



Dr. Worsley's Wise Words

The Human Services Division recognizes that volunteers are valuable and an asset to the organization; therefore, it's our pleasure to highlight the month of April as Volunteer Appreciation Month. This month I'm reminiscing on the volunteer opportunities that I've had as a candy striper at my local hospital in high school, big brother with Big Brothers Big Sisters of America during my college years, lunch buddy in the school system in Georgia, and

chaperone with my children's school in Chesterfield. Whether you are looking to volunteer with Chesterfield County or one of the many nonprofits in the region, I invite you to visit our [Community Engagement and Volunteerism page](https://www.chesterfield.gov/4140/Community-Engagement-and-Volunteerism) [https://www.chesterfield.gov/4140/Community-Engagement-and-Volunteerism] for more information.

As a reminder to my work family, Chesterfield County Government also understands the true value of volunteers at nonprofit organizations throughout the community, hence all employees are allowed 24 hours per year to volunteer at approved nonprofits in the region. You are encouraged to utilize your volunteer hours each month in consultation with your supervisor.

James D. Worsley, Sr., Ph.D.
Deputy County Administrator

Recognition in the Community



Pat Cullen Award Recipient

Each year, the Chesterfield-Colonial Heights Positive Parenting Coalition, which includes several Human Services department representatives, kicks off Child Abuse Prevention Month with a Positive Parenting Institute. This event includes a professional training workshop and awards the Pat Cullen Award to a professional in Chesterfield or Colonial Heights whose work serves as a shining example of the coalition's mission.

This year's event, "Human Trafficking: Safeguarding Our Youth", was held virtually on March 24. Melissa Ackley, Manager with Chesterfield MHSS's Prevention program was awarded the Pat Cullen award for being an exceptional advocate for strengthening families, not only in her job with Mental Health, but as a key member of other groups in the county such as Partnerships for Youth and Families First.

Melissa was the co-founder of [RVA Basics](#) which is a movement to help all families provide a better start for their children and help our community grow toward better relationships and healthy development for all our youth. Additionally, Melissa has been a vocal supporter of suicide prevention and has partnered with Cooperative Extension/4-H Youth Development office to create powerful Public Service Announcements and most recently served as a guest panelist at the Virginia 4-H Teen Summit. Melissa is positive,

enthusiastic and works hard to make our community better for all families, but she has an especially big heart toward those in need and making sure they feel supported and connected to the resources and services that will help them be successful.

Congratulations, Melissa!

Human Services News and Updates

Citizen Information and Resources

Youth Citizen Board Tackles Mental Health

This year the Youth Citizen Board (YCB), made up of one junior and one senior from each Chesterfield County Public School as well as up to 8 at-large students, has been working closely with Mental Health Support Services, Citizen Information and Resources, and Communications and Media to create a social media campaign around mental health awareness and support.

Keep an eye on the [Chesterfield County Prevention Services](https://www.facebook.com/ccprevention) [https://www.facebook.com/ccprevention] Facebook page as well as the [Chesterfield County Youth Services](https://www.instagram.com/cfieldyouthservices/) [https://www.instagram.com/cfieldyouthservices/] Instagram account to see what these exceptional students have created!

If you're interested in learning more about the YCB or applying for the 2021-2022 board please visit the [Youth Citizen Board](https://www.chesterfield.gov/209/Youth-Citizen-Board) [https://www.chesterfield.gov/209/Youth-Citizen-Board] page. Adult volunteers are welcome.



But We Have the Missing Piece

Community Corrections Services

April is Sexual Assault Awareness Month

In honor of Sexual Assault Awareness Month, the [Chesterfield Domestic and Sexual Violence Resource Center](https://www.chesterfield.gov/1832/Domestic-Sexual-Violence-Resource-Center) [https://www.chesterfield.gov/1832/Domestic-Sexual-Violence-Resource-Center](DSVRC) will launch a bedsheet collection drive, in support of sexual assault survivors. The Chesterfield DSVRC will collect donations of unopened packaged bedsheets, to be given to sexual assault survivors when bedding is taken or processed as evidence during a criminal investigation. In partnership with the Chesterfield Police Department, bedsheet packages will be provided to survivors 'on-scene' by forensic technicians. Labels stating "Donated by a

member of your community” will be affixed to the packages, which will include a summary of DSVRC services and contact information. This collaborative method of outreach to sexual assault survivors discreetly provides awareness of the DSVRC’s no-cost, confidential services, while allowing survivors to access services when ready.

As sexual violence occurs year-round, so will this initiative. The DSVRC will permanently accept these donations, with hopes of continuously providing this service to our community. Donations should be in new, unopened packages, in sizes twin, queen or king, and should consist of neutral colors. For questions or donations, please contact [Lindsay G. Cassada](mailto:Lindsay.G.Cassada@chesterfield.gov) [<mailto:cassadal@chesterfield.gov>], Coordinator of the Chesterfield Domestic and Sexual Violence Resource Center, or call 804-318-8265.

CHESTERFIELD COUNTY
DOMESTIC AND SEXUAL VIOLENCE
RESOURCE CENTER

supporting
OUR COMMUNITY

The Chesterfield DSVRC collects new, unopened packages of bedsheets, discreetly provided to sexual assault survivors, in partnership with the Chesterfield Police Department

- SIZES: TWIN, QUEEN & KING
- NEUTRAL COLORS
- NEW, UNOPENED PACKAGES

For questions or to donate, please contact
Lindsay G. Cassada
804 318-8265
cassadal@chesterfield.gov
www.chesterfield.gov/dsvrc

SEXUAL ASSAULT AWARENESS MONTH

Court Partners

Virtual Treatment Services Study

Chesterfield County/Colonial Heights Drug Court clients recently participated in a national study focusing on virtual services in judicially led diversion programs. This study was conducted by the National Center for State Courts with support from the Center for Behavioral Health and Justice at Wayne State University and Rulo Strategies, LLC. Those clients that agreed to participate completed a confidential survey focusing on how they felt about participating in treatment groups or court hearings that are conducted virtually as opposed to face-to-face. The results of this study will provide valuable information to service providers as they consider service provisions during and after COVID19. It will be very helpful to the drug courts as we plan incremental steps toward returning to the workplace environment.

Juvenile Justice Services

Don't be an Accidental Drug Dealer - Disposal Program

The CARP Community Service Program (CSP) contributes to community wellness initiatives through partnerships with MHSS Prevention Services, SAFE, and the Chesterfield Suicide Awareness and Prevention Coalition. CARP participants have prepared over 6,000 drug disposal pouches

for community dissemination, put opioid misuse prevention messages on over 10,000 food bank distribution bags and prepared 500 kits for a community rocks of hope initiative.

CARP staff have gone above and beyond to coordinate and supervise these efforts, sometimes even delivering the completed items to the community organizations. The efforts of CARP staff and participants have saved the staff of MHSS and their partners countless hours of work and greatly increased community access to substance misuse prevention and suicide awareness information and resources. Participation in these types of projects has also opened the door for CARP staff to talk about substance misuse and mental health topics with the youth in their programs. CARP CSP assists the 12th District Juvenile Court and Probation Department to find meaningful, supervised community service projects for youth to comply with court requirements and deter future involvement with the court.



Mental Health Support Services

April is Child Abuse Prevention Month

Increasing awareness of preventing, recognizing and responding to child abuse is especially important this year because children may not be going to school, activities, places of worship and other public places where adults look out for their safety and well-being. During Child Abuse Prevention Month, Chesterfield Mental Health Support Services and Chesterfield-Colonial Heights Social Services will be conducting an “[Essential For Kids](https://www.chesterfield.gov/DocumentCenter/View/20740/Families-Forward-Protect-VA-Kids-Flyer-pdf)” campaign to share information with the public, essential workers and school personnel to empower them to recognize and respond to signs that a child may not be safe.

In the past, MHSS has planted pinwheel gardens in the County Complex and in front of other county buildings during April, however, they are not able to plant those gardens this year. Instead, Chesterfield-Colonial Heights Families First will be distributing pinwheels and related activities to the families they serve and others in the community.



Social Services

Program Highlight: Employment Services

Are you working with someone who is currently out of work, considering a change of career, interested in education and training, have questions or needs assistance with their job search, resume or interviewing? **We can help!** Chesterfield-Colonial Heights Department of Social Services offers various employment services and programs free of charge to all residents (18+) of Chesterfield County and the City of Colonial Heights. Eligibility is not based on benefits being received from the agency such as TANF, SNAP and Medicaid.

Services offered include:

- Resume assistance
- Interview preparation
- Online applications assistance
- Job Fairs (currently virtual due to COVID-19)
- Job search assistance
- Job Leads Distribution List
- Soft skills training
- Referrals to community resources
- And much more!

To learn more about our [Employment Services Programs](https://www.chesterfield.gov/4254/Employment-Services) [https://www.chesterfield.gov/4254/Employment-Services] or to make a referral, contact Employment Services, at 804-768-7334, [send us an email](mailto:employmentcenter@chesterfield.gov) [mailto:employmentcenter@chesterfield.gov] or [complete an online referral](https://employmentcenter.typeform.com/to/NTssclnn) [https://employmentcenter.typeform.com/to/NTssclnn].



Wellness Corner

What do Oprah Winfrey and Albert Einstein have in common? At some point in their lives, they both kept a personal journal. Writing daily will help improve your self-awareness practice by providing you with a written record of your thoughts, so you can reflect on them more easily than relying on your memory alone. Starting a journal can be intimidating. Staring into the abyss of a blank sheet of paper with no idea what to write about because it's about you. Here are some recommendations on how to get started:

- Monitor a specific aspect of your life to provide you with a focus.
- Begin by monitoring your most positive and your most negative feelings each day.
- Choose a system to record your entries like a paper journal, a note on your phone, or an app that will make it easier for committing to your new writing habit.
- Schedule a time of day when you will journal to reinforce the habit (the time of day doesn't matter, whatever works for you).

Interested in receiving county-wide news, events, business developments and more directly to your inbox?
Subscribe Now to the county's weekly e-newsletter, **Happening in Chesterfield**.

For More Information

Caring & Connected Newsletter Team

- [Citizen Information and Resources](#): [Emily Ashley](#), director
- [Community Corrections Services](#): [JoAnn McLaurin-Carpenter](#), assistant director
- [Drug Courts](#): [Melanie Meadows](#), administrator
- [Juvenile Justice Services](#): [Justin Crostic](#), program administrator for treatment programs & detention alternatives
- [Mental Health Support Services](#): [Jaroslaw Muchowski](#), assistant director of administration and planning
- [Social Services](#): [Valerie Dunbar-Brooks](#), community engagement coordinator

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