

FY27 PROGRAM DESCRIPTION

HAMHDS PROGRAM: PREVENTION SERVICES

CARF PROGRAM: PREVENTION

PHILOSOPHY OF PROGRAM

Our prevention services are designed to empower individuals, families, and communities by enhancing strengths, mitigating risk factors, and promoting protective factors. This holistic approach fosters improved skills and capabilities, shifts community attitudes, and encourages healthy behaviors, ultimately decreasing the prevalence of emotional and behavioral disorders, substance use, and violence.

DESCRIPTION OF SERVICES

HAMHDS Prevention Services offers a comprehensive suite of universal and targeted programs that nurture healthy youth development and community wellness. Our initiatives are tailored to address community-specific needs identified by stakeholders, focusing on both risk factors—characteristics that increase susceptibility to substance use and mental health issues—and protective factors, which bolster positive behaviors and lifestyles. By addressing these risks and leveraging community strengths, we aim to reduce the need for more intensive and costly treatment services. Referrals to our Prevention Services come from parents, schools, and community organizations. The organization does not use Artificial Intelligence (AI) in service delivery or for health data analysis and processing.

PREVENTION SERVICES INCLUDE

Community-based Programming (CONNECT)

Consultations

Evidence-based Curricula

Speakers Bureau

Technical Assistance

Training

Youth Leadership Development

Environmental Approaches

CONNECT PROGRAM

The CONNECT program supports youth aged 6-17 residing in low-income housing communities within Henrico County that exhibit high levels of risk factors. Enrollment is open to residents of designated housing areas. The after-school program runs from Monday through Fridays during the months of September to May approximately three hours daily. The summer sessions extend to five hours each day. CONNECT staff operate collectively and independently, adjusting schedules based on community needs. The program provides academic support and enrichment activities, maintaining an approximate staff-to-youth ratio of 1:10. Current program sites are: Henrico Arms, Oakland Village, Richfield, St. Luke's and The Oak.

CONNECT Program Components Include:

Homework Assistance

Life Skills Training

Substance Use Refusal Skills

Conflict Resolution and Problem-Solving

Social and Emotional Learning

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Cultural Enrichment and Recreational Opportunities
Career Development and Employment Opportunities
Youth Leadership Development

EVIDENCE-BASED PROGRAMS AND STRATEGIES

Our evidence-based programs target school-aged youth to foster healthy development and lifestyles. Key objectives include addressing developmental needs, promoting life skills, and building resilience against substance use and other at-risk behaviors. Research-based curricula (e.g., Al's Pals, Life Skills Training, Safe Dates, and One Circle Foundation) equip youth with skills to enhance self-efficacy, resist negative peer pressure, avoid substance use, prevent violence, achieve academic success, and engage as responsible citizens. We also employ evidence-based environmental strategies to impact the broader community.

TEEN JOB PREPARATORY PROGRAM (TJPP)

The TJPP is designed for youth aged 14 and 15, promoting positive vocational attitudes, skills, and behaviors. Participants engage in interactive pre-employment training that includes service learning, attendance, and academic expectations. Successful completion of the instructional phase leads to a paid summer employment opportunity.

YOUTH LEADERSHIP DEVELOPMENT – YOUTH AMBASSADORS PROGRAM

This program, facilitated by Prevention staff, involves middle and high school students from Henrico County. Participants learn prevention strategies, develop leadership skills, and engage in service-learning activities. Youth Ambassadors collaborate with the Henrico Too Smart 2 Start Coalition, actively participating in the planning and execution of prevention initiatives.

ENVIRONMENTAL APPROACH

Our prevention efforts target various community settings to enhance public awareness and promote behavioral changes. Major initiatives focus on suicide prevention, tobacco product, alcohol and gambling vendor mapping, youth substance use prevention, and wellness promotion, utilizing both traditional and social media for communication.

MENTAL HEALTH FIRST AID (MHFA) – Adult, Youth and Teen Versions

MHFA is an 8-hour training course offered to residents of Henrico, Charles City, and New Kent Counties. This evidence-based program teaches participants how to assist individuals experiencing mental health issues or crises. Participants learn to recognize signs and symptoms, follow a 5-step action plan for assistance, and identify local resources. The provision of MHFA training is an integral component of our suicide prevention strategies.

ADVERSE CHILDHOOD EXPERIENCES (ACEs)

ACEs training helps participants understand the connection between childhood experiences and their long-term impact on mental, emotional, and physical health. Attendees will learn self-care strategies, healing pathways, and ways to prevent ACEs for children and youth in the community.

REVIVE!

REVIVE! is Virginia's opioid overdose and naloxone education program, addressing the opioid crisis through training that prepares individuals to recognize and respond to overdose emergencies with naloxone. This guide is distributed by pharmacists alongside naloxone prescriptions.

LOCK & TALK

Lock and Talk Virginia, initiated in May 2016, is a suicide prevention initiative that has expanded statewide. The Henrico CSB Prevention team distributes educational resources, lock boxes, lock pouches, and medication disposal kits to combat suicide and overdose.

HENRICO TOO SMART 2 START COALITION

The Henrico Too Smart 2 Start Coalition (TS2S) is a nonprofit organization that emerged from prevention staff efforts, comprising a diverse network of public and private agencies and local businesses. The coalition's mission is to promote health and wellness in Henrico County, primarily focusing on reducing youth substance use. The Youth Leadership Program, coordinated by Prevention Services, engages youth in training on prevention strategies and leadership skills, allowing them to participate in coalition activities as service learning.

CONTRACT SERVICES

No contractual services are provided within this program.

STAFFING

Our diverse prevention staff are experienced in serving youth, families, and communities. The team includes a Prevention Manager with dual master's degrees in Social work and Philosophy, a Prevention Supervisor with a master's in Economics, seven (7) full-time Prevention Specialists who are master's level professionals with credentials in education, juvenile justice, social work, and counseling, a Peer Recovery Specialist and part-time Program Case Aides with various educational backgrounds. All full-time staff hold instructor certifications in several evidence-based curricula, including AI's Pals, Life Skills Training, Safe Dates, Mental Health First Aid, ACEs, and others. We also provide practicum training for interns from local colleges and universities annually.

PROGRAM GOALS

Reduce the incidence of mental health issues, substance use, and violence among participants using a research-based risk and protective factors model.

Enhance the eight dimensions of wellness by increasing protective factors and decreasing risk factors for participants, families, and the community.

Influence community conditions, standards, and policies to foster health and wellness through environmental strategies.

Increase community awareness and capacity to promote healthy norms and behaviors by building partnerships using an evidence-based planning model.

PROGRAM OBJECTIVES

Annual objectives are established to assess the effectiveness, efficiency, service accessibility, and satisfaction of consumers and stakeholders within the CONNECT program, focusing on access, program quality, and customer value.

HOURS OF OPERATION

Monday – Friday: 8:30 AM – 6:00 PM

Staff may work additional hours, including evenings and weekends, for special activities.

FEES

Prevention services are free of charge, funded by a combination of Federal Block Grant, state, and local county funds.

PROCEDURES FOR REFERRAL, SCREENING, ADMISSION AND RE-ADMISSION

Admission into the CONNECT program is community-based, with parents registering their children at the program site. Other programs are accessible upon request from community organizations, individuals, or schools. All prevention programs are voluntary.

ORIENTATION OF INDIVIDUALS TO THE PROGRAM/SERVICE

Each Prevention Coordinator facilitates a CONNECT orientation twice a year to welcome new families to the program and to provide updates on program information. Parents and Caregivers receive and complete an application and the CONNECT Handbook.

EMERGENCY CLINICAL CONSULTATION

Emergency services are available 24/7 and can be reached at 804-727-8484

TELEHEALTH

Prevention Services staff utilize Microsoft Teams and Webex to virtually communicate with parents and youth.

MEDICATION MANAGEMENT

Prevention Services staff are not responsible for medication management or distribution.

SECLUSION/RESTRAINTS/EMERGENCY HOLDS

Seclusion and restraint are prohibited and are not used in any agency programs. Brief physical holds are used only by staff trained in Therapeutic Options in an emergency. All Prevention Services staff are trained in TO.

TRANSFER/DISCHARGE PROCEDURES

Participants may leave the program voluntarily at any time, with staff adhering to agency procedures for referring youth or families to other programs. Participation in other programs does not disqualify youth from joining CONNECT.

VISIT Henrico Prevention

<https://prevention.henrico.gov/>

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

<https://www.facebook.com/HenricoTooSmart2StartCoalition>