

**BOARD OF DIRECTORS MEETING MINUTES**  
**April 11, 2023**

The Richmond Behavioral Health Authority (RBHA) Board of Directors met in the Board Room at 107 S. 5<sup>th</sup> Street in Richmond, Virginia 23219.

This meeting was also held through electronic communication means due to safety concerns stemming from the coronavirus pandemic.

The public was provided the option to attend in person or by teleconference/videoconference via Zoom.

**RBHA Board members present:** Irvin Dallas, **Chair**; Jenny Aghomo; Tameisha Archer; Kristi Babenko; Scott Cannady; Karah Gunther, **Vice Chair**; Dr. Brian Maiden via Zoom; Sarah Mines via Zoom; Rev. Dana Sally-Allen; Malesia "Nikki" Taylor, **Secretary/Treasurer**; Eduardo Vidal via Zoom; and Stephen Willoughby.

**RBHA Board members absent:** Shauntelle Hammonds and Dr. Cynthia Newbille.

**Staff present:** Dr. John Lindstrom, **CEO**; Brittany Cox; Amy Erb; Bill Fellows via Zoom; Susan Hoover; Shenee McCray; Carolyn Seaman; Michael Tutt; Scott Ward; Cristi Zedd via Zoom; Steve Buffenstein and Meleese Evans, Executive Assistant.

**RBHA's Legal Counsel:** Jon Joseph of Christian & Barton, LLP.

**Guests:** Luca Powell, reporter with the Richmond Times Dispatch.

**Proceedings:**

- The meeting was called to order at 3:07 p.m. by Irvin Dallas, Board Chair.
- **Public Comment:** None.
- **Board meeting minutes for February 7, 2023, and March 7, 2023, were approved with a motion by Stephen Willoughby; seconded by Scott Cannady, and unanimously approved by all Board members present.**

**Employee Recognitions**

- Peggy Page, Peer Counselor in the RICH Recovery Integrated Care Clinic, was recognized as employee of the month.

**Chief Executive Officer's Report - Dr. John Lindstrom**

- Dr. Lindstrom reported he is meeting with Richmond City's Chief Administrative Officer and Dr. Cynthia Newbille tomorrow to discuss increasing funding to RBHA.
- A large delegation from Substance Abuse and Mental Health Services Administration (SAMHSA) will conduct a site visit at RBHA tomorrow.
- State was unsuccessful in applying for a Certified Community Behavioral Health Clinic (CCBHC) planning grant; however, Virginia can apply for a demonstration grant.
- Starting negotiations with our preferred electronic health record vendor this week.
- Virginia Retirement System negotiations are still underway. No transition will be made without bringing information to the RBHA Board.

**RBH Foundation Report – Carolyn Seaman**

- The RBH Foundation Development Report was discussed and is included in today's Board meeting packet and with today's meeting minutes.

**Committee Reports:**

**Access & Service Delivery Committee – Rev. Dana Sally-Allen**

- The Access & Service Delivery Committee reviewed and discussed the RBHA Service Data Report for the 2<sup>nd</sup> Quarter of FY-2023, the Rapid Access report for the 2<sup>nd</sup> Quarter of FY-2023, and the Human Rights reports.
- The Committee also discussed upcoming Board educational presentations.
- A draft report of the Access and Service Delivery Committee meeting is included in today's Board meeting packet.

**Advocacy & Community Education Committee –Scott Cannady**

- The Advocacy and Community Education Committee has not met since the last Board meeting.

**Executive Committee – Irvin Dallas**

- The Executive Committee has not met since the last Board meeting.

**Finance Committee Report – Malesia “Nikki” Taylor**

- The Finance Committee has not met since the last Board meeting; however, the Committee did vote to approve the Signatories and Bank Administrator Resolution at their last meeting on March 1, 2023, as a recommendation to the full RBHA Board.  
***Motion from the Finance Committee recommending the RBHA Board of Directors approve the resolution affirming signatories and bank administrators, as well as maintain the line of credit with Truist; seconded by Stephen Willoughby and unanimously approved by all Board members present.***

**Human Resources Committee –Karah Gunther**

- The Human Resources Committee has not met since the last Board meeting.

**Nominating & By-Laws Committee – Tameisha Archer**

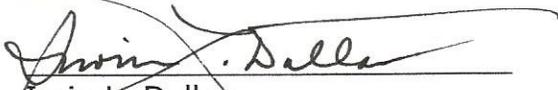
- The Nominating and By-Laws Committee has not met since the last Board meeting.

**Presentation:** RBHA's Expanding School-Based Services was presented by Kristen Scott, LCSW, Rapid Access, Outpatient Psychotherapy & Psychological Services Program Manager; Jewel Harvell Kindred, LCSW, Program Supervisor II, Therapeutic Day Treatment; and Baniela Taylor, Program Supervisor II, Therapeutic Day Treatment. The presentation is included with today's meeting minutes.

The meeting adjourned at 4:27 p.m.

The next Board of Director's meeting will take place on **Tuesday, May 2, 2023, at 3:00 p.m., at RBHA, 107 S. 5<sup>th</sup> Street in Richmond, VA 23219.**

**Respectfully Submitted:**

  
Irvin L. Dallas  
RBHA Board Chair

  
Dr. John P. Lindstrom  
Chief Executive Officer

**RBHA Board Meeting  
Development Report – April 11, 2023**

**Richmond Behavioral Health Foundation**

YTD Unrestricted to RBHF: \$41,211.76 (as of 03/31/23)

YTD Restricted Funds (outside of grants) to RBHF: \$9,127.00 (as of 03/31/23)

YTD grants awarded: \$101,500

YTD gifts-in-kind: \$121,500.50

YTD Total Revenue: \$273,339.26

	<b>Current Year (FY23)</b>	<b>Past Year (FY22)</b>	<b>2 years ago (FY21)</b>
	<b>Total Grants/Requests Submitted in FY23 (July 1, 2022 – June 30, 2023)</b>	<b>Total Grants/Requests Submitted in FY21 (July 1, 2021 – June 30, 2022)</b>	<b>Total Grants/Requests Submitted in FY21 (July 1, 2020 – June 30, 2021)</b>
<b>Number of Submitted Grants/Requests</b>	3 carried over from FY22 \$199,500 10	14 Total: \$667,500.00	7 Total: \$108,820
<b>Number of Funded Grants/Requests</b>	7	7	3
<b>Dollar Value of Awarded Grants/Requests</b>	\$101,500	\$86,000.00	\$51,320
<b>Number of Pending Grants/Requests</b>	1	2	1
<b>Dollar Value of Pending Grants/Requests</b>	\$115,000	\$178,000.00	\$15,000
<b>Number of Denied Grants/Requests/Postponed</b>	5	3	3
<b>Dollar Value of Denied or Partially Funded Grants/Requests</b>	\$161,000	\$403,500	\$57,500
<b>Gifts in Kind - Monetary Value (Includes Value of Volunteer Hours and Value of donated items)</b>	\$121,500.50	\$65,242.44 (Volunteer Hours Value) \$43,330.00 (Donated Items Value) TOTAL: \$108,572.44	\$68,357.20

**RBHA Board Meeting  
Development Report – April 11, 2023**

<b>Volunteer Hours</b>	1075	2306	1551
------------------------	------	------	------

**Update on Grants and Gifts:** See attached chart

**Volunteer Projects:**

- Hands On Greater Richmond – coordinating a DIY Project on our behalf – Children’s Personal Care Kits – July 2022 – Received 272 Kits
- Hands On/ Altria Event – July 20<sup>th</sup> 1pm – 5pm – North Campus WRTC, 100+ volunteers – Project completed
- Hands On/Altria – submitted 3 proposals for fall 2022 projects (see chart)  
Phase 2 of the WRTC Project – project completed September 21<sup>st</sup>
- 3 DIY Volunteer Projects for the Fall
  - Snack Kits
  - Personal Care Kits
  - Cold Weather Item Kits
  - Drop Off Dates are Nov 3<sup>rd</sup>, Nov 15<sup>th</sup>, and Dec 9<sup>th</sup>
- Hand On Fairfax/CarMax Volunteer Event – November 17<sup>th</sup> – North Campus – weeding, mulching and putting to bed all the garden spaces for the winter; building raised bed planters for Chelsea Hill Campus; Nourishment Kits
- Submitted 4 Volunteer Grant Proposals for Spring/Summer 2023 to Hands On Greater Richmond
- Spring DIY Volunteer Projects are scheduled (Activity Kits, Nourishment Kits, and Personal Care Kits):
  - April 18, 2023 11am – 2pm
  - April 28, 2023, 11am – 2pm
  - May 10, 2023, 11am – 2pm

**Community Engagement:**

- American Horticulture Society Conference – Tour of North Campus Greenspace – July 14<sup>th</sup>, 11am
- Marshall Center Exercise Room Ribbon Cutting – August 2, 1pm – Exercise Room funded by Aetna

**Events:**

- Marshall Center Exercise Room Ribbon Cutting – August 2, 1pm – Exercise Room funded by Aetna

**Appeals:**

- *Refresh for Recovery* Campaign – RBHF Board of Trustees Campaign - \$5,000 match to paint the entry, dining room, and common areas on the 1<sup>st</sup> Floor at 1700 Front St.
- Giving Tuesday – November 29<sup>th</sup> – focusing on Homeless Services for this appeal
- Year-end Appeal – will begin around Thanksgiving – social media, email, and direct mail components

**Mini Grants:**

**We awarded the first 3 \$5,000 grants to:**

- ACT – develop a Vocational/Educational group to assist individuals with developing job skills and furthering their education

## **RBHA Board Meeting Development Report – April 11, 2023**

- DS Children's Services – community inclusion events and activities for children and families
- WRTC Children's Services – Welcome Bags for children accompanying their mothers in treatment, community inclusion activities

### **Second 3 Mini Grants were awarded in January:**

- Adult MH Case Management – to assist clients with funding birth certificates and identification cards
- SUD – Front Street – to finish the common areas with curtains, games & activities for the common area AND Alumni House for paint, dishes, linens, personal care items
- DS – REACH Adult Home – to purchase and maintain an indoor hydroponics unit to utilize with residents for skill building and growing their own food – works in conjunction with a cooking group that they facilitate with residents.

### **Upcoming and in progress:**

- May 4<sup>th</sup> – CarMax Volunteer Event at Chelsea Hill
- June – Hope to have 1 or 2 CarMax Volunteer Events (CarMax Cares Month of Giving)
- Partnership with Molina & CBS 6 – Mental Health Awareness Month – RBH has been invited to participate in a PSA to be filmed this week or next week
- DIY Volunteer Events – first drop off is next week, April 18<sup>th</sup> – several new organizations and businesses contributing:
  - St. Catherine's School – 11<sup>th</sup> grade class
  - Giordano Business Development, LLC
  - Molina Healthcare
  - VCU School of Business
- September or October – Large Altria Volunteer Event at Chelsea Hill – still tentative
- Discussions with RIFF about partnering around mental health messaging, panel expertise, resource distribution, marketing support. RIFF is September 26<sup>th</sup> – October 1<sup>st</sup>.
- Waiting on final confirmation from Altria/Changing Our World regarding a \$115,000 grant for a pilot smoking cessation program at North Campus.
- Discussions with Molina around "sustainable partnership" – multiple opportunities being considered.

GRANT Applications FY23

	Date	Request	Requested	Funded	Not Funded	In Kind Value	Volunteer Hours	Notes		
United Way	2/25/2022	Mobile Nurse Health Educator	\$ 125,000.00	\$ -	\$ 125,000.00			Homeless/Residential Services - Sept notification		
Walmart	4/8/2022	Funding for Snack Kits	\$ 3,000.00	\$ -	\$ 3,000.00			Snack Kits for RICH Clinic and others		
Robins Foundation	6/10/2022	CSC - equipment - inside & outside	\$ 50,000.00	\$ 50,000.00	\$ -			CSC - Inside & Outside Equipment - September notification		
Herndon Foundation	7/25/2022	CSC playground costs	\$ 15,000.00	\$ 15,000.00	\$ -			CSC - Inside & Outside Equipment - December notification		
Kroger Foundation	7/28/2022	Gift Cards - Homeless Services Outreach	\$ 5,000.00	\$ -	\$ 5,000.00					
Dominion Foundation	8/5/2022	TDI & CReST programs	\$ 10,000.00	\$ 7,500.00	\$ 2,500.00			Increasing Community Inclusion for Youth with Mental Health Issues		
Women of St. Stephen's Church	8/8/2022	Strollers & Car Seats WRTC	\$ 2,000.00	\$ 1,500.00	\$ 500.00					
RMHF	8/16/2022	ACT - funding for Athelos device	\$ 7,500.00	\$ -	\$ 7,500.00			rolling grant funding until money runs out - 15 days for notification		
Richmond Christmas Mother	9/15/2022	Holiday Gifts/Meal for Families	\$ 5,000.00	\$ 2,500.00	\$ 2,500.00			Child & Family to identify 10 youth and families		
Altria ACT	11/22/2022	Homeless Services Outreach	\$ 25,000.00	\$ 20,000.00	\$ 5,000.00			Outreach & Move in Costs		
Owens Minor	1/6/2023	Personal Care Kits	\$ 10,000.00	\$ -	\$ 10,000.00			also presented a volunteer event option for O&M employees		
Annual LOI The Community Foundation	1/31/2023	Required for any grant invitation at TCF								
Altria/Changing Our World	2/28/2023	Concept Proposal - Smoking Cessation Pilot Project	\$ 115,000.00					North Campus Programs - potential for 2 years of funding		
			\$ 194,500.00	\$ 96,500.00	\$ 161,000.00					
<b>Volunteer Projects/Request/GIK</b>						<b>In Kind Value</b>	<b>Volunteer Hours</b>	<b>Notes</b>		
Hands On/Altria - Summer	5/20/2022	WRTC Entry Landscaping, Mural, and Kits				\$ 15,000.00	300	July 20th Event (15,000 value + 5,000 cash counted in FY22) + 100 volunteers		
Hands On/Altria - Fall	7/6/2022	CSU Entry Mural								
Hands On/Altria - Fall	7/7/2022	Chelsea Hill Landscaping - front & side								
Hands On/Altria - Fall	7/7/2022	WRTC Entry - Complete Raised Bed Planting		\$ 5,000.00			90	30 volunteers		
VCU Agency Class Proposal	8/1/2022	VCU Capstone Class with Jen Koszyniuk						Fall Semester		
Meadow Event Park	8/18/2022	State Fair Tickets for Marshall Center (40)						no response		
Hands On Fairfax/CarMax Project	11/17/2022	Wood & Mulch gardens for winter/build raised beds Chelsea Hill		\$ 1,000.00		15,000	240	Also kits, rocks, horseshoe pits, sanding and staining picnic tables (80 @ 3)		
Hands On/Altria - Spring 2023	1/23/2023	Chelsea Hill Landscaping - front & side						**Tentative Altria Fall Event		
Hands On/Altria - Spring 2023	1/23/2023	CSU Entry Mural								
Hands On/Altria - Spring 2023	1/23/2023	CSU Interior Mural						removed from consideration - funding was identified internally		
Hands On/Altria - Spring 2023	1/27/2023	REACH Adult CTH Raised Beds								
CarMax Cares - May 2023	3/17/2023	Chelsea Hill - staining raised beds						Scheduled for May 4th - 6 volunteers		
CarMax Cares - June 2023	3/30/2023	North Campus Meditation Labyrinth								
CarMax Cares - June 2023	3/30/2023	Nourishment Kits - 150								
<b>DIY Volunteer Projects &amp; Other</b>	<b>Date</b>	<b>Personal Care Kits</b>	<b>Nourishment Kits</b>	<b>Cold Weather Kits</b>	<b>Activity Kits</b>	<b>Baby Care Kits</b>	<b>Kit Value</b>	<b>Volunteer Hours</b>	<b>Notes</b>	<b>Volunteer Value (\$28.54/hour)</b>
Summer 2022	July		272				\$ 2,720.00	54	Hands On Featured Project in July - Children's Personal Care Kits	
Drop Off #1	11/3/2022		40	226	65		\$ 3,310.00	46		
Drop Off #2	11/15/2022		21	70	81		\$ 1,720.00	27		
Drop Off #3	12/9/2022		200	270	388		\$ 8,580.00	145		
CarMax Volunteer Event	11/17/2022			180			\$ 1,800.00	18		
Combined Board Project	12/12/2022				72		\$ 720.00	15		
Suzanne Massey	11/28/2022		50				\$ 500.00	10		
Dominion Volunteers	12/8/2022			1000			\$ 10,000.00	100		
Kris Branch/Huguenot Baptist	12/8/2022								Gifts for Marshall Center - 80 gift bags and games	
Altria Clothing Drive	12/4/2022								clothes/coats for children	
Hourigan Construction	12/15/2022				24		\$ 240.00	5		
Capital One (75)	12/16/2022				75		\$ 750.00	15		
CRA Employees					48		\$ 480.00	10		
Spring 2023 Drop Off #1	4/18/2023									
Spring 2023 Drop Off #2	4/28/2023									
Spring 2023 Drop Off #3	5/10/2023									
			583	1746	753		\$ 60,820.00	1075		\$ 30,680.50

# RBHA's Expanding School-Based Services

Jewel Harvell Kindred, LCSW

Baniela Taylor, LCSW

Kristen Scott, LCSW

April 11, 2023

1



## Our Why

---



### **Cause I Ain't Got a Pencil**

by Joshua T. Dickerson

I woke myself up  
Because we ain't got an alarm clock  
Dug in the dirty clothes basket,  
Cause ain't nobody washed my uniform  
Brushed my hair and teeth in the dark,  
Cause the lights ain't on  
Even got my baby sister ready,  
Cause my mama wasn't home.  
Got us both to school on time,  
To eat us a good breakfast.  
Then when I got to class the teacher fussed  
Cause I ain't got a pencil.

2

## What is Therapeutic Day Treatment (TDT)?

- A Medicaid-funded clinical service designed to provide mental health support to students ages 4 to 18 who have been identified by RPS, their parents or any other community provider, as having significant behavior and/or emotional problems that are impacting their success in the school environment.
- TDT services are a part of the services offered in the Child and Family Mental Health Division.
- RBHA staff provide TDT services inside Richmond Public Schools every school day to students who have been assessed by a licensed assessment clinician.
- RBHA currently provides TDT services in 24 Richmond Public Schools.

3



## TDT: Service Components

- Coaching, Modeling, & Redirection
- Treatment Planning
- Individual, Group, & Family Counseling
- Psycho-educational Groups
- Care Coordination

4

## Goals of TDT

- To assist youth with functioning at an age-appropriate emotional level as it relates to controlling impulses, setting/achieving goals, appropriately expressing emotions, relating to authority figures, accepting limits, and appropriate interaction with peers.
- To increase attendance and decrease school suspensions of the individuals we serve.
- Ultimate Goal:** To assist our consumers with learning and using anger management, social and coping skills so that they can manage their mental health symptoms and display age-appropriate behaviors in the school, home, and community environments.

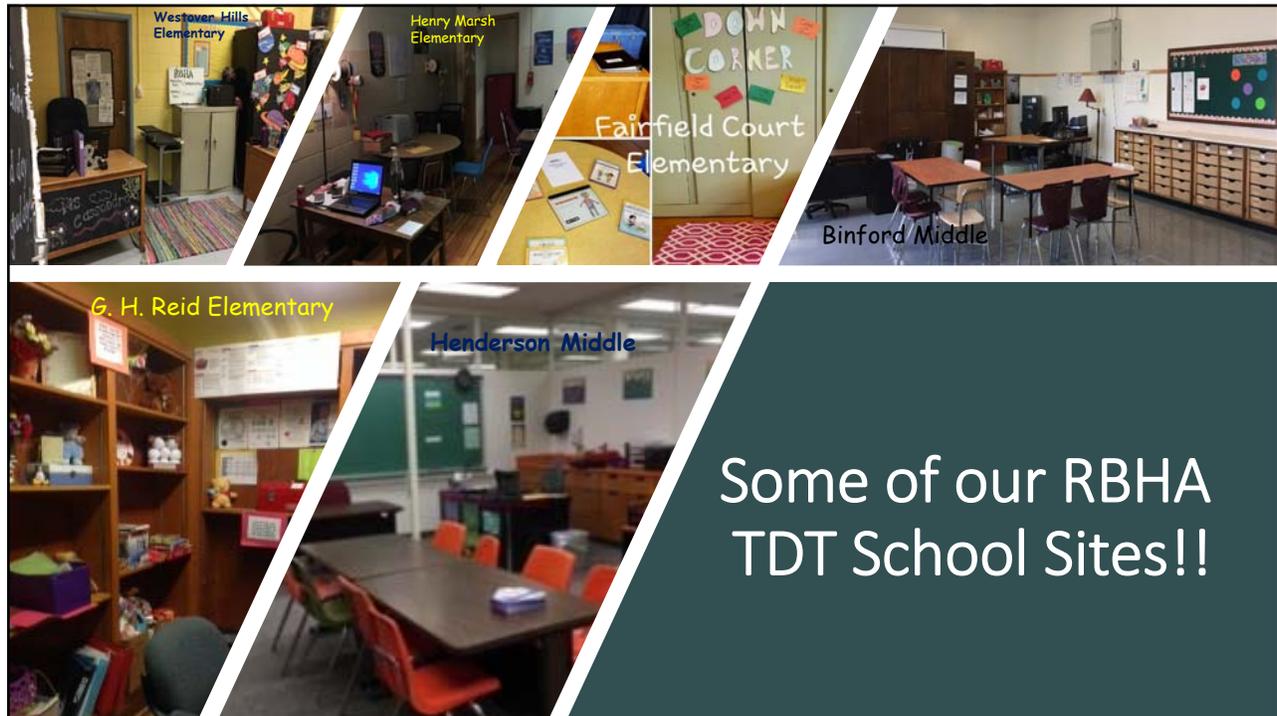
5

## 24 RPS Schools Served

Yellow: Reflects 10 new school sites in the 2022-2023 academic year

Henry Marsh Elementary	Woodville Elementary	Bellevue Elementary	Blackwell Elementary	G. H. Reid Elementary	Fairfield Elementary
Oak Grove Elementary	Overby-Sheppard Elementary	Westover Hills Elementary	Martin Luther King Jr. Middle	River City Middle	Binford Middle
Henderson Middle	John Marshall High School	William Fox Elementary	Francis Elementary	Amelia Street Elementary	Broad Rock Elementary
Carver Elementary	Chimborazo Elementary	Southampton Elementary	Boushall Middle	Albert Hill Middle	Thomas Jefferson High

6



7

## Who Provides The TDT Service?

---

- We currently have 37 Case Managers, 5 Clinicians, and 2 Clinical Supervisors.
- To continue our expansion into additional school sites, we are recruiting for 1 Clinical Supervisor, 2 Clinicians, & 6 Case Managers
- All TDT staff must have at least a bachelors degree in a Human Services field.
- All Clinicians have a masters degree in a Human Services field.
- Our clinicians are each assigned several schools. They travel to each of their assigned schools and provide individual, family, and group counseling to youth that do not have additional counseling services.

8

## School-Based Outpatient Therapy Program

### Outpatient Clinicians housed on-site at Richmond Public Schools

- Carver Elementary School
- Henry Marsh Elementary School
- Boushall Middle School

### Therapy provided via telehealth at the following TDT school sites

- Westover Hills Elementary School
- Woodville Elementary School
- Binford Middle School
- Henderson Middle School
- John Marshall High School
- Thomas Jefferson High School

9

## Evidence-Based Trauma Treatments

Support for  
Students Exposed to  
Trauma (SSET)  
Group ages 10-16

Bounce Back Group  
ages 5-11

Trauma Focused  
Cognitive Behavioral  
Individual Therapy  
(TF-CBT)

10

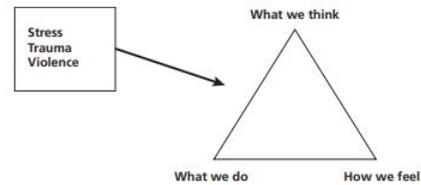
# What is Trauma Focused Treatment?

The theory behind these types of trauma-based treatment approaches is that thoughts, feelings, and behaviors are closely related and can affect each other

Programs present and encourage the practice of skills that shift the way youth think, feel, and behave in situations to make their experiences of the situations better

Research shows that thinking is disturbed after an extreme trauma or experience with violence. Two general themes begin to push away normal thoughts: "The world is dangerous. I am not safe. People cannot be trusted. I can't deal with this. I'll never be the same. I am falling apart"

These two ideas or "themes" in thinking can really interfere with daily life. In our programs, we look for times when these themes are getting in the way and then teach individuals to "challenge" them to make sure their thoughts are accurate and balanced. Usually, individuals can find a more adaptive, less distressing way of looking at the problems they are facing.



11

## Key Components

Psychoeducation

Relaxation training

Cognitive coping

Gradual exposure to trauma reminders

Trauma narrative

Problem Solving

12

## Let's Practice!



### Guided Imagery & Progressive Muscle Relaxation Techniques

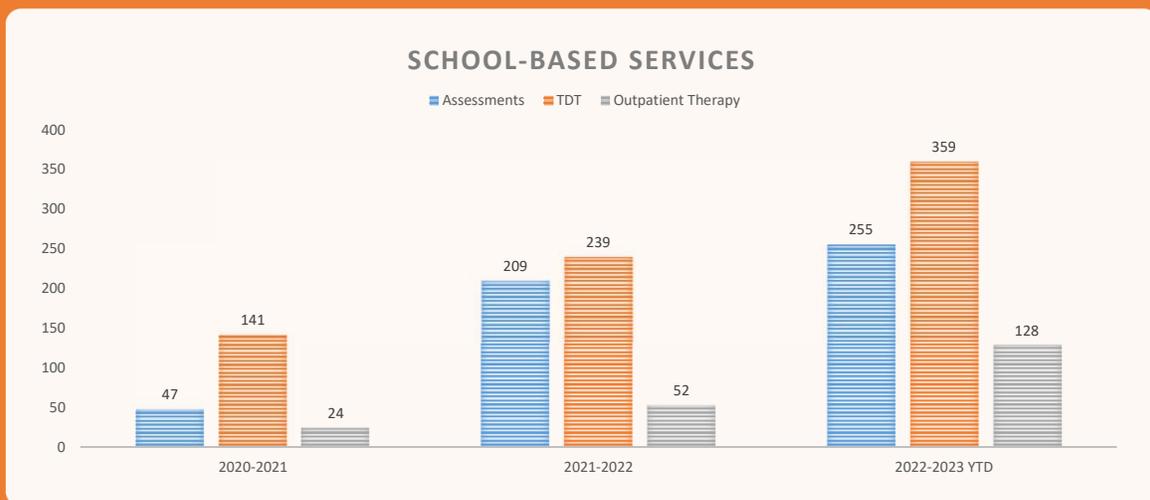
#### Face and Nose

Here comes a pesky old fly. He has landed on your nose. Try to get him off without using your hands. That's right, wrinkle up your nose. Make as many wrinkles in your nose and face as you can. Scrunch your nose and eyes up real hard. Good. You've chased him away. Now you can relax your nose and face. Oops, here he comes back again. Shoo him off. Wrinkle your face and nose up hard. Hold it just as tight as you can. Okay, he flew away. You can relax your face. So when you relax your nose, your whole face relaxes too, and that feels good. Let your face go smooth, no wrinkles anywhere. Your face feels nice and smooth and relaxed.



13

## Youth Served in School-Based Services



14

**2022-2023** (August 2022 to February 2023)

**Average Daily Census (ADC)-**  
The average number of students that participated in RBHA TDT services overall/annually.

**Student Engagement Rate:**  
Percentage of youth who actively joined in educational instruction and therapeutic activities on a consistent basis. Active participation is defined as students reliably attending school without being chronically truant or suspended for misconduct.

**The average Student Engagement Rate** for the RBHA TDT Program is just over **76%**.

- \*Elementary Schools = 77%
- \*Middle Schools = 73%
- \*High Schools = 82%

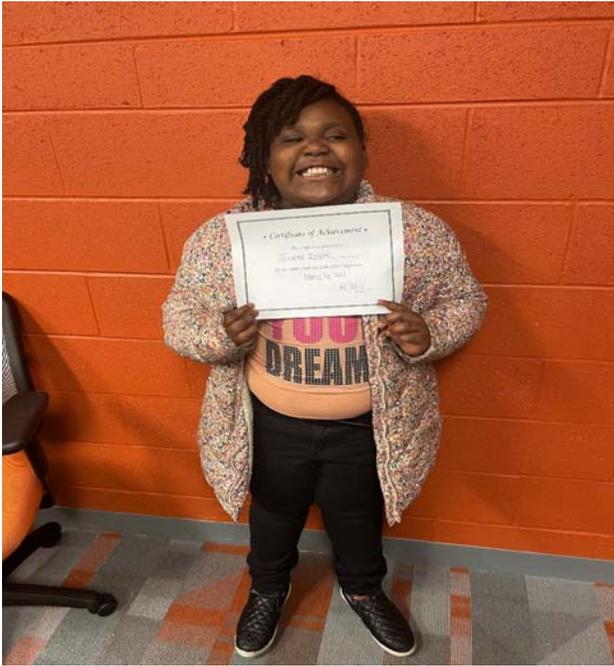
RBHA TDT School Site	Average Daily Census (ADC)	Student Engagement Rate	RBHA TDT School Site	Average Daily Census (ADC)	Student Engagement Rate
Albert Hill MS	5	66%	G. H. Reid ES	5	77%
Amelia Street ES	11	71%	Henry Marsh ES	17	71%
Bellevue ES	6	75%	John Marshall HS	13	78%
Binford MS	9	75%	MLK MS	7	83%
Blackwell ES	9	91%	Oak Grove ES	9	66%
Boushall MS	11	62%	Overby-Sheppard ES	5	78%
Broad Rock ES	6	100%	River City MS	4	80%
Carver ES	11	77%	Southampton ES	8	70%
Chimborazo ES	7	82%	Thomas Jefferson HS	11	85%
Fairfield ES	10	82%	Westover Hills ES	10	70%
Francis ES	5	72%	William Fox ES	5	N/A
Henderson MS	14	71%	Woodville ES	13	70%

15

**RBH** RICHMOND BEHAVIORAL HEALTH

## Meet Trinitee

Trinitee is a 9yo who attends Henry Marsh Elementary School. She has a complicated family history and has experienced multiple traumas in her lifetime including the death of a younger brother and resulting placement in foster care until 2020. Her parents experienced domestic violence & divorced, there are ongoing custody issues. Trinitee successfully completed TDT services last school year having demonstrated positive peer relationships and behaviors in the classroom setting. This school year, Trinitee participated in 10 sessions of TF-CBT and completed SSET group in March, 2023. Trinitee became a group leader, often providing her peers with ideas of how to challenge negative thoughts. Her father reports "she is so much happier now" after having participated in treatment. Her DLA score improved from 4.70 (moderate impairments in functioning) to 5.40 (mild impairments in functioning). Trinitee is able to utilize the skills learned in treatment in the classroom. She is no longer in need of school-based services to support her academic and behavioral performance.



16

The End.

Thank you.