



Annual Report

COMMONWEALTH OF VIRGINIA
2010

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COMMONWEALTH of VIRGINIA
Office of the Governor

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Secretary of Public Safety

Erika C. Fischer
Director, Governor's Office for
Substance Abuse Prevention

December 1, 2010

General Assembly of Virginia
Capitol Square
Richmond, Virginia

Dear Members of the General Assembly:

The Governor's Office for Substance Abuse Prevention is pleased to provide this report in accordance with §2.2-118, *Code of Virginia*. Consistent with its statutory responsibilities, the Governor's Office for Substance Abuse Prevention has provided leadership, opportunity and an environment to further strengthen Virginia's prevention infrastructure and to ensure that prevention efforts are more unified, more collaborative and more evidence-based.

During this year of transition, programs continued without interruption. The main source of federal funds for programming has ended. Current efforts are running on continuation funding and plans are in the works to seek and secure funding for the future. This report details prevention programming, efforts and coordination that have occurred in 2010.

The Governor's Office for Substance Abuse Prevention looks forward to providing continued leadership and collaborative coordination of Virginia's prevention efforts. Thank you for your support of our vision, goals and objectives.

Sincerely,

A handwritten signature in cursive script that reads "Erika C. Fischer".

Erika C. Fischer

Executive Summary

This year, the Governor's Office for Substance Abuse Prevention (GOSAP) Annual Report, in collaboration with the GOSAP Collaborative, is pleased to report on its on-going efforts that continue to place the Commonwealth at the cutting edge of prevention nationally. Prevention achievements include the following:

- Safe and Drug-Free Schools and Communities Act grants were awarded to 39 projects to support youth substance abuse and violence prevention efforts in more than 80 Virginia communities.
- Non-competitive awards were made from Safe and Drug-Free Schools and Communities Act funds to communities and organizations using evidence-based programs that address the needs of youth.

GOSAP continues to provide leadership and coordination in the collaborative implementation of Virginia's substance abuse and violence prevention efforts. The GOSAP Office, as well as the GOSAP Collaborative, will continue to promote data-driven prevention planning, evidence-based prevention programming and formal data-driven evaluation.

Statutory Authority

Pursuant to §2.2-118, Code of Virginia, the Governor's Office for Substance Abuse Prevention is required to submit an annual report of its activities to the Governor and the General Assembly.

The statute sets forth the responsibility of the Governor "to administer the substance abuse prevention program within the Commonwealth and to authorize, direct and coordinate activities of agencies of the Commonwealth in such program." The responsibilities of GOSAP are "to assist in the coordination of substance abuse prevention activities of the Commonwealth, review substance abuse prevention expenditures by agencies of the Commonwealth and determine the direction and appropriateness of such expenditures."

The statute further specifies that "the Governor shall cooperate with federal, state and local agencies, private and public agencies, interested organizations and individuals in order to prevent substance abuse within the Commonwealth."

In addition to its responsibilities for developing a more unified and effective approach to prevention at the state level, GOSAP also administers one major grant program: the Governor's Safe and Drug-Free Schools and Communities Program. In previous years, GOSAP received \$1,634,981 annually through the U.S. Department of Education's Safe and Drug-Free Schools and Communities Program (SDFSCA). Federal SDFSCA funds ended in FY09. This office is currently operating on carry-over funds. These federal funds support numerous local prevention initiatives throughout the Commonwealth. These grant programs and the many initiatives they support are described in greater detail in this report.

The GOSAP Collaborative is comprised of the prevention managers and/or staff from 13 state agencies with prevention responsibilities and has been meeting since 2002. It was formally established by Executive Directive 4 (2006), which expired effective June 30, 2010.



**Report on Activities of the Governor's Office for Substance Abuse
Prevention**

GOSAP Organization and Operation

GOSAP is located in the Office of the Secretary of Public Safety, where it operates as a separate entity and utilizes the available research and technology resources. The location provides enhanced visibility and support for prevention strategies and emphasizes the importance of substance abuse and violence prevention within the

Commonwealth's overall public safety mission.

GOSAP has two staff members. Erika C. Fisher was appointed Director in June, 2010, and Michael D. Eggleston, who was appointed Program Assistant in September, 2010.

GOSAP Mission

The mission of GOSAP is to support positive youth development by providing strategic statewide leadership, fostering collaboration and sharing of resources at all levels while providing tools and training to practice evidence-based prevention in an effort to reduce the incidence and prevalence of substance abuse and violence and their consequences.

In order to meet this mission, GOSAP does the following:

- Promotes collaboration among state and local agencies, organizations, coalitions and faith communities that address prevention.
- Prioritizes, coordinates and leverages Virginia's prevention resources to improve efficiency.
- Strengthens local and state level capacity through development of sustainable programs and prevention professionals.
- Enhances evidence-based prevention practices in Virginia through data-driven needs assessments, measureable goals and objectives and evaluation for accountability and improvement.

The GOSAP Collaborative: Virginia's Prevention Leadership

The GOSAP Collaborative serves as the primary vehicle for prevention system planning and collaborative decision making at the state level. Its membership is composed of key leadership representatives from the 13 agencies and organizations responsible for prevention throughout the Commonwealth. These agencies include the Departments of Alcoholic Beverage Control, Criminal Justice Services, Education, Fire

Programs, Health, Juvenile Justice, Behavioral Health and Developmental Services, Motor Vehicles, Social Services, State Police, the Virginia National Guard and the Virginia Foundation for Healthy Youth. The GOSAP Collaborative is chaired by GOSAP Director Erika Fischer; the vice-chair is Marty Kilgore, Executive Director of the Virginia Foundation for Healthy Youth.



Mission. The GOSAP Collaborative preserves and enhances Virginia's exemplary national leadership in the area of positive youth development by promoting and facilitating wider use of model programs, disseminating best practice solutions and supporting up-to-date training and information opportunities for prevention professionals statewide.

Goals. The goals of the GOSAP Collaborative are:

- Model, based upon collaborative successes achieved at the state level, the benefits of broader collaboration within and among every level of youth safety and prevention activity throughout the Commonwealth.
- Sponsor a statewide conference on youth safety, youth substance abuse and youth violence prevention coalitions. The conference incorporates agency and government experts and providers at the local, state, and federal levels in order to leverage professional networking and to enhance learning directly from

those who are most successful in the various youth safety and prevention fields.

- Further identify youth safety and prevention trends using a forward thinking approach to provide solutions that address gang related activities, juvenile offender and prisoner re-entry and abuse of man-made and traditional drugs.
- Collaborate with community groups and faith-based organizations to further identify and understand local safety and prevention needs and assist with available resources and help provide practical solutions.

With the on-going budget cuts within agencies, as well as the change in administration, the GOSAP Collaborative reconvened for the first time in over a year this September to assess future initiatives, including a new Executive Order to continue the group, as well as a cross-agency prevention conference for Spring of 2011.

Prevention Resources. The GOSAP Collaborative continues to support community prevention efforts by providing valuable resources on the GOSAP Website, which serves as a prevention information clearinghouse. The Website offers announcements of prevention-related initiatives, news, information on GOSAP, and its programs and services, as well as links to resources and training provided by other prevention-related organizations. The Website also offers downloadable copies of publications created by the GOSAP

Collaborative including the Parent Guide to Preventing Underage Drinking, the Parent Guide to Personal Safety for Youth, Our Common Language: Quick Guide to Prevention Terminology and brochures on inhalant abuse and methamphetamine use. Beyond resources available on the Website, GOSAP maintains contact with prevention practitioners and supporters throughout the state via periodic emails containing important announcements and updates.

Safe and Drug-Free Schools and Communities Program

Background on Awards

The bulk of GOSAP funds derives from the discretionary funding portion of the federal Safe and Drug-Free Schools and Communities Act of 2001 (SDFSCA) which is also known as Title IV of the No Child Left Behind Act of 2001 (NCLB). Under NCLB, a strong emphasis is placed upon well-coordinated, SDFSCA-funded program activities between each state's principal education agency and the Office of the Governor. GOSAP has worked in partnership with the Virginia Department of Education to develop the SDFSCA portion of Virginia's consolidated application for funding under NCLB, as well as, develop and implement grant programs under the GOSAP Office.

SDFSCA competitive grants are awarded on an annual basis and run from July 1 to June 30 of a fiscal year. Programs compliment what is being implemented by local educational agencies (LEAs or schools districts). All programs funded under the GOSAP portion implement evidence-based substance abuse and/or violence prevention programming. Twenty-two grant awards totaling \$656,406 that served 3,056 children and youth and 131 adults in 38 communities, concluded on June 30, 2010; 17 new grants serving 44 communities were awarded on July 1, 2010.

The request for proposals for each award cycle required that the grants for which funding was requested fall into one of the four following categories:

1. Replication of evidence-based programs for youth who need special services or needed additional resources (revised for award cycle 2010-2011);
2. Replication of evidence-based programs.
3. Community prevention needs assessments.
4. Continuation of effective program from previous award cycle.

The grant proposals were reviewed by a group representing several agencies within the GOSAP Collaborative and others with a vested interest in prevention programs. Higher emphasis was placed on successful continuation programs in Category 4 and those for high-risk groups in Category 1. Grantees are provided technical assistance and on-going professional development at workshops conducted at implementation, 6-month and 12-month points.

2009-2010 Programs

2009-2010 Awards and Recipients

Recipient	Project Title	Award
Central Virginia Community Services Board	<i>Positive Action Program</i>	\$20,806.00
Danville-Pittsylvania Community Services Board	<i>Project Toward No Drug Abuse (Project TND) and Too Good for Violence (TGFV)</i>	\$33,186.00
Eastern Virginia Medical School	<i>Second Step to Success</i>	\$48,456.00
Fairfax County Public Schools	<i>Strengthening Parent-Child Connectedness and Parenting Skills for Homeless Families</i>	\$31,101.00
Medical Home Plus, Inc.	<i>Al's Pals</i>	\$39,877.00
New River Valley Community Services Board	<i>Al's Pals in New River Valley Community Action Head Start Classrooms</i>	\$49,942.00
Rockbridge Area Community Services Board	<i>Targeted Services to Strengthen Families for Success</i>	\$49,905.00
The UP Center	<i>Team UP</i>	\$50,000.00
Boys & Girls Clubs of Harrisonburg and Rockingham County	<i>Second Step</i>	\$39,561.00
Family Services of Roanoke Valley	<i>Positive Action in Roanoke</i>	\$48,549.00
Tazewell County Public Schools	<i>Olweus Bullying Prevention Program</i>	\$45,368.00
Carroll County Public Schools	<i>Carroll County Community Needs & Resources Assessment</i>	\$13,924.00
City of Bristol	<i>Bristol Needs Assessment and Community Plan</i>	\$14,882.00
City of Falls Church	<i>Alliance For Youth (AFY) Comprehensive Youth Needs Assessment</i>	\$15,000.00
Dinwiddie County Public Schools	<i>Comprehensive Youth Needs Assessment</i>	\$14,772.00
Galax Public Schools	<i>Galax Community Needs & Resources Assessment</i>	\$13,924.00
Shenandoah County Public Schools	<i>Comprehensive Needs Assessment for Shenandoah County Public Schools</i>	\$14,992.00
Twin County Prevention Coalition	<i>Grayson County Community Needs & Resources Assessment</i>	\$13,924.00
Buckingham County Public Schools	<i>Positive Action in Buckingham</i>	\$30,704.00
City of Fredericksburg	<i>Rappahannock Area Office on Youth's Substance Abuse Group</i>	\$18,712.00
Highlands Community Services Board	<i>Substance Abuse & Violence Prevention Group</i>	\$11,433.00
Rockingham Memorial Hospital	<i>The Incredible Years & All Stars in English & Spanish</i>	\$37,388.00

Incredible Years

The Incredible Years program is a parent-training intervention focused on strengthening parenting competencies and fostering parents' involvement in children's school experiences to promote their academic and social skills and reduce delinquent behaviors.

Rockingham Memorial Hospital implemented the program with 77 parents in the City of Harrisonburg and the Counties of Rockingham and Page. The majority of these parents were court-involved and working to regain custody of their children. Program evaluation showed that 100% of the parents showed improvement in one or more of the following areas:

- Setting clear expectations for children's behaviors.
- Monitoring their children's behaviors.
- Reinforcing positive behaviors.
- Developing and using effective communication skills.
- Using basic problem-solving skills for child management.
- Increased parental involvement in children's activities.

All Stars

Focused on middle school students, the All Stars program is designed to prevent and to delay the onset of high-risk behaviors. Specifically, it addresses drug use, violence and premature sexual activity.

Rockingham Memorial Hospital implemented the All Stars program to youth in the City of Harrisonburg and Counties of Rockingham and Page while their parents attended the Incredible Years program. In addition, the All Stars program was administered at J. Frank Hillyard Middle School due to its high number of at-risk

youth. In total, the program served 37 youth participants. Program evaluation indicated that:

- 87% of youth had not felt drunk in the past year, 100% had not been drunk in the past 30 days.
- 96% had not used marijuana in the past year, 100% had not used marijuana in the past 30 days.



- 91% had not sniffed glue, gas, sprays, marking pens in the past year, 96% in the past 30 days.
- 83% stated that their final decision was not to smoke marijuana.
- 91% felt accepted by the group.
- 93% say their parents talk to them about what is important.
- 93% say their parents always know who they are with.

AI's Pals

As a primary prevention program, AI's Pals is designed to develop social-emotional skills, such as self-control, problem-solving and healthy decision-making, in children 3 to 8 years of age. Youth who possess good social-emotional and coping skills are less likely to engage in violence or abuse substances as they get older.

New River Valley Community Services implemented the program with 371 pre-school age youth in Head Start pre-

schools in the Counties of Floyd, Giles Montgomery and Pulaski and the City of Radford. Evaluation of the pre-and post-program detailed:

- An increase in mean composite scores for social skills. Pre- 101, Post- 116.
- For youth at moderate to high-risk for maladaptive social skills, there was a decrease in percentage of maladaptive social skills. Pre- 25.4%, Post- 3.4%
- A decrease in mean standard score for problem behaviors. Pre- 87, Post- 81.
- A decrease in percent for those designated at moderate to high risk for behavior problems. Pre- 4%, Post- 1%.

Medical Home Plus trained Virginia Preschool Initiative (VPI) teachers in Henrico County in the Al's Pals program serving 266 children. This program's evaluation indicated that children showed improvement (based on the Reliable Change Index) by the following percentages:



- 28.6% of the children showed improvement on the Child Behavior Rating Scale.
- 14.3% showed improvement on the Preschool and Kindergarten Behavior Scale (PKBS) in the area of the Social Interaction subscale.
- 5.5% showed improvement on the Social Withdrawal subscale.

- 3.3% showed reductions on the Antisocial and Aggressive Behaviors subscale.
- 98.9% of the children receiving Al's Pals either showed a significant decrease or no increase in antisocial and aggressive behaviors from pre- to post-test as measured by the PKBS.

Second Step to Success

Second Step to Success is a program targeting classroom-based skills intervention for children 4 to 14 years of age. The program is designed to teach socio-emotional skills focused on reducing impulsive and aggressive behavior and increasing social competence.

Boys and Girls Club of Harrisonburg and Rockingham County implemented this intervention to 116 youth participants at six clubs in the City of Harrisonburg and Rockingham County and found:

- A decrease of 15% in the amount of participants who reported using cigarettes, alcohol and getting in trouble at home or at school with friends.
- An increase of 15% in the number of youth who had knowledge of what activities were harmful to themselves and others.

Eastern Virginia Medical School implemented Second Step to Success with 101 youth through ProjectUplift, an alternative education program in the City of Portsmouth Public Schools, resulting in the following results:

- There was a significant decrease in out-of-class referrals for behavioral problems and students' acceptance of physical violence.
- Students increased their social-emotional competence in their beliefs of (a) their

ability to solve interpersonal conflicts in non-violent ways and (b) ease of thinking of more than a single solution to any given social problem.

Olweus Bullying Prevention Program

A school-wide program, Olweus Bullying Prevention, seeks to reduce the number of students who are bullying and being bullied while also empowering bystanders. With program aspects including community and school activities, as well as classroom meetings and individual interventions, the program seeks to make a positive school environment for everyone while teaching positive social skills.

The Tazewell County School District implemented this program in the three of its middle schools: Tazewell, Richlands and Graham. The program included all staff, cafeteria and busing personnel, as well as the 1,531 youth in the schools. Program evaluation showed:

- All three middle schools saw a reduction in reports of children disliking school. The decreases in reports were 9.6%, 9% and 2%.
- Two of the three middle schools reported decreases in reports of bullying (13% and 2%) and participation in bullying others (1% each).
- The third middle school saw an increase in reports of bullying. An unfortunate increase such as this is often apparent the first year of program implementation and result from elevated awareness of the problem.

Project SUCCESS

The Project SUCCESS program is designed to prevent and reduce substance abuse among students 12 to 18 years of age. The program also focuses on risk factors

such as poor academic performance, truancy, discipline problems, negative attitudes toward school and parental substance abuse

Rockbridge Area Community Services implemented the program with 123 ninth graders and 133 tenth graders at Rockbridge County High School. Program evaluation indicated that:

- The ninth graders had an increase of 2% in (self-reported) abstaining from use and a decrease of 1.5% on low range of risk scale.
- The tenth graders reported a decrease of 4% in reported use.



One-to-One Mentoring

One-to-One Mentoring is just that, an evidence-based mentoring program matching one youth to a caring, trained adult. Matches meet weekly for at least a year. Mentors are given on-going support, training and supervision by a Match Support Specialist. Mentoring programs address the development of positive social skills, offering opportunities for pro-social involvement in the community and in school.

The UP Center matched and gave on-going support to 108 mentor-youth pairs in their TEAM UP mentoring program. Youth in the Cities of Portsmouth, Norfolk,

Chesapeake and Virginia Beach, between 6 to 17 years of age, living in single-parent households and who demonstrated one or more risk factors (challenges) identified in the mentor PRO Youth Profile, were paired for one-to-one mentoring. Program evaluations found that 95% of youth who participated for one year and were assessed pre- and post- mentoring demonstrated improvements in at least one of the following areas: academic performance, behavior and/or psychological and social functioning.

Positive Action

The comprehensive Positive Action program is designed to improve academic achievement, school attendance, parent-child bonding and family cohesion, while reducing family conflict. The program seeks to decrease problem behaviors such as substance use, violence, suspension, disruptive behavior, dropping out and early sexual behavior.

Central Virginia Community Services implemented the program with 69 youth participants in the eighth, ninth and tenth grades at Fray Alternative Educational Center in Campbell County. Program evaluation showed:

- 39% of the youth reported a decrease use of tobacco, alcohol and other drugs.
- 36% demonstrated an improvement in positive self-concept.
- 20% improved their behavior in the classroom.

Buckingham County Public Schools implemented this program with 20 youth who elected to participate as an alternative to suspension. Among these students:

- 71% completed a minimum of ten hours of community service, with 18% completing more than ten hours.
- 83% of those enrolled increased their knowledge and use of positive social and communication skills as evidenced by their completion of high school with no further infractions.

Family Service of Roanoke Valley implemented the program with 94 elementary school-aged participants within the City of Roanoke. Youth in afterschool programs in both the Boys and Girls Club and YMCA programs received this evidence-based prevention program. Youth who completed 75% of the program reported an increase in self-esteem, as well as increased willingness to work hard in school on self-reported pre- to post-test. Due to the age of the youth, there was a ceiling effect as 100% of the youth denied ever using alcohol or other substances at pre-test.

Guiding Good Choices

The goals of the Guiding Good Choices parenting program are to reduce risk factors related to drug and alcohol use and strengthen parent-child bonding. It is designed for parents of children 9 to 14 years of age and advocates the use of family meetings and communication, refusal and



anger management skills. Fairfax County Public Schools worked with local agencies that serve families that are homeless and/or in transitional shelter programs. These families are often most in need of services and support; however, due to the highly transitional circumstances of the population, few families completed both the pre- and the post-program evaluation five weeks later. This precluded completing a formal program evaluation. Unfortunately, this is an example of the difficulty in reaching those with the greatest needs. Through the homeless liaison at Fairfax County Public Schools and the New Hope Transitional Program for homeless families, the program involved 40 youth and 54 parents.

Too Good For Violence

Too Good For Violence is a violence prevention and character education program is designed for youth in grades K-12. The program strives to enhance pro-social behaviors, skills and to improve protective factors related to conflict and violence.

Danville Pittsylvania Community Services Board administered the Too Good For Violence program to 12 youth participants in the Teen G.E.D. Pathways program and the W.W. Moore Juvenile Detention Center. Program evaluation indicated that for those youth who completed the program:

- An average of 67% showed an increase in their pro-social behavior skills as evidenced by the teacher's checklist.
- An average of 49% showed an increase in their knowledge and ability to utilize pro-social skills and communication skills.

Highlands Community Services also implemented the Too Good For Violence

program to 27 court-involved high schools students in Washington County and the City of Bristol. Ten of the 27 students who completed the class were interviewed after the course ended. The interview revealed:

- 9 out of 10 stated that they no longer carried weapons.
- All reported that they had not been further victimized.

Project Towards No Drug Abuse

Project Towards No Drug Abuse intervention program is aimed at preventing drug use by high school youth by helping students develop self-control and communication skills. The program also seeks to assist youth in acquiring resources that aid in resistance to drug use, improve decision making strategies and develop the motivation to not use drugs.

Danville-Pittsylvania Community Services Board implemented the Project Towards No Drug Abuse program to 23 youth participants in the Teen G.E.D. Pathways program and W.W. Moore Juvenile Detention Center. Evaluation showed that:

- 83% of participants at W.W. Moore Juvenile Detention Center showed an inclination for stoppage or reduction in drug use. Because they were incarcerated, actual drug use reduction could not be measured.
- 50% of the participants at the G.E.D. Pathways program showed an inclination for stoppage or reduction in drug use. Actual drug use reduction could not be measured because the participants did not acknowledge drug use on the pre-tests.
- An average of 64% of the participants at W.W. Moore Juvenile Detention Center

showed a significant increase in knowledge of accurate information about the consequences of drug use.

- An average of 88% of the participants at the G.E.D. Pathways Program showed a significant increase in knowledge of accurate information about the consequences of drug use.

Highlands Community Services implemented the Project Towards No Drug Abuse program to 34 court-involved high schools students in Washington County and the city of Bristol. The program evaluation showed that for those who completed the program there was a:

- 36% decrease in cigarette use.
- 42% decrease in alcohol use.
- 42% decrease in marijuana use.
- 25% increase in knowledge regarding the hazards of drug use.

- 30% change in intentions to use alcohol, tobacco or other drugs.

Rappahannock Area Office On Youth implemented the Project Towards No Drug Abuse program with 67 youth who were court-involved and identified as having issues with substance abuse. The programs were operated in the City of Fredericksburg, as well as in Caroline County. Post-program evaluation showed that:

- 21.2% of users showed reduction in 30-day alcohol use.
- 47.2% of users showed reduction in 30-day marijuana use.
- 66.7% of users showed reduction in 30-day hard drug use.
- 82.1% had a clean urine screen on the last night of group.
- 58% of participants screened after the program ended tested negative for any and all substances.

2010 – 2011 Grants

2010 – 2011 Awards and Recipients

The 2010-2011 award cycle was conducted in the same manner as the 2009-2010 grants while adding a greater emphasis on programs which addressed youth at high-risk for gang involvement under the new administration of Governor Robert McDonnell. The change of emphasis did not reduce the number of interested applicants.

To maximize the number of community-based organizations capable in applying for these competitive grants, assistance was provided to prospective applicants through three regional workshops conducted in the Spring of 2010. The workshops focused on requirements of the request for proposals. Additionally, to build the capacity of grass-root organizations, an extended session on grant writing basics and effective grant writing strategies was offered at each of the three sites. Grants were awarded in four categories, with priority given to projects targeting youth at higher risk for gang-involvement and other problem behaviors.

A total of \$515,405 was awarded to 17 grantees. Grantees are provided with an orientation and technical assistance to help them successfully implement their projects through the Center for School-Community Collaboration at Virginia Commonwealth University. A cross-site evaluation designed to assess implementation and collect data on project-specific outcomes is currently being implemented.

A summary of each grant program follows.

2010-2011 Awards and Recipients

Recipient	Project Title	Award
Boys & Girls Clubs of the Virginia Peninsula	<i>Gang Prevention Through Targeted Outreach</i>	\$48,725.00
Bristol Department of Social Services	<i>Bristol Strengthening Families</i>	\$22,760.00
Montgomery County Public Schools	<i>Project SUCCESS</i>	\$48,642.00
St. Joseph's Villa	<i>PeaceBuilders at St. Joseph's Villa</i>	\$20,458.00
Eastern Virginia Medical School	<i>Second Step to Success: Helping Chesapeake Alternative School Students Succeed</i>	\$31,524.00
The Middle Peninsula Northern Neck Community Services Board	<i>Creating Resilient Students in Challenging Times: Through the LifeSkills Training Program</i>	\$50,000.00
Presbyterian Community Center	<i>Roanoke's Project Venture</i>	\$50,000.00
Prince William County Public Schools	<i>Prince William County Public Schools Violence Prevention Program to Reduce Risk for Youth Gang Involvement</i>	\$50,000.00
Bristol Youth Services	<i>Washington County Needs Assessment and Community Plan</i>	\$15,000.00
Hampton-Newport News Community Services Board	<i>City of Hampton's Needs Assessment Project</i>	\$8,006.00
Mary Baldwin College	<i>A Community Needs Assessment in Support of the Implementation of the Office of Juvenile Justice Delinquency Prevention's Comprehensive Gang Model for the Staunton-Augusta-Waynesboro (SAW) Coalition</i>	\$12,125.00
The Rappahannock Area Office On Youth	<i>Project Towards No Drug Abuse</i>	\$12,476.00
Family Service of Roanoke Valley	<i>Roanoke's Positive Action Project</i>	36,344.00
Highlands Community Services	<i>Washington County/City of Bristol Substance Abuse & Violence Prevention Group</i>	\$10,421.00
New River Valley Community Services	<i>New River Valley Community Services Continuation of Al's Pals in New River Community Action Head Start Classrooms</i>	\$36,589.00
Rockingham Memorial Hospital	<i>The Incredible Years in English and Spanish and All Stars</i>	\$24,925.00
The Up Center	<i>Team Up</i>	\$37,500.00

Category 1: Replication of Evidence-based Prevention Programs that Intervene with Youth Who are Gang-involved or at a “Wannabe” Stage of Involvement.

Gang Prevention Through Targeted Outreach

Boys & Girls Clubs of the Virginia Peninsula

Boys & Girls Clubs of the Virginia Peninsula (BGCVP) is implementing the Boys & Girls Clubs of America’s “Gang Prevention Through Targeted Outreach” program at 13 club units targeting at least 50 youth ages 6-18 to prevent them from becoming involved with gangs. The objectives of the program are to recruit youth at risk of gang involvement, provide individualized case management, mainstream them into constructive activities based on their needs and interests, ensure they receive appropriate services, and build relationships with staff that promote positive interactions. These activities, combined with positive relationships with Club staff, have been shown to give these youth a positive sense of identity and avoid gang involvement.

The Club’s footprint on the Peninsula spans the cities of Newport News and Hampton and the counties of York, Gloucester and Mathews; sites are strategically located in some of the most economically disadvantaged neighborhoods in those communities, including five clubs in public housing where these young people are provided a safe haven where they are cared for, mentored, challenged and loved.

Bristol Strengthening Families

Bristol Department of Social Services

Bristol Department of Social Services will be partnering with Highlands Community Services to provide a gang and violence prevention program implementing the *Strengthening Families Program (SFP)*. SFP is a nationally and internationally recognized evidence-based parenting and family strengthening program for high-risk families, found to significantly reduce problem behaviors, delinquency, and alcohol



and drug abuse in children and to improve social competencies and school performance.

Two cycles of *SFP* will be implemented to families with high-risk youth ages 6-16. The Bristol Strengthening Families project will increase protective factors, by improving family relationships, parenting skills, and improving the youth's social and life skills. The SFP cycles will serve 20 families.

Project SUCCESS

Montgomery County Public Schools

Montgomery County Public Schools (MCPS), in collaboration with New River Valley Community Services (NRVCS), proposes to address factors related to gang involvement and substance use among an

indicated population of 100 Christiansburg High School (CHS) students at elevated risk by implementing *Project SUCCESS*. CHS serves a socially diverse group of 1,042 students in Montgomery County. PRIDE Survey data and school discipline data reveal an inordinately high number of CHS students with issues related to substance use and gang activity.

Project SUCCESS was designed to prevent and reduce substance use and abuse among high risk, multi-problem adolescents 12 to 18 years of age. MCPS will contract with NRVCS to provide a Prevention Specialist who will work with a CHS *Project SUCCESS* Task Force to deliver the required components. It is expected that implementing *Project SUCCESS* with this population at CHS will result in statistically significant decreases in substance use and in factors related to gang involvement, including violence, truancy, and low commitment to school.

PeaceBuilders at St. Joseph's Villa

St. Joseph's Villa

St. Joseph's Villa, a non-profit, non-sectarian organization in Henrico County, proposes to bring *PeaceBuilders* to its students and staff members. The target population is students (est. 80-90 per year) enrolled in Dooley School and Dooley Elementary – elementary, middle, and high school students who are experiencing emotional or behavioral difficulties or are challenged by learning or developmental disabilities; and in Dooley Center for Alternative Education, which serves middle and high school students suspended or expelled from public school or returning from state learning centers.

There are two objectives: to help us make the schools' culture even more supportive and affirming, in order to calm students' reactions; and to give students

tools and techniques to handle difficult situations and relate to others in positive ways. *PeaceBuilders* will provide training and materials to staff and develop a customized implementation plan before school begins. *PeaceBuilders* is an opportunity to make students “part of the solution” when they return to their home schools. Intended outcomes include a reduction in incidents of violence, vandalism, and absenteeism and an increase in positive interactions among students and staff.

Category 2: Replication of evidence-based programs.

Second Step to Success: Helping Chesapeake Alternative School Students Succeed

Eastern Virginia Medical School

Chesapeake Alternative School will receive the Second Step Middle school curriculum. The overall aim of this project is to implement and evaluate an empirically validated school-based violence prevention program in an alternative education school setting. The program supports the academic achievement of 6th to 8th grade students in Chesapeake Public Schools. This project

involves students, educators, and parents in an effort to foster social competence and pro-social behavior among at-risk children and their peers.



The primary goal of the Second Step to Success program is to provide violence prevention that decreases the influence of risk factors associated with

gang involvement and an on-going educational experience for students who would otherwise be removed from the educational environment.

Creating Resilient Students in Challenging Times: Through the LifeSkills Training Program

The Middle Peninsula Northern Neck Community Services Board

This regional prevention initiative will be implemented by experienced and highly trained facilitators in eight middle schools to 1,800 7th and 8th grade students in the counties of Essex, Gloucester, Westmoreland, Northumberland and Lancaster. The proven outcome-based *LifeSkills Training* Program will be implemented for a total of 780 sessions. The primary aim of this project is to promote positive youth development and prevent and reduce youth involvement in risky and destructive life choices. Its' main goal the reduction and prevention of illegal youth drug use, youth violence and youth risk of gang involvement.

Roanoke's Project Venture

Presbyterian Community Center

The Presbyterian Community Center (PCC), together with Family Service of Roanoke Valley (FSRV) and two other after-school programs, will replicate the evidence-based program, Project Venture, documented as effective at reducing substance use among fifth through eighth graders in a diverse range of communities across the country. Through a collaborative effort, the goal of Roanoke's Project Venture is to reach at least 60 fifth through eighth graders, who are at elevated risk for substance use and potentially for gang involvement.

Project Venture implementation will occur at three after-school programs located in crime-ridden, gang-prone areas of the city. The program components include: social competency/character education lessons, adventure team building activities, family events and service learning. It is expected that the collaborative group will successfully use this approach to youth development to impact such outcomes as preventing the early initiation of substance use by addressing such protective and risk factors as: social skills, community opportunities for pro-social involvement, family opportunities for positive involvement, academic failure in school and favorable attitudes toward problem behaviors.

Prince William County Public Schools Violence Prevention Program to Reduce Risk for Youth Gang Involvement

Prince William County Public Schools

The Prince William County Public Schools (PWCS) project will support primary and secondary prevention for middle school youth at risk for gang involvement. The Program Specialist will support the research-based *Olweus Bullying Prevention Program* (OBPP) and the *Safe Dates* dating violence prevention education at the two middle schools.

Through already established universal prevention programs, students will be offered classroom meetings focused on increasing connectedness to school, specific cyber-bullying information, and lessons in adolescent dating abuse prevention. Primary prevention activities focus on awareness of what constitutes healthy relationships and empowerment to support peers who are being bullied or coerced.

Category 3: Community prevention needs assessments.

Washington County Needs Assessment and Community Plan

Bristol Youth Services

Bristol Youth Services will develop a comprehensive community prevention plan for programs and services for youth and family as well as securing funding. The establishment of a Community Stakeholders group that includes Directors or representatives from agencies and services related to youth and families, parents, students School Board, Board of Supervisors, United Way, businesses and members of the faith community will provide support for the process and the completed document. Furthermore, input from the group will be important in identifying priority risk factors, gaps in services and planning for future programs.

City of Hampton's Needs Assessment Project

Hampton-Newport News Community Services Board

Under this project, a comprehensive plan will be developed to assess community demographics, social indicators, youth risk and protective factors, law enforcement data on gang related activities, community perceptions, and existing prevention resources to guide the city's strategic prevention planning process. This needs assessment process will guide the selection of strategies and programs to reduce gang involvement and other youth risk behaviors among youth.

The project is designed to administer a Communities that Care (CTC) Youth Survey to public schools students, Juvenile Detention Facility youth and private school

students, as available, in the 8th, 10th and 12th grades.

A Community Needs Assessment in Support of the Implementation of the Office of Juvenile Justice Delinquency Prevention's Comprehensive Gang Model for the Staunton-Augusta-Waynesboro (SAW) Coalition

Mary Baldwin College

This community needs assessment is a combined effort by the Staunton-Waynesboro-Augusta (SAW) Coalition and their Research Partner, Mary Baldwin College's Department of Sociology. This assessment will be used as baseline knowledge for implementing the Office of Juvenile Justice Delinquency Prevention's (OJJDP's) Comprehensive Gang Model (CGM), for continually monitoring levels of juvenile delinquency and gang activity in the future, and for evaluating the success of the CGM implementation program.

The assessment will include data from several sources, including law enforcement, public and private schools, and community resources. Interviews will be conducted with staff and teachers in the area's private schools and in all three public school systems. Also included will be interviews with community leaders and citizens, especially parents, as well as focus group interviews of concerned groups and neighborhood and community associations.



Category 4: Continuation of effective 2009-2010 programs.

Project Towards No Drug Abuse

The Rappahannock Area Office On Youth

The Rappahannock Area Office On Youth Substance Abuse Group Program will serve juvenile probationers (60-90 youth) who have tested positive for illegal substances of abuse on one or more occasions. The targeted population is in need of a specialized program due to their high risk behavior as well as the risk of future legal problems (detention and or state commitment) associated with continued usage. Currently, there are no other local substance abuse prevention groups that effectively targeting probation youth who are currently using illegal substances.

The program will utilize the SAMSHA proven effective model *Project Towards No Drug Abuse*, which has been validated to reduce substance use of youth currently engage in illegal substance use. The program will serve the City of Fredericksburg and the Counties of Caroline, King George, Spotsylvania, and Stafford. The programs short term objectives are to reduce alcohol, marijuana, and other hard drugs use of base line users who admitted to previous use within the past 30 days.

Roanoke's Positive Action Project

Family Service of Roanoke Valley

Family Service of Roanoke Valley (FSRV) will continue to work in collaboration with the Boys and Girls Clubs of Southwest Virginia, the YMCA Magic Place after school program and the West End Center to replicate the *Positive Action* approach to youth development with at least 100 of Roanoke's kindergarten through fifth grade students in 2010-2011. Each grade-

specific curriculum will be used by Family Service's prevention specialists in these three after school programs that serve low income children and their families. Building on the success of Year I, Family Service of Roanoke Valley will implement the children's lessons and parent education series, hoping to achieve an attendance rate by the children of 75% completing the minimum of 20 lessons and 70% of the parents completing 70% of the seven parent education sessions.

FSRV aims to replicate *Positive Action* proven impact on improving children's positive social skills and commitment to school and on preventing the early initiation of substance use. Also to be studied will be the program's outcomes, regarding the improvements in the children's confidence in their refusal skills, their school attendance and grades, and their pro-social behaviors and attitudes at home and in the community.

Washington County/City of Bristol Substance Abuse & Violence Prevention Group

Highlands Community Services

Highlands Community Services (HCS) and Washington County/Bristol Juvenile Justice Systems (DJJ) are partnering to provide a substance abuse and violence prevention education program to reduce the number of repeat offenses among youth ages 13-17. HCS will implement *Project Towards No Drug Use*, which is an evidence-based program designed to help teenagers develop self-control and communication skills, acquire resources that help them resist drug use and improve decision making strategies. *Project Towards No Drug Use* will be facilitated to at least 60 high risk youth, ages 13-17. These high risk targeted youth will be referred from the

juvenile justice system through their intake process.

HCS will conduct substance abuse and violence prevention groups at two sites. Groups will be held at Highlands Community Services, and Patrick Henry High School will host a group for Washington County residents. Six groups will be held throughout FY 2011 with at least 60 youth participating.

New River Valley Community Services Continuation of Al's Pals in New River Community Action Head Start Classrooms

New River Valley Community Services

This project continues the *Al's Pals* prevention program, in conjunction with Head Start lead teachers, in seven Head Start Centers (fourteen classrooms) in the New River Valley. Staff will consult bimonthly with Head Start teachers to ensure program continuation after funding ends. At least 375 three to five year old children and their families will be served through this program. Additionally, 75 parents will be served through parent sessions.

Al's Pals is a nationally recognized, resilience-based early childhood program that develops social, emotional and behavioral skills in children. Through the implementation of *Al's Pals* during the first year of GOSAP funding, evaluation results indicated that Head Start children met the intended goals of the program: 1) increased positive social skill development among young children, and 2) reduction in risk factors for early aggressive and antisocial behavior in children.

The Incredible Years in English and Spanish and All Stars

Rockingham Memorial Hospital

Rockingham Memorial Hospital (RMH) ChildCare Connection will provide

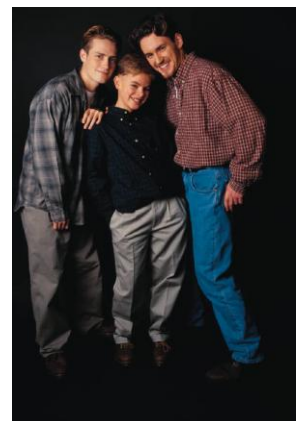
14 twelve-week classes, of the Incredible Years, in English and Spanish, and 4 All Stars classes. The goal is to reduce alcohol use, drug abuse, violent behavior and gang involvement in youth under age 18, in the Harrisonburg/Rockingham County community by increasing family attachment and positive social skills and decreasing poor family management.

The primary objective of the RMH Childcare Connection is to reduce alcohol, tobacco, other drug use, violent behavior and gang involvement by youth in Harrisonburg and Page County. *Incredible Years* will continue to be offered to approximately 200 parents of infants and toddlers; *All Stars* will continue to include a middle school in Harrisonburg or Rockingham County for 35 youth, ages 11–14.

Team Up

The Up Center

The Up Center's *Team Up* one-to-one mentoring program will provide services to youth ages 6 – 17 in Norfolk, Portsmouth, Chesapeake, and Virginia Beach, matching approximately 30 youth and maintaining 65 matches for children residing in single-parent households. This project is based on the Big Brothers Big Sisters of America (BBSA) model, which meets standards of effectiveness. *Team Up* maintains fidelity to the model. Quality volunteer training and screening, youth assessment and carefully considered matching are hallmarks of the model.



**Non-competitive Awards: Grant funding in 2009-2010 that supported
other initiatives**

Cal Ripken, Sr. Foundation

The Cal Ripken, Sr. Foundation was awarded \$50,000 to implement the Badges for Baseball program in eight locations across the Commonwealth. This program aims to build character and teach valuable life lessons to disadvantaged youth through the use of baseball and softball themed programs. The program pairs law enforcement mentors with youth from community organizations to provide positive out-of-school activities. Particularly, the program targets areas with high rates of juvenile crime and delinquency related issues.

The program served a total of 800 youth in the following communities:

- Fredericksburg
- Kilmarnock
- Lynchburg
- Newport News
- Norfolk
- Richmond
- Spotsylvania County
- Stafford County

In 2009, the Cal Ripken, Sr. Foundation contracted with Keswick Advisors to perform an independent evaluation of the program's effectiveness. The evaluation was conducted on 25% of all Badges for Baseball program sites. Staff members of the 27 selected sites were trained to ensure data integrity and retain program participation.

The evaluation resulted in the following statistics:

- 80% of adults saw youth working harder as a result of program participation.
- 74% of adults saw youth behaving more responsibly and with a better ability to give good reasons for their actions.



- 67% of adults noticed youth setting short-term goals for themselves, demonstrating a willingness and ability to plan for the future.
- 80% of adults observed youth living a healthy lifestyle as a result of program participation.
- 70% of adults indicated that youth were hanging out with a more positive group of friends.
- 91% of law enforcement officers saw youth becoming more comfortable interacting with law enforcement.

Virginia Partnership for Out-of-School Time (VPOST)

The Virginia Child Care Resource and Referral Network (VACCRRN), acting as fiscal agent for Virginia Partnership for Out-of-School Time, was awarded \$19,850 in 2010 to support expenses related to the following activities:

- Providing staff support to the VPOST Leadership Team to coordinate collaboration activities to include: facilitation of collaboration of meetings and events, communications to members, reporting to funders, etc.
- Developing and maintaining a website for VPOST to promote the vision,

mission and goals of the collaboration including a membership list-serve and events calendar.

- Supporting direct cost related to the activities of VPOST such as: postage, phone cost related to conference calls, supplies for meetings, travel, etc.

VPOST is creating a state-wide network of partners and providers of out-of-school time (OST) activities. OST supports state goals in education, economic development, prevention and other arenas by providing safe, structured learning environments for students outside the regular school day. The program includes afterschool and summer learning programs as well as before school, evening and weekend programs. The goals of building a network include increasing the knowledge and use of best practices, increase efficiency and coordination in providing training and promoting the value of OST activities to the general public. The outcomes of the funding are as follows:

- VPOST secured a web developer and created the VPOST website.
- VPOST held a Leadership Summit on May 19, 2010 and secured valuable input and buy-in from state and local-level partners.
- Based on the progress of the Leadership Team on the above activities, VPOST secured \$225,000 for the next three years from the Charles Stewart Mott Foundation to continue building the network.

Training for Department of Juvenile Justice Staff

The Department of Juvenile Justice (DJJ) was awarded \$100,000 for the development and implementation of the following initiatives:

- Improving Outcomes through Motivational Interviewing; statewide multi-stage training program for DJJ probation staff in the evidence-based practices of Motivational Interviewing
- State-wide training events designed to address the issues and needs of the Gay, Lesbian, Bi-Sexual, Transgendered and Questioning (GLBTQ) youth population.

Initiative A: Motivational Interviewing

Motivational Interviewing (MI) is an evidence-based approach to increasing problem awareness and readiness to change among individuals with a wide array of behavioral difficulties. By increasing the MI skills of probation staff, the Department of Juvenile Justice hopes to increase the accuracy and effectiveness of assessment and case planning processes, increase the engagement of youth in efforts to design and follow through with interventions and prevent future delinquent behavior, as well as reduce non-compliance with expectations



of the court.

Introductory training sessions were conducted in the counties of Prince William, Arlington, Henrico and Fairfax, and the cities/towns of Roanoke, Abingdon, Wytheville, Fairfax, Farmville, Suffolk and Winchester. The introductory training sessions were presented to 209 participants.

The training was well received by participants, whose averaged rating of the program was 4.54 on a 5 point scale.

Follow-up training sessions were conducted in Arlington County and the cities/towns of Portsmouth, Danville, Fairfax, Manassas, Martinsville and Roanoke. The follow-up training was also well received by the 123 participants, whose average rating of the program was 4.65 on a 5 point scale.

Initiative B: Reducing Negative Outcomes for Gay, Lesbian, Bisexual, Transgendered and Questioning (GLBTQ) Youth

The goal of this program was to increase the awareness and skills of juvenile justice and other youth-serving staff in addressing the needs of GLBTQ youth in order to mitigate the negative outcomes that they experience. Increased awareness was achieved through a series of training events. Benefits of this training included:

- Increasing awareness of GLBTQ issues as they relate to adolescent development and associated risk behaviors.
- Decreasing the number of youth intakes due to circumstances related to a youth's sexual orientation/gender identity (i.e. truancy due to bullying).
- Decreasing the length of time in services due to misdiagnosis and/or ineffective interventions as a result of inaccurate assessment of needs and issues.
- Increasing DJJ Court Service Unit (CSU) worker service resources for GLBTQ youth.
- Increasing intervention success for GLBTQ youth needing specific services related to their sexual orientation/gender identity.
- Decreasing long-term service needs associated with adolescent substance abuse.

- Decreasing incidents of youth running away and consequently engaging in unhealthy behaviors including unsafe sexual practices, "sexting", substance use and self-harming behavior.

Training sessions were conducted in the cities/towns of Virginia Beach, Newport News, Richmond, Fredericksburg, Roanoke, Abingdon and Woodbridge. All of the evaluations from participants rated the training as very good or excellent. Resources provided, such as the glossary of terms and the usage of correct language, were described as invaluable.

Virginia Mentoring Partnership

The Virginia Mentoring Partnership seeks to serve disadvantaged youth who may lack positive role models. The program achieves this by pairing carefully prepared volunteers to at-risk youth in order to foster healthy relationships. The Virginia Mentoring Program was awarded \$20,000 in 2010. This award enabled the Virginia Mentoring Partnership to:

- Provide training to 120 new volunteer mentors over one year.
- Provide sharing of best practices of running an effective mentoring program via specialized training and/or program assistance to 25 mentoring programs in Richmond.



Future of GOSAP

Federal SDFSCA funding has ended and GOSAP is currently operating on carry-over funds. Many local school districts have suspended programming previously funded through this funding stream at the end of the 2009-2010 school year. Other school districts are also maintaining some semblance of programming utilizing carryover funds while seeking other external funds. However, all carry-over funding comes to an end in September 2011. The GOSAP office will be exploring grant opportunities to continue the valuable prevention efforts beyond fall of 2011.

Additionally, by the end of the calendar year and 2011, GOSAP will have:

- Produced a newspaper insert published throughout major newspapers across the Commonwealth informing parents of the dangers of underage drinking
- Funded a gang reduction video produced by the Office of Attorney General
- Sponsored a Public Service Announcement challenging college students to submit an announcement on college campus safety and violence prevention
- Funded a comprehensive Top Gun anti-gang course
- Sponsored the VCU Family Impact Seminar, a bi-partisan training for state-level elected officials which will bridge social science research to public policy practices

Building upon numerous achievements, the GOSAP office will continue to provide leadership and coordination in the collaborative implementation of Virginia's prevention efforts. The GOSAP Collaborative is working on a statewide, cross-discipline, one-day training conference for Spring, 2011. GOSAP/SDFSCA grantees will continue to receive on-going training and technical assistance in completing their funded year of programming.

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Virginia Mentoring Partnership

Cal Ripken, Sr. Foundation

Medical Home Plus

Microsoft Images