



**Commonwealth of Virginia**  
**Virginia Department of Criminal Justice Services**  
**Grant Application**

<b>Grant Program:</b>	CY 2020 COAP	<b>Congressional District(s)</b>	9 <sup>th</sup> District
<b>Applicant:</b>	Mount Rogers Community Services	<b>Faith Based Organization?</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Applicant Federal ID Number:</b>	54-1395005	<b>Best Practice?</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Jurisdiction(s) Served and Zip Codes:</b>	Carroll County, Grayson County, and City of Galax		
<b>Program Title:</b>	Twin County COAP Application	<b>Certified Crime Prevention Community?</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Grant Period:</b>	Jan. 1, 2020 - Dec. 31, 2020	<b>DUNS NUMBER:</b>	0830546010000
<b>Type of Application:</b>	<input checked="" type="checkbox"/> New <input type="checkbox"/> Continuation of Grant Number _____ <input type="checkbox"/> Revision of Grant Number _____		<input checked="" type="checkbox"/> Rural <input type="checkbox"/> Urban <input type="checkbox"/> Suburban

	<b>Project Director</b>	<b>Project Administrator</b>	<b>Finance Officer</b>
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<b>Title:</b>	Director of Co-Occurring Services	Executive Director	Financial Services Manager
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**Signature of Project Administrator:**

**Brief Project Description:**

The purpose of the proposed project is to build upon existing programs and services to strengthen/enhance treatment, while increasing availability to and engagement with participants involved in the criminal justice system. Proposed enhanced treatment services and related coordination will be based at the MRCS Fernwood Counseling Center which serves the Twin County area.

	<b>DCJS Funds</b>		<b>Local Match</b>	<b>Total Requested</b>
	<b>Federal</b>	<b>State</b>		
<b>Personnel</b>	\$ 161,229			\$ 161,229
<b>Consultants</b>				
<b>Travel</b>	10,100			10,100
<b>Equipment</b>				
<b>Supplies/Other</b>	13,035			13,035
<b>Indirect Costs</b>				
<b>Total Requested</b>	\$ 184,364			\$ 184,364

# ITEMIZED BUDGET

1. Personnel/Employees				DCJS FUNDS		APPLICANT MATCH		TOTAL
a. Name of Employees	Position Titles	Annual Salary Rate	Hours Devoted	FEDERAL	STATE	CASH	IN-KIND	
	System Nav	40,000	40	\$40,000				\$40,000
	Peer Rec Sp	27,000	40	\$27,000				\$27,000
	Peer Rec Sp	27,000	40	\$27,000				\$27,000
	Lead Clinician	22,250	20	\$22,250				\$22,250
								\$0
								\$0
<b>TOTAL</b>				\$116,250	\$0	\$0	\$0	\$116,250
<b>b. Fringe Benefits</b>								\$0
FICA % = 7.65%				\$8,893				\$8,893
RETIREMENT = 7.33%				\$8,521				\$8,521
OTHER (Itemize) = 23.71% (health; life; disability; SUT; wrkr comp)				\$27,565				\$27,565
<b>TOTAL</b>				\$44,979	\$0	\$0	\$0	\$44,979
<b>TOTAL PERSONNEL (A+B)</b>				\$161,229	\$0	\$0	\$0	\$161,229

2. Consultants (including Travel and Subsistence)				DCJS FUNDS		APPLICANT MATCH		TOTAL
				FEDERAL	STATE	CASH	IN-KIND	
<b>a. Individual Consultants</b>								
Type								\$0
Hours Devoted:								\$0
<b>TOTAL</b>				\$0	\$0	\$0	\$0	\$0
<b>b. Organizations and Associations</b>								
Type:								\$0
Fee:								\$0
Time Devoted:								\$0
<b>TOTAL</b>				\$0	\$0	\$0	\$0	\$0
<b>c. Consultants' Subsistence and Travel</b>								
Number of Days:								\$0
Rate/Day:								\$0
<b>TOTAL</b>				\$0	\$0	\$0	\$0	\$0
<b>TOTAL CONSULTANTS (a+b+c)</b>				\$0	\$0	\$0	\$0	\$0

3. Travel and Subsistence for Project Personnel				DCJS FUNDS		APPLICANT MATCH		TOTAL
				FEDERAL	STATE	CASH	IN-KIND	
a. Local Milage = No. of Miles X Rate Per mile	10,400	X	\$0.580	\$6,032				\$6,032
b. Non Local Milage = No. of Miles X Rate Per mile	600	X	\$0.580	\$348				\$348
c. Subsistence = number of days X rate per day	24	X	\$155.00	\$3,720				\$3,720
d. Air or other fares								\$0
<b>TOTAL TRAVEL:</b>				\$10,100	\$0	\$0	\$0	\$10,100

## ITEMIZED BUDGET Continued

4. Equipment				DCJS FUNDS		APPLICANT MATCH		TOTAL
Type	Quantity	Unit Price	Purchase or Rental	FEDERAL	STATE	CASH	IN-KIND	
								\$0
								\$0
								\$0
<b>TOTAL EQUIPMENT:</b>				\$0	\$0	\$0	\$0	\$0

5. Supplies and Other Expenses			DCJS FUNDS		APPLICANT MATCH		TOTAL
Type	Quantity	Price	FEDERAL	STATE	CASH	IN-KIND	
Startup office furniture	3	\$645	\$1,935				\$1,935
Laptop and cell phone	3	\$700	\$2,100				\$2,100
Technology serv/maint	3	\$1,200	\$3,600				\$3,600
Office space	2	\$2,000	\$4,000				\$4,000
PRS Training Reg Cost	2	\$700	\$1,400				\$1,400
							\$0
							\$0
							\$0
							\$0
							\$0
							\$0
<b>TOTAL SUPPLES AND OTHER:</b>			\$13,035	\$0	\$0	\$0	\$13,035

6. Indirect Cost			DCJS FUNDS		APPLICANT MATCH		TOTAL
			FEDERAL	STATE	CASH	IN-KIND	
							\$0
<b>TOTAL INDIRECT COST:</b>			\$0	\$0	\$0	\$0	\$0

<b>GRAND TOTAL:</b>	\$184,364	\$0	\$0	\$0	\$184,364
<b>7. Cash Funds</b>					
Cash funds from sources other than grant program supporting this project- (itemize).					
Do not add to requested Project Budget Summary accounts.)					
<b>TOTAL:</b>					

## Budget Narrative

### Twin County COAP Application

#### Personnel:

Position	Percent of Time	Salary	Fringe	Cost Charged to Grant
System Navigator	100%	\$40,000	\$15,476	\$55,476
Peer Recovery Specialist	100%	\$27,000	\$10,447	\$37,447
Peer Recovery Specialist	100%	\$27,000	\$10,447	\$37,447
Lead Clinician	50%	\$22,250	\$8,609	\$30,859
COAP Funding Request				\$161,229

**Justification:** The system navigator will provide intensive case management support, care coordination, and serve as liaison/point of contact with other agencies/organizations and other programs within Mount Rogers Community Services (MRCS). The system navigator is crucial in providing connections to other services for individuals receiving treatment. The peer recovery specialists (PRS) provide counseling and mentoring treatment services to individuals with substance use disorder. The PRS positions will receive state-required training for certification. Given their lived experience, these specialists will be uniquely qualified to provide mentoring and counseling. The lead clinician position (0.5 FTE) will be focused on enhancing networking and partnerships with other organizations and agencies through facilitating regular partnership meetings and helping to identify opportunities for collaborative partnerships to address needs.

MRCS' fringe benefit package includes: social security (7.65%); health/dental insurance (21.15%); life insurance (0.20%); Virginia Retirement System (7.33%); disability (0.41%); State Unemployment Tax (1.37%); and Workers Comp (0.58%).

**Travel:**

Purpose of Travel	Type of Expense	Rate/Quantity/ Calculation	Cost Charged to Grant
Local travel mileage	mileage	\$0.58/mi X 10,400 miles	\$6,032
Non-local travel mileage for Certification Training for Peer Recovery Specialists	mileage	\$0.58/mi. X 600 miles	\$348
Certification Training for Peer Recovery Specialists	lodging	\$115/night X 12 nights X 2 employees	\$2,760
Certification Training for Peer Recovery Specialists	meals	\$40/day X 12 days X 2 employees	\$960
COAP Funding Request			\$10,100

**Justification:** Local travel mileage supports driving/transportation provided by peer recovery specialists during their training period. The PRS-trainees will be providing transportation to individuals in treatment to help those persons get to treatment sessions, community service sessions, and social service appointments in compliance with program requirements. Transportation is a significant barrier to successful SUD treatment in our region for many program participants. The mileage/transportation support helps address that barrier.

The non-local travel mileage will support travel to as yet undesignated training site for the peer recovery specialists to receive certification training. The lodging and meals expenses are also planned to support travel for certification training for the peer specialists.

**Supplies and Other Operating Expenses:**

Item	Rate/Quantity/Calculation	Cost Charged to Grant
Startup office furniture	3 X \$645	\$1,935
Laptop and cell phone	3 X \$700	\$2,100
Technology service/maintenance	3 X \$1,200	\$3,600
Office space	125 SF X \$16/SF X 2	\$4,000
PRS Training Registration	2 X \$700	\$1,400
COAP Funding Request		\$13,035

**Justification:** Start-up office furniture may include desk, mobile pedestal drawer file, chair, bookcase for each of three new positions. Laptop computer and cell phone are necessary for each new position. Technology service/maintenance costs are for the office of the system navigator and a shared office for the peer recovery positions and are based on agency cost history for recurring technology costs such as telephone service, data line costs, software, etc. Office space cost for the two offices is based on current agency office space lease agreements and agency cost history. Training registration cost is for certification training for the peer recovery specialists.

**Budget Summary:**

Category	Project Total
Personnel	\$161,229
Travel	\$10,100
Supplies and Other	\$13,035
<b>Total</b>	<b>\$184,364</b>

**Non-Supplantation:**

The funds requested in this application compliment, and do not duplicate, other existing and anticipated funding sources/amounts.

**Project Description  
Twin County COAP Application  
State CY 2020**

**1. Demonstrated Need**

**Data**

According to Virginia Department of Criminal Justice Services data in the table below, drug arrest rates in the project service area localities have grown significantly from 2007 to 2016. The growth in drug arrest rate for Twin County localities exceeds that of the state. According to Commonwealth of Virginia data reported in the MRCS Prevention Services Program Needs Assessment for FY 2019: the MRCS region has the 4<sup>th</sup> highest rate in the state for opiates-combination fatal drug overdoses; the MRCS region has the 4<sup>th</sup> highest rate in the state for opiate prescription fatal drug overdoses; and for individuals receiving behavioral health services, the rate of use by individuals of other opiate/synthetic in the MRCS region (30.47 per 10,000) far exceeds the rate for the state (13.79 per 10,000). In addition, data from the Commonwealth indicate that methamphetamine availability and use have surged in our area in recent years.

**Drug Arrest Rate per 100,000 Arrest-Age Population By Twin County Locality**

Locality	2007	2016
Carroll County	254.6	682.4
Grayson County	247.6	482.7
City of Galax	874.8	1,657.6
Virginia	507.1	516.1

Source: Virginia Department of Criminal Justice Services

An important indicator of the prevalence of drug/opioid use is the neonatal abstinence syndrome (NAS) discharge rate. Each locality in the Twin County area has a NAS discharge rate higher than the state rate. The NAS discharge rate for the City of Galax is more than 4.5 times the state rate.

**Neonatal Abstinence Syndrome (NAS) Rate per 1,000 Births**

Locality	NAS Rate
Carroll County	8.5
Grayson County	8.5
City of Galax	32.6
Virginia	6.7

Source: Virginia Department of Health



Another indicator of drug/opioid use is Hepatitis C case rates. Grayson County and the City of Galax have Hepatitis C case rates that exceed the state rate. In fact, the case rate for the City of Galax is almost 5 times the state rate.

**Hepatitis C Cases and Rates (per 100,000 population) During 2017**

Locality	Reported Hepatitis C Cases and Rates
Commonwealth of Virginia	140.9 case rate
City of Galax	7 cases – 691.0 case rate
Grayson County	3 cases – 160.0 case rate
Carroll County	5 cases – 135.0 case rate

Source: Virginia Department of Health

**Known Efforts**

**Twin County Recovery Court:** The Twin County Recovery Court (TCRC) is a special docket of the 27<sup>th</sup> Judicial Circuit of Virginia and serves Carroll County, Grayson County, and the City of Galax. The TCRC provides an alternative to standard incarceration for non-violent offenders. The TCRC program provides supervision, monitoring, substance abuse treatment, and access to community services.

The goals of the TCRC and other drug treatment courts in Virginia include: reducing drug addiction and drug dependence among offenders; reducing recidivism; reducing drug-related court workloads; increasing personal, familial, and societal accountability among offenders; reducing family separation due to parental substance abuse and drug-related crimes; and promoting effective planning and use of resources among criminal justice system and community agencies.

The TCRC began operation in the spring of 2018 with no dedicated funding or support from the Commonwealth. Development of the TCRC was led by the presiding Circuit Court judges for Carroll and Grayson Counties, the Commonwealth Attorneys for the two counties, and representatives of Mount Rogers Community Services (MRCS). These individuals continue to be involved in the Recovery Court Team which leads operation and implementation of the TCRC. The Recovery Court meets in the Galax Courthouse twice each month. Mount Rogers Community Services (MRCS) is the designated substance abuse treatment provider for the TCRC and serves as fiscal agent. In addition, the MRCS Director of Co-Occurring Services has served since program start-up as Coordinator of the TCRC in addition to supervising treatment of Court participants.

**Medication Assisted Treatment:** In addition to other evidence-based treatments and therapy for TCRC participants and individuals on probation, the MRCS Fernwood Counseling Center, which serves the Twin County area, offers medication assisted treatment (MAT). MAT helps provide neurological stability and reduces risk of relapse for individuals with substance use disorder. MAT treatment at the Fernwood Counseling Center is administered according to the

American Society of Addiction Medicine's (ASAM) National Practice Guideline for the Use of Medications in the Treatment of Addiction Involving Opioid Use.

**Project LINK:** The MRCS Project LINK initiative provides a team to work with expecting and new mothers with substance-exposed infants from prenatal to age three, with our team providing assistance, support and resources each step of the way. The program goal is to provide the best possible outcome for each mother and child and coordinate/enhance existing services to help meet the extensive and multiple needs of women and their children whose lives have been affected by substance use. Services provided by or coordinated through Project LINK include substance abuse prevention and treatment, family planning, prenatal care, well-baby care, general health care, developmental screening, assessment and intervention, family services, child protective services, foster care, parenting education and public education.

The MRCS LINK team works to develop and implement a Plan of Safe Care (POSC) to ensure that mothers have the resources necessary to care to manage the unique challenges of infants who are substance exposed during pregnancy. The LINK program provides intensive outreach case management, home visitation, and support services to pregnant and parenting women who are "at risk" or are currently abusing substances. Mothers will be linked to substance abuse, mental health, medical and other social services available in the community as needed.

**Prevention Services:** The MRCS Prevention Services Program has been using the Strategic Prevention Framework process since 2012 to plan, develop, and implement prevention activities. In the Twin County area, program efforts are undertaken in conjunction with the Twin County Prevention Coalition and focus on the following core activities:

- **Community planning:** In collaboration with the Twin County Prevention Coalition, sessions are held to share information and gather input from the community.
- **Capacity building:** To enhance community mobilization, training opportunities are pursued. These may include: local training on shared-risk factors (using findings of the Adverse Childhood Experiences Study), and Mental Health First Aid; and local training for coalition development, environmental strategies, and community-based processes.
- **Implementation efforts** focus on activities such as the following: media campaigns, such as the "We Don't Support Underage Use" campaign, are used to educate adults in the community to help decrease community tolerance of youth use; and retailer education efforts are undertaken as an environmental strategy to decrease access to alcohol.

## **2. Evidence of Collaboration**

**TCRC:** The Twin County Recovery Court is cooperative and collaborative by nature and function. The Recovery Court has a Court Team that meets bi-monthly to discuss/update individual cases and referrals. During these meetings, team members provide participant progress reports and make recommendations to the Judges regarding incentives/sanctions. The drug court Team consists of the following: Circuit Court Judges, Commonwealth's Attorneys, Defense Attorney representative, Probation Officers, Law Enforcement representatives,

Treatment Provider (MRCS) representative, Day Reporting Program representatives, Recovery Court Accountability Officer, and Recovery Court Program Coordinator.

**Mount Rogers Community Services:** The TCRC's substance abuse treatment provider is Mount Rogers Community Services (MRCS). MRCS is fully licensed by the Virginia Department of Behavioral Health and Developmental Services to provide substance abuse and mental health services in the MRCS service area, which includes Bland, Carroll, Grayson, Smyth, and Wythe Counties, and the City of Galax. MRCS currently has in place over 200 Memoranda of Agreement (MOAs) with partner organizations and local leadership, such as local public school systems, Depts. of Social Services, and Depts. of Health. This project builds on MRCS' strong foundation of delivering services for its communities and citizens. TCRC participants are served through the MRCS Fernwood Counseling Center, located just outside Galax. In addition to standard substance abuse treatment and counseling services, the Fernwood Center offers Medication Assisted Treatment (MAT) and access to Project LINK, which is a community-based collaborative program designed to enhance existing services for pregnant and parenting women and their families who have been affected by substance use.

**Project LINK:** As noted in the previous service description, in addition to substance use and mental health services, Project LINK provides mothers with connections to other community and social services. The Project LINK team is heavily involved in collaborative efforts with other community and service organizations/agencies. The MRCS LINK team has successfully built relationships with local stakeholders related to startup of this new program. One example is the identification of child care as a barrier to completing treatment sessions. The Project LINK team was able to access resources and to provide child care services for program participants.

**Prevention Services:** In the Twin County area, program efforts are undertaken in conjunction with the Twin County Prevention Coalition. The Twin County Prevention Coalition (TCPC) serves the counties of Carroll and Grayson, and the City of Galax. TCPC was formed in 1992. Members consist of volunteer participants drawn from the public and private organizations. These members include representatives from: Mount Rogers Community Services, law enforcement, 27<sup>th</sup> Judicial District of Virginia, Adult Probation and Parole, Commonwealth Attorney's Office, Juvenile Court Services Unit, Department of Social Services, Family Resource Center, Public Schools, Virginia Department of Health, local physicians, local business owners, and members of the recovery community. The coalition is a member of the Appalachian Substance Abuse Coalition. ASAC serves as a consortium of ten substance abuse coalitions throughout the southwest region of Virginia.

### **3. Project Design and Implementation**

The purpose of the proposed project is to build upon existing programs and services to strengthen/enhance treatment, while increasing availability to and engagement with those who are participants in the TCRC, probation, and/or day reporting programs and whose lives are affected by substance abuse. Proposed enhanced treatment services and related coordination will be based at the MRCS Fernwood Counseling Center which serves the Twin County area.

Project goals and objectives are as follows:

**Goal 1: Enhance services available to participants affected by substance abuse to help increase engagement and retention in treatment services.**

Objective 1: Hire two additional Peer Recovery Specialists to provide valuable mentoring and counseling resources. Individuals hired will receive state-mandated training necessary for certification.

Objective 2: Hire a System Navigator to provide intensive support services, case management, care coordination, and serve as a liaison with other agencies.

**Goal 2: Enhance networking and partnerships with other agencies and organizations.**

Objective 1: Hold regular partnership meetings with law enforcement and community/social service organizations during the project period.

Objective 2: Build on existing MRCS relationships with law enforcement and community/social service organizations developed through the Prevention Services Program and Project LINK to identify and pursue new partnering opportunities.

#### **4. Comprehensive Plan for Data Collection**

The Project Director will oversee collection of data and reporting of performance measures. It is anticipated that aggregate information on individuals receiving services through MRCS can be gathered through use of the MRCS' electronic health record (EHR), Credible. The Project Director will monitor and review data to ensure that program goals are being met.

Evaluation of treatment outcomes will be based on information (e.g., substance use relapse; housing stability; DLA20 scores) and observations collected by clinicians and maintained in the MRCS Electronic Health Record. This data will be used to provide grant reporting and will be shared in a safe and appropriate manner, in aggregate with no personal identifying information. This data is maintained by MRCS.

#### **5. Program Sustainability**

After COAP project funding assistance ends, data developed on program operation and effectiveness, as well as enhanced caseload and demonstrated need, will be used to leverage support from other sources. Some additional support from the Virginia Drug Treatment Court Program (Supreme Court of Virginia) is expected to be available in 2022. It is expected that billings for MRCS services, in conjunction with Medicaid expansion in Virginia, will make a contribution toward these enhanced services after COAP grant funding ends.