



WHO WE ARE THE VOICE

SPRING 2019

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Director's Letter

Accolades to the PDBHS staff! Their drive over the last few months to create innovative and visionary communications, designed to increase awareness of the Opioid Epidemic and suicide have been phenomenal. The Opioid Epidemic and suicide are killing adults and children. The suicide rate among African-Americans, veterans and youth is steadily increasing.

Many of us do not really understand the challenges facing families today. PDBHS has taken up the torch to ensure we touch as many residents that we can. There is no price for a life. We matter!

PDBHS is thinking outside-of-the-box to reach residents. We have organized awareness luncheons, summits, dinners and ice cream socials. Painting, line dancing, yoga, women's and men's groups, literature, education, banners, and billboards have been used to reach the residents of Portsmouth . . . to get residents to hear, read and discuss issues impacting our families. Our goals are to increase protective factors to prevent opioid use, suicide, underage tobacco use and other risk factors.

PDBHS staff has met the challenges with zeal, enthusiasm and dedication. Read all about some of PDBHS accomplishments so far this year:

- On April 1, 2019, PDBHS received the outcome report from the Commission on Accreditation of Rehabilitation Facilities (CARF) survey. At that time, PDBHS was advised that the agency earned a Three-Year Accreditation as a result of its continued excellence.
- The Prevention Team volunteered at the Portsmouth Sheriff's department Youth Career Fair April 6, 2019, at I.C. Norcom High School.
- On March 21, 2019, the Prevention Team hosted "Bridging the Gap: A Collaborative Approach to Navigating through Recovery Summit" at The Edmonds Center.
- On May 11, 2019, the Prevention Team hosted the annual "YO! Summit" event. The following community partners collaborated with PDBHS for the summit: Portsmouth Fire Department, Portsmouth Public Library, Portsmouth Parks, Recreation and Tourism, Portsmouth Police Department and the Portsmouth Sheriff's Office.

Thank you for supporting and working together towards building collaboration, striving for excellence, and utilizing best practices.

M. Elaine Breathwaite, Director

Portsmouth Department of Behavioral Healthcare Services



**1811 King Street
Portsmouth VA 23704**

Hours of Operation

Monday - Thursday 6 a.m. - 7 p.m.

Friday 6 a.m. - 5 p.m.

Saturday - Sunday 6:30 a.m. - 9 a.m.

Contact Information

Phone: 757-393-5357

PDBHS Announcements



Throughout the country, the homeless population is constantly growing. It is important for our agency to provide assistance and support to those in need. We are continuing to provide our consumers with clean clothes and hygiene products in their time of need.

The Clothes Closet is located in our Safe Haven building. If you would like more information, please contact Sandra Cooper at (757) 393 - 3918 ext. 8098. Pickup days are on Tuesday from 9:00a.m - 11:45a.m. Consumers need to be accompanied by their Therapist or Case Manager during pick-up times. If the Therapist or Case Manager cannot accompany the consumer please inform Clothes Closet Staff.



J. Brooks
Clinical Therapist I

L. Myrick
Support Coordinator

S. Brown
Case Manager

A. Osorio
Case Manager

S. Carter
Senior Client Associate

S. Rivera
Case Manager

R. Chesley
Training Specialist

C. Straus
Shelter Plus Case Manager

B. Evans
Case Manager

A. Turner
Forensic Case Manager

C. Hall
Clinician

B. Zharnest
Clinical Therapist I

Emergency Services and Crisis Intervention Training

City Departments are working together for the Portsmouth Family. The Emergency Services (ES) unit ensures the PDBHS can provide 24-hour a day, 7-day a week coverage for individuals experiencing a psychiatric emergency. We have a well-trained and active group of seven PRN staff who are a valued resource. This group will continue to be utilized to ensure coverage during absences of the fulltime staff. ES staff have continued to work on workflows and improving efficiencies in every service they deliver. We meet actively with Maryview Medical Center staff in order to ensure continuity of care for individuals experiencing psychiatric crises. We also work to ensure that individuals, who are evaluated in the Emergency Department or Crisis Intervention Team (CIT) Center at Maryview, are placed at Maryview for treatment. During the months of December through May, we conducted **495** Pre-Admission Screenings, **33** Crisis Intervention Evaluations, and managed **188** Commitment Hearings.

PDBHS Advisory Board Members



Dr. Marie Shepherd, Chair

Denise Key, Vice Chair

Dorescia Paige, Secretary

Pastor Milton Blount

Charlene Chavis

Sean Prince

PDBHS Announcements



Mental Health First Aid Training Teaches You:

- ◆ Signs of addictions and mental illnesses
- ◆ A 5-step action plan to assess a situation and help
- ◆ Impact of mental and substance use disorders
- ◆ Local resources and where to turn for help

The 8-hour course trains participants to help people who may be experiencing a Mental Health problem or crisis. You learn:

- Risk factors and warning signs of mental health problems
- Information on depression, anxiety, trauma, psychosis, and addiction disorders
- A 5-step action plan to help someone developing a mental health problem or in crisis
- Where to turn for help — professional, peer, and self-help resources

More information can be found at: www.mentalhealthfirstaid.org

Portsmouth Behavioral Healthcare Services (1811 King Street) from 8 a.m. – 5 p.m.

For training dates and to register, please contact Sandra Cooper or Tamara Howe at (757) 393-8618.

REVIVE! OPIOID OVERDOSE AND NALOXONE EDUCATION FOR VIRGINIA

FACT SHEET: REVIVE! TRAININGS AND NALOXONE MEDICATION

What is **REVIVE!**?

Opioid Overdose and Naloxone Education program for the Commonwealth of Virginia. **REVIVE!** provides training to professionals, stakeholders and others on how to recognize, and respond to an opioid overdose emergency with the administration of naloxone. Collaborative effort led by the Virginia Department of Behavioral Health and Developmental Services, Virginia Department of Health, Virginia Department of Health Professions, Community organizations and other stakeholders.

More information can be found at:

<http://www.dbhds.virginia.gov/individuals-and-families/substance-abuse/revive>

Portsmouth Behavioral Healthcare Services (1811 King Street)

For training dates/time and to register, please contact:
Lisette Walker or Sandra Cooper at (757) 393-8618

PDBHS Announcements



Children's Mental Health Matters!

Portsmouth Department of Behavioral Healthcare Services now offering the following children's services:

- Initial Assessment/Diagnostic Evaluation
- Medication Management Services for Ages 4-17
- Targeted Case Management
- Counseling Services
- Crisis Intervention Services

Please call 757-393-5357 for more information. Intake walk-in hours are Monday - Thursday from 8:30 a.m. to 2:30 p.m. at 1811 King Street, Portsmouth, VA 23704.



Why fit in when you were born to stand out?
~ Dr. Seuss



Yoga for Relaxation and Stress Relief will be offered to staff weekly from 5:15 p.m. - 5:45p.m. and starts on June 13, 2019.

Paint Night June 27, 2019, from 5:15 p.m. - 7 p.m.

The Meditation Room will open to staff in need of a break and to breathe in July.



The Department of Behavioral Healthcare Services (PDBHS) will be accepting new consumers on a **walk-in basis Monday through Thursday from 8:30 a.m. to 2:30 p.m.** During these hours, residents with behavioral health needs will be able to enroll in services and be seen for a mental health screening and evaluation on the same day.

The initiatives for **Same Day Access** are designed to provide the tools and resources to make access to care more timely, address revenue losses due to no-show appointments, and to institute performance improvement measures across the board. Offering same day access avoids revenue loss and allows clinical staff to spend more time engaging consumers in treatment. Contact Central Intake for more information on what to bring and if you have any questions at (757) 393-5357.

Consumers Navigating to Recovery

How to receive a FREE GIFT:

- Attend 3 consecutive group sessions (no absences)
- Attend 3 consecutive counseling sessions
- Ask and attend first Family Therapy
- Write an autobiography about your family seeking recovery (minimum 2 pages)

Recovery Saves Lives!



PDBHS Consumers: Contact your therapist for more information.

PDBHS Announcements and Upcoming Events

YOGA FOR RELAXATION AND STRESS RELIEF

Are you looking for relaxation, peace, calm and a sense of wellbeing?

This class will help calm your mind and restore your body.

Starting June 13, 2019

When: Thursdays, 11:15 am — 11:45 am

Where: 1st Floor Large Training Room

To register, please see your case manager for further details. Please note that there are 10 spots available for each class.

A certificate of completion and a yoga mat will be provided for participants who complete six (6) classes.

UPCOMING EVENTS

June 24, 2019 – ACEs from 9am - 11am

June 26, 2019 – Adult Mental Health First Aid Class from 8am - 5pm

July 18, 2019 – National HIV/AIDS Summit at the Edmonds Center from 11am - 2pm

August 31, 2019 – National Overdose Day Event

September 7, 2019 – Back to School/Adopt-a-School Event

September 12, 2019 – Shatter the Silence

October 30, 2019 – Red Ribbon Week Event

Featured PDBHS Program: Prevention and HIV/AIDS Awareness



Prevention Services is designed to promote informed decision-making and healthy behaviors. Prevention approaches focus on helping people develop the knowledge, attitudes, and skills they need to make good choices or change harmful behaviors. Services are provided in the community to assist families and youth. A goal of the Virginia Department of Behavioral Health and Developmental Services is suicide prevention. As part of Region 5 (all of Hampton Roads, Eastern Shore, Middle Peninsula, and Colonial CSBs), Prevention Services departments work together to conduct trainings and conferences on suicide prevention. Prevention Services is also often asked to be a vendor at health fairs across the city, many at churches and schools. In addition, at Portsmouth Behavioral Healthcare Services, Prevention Services team helps to create *The Voice*, front lobby displays, and the monthly cultural calendar.

We currently offer the following trainings and workshops:

- **Adult & Youth Mental Health First Aid**
- **Adverse Childhood Experiences (ACES)**
- **Lock & Talk Virginia**
- **REVIVE!**



HIV prevention starts with ME.

Portsmouth Department of Behavioral Healthcare Services and HIV/AIDS Early Intervention Services (EIS) is an early intervention prevention outreach program designed to eradicate the virus that causes AIDS through education and re-education. Our primary goal is to reach out to high-risk individuals/groups while offering alternatives to instinctive, inappropriate or maladaptive behaviors related to HIV. Our outreach efforts focus on helping individuals to develop the knowledge, wisdom, insight, skills and application in which he/she will need to make better decisions or change harmful behavior.

HIV/AIDS Early Intervention Services (EIS) routinely makes available, to individuals early intervention services for HIV, as defined by the funding source at the site which the individuals are undergoing substance abuse treatment:

- Provide substance abuse case management and care coordination for HIV positive substance abuser in treatment
- Provide and make available HIV, other communicable diseases and substance abuse educational opportunities
- Establish comprehensive community resources network of related health and social services organizations to ensure knowledge of the availability of services
- Provide outreach activities to out of treatment substance abusers to undergo such treatment to determine their HIV status, and increase awareness about drug abuse and communicable diseases
- Provide interim substance abuse services to each individual (IUD, HIV and Pregnant Women) within 48 hours of request

PDBHS In the Community



Portsmouth Bar Association Luncheon

On January 28, 2019, LaTonya Williams, PDBHA Assistant Director and Alison Brady PDBHS Peer Recovery Specialist presented to the Portsmouth Bar Association. Ms. Williams offered a detailed overview of the different services that our agency offers. Bar association members were provided detailed information on the Same Day Access process as an individual enters into treatment. She explained the referral and application process for our Women's Center and Recovery House program. The discussion also included information on State and Federal grants, that have allowed us to serve community members at the Hampton Roads Regional Jail (HRRJ) through the Core program and gain access to Medication Assistance Treatment through our Methadone Program. Extensive information was given on referrals and TDO processes at Portsmouth City Jail and HRRJ. The Bar Association was provided with insight to our future goals to further engage community involvement on suicide awareness and education as we continue to fight against the opioid epidemic. Alison Brady represented the Peer Service Program at PDBHS. She spoke to attendees on the different areas that this program has incorporated peer to peer interaction into the community. She presented an informative overview of how the lived experience from peers in recovery can bridge the gaps or barriers into services. As she passed out Warmline cards to everyone in attendance, Ms. Brady explained that our Warmline hours run 24/7. This service allows anyone including our Maryview Hospital ED staff to contact Peers in order to connect individuals in search of recovery pathways and or family member seeking resources. The Bar members were given the opportunity to ask questions. After addressing each question with satisfaction, we were invited to present to the Commonwealth Attorney's Office.



PDBHS Peer Support Services

PDBHS is proud of the growth of our Peer Services program. Our Peers are currently responding to the Warmline from doctors at Maryview Medical Center and residents that have overdosed and are in crisis. Peers will go to the hospital and provide support and encourage the residents to seek services. The number of Warmline calls that have been answered from our dedicated team of peers has increased nearly 500 percent since May 2018. (263 Calls in this 3rd quarter) Portsmouth was given recognition for their hard work from DBHDS Office of Recovery Services.

Alison Brady has become a registered Peer Recovery Specialist with the VA Board of Counseling and Certified Peer Recovery Specialist through the Substance Abuse and Mental Health Services Administration (SAMSHA). Her passion for serving the community was illustrated first-hand just the other day. She received a call from a doctor in the Maryview Emergency Department looking for resources to help a 30-year-old pregnant female. The patient was struggling with opioid use and had been sent home by two other hospitals in the area. Alison tirelessly advocated for this young woman until she was admitted for treatment at this hospital. Tara Allison, a Certified Peer Recovery Specialist through SAMSHA, orchestrated the presence of BHS at Tidewater Community College *Campus Take Back Day* where students were encouraged to become educated about community resources. This event allowed Peers to reach our vulnerable youth and young adult population. Our Peer Services has been recognized by the state and region. The state and two other CSBs have offered our Peers positions at their respective agencies because of the excellent work they have done in Portsmouth.

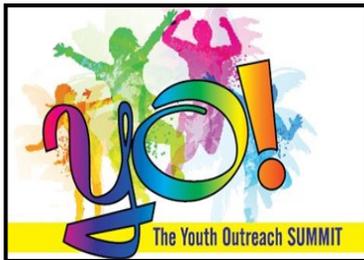
BHS future goals are putting together a collaborative team with Emergency Medical Services and Fire and Rescue to implement the 2nd Mobile Integrated Health Unit in the State.

PDBHS In the Community



Bridging the Gap: A Collaborative Approach to Navigating Through Recovery Summit

A **Bridging the Gap** event was held at the Edmonds Center Thursday, March 21, 2019. The goals were to provide an opportunity for attendees to discuss and ask questions of a panel regarding substance use and mental health disorder, peer services, and Portsmouth's approach to navigating through the recovery process. The Portsmouth Department of Behavioral Healthcare Services (PDBHS) assembled a panel comprised of an opioid overdose survivor, an adult and child psychiatrist, a certified peer specialist and a clinical therapist. Ms. Kiki Swinson, a native of Portsmouth and a New York Times best selling list author, was the guest speaker. She openly discussed and responded honestly to the numerous questions about her life as a dealer that eventually led her to incarceration. The event also provided information regarding resources for community partners and individuals in the city of Portsmouth who are navigating through the recovery process. Information resource folders were given to the audience which contained the PDBHS Winter Newsletter and Passport, and material on four trainings titled *Lock and Talk Virginia*, *REVIVE!*, *Adverse Childhood Experiences* and *Mental Health First Aid*. More than 150 individuals were in attendance, providing the Prevention staff with the ability to interact and share information about available PDBHS services. PDBHS provides hope for those that are addicted, and understanding for families with friends and loved-ones suffering during this event. We are coordinating several other events to increase awareness and hope in the future.



YO! Summit a Family Event

On May 11, 2019, Portsmouth Behavioral Healthcare hosted its annual YO! Summit. The YO! Summit is a free community and family event that provides an opportunity for community partners to empower, engage and educate youth on overall wellness, making healthy choices and staying drug free. The City of Portsmouth departments that were in attendance made a great impact at the event. The following departments were present: Portsmouth Fire Department, Portsmouth Public Library, Portsmouth Parks, Recreation and Tourism, Portsmouth Police Department and the Portsmouth Sherriff's Office. This year, there were approximately 200 people that attended the YO! Summit. The main attraction for the event was The MEGA Brain and Lungs. These interactive exhibits allowed attendees to learn about the risks that opioids, other drugs and tobacco could have on your body, specifically the impact to your brain and lungs. During the event, Behavioral Healthcare staff asked attendees to complete surveys to gather their input on the success of the event. One attendee stated, "My mom made me come, but it was cool." Overall parents and youth were very satisfied with the outcome and looking forward to our next event. Several local businesses and organizations contributed to the 2019 YO! Summit including Jimmy John's, O'doodle Doo's Donuts, Pepsi Cola, Sam's Club and the Church and Community In Action.



Mental Health and Opioid Awareness Day a Portsmouth Behavioral Healthcare Services Event

On May 16, 2019, the Portsmouth Department of Behavioral Healthcare Services (PDBHS) coordinated a successful Awareness Day for the community. The event included PDBHS resources on opioid, suicide and HIV/AIDS awareness, medical and community vendors, the spoken word, veteran peer services, yoga, and wellness activities. The Department of Social Services provided information on Medicaid. This community event was open to the public with food and drinks available to all in attendance. The purpose of this event was to provide medical and wellness information, resources and best practices in a safe and sharing environment. PDBHS staff worked as a team to make this event a success. We received great feedback and appreciation from the community. Snacks and gift cards were provided from Roger Browns, Jimmy John's and Dollar Tree to promote our positive community project. We had more than 150 people to register the day of the event. Keeping the Portsmouth Family aware and engaged!

Healthy Corner

Tips: Healthy Eating Starts With Healthy Food Shopping

Using a shopping list and keeping a well-stocked kitchen can help reduce the time you spend cooking healthy meals. Read the labels as you shop, and pay attention to serving size and servings per container. Compare the total calories in similar products and choose the lowest calorie ones.

So, shop for quick, low-fat food items, and fill your kitchen cupboards with a supply of lower calorie basics like the following:

- Fat-free or low-fat milk, yogurt, cheese, and cottage cheese
- Light or diet margarine
- Egg whites/egg substitutes
- Whole-wheat sandwich breads, bagels, pita bread, English muffins
- Soft corn tortillas, low-fat flour tortillas
- Low-fat, low-sodium crackers
- Plain cereal, dry or cooked
- Rice, pasta
- White-meat chicken or turkey (remove skin)
- Fish and shellfish (not battered)
- Beef: round, sirloin, chuck arm, loin, and extra-lean ground beef
- Dry beans and peas
- Fresh, frozen, canned fruits in light syrup or juice
- Fresh, frozen, or no-salt-added canned vegetables
- Low-fat or fat-free salad dressings
- Jam, jelly, or honey
- Herbs and spices



YOUR HEALTHIEST SELF

Environmental Wellness Checklist

What surrounds you each day in your home, work, or neighborhood can affect your health. Here are some tips to make your environments safer:



MAKE YOUR HOME HEALTHIER

Take a look around your home. Do you know what's in your household goods and products? Some chemicals can harm your health if too much gets into your body. Becoming aware of potentially harmful substances and clearing them out can help keep you and your family healthy.



TO REDUCE POTENTIAL TOXINS IN YOUR HOME:

- Clean with "Safer Choice" or non-toxic products.
- Dust using a damp rag.
- Use a wet mop to clean floors.
- Vacuum with a high-efficiency particulate air (HEPA) filter.
- Open a window or use a fan to improve air circulation when you're cleaning.
- Have and maintain a good ventilation system in your home.
- Wash your hands and your children's hands often.



For other wellness topics, please visit www.nih.gov/wellnesstoolkits **National Institutes of Health (NIH)**

PDBHS Accomplishments

- ◆ PDBHS was awarded \$2,200 to become a Community Coalition of America (CADCA) member and for someone to attend the 2019 CADCA National Leadership Forum and SAMHSA Prevention Day held February 4-7, 2019, at the Gaylord Convention Center, National Harbor, MD.
- ◆ Developmental Disabilities Services (DDS) Case Management division initiated and sponsored a clothing drive during the holidays titled Soxx N-A Boxx. The goal was to collect clothing items for individuals in need. Because of the high level of participation and enthusiasm, the Support Coordinators have opted to continue collecting items that will be distributed to youth living in communities throughout the city.
- ◆ On January 25, 2019, staff attended a luncheon which was hosted by Behavioral Medicine Services at Bon Secours Mercy Health at Maryview Medical Center. During this meeting, the Director of the Behavioral Medicine department of the hospital, recognized the positive impact of Peer Support Services offered within the emergency room.
- ◆ On January 26, 2019, the Prevention Team participated in the Echoes of Joy Event and the Mental Health Summit. Both events were collaborative in nature and designed to engage the community and provide information and resources for citizens about mental health and substance use. During the Echoes of Joy event, PDBHS educated participants on the state's Lock & Talk initiative as they distributed medication lock boxes.
- ◆ In February, PDBHS received approval from HUD for the FY 2018 Grant Renewal for the Shelter Plus Care Program. This will further assist individuals with permanent supportive housing, as well as other resources to help with self-sufficiency and stability in the community.
- ◆ In February, individuals at Opportunity House enjoyed getting together to celebrate and engage with each other. The individuals and staff put together a Super Bowl themed party with music, games, and prepared finger foods for the festivity. During the party, the program administrator, handed out raffle tickets and selected three winners. This event was designed to increase socialization skills, teamwork and engagement.
- ◆ On February 21, 2019, PDBHS provided coalition-building training from TurnKey KB & Associates, LLC. The training provided a framework and process for the Portsmouth Coalition for Youth (PCY) to revitalize themselves and begin to make a positive impact on the Portsmouth community.
- ◆ PDBHS plans to collaborate with local faith leaders and the Portsmouth Police Department to provide information and education on suicide, mental health, and prevention topics at the *Faith Behind the Badges* collaborative meeting scheduled for April 18, 2019. A Clinical Therapist will be assigned to attend and speak on behalf of the agency.
- ◆ On March 1 and 29, 2019, Youth Mental Health First Aid training was conducted at PDBHS for staff, representatives from other agencies and members of the community.
- ◆ On March 4, 2019, the PDBHS Assistant Director and Substance Use and Prevention Program Administrator, met with Portsmouth Probation and Parole Mental Health Clinician in order to re-instate the quarterly collaborative meetings.
- ◆ On March 6, 2019, PDBHS HIV/AIDS Resource Specialist, participated in the annual "Break Time Day Party." This event occurred on the Portsmouth TCC Campus. There were 72 student contacts, seven faculty members and five officers from the Portsmouth Police Department present during the event. In addition, there were 152 pieces of prevention intervention HIV/AIDS related literatures disseminated.

PDBHS Accomplishments

- ◆ On March 6, 2019, Mrs. Amanda Wimberley (Sheriff's Office) and Ms. Mary Darden facilitated a *How Being Trauma-Informed Improves Criminal Justice System Responses* training hosted at PDBHS.
- ◆ On March 11 and 12, 2019, PDBHS successfully completed its Commission on Accreditation of Rehabilitation Facilities (CARF) survey. The agency was found in compliance with CARF guidelines resulting in earning a three-year accreditation.
- ◆ On March 21, 2019, the Prevention Team hosted the *Bridging the Gap: A Collaborative Approach to Navigating through Recovery* summit at The Edmonds Center.
- ◆ On April 1, 2019, Ms. Mary Darden and Mrs. Tamara Howe facilitated training for 28 Old Dominion University undergraduate and graduate students. The training dealt with the impact of Adverse Childhood Experiences (ACEs) on health and social problems, as they introduced the ACE Interface Understanding Adverse Childhood Experiences curriculum.
- ◆ The Prevention Team volunteered at the Portsmouth Sheriff's Youth Career Fair April 6, 2019, at I.C. Norcom High School. There were approximately one hundred youth and adults in attendance.
- ◆ On April 18, 2019, PDBHS HIV/AIDS Resource Specialist, facilitated a presentation regarding mental illness within the community at the *Faith behind the Badge Meeting* at the Police Training Center. There were twenty-four participants.
- ◆ On April 25, 2019, the Prevention Team volunteered at I.C. Norcom High School for *The Game of Life Event*. The goal was to provide students with real-life scenarios and resources to deploy good decision-making.
- ◆ On April 25, 2019, a PDBHS Peer Recovery Specialist accompanied the local police during the Community Engagement Walk. The purpose of the staff's participation was to disseminate information regarding services offered by PDBHS to the community.
- ◆ On May 4, 2019, the Prevention Team supported the Portsmouth Department of Social Services (DSS) Project Toy Drop. The goal of this event was to provide registered SNAP recipients with kids, 3-16 years of age with toys and games from the Kids Wish Network.
- ◆ On May 8, 2019, Ms. Rylan Chesley facilitated an informational Lock & Talk session with the clinical Intensive In-Home staff at Connecting Communities.
- ◆ On May 11, 2019, the Prevention Team hosted the annual YO! Summit event. The following community partners including the Portsmouth Fire Department, Portsmouth Public Library, Portsmouth Parks, Recreation and Tourism, Portsmouth Police Department, and the Portsmouth Sheriff's Office collaborated with PDBHS on this project.
- ◆ On May 13, 2019, the Prevention Team held a training session at Norfolk State University. The session dealt with the Lock & Talk initiative's two-pronged approach to utilize environmental strategies to reduce lethal means for those at risk of suicide (Lock); and to increase help-seeking behavior and expanding alertness and intervention skills training (Talk). The training also provided attendees with information regarding additional curriculum offered by the agency.
- ◆ On May 16, 2019, the Prevention Team served as supportive-lead, along with the a Peer Support Specialist during the Sprinkle Awareness on Mental Health and Opioid Misuse event.

PDBHS Staff Committed to Community Collaboration

Sheriff's Department Job Fair at I.C. Norcom High School

Mayor John L. Rowe, Jr.

Rep. Robert C. "Bobby"

Portsmouth City
Treasurer Paige D. Cherry

Deputy Sheriff Cullen

Del. Matthew James

Visionary Activities and Community Awareness

Trauma Informed Training



**Mental Health Fair
Grove Church**



**PDBHS Champions
Morale Builder**



Visionary Activities and Community Awareness

Bridging the Gap: Summit



Youth Outreach Summit



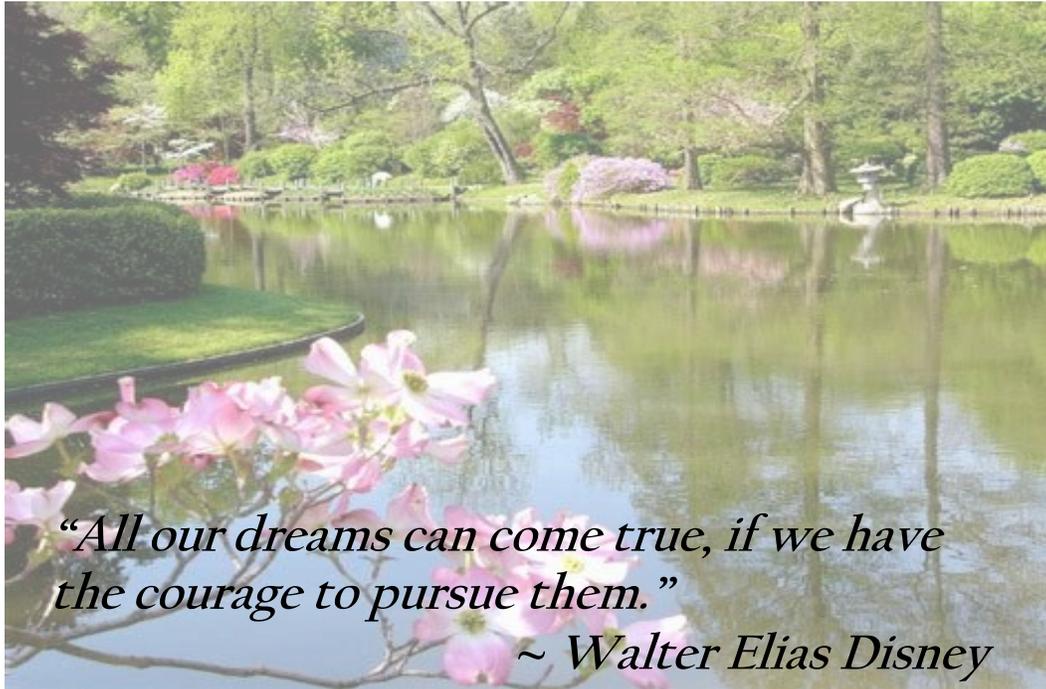
Visionary Activities and Community Awareness

Mental Health and Opioid Awareness Day



Linking, Supporting and Reaching Back

“WE CARE”



“All our dreams can come true, if we have the courage to pursue them.”

~ Walter Elias Disney

VISION

To promote wellness, positive outcomes and self-determination through the delivery of integrated, comprehensive, person-centered services and supports that enhance quality of life.

MISSION

To enhance the quality of life by promoting wellness and positive outcomes.

NEWSLETTER CONTRIBUTIONS BY:

PDBHS Staff: M. Elaine Breathwaite, Cherie Lassiter, Tamara Howe, Ron Murrel and Our Consumers

Newsletter Edited By:

PDBHS Staff: M. Elaine Breathwaite, Cherie Lassiter and Marketing Manager for the City of Portsmouth Sharon Hoggard



***We Can, We Will, We Must,
Continue on our Journey of
Excellence!***