

# Virginia Opioid Abatement Authority Application for Awards for Cooperative Projects Involving Cities and Counties

## 1. Contact Information

This application is for cooperative projects consisting of a cooperative partnership between at least two cities and/or counties within the same Department of Behavioral Health and Developmental Services (DBHDS) region.

Complete this table for all cities and/or counties involved in the cooperative partnership.

Name of City/County	Contact Person	Mailing Address	Phone #	Email
City of Buena Vista	Jason Tyree	2039 Sycamore Ave Buena Vista VA 24416	(540) 261-8601	citymanager@bvcity.org
City of Lexington	Jim Halasz	300 E. Washington Street Lexington VA 24450	(540) 462-3700	jhalasz@lexingtonva.gov
County of Rockbridge	Spencer Sutter	150 South Main Street 2nd Floor Room 212 Lexington, VA 24450	(540) 463-1460	ssuter@rockbridgecounty.va.gov

**2. Fiscal Agent**

a. One of the participating cities or counties must serve as the fiscal agent for the cooperative project. The fiscal agent will be responsible to ensuring compliance with both financial and programmatic reporting requirements on behalf of the cooperative partnership.

b. City/County Serving as Fiscal Agent Buena Vista  city  county

c. Physical address: 2039 Sycamore Ave Buena Vista, VA 24416

d. Mailing address: \_\_\_\_\_  
(if different than physical address)

e. Contact Person for this application

i. Name: Jason Tyree

ii. Job Title: City Manager

iii. Office Phone: 540-261-8601 Cell Phone: 540-784-5348

iv. Email: citymanager@bvcity.org

**3. Agreements**

a. Attach a copy of the cooperative partnership agreement between the participating cities and/or counties for the project. The agreement should also designate the city or county selected as fiscal agent for the cooperative project. A SAMPLE agreement is available here.

i. If any participating city and/or county elects to allocate a portion of its Individual Distribution from the OAA to this regional project, the Cooperative Partnership Agreement should clearly document the commitment and amount.

**4. Signature**

Signature section must be completed by a person designated with signatory authority in the MOU/MOA noted in Part 3.a of this application.

*"I swear or affirm that all information contained in and attached to this application is true to the best of my knowledge."*

Signature 

Print Name Jason Tyree

Title City Manager

Date 5/5/2023

**5. Project Proposal**

Complete the information below for the project the cooperative partnership is requesting to be funded.

a. Is this project:

A new effort for the participating cities/counties.

A proposed supplement or enhancement to a project or effort that is already in place.

How long has the project existed? \_\_\_\_\_

A combination of enhancing an existing project/effort with new components.

How long has the project existed? \_\_\_\_\_

b. Provide a brief narrative description of the proposed project including the requested term (1-5 years).

Our project is related to Rockbridge Recovery Center and the HOPE House. The HOPE House project is a property which was donated to Rockbridge Recovery. It was zoned for transitional housing by the city of Buena Vista in January of 2023. This will be a transitional sober living recovery home for men who have completed inpatient rehabilitation programs and committed to a clean lifestyle. The house is in dire need of renovations to achieve livable conditions. The Community Foundation for Rockbridge, Bath and Alleghany launched collaborative funding project which is committed to paying materials to completely renovate the HOPE house. There are currently no transitional sober living homes in our region. We are asking for funds to provide operational staffing, transportation, labor for renovation and costs associated with furnishing the house. This project directly links to Rockbridge Recovery Center (HUB) which will provide many elements of the program success. Therefore, some of our performance measurements are directly related to activities being offered at the center to the residents of the house. These two facilities will work hand in hand to provide the highest possible long term goals for clients of the program. This project request is for 5 consecutive years, one year with four renewals

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### c. Describe the objectives of this project

Transitional sober living houses help individuals make the transition between drug rehab and their new drug-free life through supportive drug-free housing, career development programs, life skills courses, and the guidance they need to succeed. Many individuals attempting to abstain from alcohol and drugs do not have access to appropriate housing that supports sustained recovery. Sober Living aids in improvements on employment, psychiatric symptoms, and arrests. Sober living houses can provide invaluable support for residents. You get to live with other like-minded individuals in recovery. These people can help keep you accountable in your own journey. Many people develop meaningful and fulfilling relationships with their roommates. These relationships can be essential for their continued sobriety and mental health.

See Attached Packet for addition information

### d. How was the need determined and how does that need relate to abatement?

Since opening, Rockbridge Recovery Center has served 108 individuals and/or families in the year 2022. They expect that at a minimum, will double in 2023- given that they didn't open and begin assistance until July 18, 2022. They have assisted thirty-five (35) individuals/families through their donation closet, five (5) which were homeless individuals, and five (5) transient individuals since inception. They have assisted thirty-eight (38) clients with 42% of those clients still participating regularly in their groups, classes and/or private sessions. Additionally, on a monthly basis their Care Kit Program helps an average of 25 individuals/families. Their services are open to anyone and everyone regardless of their age, race, ethnic background, gender and/or sexual orientation. Their current client pool consists of 58% male and 42% female. Their client age ranges from 15-50 years old. The largest percentage of male clients are between 36-50 years of age and females being between 26-35 years of age. Sixty-three percent (63%) of their clients live in the Buena Vista area while the other 37% reside in Lexington and Rockbridge County.

See Attached Packet for additional information

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- e. Who are the targeted beneficiaries, and how many persons are expected to participate per year?

Targeted Beneficiaries include any area resident who has completed a drug rehabilitation program, has recently been released from incarceration or referred by Rockbridge Recovery for services. The house is expected to house six clients at a time for up to six months for the first year, which will potentially impact at least twelve lives for the first year (2024) to develop the model. In upcoming years, the house could potentially serve up to twelve clients at a time (if the rooms are switched to a four-man per room model with bunks), that could impact at least twenty-four lives annually. Rockbridge Recovery plans to have one bed that will be always available for a 24/48-hour pass in which the local law enforcement or hospitals can send a client who is released with acceptance letter by a rehabilitation program but cannot check in immediately. That pass would secure a bed for them for up to 48 hours until their admittance. The HOPE house would supply transportation to and from releasing facility and to the accepting program for these clients. They are actively working on developing relationships with facilities that are both local and in surrounding states.

See attached packet for additional information

- f. Briefly describe (name or organization, description of role, budget, etc.) the organization(s), including any sub-recipients or contractors (if known) that will be involved in this project. Attach any contracts and/or memoranda of understanding/agreement. If not fully executed, a draft or a narrative describing the scope of services may suffice.

The Community Foundation for Rockbridge, Bath and Alleghany (CFRBA) has fiscal oversight for the HOPE House project. They have formed a coalition of community funders to pay for material costs and some of the labor for the renovation of the house. The house includes a kitchen, common living/dining areas, recreational area, 3/4 bedrooms, two baths, an office and laundry accommodations.

CFRBA has also formed multiple community partnerships to sustain operations, offering a variety of essentials for the house which includes food security, health & wellness, community service, legal services, training and donations for furnishing the house. This is a true community, better together effort as we all realize that this epidemic is something bigger than ourselves.

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g. Is the project classified as evidence-based?

Yes

No

*If yes, attach supporting information to this application.*

h. Is the project classified as evidence-informed?

Yes

No

*If yes, attach supporting information to this application.*

i. Has this project been certified or credentialed by a state/federal government agency, or other organization/non-profit?

Yes

No

*If yes, attach supporting information to this application.*

j. Has this project received any awards or recognition?

Yes

No

*If yes, attach supporting information to this application.*

k. Does this project have components other than opioid-related treatment as defined?

No, it is 100% related to opioid treatment

Yes, there are other substances involved

*If yes, what is the approximate percentage of the project that covers opioid-related abatement (i.e., 20% of the patients who seek services have opioid-related disorders)?*

Rockbridge Recovery has current client files that consist of fifty-seven (57) individuals. Of these fifty-seven clients, the majority need of assistance falls into two major categories that are indicated as top concerns in our community and this region. The categories in our assessment include mental health needs (non-drug related), methamphetamine use, opiate use, and alcohol use. Mental health needs and methamphetamine use contribute to more than half of the needs of their clients, registering at thirty-seven (37%) percent in each category. Opiate use impacts twenty-four (24%) percent and alcohol use affects (2%) percent of the needs for recovery they have assisted with to date. Ten percent (10%) of their clients seek assistance in multiple categories.

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- l. Attach a budget for that minimally includes FY2024 with line-item details for the project. If carry-over of OAA funds from FY2024 into FY2025 is expected, include this in the line-item budget. If there is intention to renew the funding (maximum of 4 renewals), include the projected budget for each subsequent fiscal year.
  - i. If a city or county in the cooperative partnership is allocating any of its Direct Distributions and/or any of its Individual Distributions from the OAA to this cooperative project, include line items for each as funding sources for the project.
- m. Complete and attach the project timeline workbook for the project minimally for FY2024. If there is intention to renew the funding (maximum of 4 renewals), complete the timeline for each subsequent fiscal year.
- n. Complete and attach the performance measurement workbook for the project minimally for FY2024. If there is intention to renew the funding (maximum of 4 renewals), include the complete the performance measures for each subsequent fiscal year.
- o. *(Optional)* Attach any additional narrative materials explaining the project, along with any research, data, plans, letters of support, articles, or other items that may assist the OAA Board of Directors in making an award decision for this project.

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# HOPE HOUSE PROJECT

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**Community Project providing Rockbridge Recovery with a coalition of financial and assistive services to successfully build and sustain an addiction recovery program.**



**Project Prepared by Lori Turner  
Community Foundation for Rockbridge, Bath and Alleghany  
Updated 5/5/2023**



## Rockbridge Recovery, Bobby's Story

*"As I sit here today writing this and cannot help but to reminisce about where I was. I was struggling with a lost and confused mind, addiction, support, and at times wondering if this place would just be better off without me."*

With a pure heart but actions that stated otherwise, Bobby began his journey on a different road. After thirty years of addiction and fifteen years of institutes, prison, and jails- He found himself on the downside of a great resume. He attempted suicide and that moment changed his life forever. At that point, he came to realize that with that old resume maybe, just maybe could help someone just like him. This is his story of hope, faith and love.

He woke up in the hospital, not realizing he had been in a coma for eight days. He looked around and saw all the wires attached to his body and struggled to remember how he got there. He later found out that his body had detoxed while he was unconscious. The doctor shared how he had experienced traumatic seizures, profuse sweating, increased blood pressure and heart rates. This had taken an incredible toll on his body, and it was a miracle that he had survived.

He had hurt everyone who loved him. The amount of disappointment he had in himself was almost unbearable. The months ahead was filled with anxiety, depression, lack of sleep and everyday struggles to get back on his feet and begin the journey ahead. He spent several months alone, away from everyone and everything. This was a necessary process for him to find peace and to move forward. He used this as a time with God to heal and prepare for the foundation that was being laid out for him.

Rockbridge Recovery is now his full-time mission. This organization is working hard to execute community partnerships which allow them to serve those in need. Their approach is not only to bring awareness to the community of the struggles in addiction but also to reassure the client that he/she is not alone in fighting and overcoming this destructive disease.

The HOPE House is Bobby's way of giving back- Recovery is a lifelong journey. While getting sober may require a simple detox or rehab program, living sober requires constant commitment and care. For many, returning home after treatment jeopardizes that ability to truly live sober. If a person's home life is filled with stresses or pressures, or if they are returning to the same habits they left from, it can significantly increase their risk of relapse. Sober living means living in a place where there are no temptations or distractions from alcohol or drugs. It also means living in a place where you can re-build and reinforce the sober life skills learned in your treatment program and make new friends that can support them in their journey for sober living.

At the HOPE House, residents will be surrounded by people who support their recovery, and who will hold them accountable daily. House managers will be available 24/7 to help with any potential issues that arise in their recovery – difficult cravings, down emotions, daily stresses – and are there to listen as well as offer advice or suggestions for coping mechanisms. The house is connected to support staff who have walked in similar shoes and are now peer recovery specialists. They understand what it is like to experience substance addiction, complete a rehab program, and to live sober after treatment.

One of the most obvious benefits of the HOPE House is the bond residents will form while there. They will meet and live alongside people who are also in recovery and share common ground. These people also understand what it is like to use drugs, to crave drugs, to feel distant or depressed, to lose control, and to disappoint others. Most of all, they have desire and drive to change, and become the best possible people they can be, without drugs or alcohol.

Living in a sober house can also help reduce loneliness, which is an inherent part of the addiction cycle. When using drugs, many feel very alone. They may have cut ties with people in their life or withdrew from family members in fear of judgement and rejection. In a sober recovery setting, however, this can all change. They will not be alone – there will be people literally living beside them, with very parallel experiences. Over time, these people will start to feel more like their family, or their community, with everyone supporting and understanding one another. These are the relationships they will have for life, the people they can call on when things get tough, the people that will hold them accountable for their sobriety time and time again. They become their sober network.

The HOPE house staff recognizes the clear difference between getting sober and living sober, and offers continuous care and management, after rehabilitation. It is the independent phase of recovery where clients can work, attend meeting and participate in recreational activities. A place where they will feel comfortable, inspired, and at peace as they overcome addiction.

## Partnership Grant Application Opiates Abatement Authority

### City of Buena Vista, City of Lexington, County of Rockbridge

#### **b. Provide a brief narrative description of the proposed project including the requested term (1-5 years).**

Our project is related to Rockbridge Recovery Center and the HOPE House. The HOPE House project is a property which was donated to Rockbridge Recovery. It was zoned for transitional housing by the city of Buena Vista in January of 2023. This will be a transitional sober living recovery home for men who have completed inpatient rehabilitation programs and committed to a clean lifestyle. The house is in dire need of renovations to achieve livable conditions. The Community Foundation for Rockbridge, Bath and Alleghany launched collaborative funding project which is committed to paying materials to completely renovate the HOPE house. **There are currently no transitional sober living homes in our region.** We are asking for funds to provide operational staffing, transportation, labor for renovation and costs associated with furnishing the house. This project directly links to Rockbridge Recovery Center (HUB) which will provide many elements of the program success. Therefore, some of our performance measurements are directly related to activities being offered at the center to the residents of the house. These two facilities will work hand in hand to provide the highest possible long term goals for clients of the program. This project request is for 5 consecutive years, one year with four renewals.

#### **c. Describe the objectives of the project**

Transitional sober living houses help individuals make the transition between drug rehab and their new drug-free life through supportive drug-free housing, career development programs, life skills courses, and the guidance they need to succeed. Many individuals attempting to abstain from alcohol and drugs do not have access to appropriate housing that supports sustained recovery. Sober Living aids in improvements on employment, psychiatric symptoms, and arrests. Sober living houses can provide invaluable support for residents. You get to live with other like-minded individuals in recovery. These people can help keep you accountable in your own journey. Many people develop meaningful and fulfilling relationships with their roommates. These relationships can be essential for their continued sobriety and mental health.

The HOPE House will provide individuals in their area with transitional housing for up to six months. The program is designed to hold clients accountable for the clean lifestyle. Employment will be provided for all residents. Each client will receive assistance which may include obtaining driver's license, GED and child visitation. Clients will participate in recreational programs which will include the fitness center at the Rockbridge Area YMCA, Adult Basketball, Fishing and Hiking. They will be provided with transportation to community service obligations, court hearings, probation requirements and treatment classes. Treatment will include Individual Counseling, Opiates Prevention Education, Patch Therapy, Principles of Recovery Classes, and Peer Support Meetings which are provided by Rockbridge Recovery as part of the client WRAP plan.

The HOPE House will be providing community outreach and prevention education in schools. School Resource Officers have requested our peer support recovery specialists share their stories of recovery with the middle and high school students in the area. Through real stories, we hope to reach the younger generation and educate them on substance and opioid abuse disorders.

Rockbridge Recovery has partnered with Southern Virginia University and Washington and Lee University for students to volunteer their services to the project. They will be doing prevention education workshops in the community to spread awareness regarding the risks of addiction. This will enable us to reach college campuses as well as the community at large and reduce substance abuse in the region.

The HOPE House has a recently retired doctor from the health department as a partner. She will be providing education and outreach. She will also be helping to form community partnerships grant funding related to addiction and other public health issues. She is planning on training one of her dogs as a therapy dog and is intrigued by the unique role that animals can play in mental health issues that often co-exist with the disease of addiction. The black lab will be certified by the end of the summer and will be utilized at the HOPE house.

Numerous studies have shown that most people who live in transitional sober homes after attending treatment have low rates of relapse and are able to live productive lives. Sober living homes are realistic, cost-effective living environment for people in recovery. At the HOPE House we want to give our residents to have the best possible chance for life long recovery and will be continuously improving our model to give them the best chance of accomplishing that.

#### d. How was the need determined and how does it relate to the abatement?

Rockbridge Recovery Center (identified as project HUB space) is a 501(c)3 not for profit established to assist those struggling with substance abuse during the recovery and rehabilitation process and provide mental health support to those who suffer from these critical needs. The results of our local Community Health Survey (conducted by Carilion) indicated alcohol and drug use and mental health problems are two of the top three issues impacting the health of our community. These services were seen as the most difficult health service to access. CHAT stakeholders also indicated mental health as a top need in the community, citing drug overdose rates had increased 21% in the Northwest Virginia Health Planning Region—which includes the Rockbridge Area—from 2019 to 2021.

Since opening, Rockbridge Recovery Center has served 108 individuals and/or families in the year 2022. They expect that at a minimum, will double in 2023- given that they didn't open and begin assistance until July 18, 2022. They have assisted thirty-five (35) individuals/families through their donation closet, five (5) which were homeless individuals, and five (5) transient individuals since inception. They have assisted thirty-eight (38) clients with 42% of those clients still participating regularly in their groups, classes and/or private sessions. Additionally, on a monthly basis their Care Kit Program helps an average of 25 individuals/families. Their services are open to anyone and everyone regardless of their age, race, ethnic background, gender and/or sexual orientation. Their current client pool consists of 58% male and 42% female. Their client age ranges from 15-50 years old. The largest percentage of male clients are between 36-50 years of age and females being between 26-35 years of age. Sixty-three percent (63%) of their clients live in the Buena Vista area while the other 37% reside in Lexington and Rockbridge County. Rockbridge Recovery Center is currently staffed by volunteers. Their staff consist of six (6) individuals which includes two (retired) certified counselors. They have been fortunate that three (3) of their clients have transitioned to being regular volunteers who work with their peer support groups. In 2022, their volunteers donated 1,624 hours to their mission - which included 1,200 hours dedicated to the center for group and private sessions and assuring the center was open for those in need.

They were blessed and fortunate to have donor come forward to donate that property which will be renovated into the HOPE House. Many of the clients they are helping get into rehabilitation programs are finding themselves jobless and homeless when they return. The HOPE House will provide a place for them to go and progress towards independent living.

The program relates to the abatement as issues with prescription drug abuse and addiction are out in the open, and real discussions are happening on how best to treat those that are already addicted to opioids and how to prevent an epidemic of drug addiction – which started from legitimate prescription use in many cases – from happening again. Those who have a substance abuse disorder are considered high risk for developing an opioid abuse disorder. The program will provide a prevention education component on opioid use disorder for those coming in with all other substance use disorders. **This allows 100% of our residents coming through the program to receive opioid prevention support. These sessions will include but not be limited to pathways to safer opioid use, revive and opioid awareness/health concerns education.**

We will become MOUD/MAT capable among staff within 6-12 months of opening. This will include a medication policy, lock boxes which are kept in staff offices and shift pill counts. We will incorporate a three-lock procedure. House staff will witness observed ingestion, complete sign off sheet and monitor resident for any signs of medication effects. Senior members of staff including Program Manager will take 32-hour medication administration certification. However, medication will not be administered by staff unless requested. An important aspect of the social model of recovery is that residents feel a part of, a voice heard, and personal responsibility. This will have a positive impact on the recovery ecosystem that takes place in the recovery residence. While staff will have early involvement with the monitoring of medication, it will be the Resident's responsibility for long-term success.

The public's view of opioid addicts and their needs is softening, and our society is offering more compassion toward these individuals. States have readied funding for opioid detox and addiction treatment programs, and real help is more readily available for addicts than ever before. Still, there are some shortfalls in providing current addicts and recovering addicts with everything they need to fully recover from addiction and become productive members of society again. One major deficit is in the availability of housing for those recovering from addiction, aka sober living houses.

Studies indicate that living in sober homes after inpatient treatment increases recovery rates, financial strength and overall stability. A study published in the Journal of Substance Abuse Treatment found sober living home residents experienced improvements in arrest rates (49% reduction), alcohol and drug use rates (50% reduction), and employment rates (40% increase in wage over non-resident). The authors found evidence that 12-step program attendance and social support systems given in sober living houses were key components of recovery for residents.

**e. Who are the targeted beneficiaries, and how many persons are expected to participate per year?**

Targeted Beneficiaries include any area resident who has completed a drug rehabilitation program, has recently been released from incarceration or referred by Rockbridge Recovery for services. The house is expected to house six clients at a time for up to six months for the first year, which will potentially impact at least twelve lives for the first year (2024) to develop the model. In upcoming years, the house could potentially serve up to twelve clients at a time (if the rooms are switched to a four-man per room model with bunks), that could impact at least twenty-four lives annually. Rockbridge Recovery plans to have one bed that will be always available for a 24/48-hour pass in which the local law enforcement or hospitals can send a client who is released with acceptance letter by a rehabilitation program but cannot check in immediately. That pass would secure a bed for them for up to 48 hours until their admittance. The HOPE house would supply transportation to and from releasing facility and to the accepting program for these clients. They are actively working on developing relationships with facilities that are both local and in surrounding states.

Sober living is a lifestyle characterized by healthy behaviors. It doesn't include isolation. It includes building relationships, supporting others and practicing healthy ways to overcome triggers. Establishing a sober lifestyle is difficult during the early stages of recovery. The HOPE House provides clients a safe place to go after treatment, a place where they are free of triggers and surrounded by social support, they will employ compassionate staff and enforce strict rules that support the recovery process.

**f. Briefly describe (name or organization, description of role, budget, etc.) the organization(s), including any sub-recipients or contractors (if known) that will be involved in this project. Attach any contracts and/or memoranda of understanding/agreement. If not fully executed, a draft or a narrative describing the scope of services may suffice.**

The Community Foundation for Rockbridge, Bath and Alleghany (CFRBA) has fiscal oversight for the HOPE House project. They have formed a coalition of community funders to pay for material costs and some of the labor for the renovation of the house. The house includes a kitchen, common living/dining areas, recreational area, 3/4 bedrooms, two baths, an office and laundry accommodations.

CFRBA has also formed multiple community partnerships to sustain operations, offering a variety of essentials for the house which includes food security, health & wellness, community service, legal services, training and donations for furnishing the house. This is a true community, better together effort as we all realize that this epidemic is something bigger than ourselves.

**Project Partners Include:**

We have twelve monetary donors and twenty in kind partners for this project which are outlined on page ten of this proposal. See page 18 for a complete listing of our partners and their roles in the project.

The house operations will be conducted by Rockbridge Recovery, a 501c3 organization operating the main center (HUB) The house was donated to Rockbridge Recovery who will be responsible for using the project funds to hire, train and supervise the staff. Training shall include but not be limited to Peer Support Recovery Specialist, REVIVE, First Aid/CPR and Safe Talk. Senior Staff members (at least 3 always) will be certified in 32-hour medication aide training.

Rockbridge Recovery will be responsible for enforcing policies and procedures required by our certifying agent Virginia Association of Recovery Residences. (VARR). Staff responsibilities will also include transporting residents to and from all required employment, meetings, court appearances, medical appointments, recreational activities and community service etc. The Community Foundation will fund the agency on a quarterly basis and financial reporting will be due at the end of each quarter for distribution of the next payment to be processed to support operations.

**g. Is the project classified as evidence-based? Yes**

Once our organization and residence are certified by VARR, we will incorporate the RECCAP platform to build recovery capital. The Main Hub, Rockbridge Recovery hosts Evening Groups, Classes and Meetings to support the HOPE House clients in their recovery process. Furthermore, 100% of our residents coming through the program to receive opioid prevention support. These sessions will include but not be limited to pathways to safer opioid use, revive and opioid awareness/health concerns education. Classes include:

**Peer Support Group:**

Peer support group is conducted on Thursday evenings from 6-7pm. This group has open discussions about substance abuse, stress, anxiety, depression, etc. This group provides a healthy, safe environment for the individuals to communicate with other compatible peers and can confidently express themselves without judgement. There are several peer support specialists that help assist the facilitator in this group, which is currently Bobby Slagle. Bobby brings a unique quality to this group by inspiring those to continue the path to recovery by his own testimony. In the warmer months this group was able to enjoy their session with cookouts by the river. Planned future sessions include group activities such as bowling, hiking, or going to the gym once a month to further encourage leading a healthy lifestyle and bonding.

**Grief Support Group:**

This group meets on Tuesdays from 7-8pm and provides a safe and comfortable space to grieve. This can be grief for anything from a lost loved one to a loss of self. There is no time limit on healing from loss and this class is designed to support and listen and empathize. Deb Styler and Carmen Bria, both part of the counseling support team, facilitate this group. The main goal for this group is to assist in the grieving process. The community has been suffering for a long time and Rockbridge Recovery's doors are open for anyone who needs assistance.

**Principles of Recovery:**

This class meets on the 2nd and 4th Monday from 6-7pm. This is a curriculum-based class designed to teach recovery coping skills and skills needed to re-enter society as a healthy, functioning member of the community after the use of substances. This class will address certain mental health challenges that are co-occurring with substance abuse. Deb Styler is the facilitator of this group.

The main HUB, Rockbridge Recovery is based on peer support assistance and self-help. All their support groups are facilitated by peers with knowledge and experience in its particular area. Many of the staff have degrees including a Master's in Social Work, Master's in Child Development, Master's in Human Development, Bachelor's in Education, Associate's in Criminal Justice and an Associate's in Forensic Science. Two of the staff members are licensed counselors and have recently retired and volunteer their time and knowledge. Since opening in July of 2022, the staff has acquired certifications and trainings including mental health first aid for adults and youth, ACE's training, Revive and Safe Talk. All the groups and classes are designed to assist individuals with recovery in different areas based on the knowledge, skills, resources, research and education provided by curriculums, workbooks, and their staff.

As part of this project, all the HOPE house staff will be certified as peer recovery specialists which will be complete before the opening of the house in January of 2024. Furthermore, the center does have books available including "Relapse Prevention Counseling: Clinical Strategies to Guide Addiction Recovery and Reduce Relapse" and "The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-help Workbooks)" that they use in groups and individual assistance.

**i. Has this project been certified or credentialed by a state/federal government agency, or other organization/non-profit? Yes –** The peer support recovery specialists who are trained and being trained are all certified through the DBHDS. The house will be VARR (Virginia Association for Recovery Residences) certified. They will be providing technical support and the certification of the recovery residence. Furthermore, they will provide ongoing training with our staff and peers as part of our certification process.

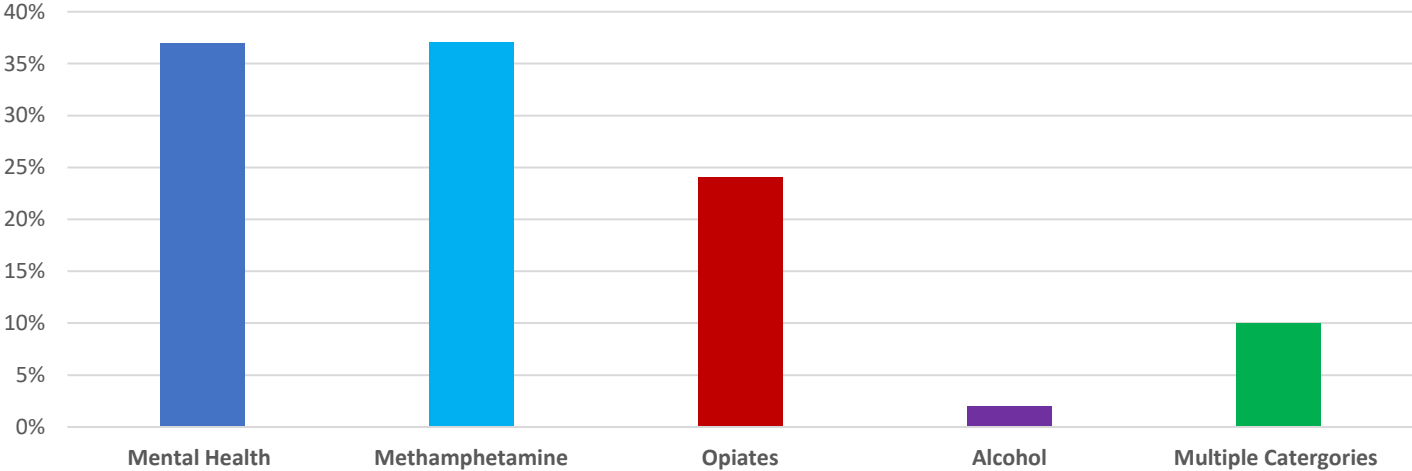
**j. Has this project received any awards or recognition? No-** This is a new program/project

**k. Does this project have components other than opioid-related treatment as defined? If yes, what is the approximate percentage of the project that covers opioid-related abatement (i.e., 20% of the patients who seek services have opioid-related disorders)**

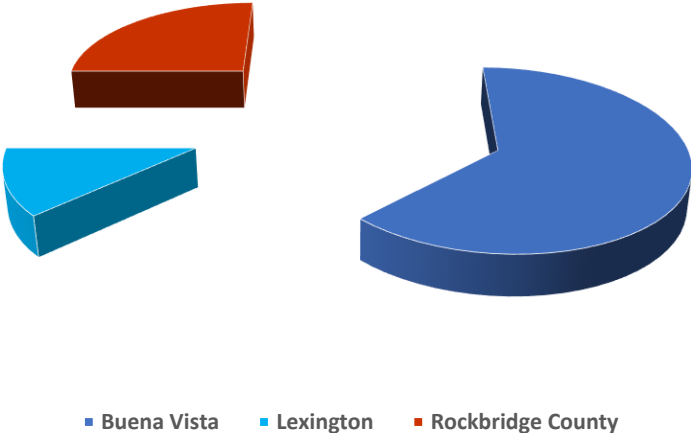
Yes- There are other substances involved.

Rockbridge Recovery has current client files that consist of fifty-seven (57) individuals. Of these fifty-seven clients, the majority need of assistance falls into two major categories that are indicated as top concerns in our community and this region. The categories in our assessment include mental health needs (non-drug related), methamphetamine use, opiate use, and alcohol use. Mental health needs and methamphetamine use contribute to more than half of the needs of their clients, registering at thirty-seven (37%) percent in each category. **Opiate use impacts twenty-four (24%) percent** and alcohol use affects (2%) percent of the needs for recovery they have assisted with to date. Ten percent (10%) of their clients seek assistance in multiple categories.

### Rockbridge Recovery HUB Center Statistics



### Rockbridge Recovery HUB Center Areas Served



## Project Implementation Timeline

### First 6 Months:

Milestone	Launch/ Completion	Activity
Renovation Funding	Launch Jan. 2023, <b>COMPLETE</b>	<b>Monetary Funding</b> Community Foundation works with other funding agencies to address monetary needs to complete renovation. See page ten for scope of renovation needed.
	Launch Jan.2023, <b>COMPLETE</b>	<b>In Kind Funding Community</b> Foundation finds in kind material and labor donations to support the renovation project. See page ten for scope of in-kind services.
Convene the Regional Coalition	Launch Jan 2023, First Meeting Aug. 2023	<b>Identify Key Coalition Members</b>   Coalition consists of multiple partner organizations and CFRBA, additional identification needed of financial partners such investors, partners, and identification of SAMHSA grants available for the HOPE House.
Plan and Prepare for Project Launch	Launch March 2023 <b>COMPLETE</b>	<b>Cleanup Phase</b> Washington and Lee Volunteers will complete cleanup phase to prepare the house for renovation. <b>Identify Contractors</b> Welsh construction will begin planning with sub-contractors and volunteers for the project completion.
	Launch March 2023, Complete July 2023	<b>Operational Sustainability</b> the Community Foundation will work with locality leaders in the City of Buena Vista, City of Lexington, County of Rockbridge to apply for Opiate Partnership settlement funds.  Community Foundation will launch fundraising campaign for ongoing support of the HOPE House operations which will include press release, online giving portal and project website.

### Yearly Milestones:

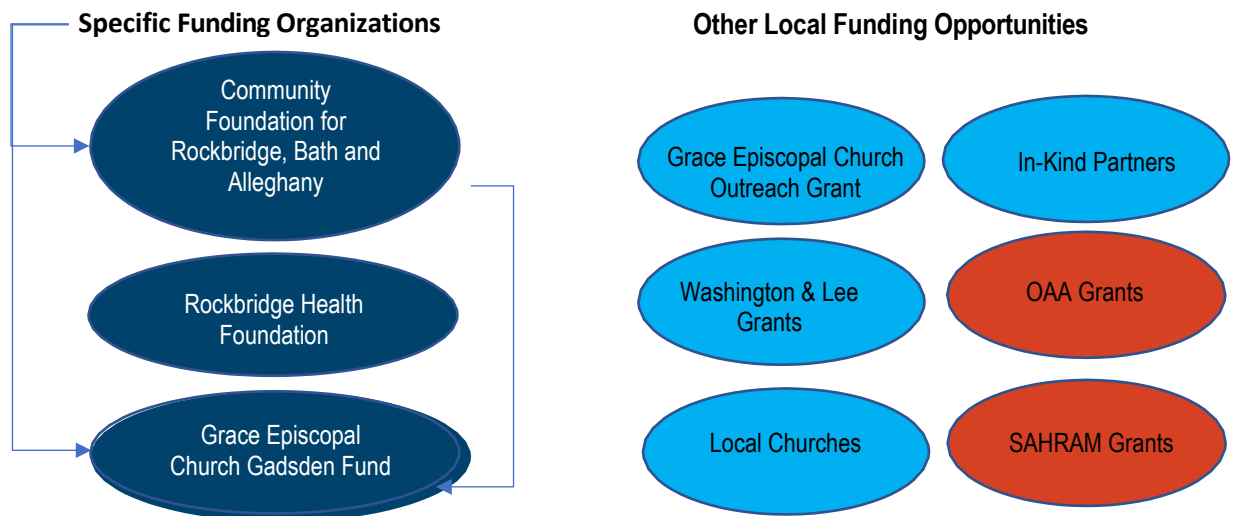
Milestone	Year	Activity
Policy and Procedure Review	Launch Oct. 2023 with quarterly check-ins through term of the grant and beyond	<b>Create House Policies and Procedures</b> Visit like facilities and monitor best practices for implementation.
Renovation Phase	Launch August 2023 Complete December 2023	<b>Renovation of the HOPE House</b> Construction Phase- Program Director shall work with General Contractor, subcontractors, material and labor donors to complete the renovation. Once complete Program Director shall work with CFRBA and partners to complete furnishing phase of the house.
Convene the Regional Coalition	Meeting December 2023	<b>Review Project with Coalition</b> Meet and discuss overall project and determine if any additional need should be met prior to opening of the house. Determine if there are any issues or concerns with the overall project before the launch.

Conduct Analysis & Hire/Train Staff	Conducted every July starting in July 2023	<b>Conduct Annual Review</b> Meet with Rockbridge Recovery Team, HOPE house staff and volunteers to determine viability of the project and address additional needs. Hire staffing the house and conduct necessary training in preparation for opening.
Official Opening of the HOPE House	January 2024	<b>Grand Opening</b> House grand opening, open house, ribbon cutting, and official thank you presentation for coalition partners
Open House, Publicity and Project Test Phase	Launch Jan. 2024	<b>Begin Operations</b> Operate house on limited capacity for test phase and work out logistical issues that may arise. Work with staff on schedules, supply pickups, required documentation and overall operation of the house.

**Project Activities, Goal, and Objectives- Annual Expectations**

Our success will be measured by the number of residents who graduate the program, the number who remain clean after six months, and the number of graduates who stay engaged with the program as volunteers or staff.

Goal Description	Goal	Stretch Goal
Number of clients served at the HOPE house	12	20
Number of clients who complete the HOPE house program	10	12
Number of clients who receive GED or higher education in house program	12	20
Number of clients who complete probation/court ordered requirements	12	20
Number of clients who reinstate driving privileges in program	6	8
Number of clients who reconnect with family/children in program	10	15
Number of mentors in the program from Rockbridge Recovery Services	50	65
Number of clients served at Rockbridge Recovery HUB	100	120





**Matching Grant:**

<b>Matching Funds</b>		
Community Foundation for Rockbridge, Bath and Alleghany	Cash Donation to Renovation Project	\$ 160,096.00
Rockbridge Area Health Foundation	Cash Donation for Renovation Project, Training	\$ 20,000.00
Grace Episcopal Church Outreach	Cash Donation for Renovation Project, Transportation Costs	\$ 10,000.00
Spencer Home Center	Cash Donation for Renovation Project	\$ 15,000.00
Feed the Need Foundation	Cash Donation to Purchase Appliances	\$ 8,000.00
Lexington Presbyterian Church Outreach Program	Cash Donation to Renovation Project	\$ 5,000.00
<b>Total Cash Match from Partners</b>		<b>\$ 218,096.00</b>
City of Buena Vista OAA	OAA Funds	\$ 55,740.00
City of Lexington OAA	OAA Funds	\$ 10,829.00
<b>Total Cash Match from OAA Funds</b>		<b>\$ 66,569.00</b>
<b>Total Cash Match</b>		<b>\$ 284,665.00</b>
<b>In Kind Donation Valuations</b>		
Brent & Deb Styler	Donation of Property 1813 Magnolia Ave.	\$ 72,400.00
Welsh Construction	Donated Labor for Renovation	\$ 25,880.00
Spencer Home Center	Material Donations	\$ 9,614.64
Rockbridge Flooring	Renovation Project	\$ 13,413.00
Higgins Construction	Donated Labor for Renovation	\$ 3,200.00
Colin Richardson Electrical	Electrical Services for Renovation	\$ 6,400.00
Natural Bridge Heating and Cooling	HVAC System Labor and Discounted Materials	\$ 16,000.00
KC Custom Tile	Bathroom Tiling Labor	\$ 2,600.00
Rockbridge Area Relief Association	Annual Food Relief for HOPE House	\$ 20,000.00
Bridge to Hope Food Pantry	Annual Food and Clothing Support	\$ 33,800.00
Rockbridge Area Habitat for Humanity	Donation of Rugs for HOPE House	\$ 1,650.00
Rockbridge Area YMCA	Gym Membership and Y360 Program	\$ 7,656.00
Advanced Drainage Systems	Safety Glasses and Bump Caps for Renovation	\$ 212.00
C&S Disposal	Reduced Hopper and Pull Fees	\$ 630.00
First Bretheran Church	Facility for Meetings	\$ 8,400.00
CARE Kits Program	Annual Toiletry items for HOPE house residents	\$ 1,500.00
<b>Total In-Kind</b>		<b>\$ 223,355.64</b>
<b>Total Donations</b>		<b>\$ 508,020.64</b>

The total five-year request for the Community Foundation HOPE house project is **\$1,052,405** with a **monetary match of 284,665.00** provided by six partners, and two localities from their OAA individual settlement funds) and an in-kind match of \$223,355.64 is provided by twenty community partners totaling \$508,020.64 in project support.

## Applicant Capability

Rockbridge Recovery's Hope House is a six (6) month program designed to assist six (6) Men dealing with addiction stay clean. Prospective clients will come from referral services, release from incarceration, release from hospitalization after completion of an inpatient substance abuse program.

- HOPE House Location: 1813 Magnolia Ave, Buena Vista, VA 24416
- Six (6) man sober living transitional program
- Employment will be provided by People Link Staffing - Three (3) local Buena Vista production plants provide two (2) guaranteed positions for the 6 men.
- For men who prefer a trade program over manufacturing, Byers Technical Institute will provide a paid apprentice program.
- Treatment – Individual Counseling, Opioid Prevention Education, Patch Therapy, Principles of Recovery Classes, Peer Support Meetings, NA Meetings will be Provided by Rockbridge Recovery Center HUB.
- Outside Resources for Treatment – Rockbridge Community Service Board

## Sustainability

The Community Foundation has already identified challenges and potential barriers due to Rockbridge Recovery being in early development stages of the not-for-profit status. Our plan to sustain operations include the following income sources.

- Opiate Abatement Authority Partnership Grant using initial application with four-year renewal, with plans to re-apply for remaining years of the settlement as permitted by the localities served.
- Grant applications to Substance Abuse and Mental Health Services Administration (SAMHSA)
- Community Grants from our local pool of funders
- Develop relationships with local churches and clergy for ongoing support.
- Fundraising effort and identifying early investors through aggressive marketing campaigns once the house is open and statistical results can prove its effectiveness.
- 

House Profitability	Income produced from the house from paid rents by clients after all expenses are met annually. Residents will pay \$125 a week (10%)	\$22,420
OAA Funding	Contingent on the approval from the Opiate Abatement Authority Partnership Grant Funding	\$210,481

Church/Corporate Sponsorships	We have already built partnerships with churches and businesses in the region to acquire renovation funding. We will continue to identify and attract mission-aligned organizations for sponsorships.	\$50,000
Bank/Family Foundations	The Community Foundation has extensive knowledge of the bank and family foundations that align with our mission. They have successfully raised \$65,000 in foundation dollars which is certainly replicable in future years due to the relationships formed over the past twenty years.	\$65,000

The Community Foundation is positioning our coalition of partners to help Rockbridge Recovery address the drug pandemic in our region. This momentum will launch us into the next phase of growth. An OAA investment and juncture will have a catalyzing effect on those struggling with addiction, mental health issues and homelessness.

**Community Foundation for Rockbridge, Bath and Alleghany (CFRBA) -Budget Narrative**

Description	FY 2024	FY2025	FY2026	FY2027	FY2028	Project Totals
Program Director (Salary)	\$ 41,500.00	\$ 41,500.00	\$ 41,500.00	\$ 41,500.00	\$ 41,500.00	
Center Director (Salary)	\$ 41,500.00	\$ 41,500.00	\$ 41,500.00	\$ 41,500.00	\$ 41,500.00	
Admin Support Staff (1) PT@16/Hour	\$ 16,640.00	\$ 16,640.00	\$ 16,640.00	\$ 16,640.00	\$ 16,640.00	
House Monitoring PT Staff (6) @ \$16/Hour	\$ 116,496.00	\$ 116,496.00	\$ 116,496.00	\$ 116,496.00	\$ 116,496.00	
Taxes and Fringe	\$ 23,628.00	\$ 23,628.00	\$ 23,628.00	\$ 23,628.00	\$ 23,628.00	
Certification Costs	\$ 500.00		\$ -	\$ -	\$ -	
House Insurance	\$ 1,800.00	\$ 1,800.00	\$ 1,800.00	\$ 1,800.00	\$ 1,800.00	
House Monthly Expenses	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	
Transit Van	\$ 35,000.00					
Undonated Renovation Labor	\$ 30,000.00					
Staff Training	\$ 15,000.00					
Medication Lockbox & MAT Center	\$ 2,500.00					
Recreational Equipment	\$ 10,000.00					
Surveillance System	\$ 5,000.00					
Household Goods	\$ 25,000.00					
<b>Sub-Totals</b>	<b>\$ 365,564.00</b>	<b>\$ 242,564.00</b>	<b>\$ 242,564.00</b>	<b>\$ 242,564.00</b>	<b>\$ 242,564.00</b>	
City of Buena Vista Direct Distributions	\$ 23,251.00	\$ 3,333.00	\$ 4,172.00	\$ 4,172.00	\$ 4,172.00	<b>Cash Match from OAA Funds</b>
City of Buena Vista Individual Distributions	\$ 7,266.00	\$ 1,222.00	\$ 1,530.00	\$ 1,530.00	\$ 1,765.00	<b>\$66,569.00</b>
City of Buena Vista Gold Standard	\$ 1,816.00	\$ 306.00	\$ 382.00	\$ 382.00	\$ 441.00	
City of Lexington Individual Distributions	\$ 8,663.00	\$ -	\$ -	\$ -	\$ -	
City of Lexington Gold Standard	\$ 2,166.00	\$ -	\$ -	\$ -	\$ -	
Monetary Match from HOPE House Partners	\$ 112,171.00	\$ 27,472.00	\$ 26,249.00	\$ 26,249.00	\$ 25,955.00	<b>Cash Match from Partners \$218,096.00</b>
Total Match	\$ 155,333.00	\$ 32,333.00	\$ 32,333.00	\$ 32,333.00	\$ 32,333.00	
<b>Budget Totals</b>	<b>\$ 210,231.00</b>	<b>\$ 210,231.00</b>	<b>\$ 210,231.00</b>	<b>\$ 210,231.00</b>	<b>\$ 210,231.00</b>	<b>284,665.00</b>

The total five-year request for the Community Foundation HOPE house project is **\$1,052,405** with a **monetary match of 284,665.00** provided by seven partners, and two localities from their OAA individual settlement funds) and an in-kind match of \$223,355.64 is provided by twenty community partners totaling \$508,020.64 in project support.

**This is for a one-year application, with four automatic renewals.** Operational model for the HOPE House calls for six part-time house monitors (less than 30 hours) with no fringe benefits covering 6656 hours annually at \$16 an hour. The program manager will cover 40 hours per week (2080 hours per year). The Center staffing will provide 40 hours a week for the Center Director and 25 hours per week for the Admin Support position. These salaries are based on the city of Buena Vista averages.

**The City of Buena Vista has allocated ALL their OAA funds for the next five year to the project\*.** The City of Lexington allocated their individual and gold standard funds (\$66,569) and plan to allocate direct distributions once house is operational. The County of Rockbridge plan to supplement that with their direct OAA funds once the house is operational. **Cash Match from all partners totals \$284,665 over a five-year span.**

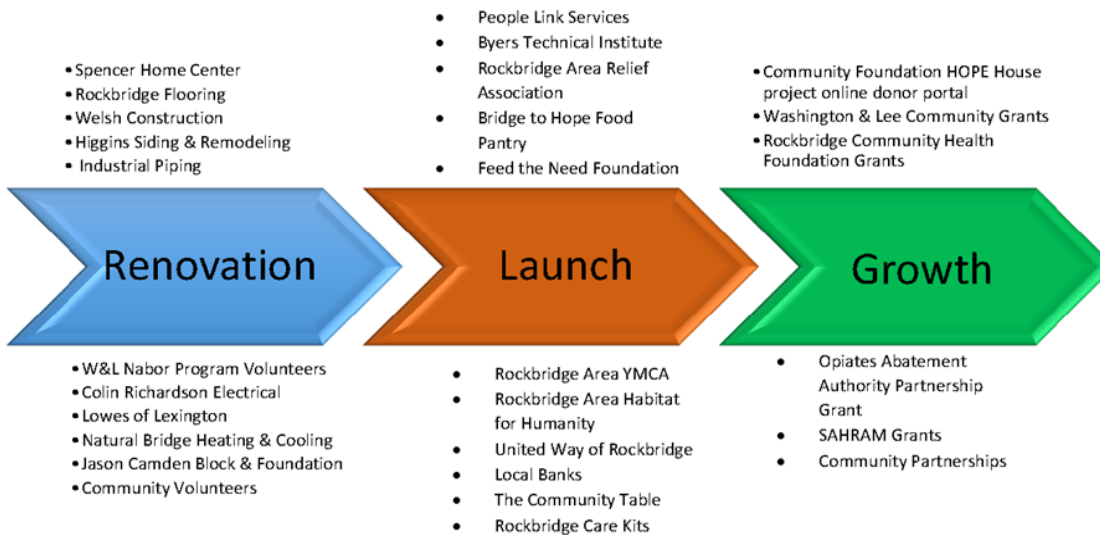
### 2023- Renovation Phase Staffing:

- Program Director will oversee renovation process, write policies and procedures, visit like facilities for benchmarking and hire and manager the house monitoring staff.
- Center Director will oversee the HUB, coordinate and schedule classes, develop marketing materials, maintain social media/website, assist in fundraising efforts and grant writing
- Administration Support will manage the Care Kits Program, admin tasks, data entry and food program.
- House Monitoring staff will assist with hands on renovation tasks, attend training classes, handle center client transportation needs, and other tasks as requested.

### 2024-2028 Operational Phase Staffing:

- Program Director will handle all program responsibilities, do intakes, supervise staff, client WRAP plans
- Center Director will oversee the HUB, coordinate and schedule classes, develop marketing materials, maintain social media/website, assist in fundraising efforts and grant writing
- Administrative Support will handle all data entry, filing and handle client requests
- House Monitors will be responsible for oversight of the house and its clients 24/7

Below is an overview of coalition partner phases for the HOPE House Project:



### See Attachments:

1. OAA Timeline for Cooperative Project
2. Performance Measurement Worksheet for Cooperative Project
3. Cooperative Partnership Agreement
4. City of Buena Vista Gold Standard
5. City of Buena Vista/Community Foundation MOU
6. Community Foundation/Rockbridge Recovery MOU
7. HOPE House Zoning Permit
8. HOPE House Agreement Rockbridge Recovery/Community Foundation

**See Attachments:**

1. Letter of Support Joshua Elrod- Commonwealth Attorney of the City of Buena Vista
2. Letter of Support- Dave Clements- City of Buena Vista- Chief of Police
3. Letter of Support- Angela Green- City of Lexington Virginia, Chief of Police
4. Letter of Support- Tuck Bowerfind- Grace Episcopal Church, Rector
5. Letter of Support- Terry Martin- City of Buena Vista Sheriff's Office- Lieutenant
6. Letter of Support- Greg Madsen- Rockbridge Carilion Hospital, VP of Operations
7. Letter of Support- Tracy Lyons- Rockbridge Chamber of Commerce
8. Letter of Support- Marilyn Alexander- Director Rockbridge Area Housing Authority
9. Letter of Support- Brooke Dalton- Main Street Buena Vista Executive Director
10. Letter of Support- Ingrid Barber- Community Services Board- Executive Director

**See Attachments:**

1. Donation of Property Letter- Deborah Styler
2. Monetary Commitment Letter- Community Foundation for Rockbridge, Bath and Alleghany
3. Monetary Commitment Letter – Rockbridge Community Health Foundation
4. Monetary Commitment Letter- Grace Episcopal Church Gadsden Fund
5. Monetary Commitment Letter- Lexington Presbyterian Church
6. Monetary Commitment Letter- Spencer Home Center
7. Monetary Commitment Letter- Rockbridge Flooring
8. Monetary Commitment Letter- Feed the Need Foundation
9. In Kind Donation Letter- Welsh Construction
10. In Kind Donation Letter- KC Custom Tile
11. In Kind Donation Letter- Colin Richardson Electrical
12. In Kind Donation Letter- Higgins Construction
13. In Kind Donation Letter- Natural Bridge Heating and Cooling
14. In Kind Donation Letter- Rockbridge Area Relief Association
15. In Kind Donation Letter- Bridge to Hope Food Pantry
16. In Kind Donation Letter- Spencer Home Center
17. In Kind Donation Letter- Rockbridge Area YMCA
18. In Kind Donation Letter- Care Kits Program
19. In Kind Donation Letter- Rockbridge Area Habitat for Humanity
20. Monetary Commitment Letter- Rockbridge Church