00	45,000.00
Other	650.00	1,600.00	1,250.00	1,200.00		1,200.00	
In-Kind	4,257.00	4,000.00	4,000.00	4,500.00	75,086.00	4,500.00	45,000.00
Corporate			11,737.00	2,000.00		2,000.00	
<b>Total</b>	<b>89,922.00</b>	<b>104,153.00</b>	<b>96,540.00</b>	<b>90,800.00</b>	<b>136,476.00</b>	<b>88,080.00</b>	<b>130,025.00</b>

### Surplus / Deficit

	<b>FY 2019 Actual</b>	<b>FY 2020 Budgeted</b>	<b>FY 2020 Actual</b>	<b>FY 2021 Estimate</b>	<b>FY 2022 Budget</b>	<b>FY 2023 Budget</b>
Surplus or Deficit	0.00	11,500.00	0.00	0.00	65,676.00	0.00



## **Mental Health America of Fredericksburg - Senior Visitors Program**

### **Collaborative Impact**

#### **Efforts and Partnerships**

**Describe in detail examples of collaborative efforts and key partnerships between your program and the other programs or agencies in the area.**

As stated before, when Senior Visitors started it was the only program like it across PD16. Since that time similar programs have started but the focus is not on mitigation of risk factors that lead to depression. Many of these newer groups are within local churches with both volunteers and seniors being members. These groups can rely on MHAfred for resources and training. Further, there is a 10 year movement - Village to Village - that uses volunteers within a neighborhood that helps seniors age in their homes. The only organization locally participating in this model is LOWLINC, at Lake of the Woods. Though this group is out side of PD16, MHAfred still provided training when they were a startup.

Recently, MHAfred has started interim training for active volunteers, which is presented using Zoom. These sessions review information from the initial trainings, present current best practices, and introduce a focus topic such a better listening skills.

### **Collaborative Impact**

**Describe in detail how the community would be impacted if your program were dissolved or merged with another partner agency.**

Practice - scale by supporting other organizations that want to start and maintain similar programs.

## Mental Health America of Fredericksburg - Senior Visitors Program

### Number of Individuals Served

#### Localities

*Please provide the actual numbers of individuals served in this program during FY2021 and the estimated numbers of individuals to be served in FY2023.*

Locality	FY2017 (Actual)	FY2018 (Actual)	FY 2019 (Actual)	FY 2020 (Actual)	FY 2021 (Actual)	FY 2022 Estimate	FY 2023 Estimate
Fredericksburg City	35	44	40	35	33	40	36
Caroline County	8	11	10	6	5	10	7
King George County	3	3	6	4	1	6	2
Spotsylvania County	55	56	54	69	63	70	67
Stafford County	33	29	39	37	36	39	38
Other Localities	4	6	4	6	8	5	8
Total	138	149	153	157	146	170	158

# Mental Health America of Fredericksburg - Senior Visitors Program

[View Diagram](#) Goals and Objectives

## Goals

### Goal:

Seniors reduce their risk of depression through improved social support and interaction thus decreasing risky health and safety behaviors and improving their healthy behaviors.

Objectives		2020 Baseline	2020 Year End	2021 Baseline	2021 Year End	2022 Baseline	2022 Year End	2023 Baseline
<b>Seniors who report that overall the Senior Visitors program has met their needs by providing socialization opportunities to encourage "life outside their four walls" through: outings in the community; annual holiday social in December and summer picnic; monthly newsletter, cards remembrance program and communication with seniors (notes, calls, visits).</b>	Total # Clients Served	45	44	50	47			60
	Total # Clients Achieved/Successful	38	43	49	46			57
	% Achieved / Successful	84.44	97.73	98	97.87	0	0	95
<b>Seniors who report feeling</b>	Total # Clients Served	45	44	50	47			60

<b>less lonely and isolated as a result of visits by their trained volunteer who provides weekly, supportive visits to alleviate loneliness, social isolation, and risk of clinical depression.</b>	Total # Clients	38	44	50	47			57
	Achieved/Successful							
	% Achieved / Successful	84.44	100	100	100	0	0	95

## Explanation & Overview

### If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

For both objectives, the missing year-end totals were added for 2020 and 2021. This grant system would not allow edits to the year 2022. For that reason, these totals are listed in this overview section. For both objectives one & two, the totals were the same: clients served was 25 & those who achieved successful outcomes were 24, resulting in a percentage of 96. Totals for each objective are calculated from annual surveys that were hand-delivered to seniors in past years. During the pandemic, surveys were mailed, which resulted in a lower return rate. The pandemic also impacted other metrics. For example, the total hours volunteers spent visiting with seniors in-person was lower but the time spent connecting through different channels - phone calls, emails, etc. - increased.

## Updates for FY2018

### Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

MHAfred has adopted a continuous improvement policy for all programs and will be reviewing objectives that were originally established when the program started. As part of this process, staff will also be reviewing the annual survey distributed to seniors participating in the program, which is used to determine if stated objectives are met.

### If you are restating the goals or objectives for the prior calendar year, please include those here

## Goal:

**Seniors reduce their risk of depression through improved connection to their community and**

community resources, thus decreasing risky health and safety behaviors and improving their healthy behaviors.

Objectives		2020 Baseline	2020 Year End	2021 Baseline	2021 Year End	2022 Baseline	2022 Year End	2023 Baseline
<b>Seniors who report that overall the Senior Visitor program has met their needs by cultivating and maintaining effective relationships with volunteers and staff to ensure referrals to and from needed community resources providing services to older adults (eldercare providers, local government and human service agencies, healthcare providers, civic organizations, faith and business communities).</b>	Total # Clients Served	45	44	50	47			60
	Total # Clients Achieved/Successful	38	43	48	46			57
	% Achieved / Successful	84.44	97.73	96	97.87	0	0	95
<b>Seniors who report feeling better connected with their community through regular contact</b>	Total # Clients Served	45	44	47	47			60
	Total # Clients Achieved/Successful	39	44	46	47			57
	% Achieved / Successful	86.67	100	97.87	100	0	0	95

**and visits from  
their volunteer,  
communication  
with program  
staff and  
referrals to  
community  
resources.**

## **Explanation & Overview**

**If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case**

For both objectives, the missing year end totals were added for 2020 and 2021. This grant system would not allow edits to year 2022. For that reason, these totals are listed in this overview section. For both objective one & two, the totals were the same: clients served was 25 & those who achieved successful outcomes was 24, resulting in a percentage of 96.

## **Updates for FY2018**

**Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported**

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**If you are restating the goals or objectives for the prior calendar year, please include those here**

# Mental Health America of Fredericksburg - Suicide Prevention Education

## Program Overview

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## General Information

**Program Name** Suicide Prevention Education

**Is this a new program?** No

## Program Contact

**Name** Barbara J Barlow

**Title** Executive Director

**Email** Barlow@mhafred.org

**Phone** (540) 371-2704

## Program Purpose / Description

### Provide an overview of this program

The Suicide Prevention Education Program gives middle and high school students the ability to identify the signs and symptoms of suicide and depression and what they can do to get help. MHAfred partners with schools' counselors, social workers, administrators, and staff by sharing resources that strengthen suicide prevention programming. The school-based program utilizes the Signs of Suicide (SOS) curriculum developed by Mindwise Innovations, which is an evidence-based program for adolescents. The program incorporates classroom discussions, videos, and hands-on activities to reinforce the information. An easy-to-remember acronym, ACT (Acknowledge, Care, Tell), equips students with steps they can take if they require help for themselves or friends. The program is evaluated with pre/post testing and summative assessments throughout the program to determine effectiveness. Students have the opportunity to request further help through their school guidance counselors, and additional community resources are provided to each student. Following MHAfred's SOS presentations, students at the schools have the opportunity to form Teen Councils, which are groups that work to reduce the stigma surrounding mental illness and raise awareness of available mental health resources.

## Client Fees

**Please describe the fees clients must pay for the services by this program.**

MHAfred offers the Signs of Suicide (SOS) Presentation at no cost. Rather, MHAfred pays the licensing fee to Mindwise Innovations each year.

**Justification of Need**

**Please state clearly why this service should be provided to the citizens of the region and why the localities should consider this funding request.**

In recent years, the number of adolescents who die by suicide has been increasing. A CDC study recently showed that in a room of 25 students, 5 of those students have experienced suicidal ideation in the past two weeks. The COVID-19 pandemic has exacerbated the mental health crisis in this country. The return of students attending school in person after attending virtually for months due to COVID-19 has led to additional problems. School counselors have informed MHAfred staff that they are working harder than ever just to get students through a full day of school.

**If this is a new program, be sure to include the benefits to the region for funding a new request.**

This is not a new program.

**Target Audience and Service Delivery**

**Describe the program's intended audience or client base and how those clients are served.**

There are two target populations. First are the students participating in the presentation of Signs of Suicide and any subsequent groups formed. Secondly, social workers and school counselors who provide services to students benefit because SOS is another resource helping them identify at-risk students. Additionally, SOS provides students a shared awareness of suicide and suicide ideation, which decreases existing stigmas that prevent students from asking for help.

**If your program has specific entry or application criteria, please describe it here.**

There are no entry or application criteria for the program. Any middle or high school, public or private, in PD-16 is eligible.



## **Mental Health America of Fredericksburg - Suicide Prevention Education**

### **Program Budget Narrative**

**Please indicate in detail reasons for increases or decreases in the amounts you are requesting.**

There are no increases requested from localities for this program.

**If an increase is being requested, please describe the impact not receiving an increase would have on the program.**

N/A

**In particular, please describe in detail if any increase is sought for new positions or personnel.**

N/A

## Mental Health America of Fredericksburg - Suicide Prevention Education

### Program Specific Budget

*In the boxes below provide program specific administrative costs associated with this program for FY 2023. Please also provide updated FY 2021 Actuals. Data has been rolled over from previous fiscal year application submissions.*

	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2021 Actual	FY 2022 Budget	FY 2023 Budget
Personnel	33,000.00	41,486.00	55,280.00	38,608.00	24,428.00	39,959.00	62,681.00
Benefits	6,800.00	6,506.00	8,534.00	6,722.00	1,372.00	6,588.00	5,868.00
Operating Expenses	21,100.00	20,593.00	16,589.00	18,373.00	11,199.00	19,916.00	23,501.00
Capital Expenses	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total					36,999.00		92,050.00

### Program Specific Revenue

*In the section below please provide revenue specifically associated with your program for FY 2023. Please also provide updated FY2021 Actuals. Data has been rolled over from previous fiscal year application submissions. The revenue in this section supports the implementation of your program and the services provided to the community.*

	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2021 Actual	FY 2022 Budget	FY 2023 Budget
Caroline	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fredericksburg	0.00	0.00	0.00	0.00	0.00	550.00	500.00
King George	0.00	0.00	0.00	0.00	0.00	550.00	550.00
Spotsylvania	1,000.00	1,000.00	1,000.00	1,000.00	1,125.00	2,500.00	2,500.00
Stafford	1,000.00	2,084.00	1,500.00	1,000.00	1,025.00	2,500.00	2,500.00
United Way	10,000.00	10,000.00	10,000.00	3,500.00	18,750.00	0.00	15,000.00
Grants	21,210.00	21,210.00	23,711.00	3,500.00	9,624.00	5,000.00	10,000.00
Client Fees	5,680.00	5,500.00	4,946.00	6,000.00	0.00	6,000.00	0.00
Fundraising	19,574.00	26,191.00	36,746.00	46,203.00	31,128.00	47,043.00	47,000.00

	<b>FY 2019 Actual</b>	<b>FY 2020 Budgeted</b>	<b>FY 2020 Actual</b>	<b>FY 2021 Estimate</b>	<b>FY 2021 Actual</b>	<b>FY 2022 Budget</b>	<b>FY 2023 Budget</b>
Other (Click to itemize)	2,436.00	2,600.00	2,500.00	2,500.00	16,592.00	2,500.00	14,000.00
Corporations	0.00	600.00	500.00	500.00	0.00	500.00	6,000.00
In-Kind	2,386.00	2,000.00	2,000.00	2,000.00	16,592.00	2,000.00	8,000.00
Memorial	50.00						
<b>Total</b>	<b>60,900.00</b>	<b>68,585.00</b>	<b>80,403.00</b>	<b>63,703.00</b>	<b>78,244.00</b>	<b>66,643.00</b>	<b>92,050.00</b>

### Surplus / Deficit

	<b>FY 2019 Actual</b>	<b>FY 2020 Budgeted</b>	<b>FY 2020 Actual</b>	<b>FY 2021 Estimate</b>	<b>FY 2022 Budget</b>	<b>FY 2023 Budget</b>
Surplus or Deficit	60,900.00	68,585.00	80,403.00	63,703.00	41,245.00	0.00

# Mental Health America of Fredericksburg - Suicide Prevention Education

## Collaborative Impact

### Efforts and Partnerships

**Describe in detail examples of collaborative efforts and key partnerships between your program and the other programs or agencies in the area.**

The Suicide Prevention Education program partners with middle and high schools, public or private, across PD16. The program coordinator meets with school counselors, social workers, and administrative staff to discuss the procedures and impacts of presenting the Signs of Suicide (SOS) curriculum. The coordinator and school staff collaborate to plan a presentation of SOS that incorporates community resources and the school's unique procedures for suicide prevention.

Additionally, MHAfred partners with the Rappahannock Area Community Services Board to develop effective suicide prevention programming. Staff recently met with Michelle Wagaman, RACSB Prevention Services Coordinator, to discuss using local data to assess which schools have the greatest need for suicide prevention education. The most recent finding is that Spotsylvania and Stafford County are seeing the largest increase in youth suicide rates, so MHAfred plans on focusing efforts in this jurisdictions immediately.

## Collaborative Impact

**Describe in detail how the community would be impacted if your program were dissolved or merged with another partner agency.**

MHAfred now offers suicide prevention education programming for free to any interested secondary school in PD16. MHAfred previously provided the service at a cost, but recently decided to cover the licensing fee to MindWise Innovations to present the SOS curriculum, removing any budgeting barriers that schools may face. Feedback from other local organizations indicate that they are unlikely to pick up the licensing fees and dedicate staff to presenting SOS in the schools. By covering all costs, MHAfred creates greater affordability and accessibility to the evidence-based curriculum that saves lives.

## Mental Health America of Fredericksburg - Suicide Prevention Education

### Number of Individuals Served

#### Localities

*Please provide the actual numbers of individuals served in this program during FY2021 and the estimated numbers of individuals to be served in FY2023.*

Locality	FY2017 (Actual)	FY2018 (Actual)	FY 2019 (Actual)	FY 2020 (Actual)	FY 2021 (Actual)	FY 2022 Estimate	FY 2023 Estimate
Fredericksburg City	444	429	687	776	0	750	750
Caroline County	0	0	0	0	0	75	75
King George County	0	0	800	804	0	750	400
Spotsylvania County	2,920	3,186	125	426	0	300	400
Stafford County	0	78	570	439	0	400	400
Other Localities	0	0	0	0	0	0	0
Total	3,364	3,693	2,182	2,445	0	2,275	2,025

# Mental Health America of Fredericksburg - Suicide Prevention Education

## [View Diagram](#) Goals and Objectives

### Goals

#### Goal:

Teens will improve their knowledge of help-seeking behaviors (in regard to the signs and symptoms of depression and suicide), thus reducing risky behaviors for themselves and their peers.

Objectives		2020 Baseline	2020 Year End	2021 Baseline	2021 Year End	2022 Baseline	2022 Year End	2023 Baseline
<b>Students report that after participating in the program, they think they would be more likely to get help if they developed symptoms of depression or had thoughts of suicide.</b>	Total # Clients Served	3,500	0	2,200	0			2,025
	Total # Clients Achieved/Successful	3,325	0	1,826	0			2,025
	% Achieved / Successful	95	0	83	0			100
<b>Teens will improve their knowledge and understanding of help seeking behaviors for themselves or others.</b>	Total # Clients Served	3,500	0	2,200	0			2,025
	Total # Clients Achieved/Successful	3,325	0	1,980	0			2,025
	% Achieved / Successful	95	0	90	0			100

### Explanation & Overview

**If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case**

Due to restrictions imposed on schools from the pandemic and staff turnover at MHAfred, no presentations of the Signs of Suicide have been completed for several fiscal years.

## Updates for FY2018

**Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported**

MHAfred is looking forward to resuming the presentations in schools as we enter a post-pandemic state. Additionally, staff is being cross-trained to present the SOS curriculum at the schools, so coverage can be expanded and more schools reached.

**If you are restating the goals or objectives for the prior calendar year, please include those here**

### Goal:

**Teens will improve their knowledge and recognition of the signs and symptoms of depression and suicide thus reducing risky behaviors and will develop help-seeking behaviors.**

Objectives		2020 Baseline	2020 Year End	2021 Baseline	2021 Year End	2022 Baseline	2022 Year End	2023 Baseline
<b>Teens will demonstrate that they can identify at least three warning signs for depression and suicide.</b>	Total # Clients Served	3,600	0	2,200	0			2,025
	Total # Clients Achieved/Successful	3,400	0	2,100	0			2,025
	% Achieved / Successful	94.44	0	95.45	0			100
<b>Teens will increase their knowledge of help-seeking behaviors.</b>	Total # Clients Served	3,600	0	2,200	0			2,025
	Total # Clients Achieved/Successful	3,300	0	2,100	0			2,025
	% Achieved / Successful	91.67	0	95.45	0			100

### Explanation & Overview

**If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case**

Due to restrictions imposed on schools from the pandemic and staff turnover at MHAfred, no presentations of the Signs of Suicide have been completed for several fiscal years.

## **Updates for FY2018**

**Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported**

MHAfred is looking forward to resuming the presentations in schools as we enter a post-pandemic state. Additionally, staff is being cross-trained to present the SOS curriculum at the schools, so coverage can be expanded and more schools reached.

**If you are restating the goals or objectives for the prior calendar year, please include those here**