

# Behavioral Health

- **Goal 1:** Reduce key social-emotional risk factors associated with behavioral health issues.
  - **Objective 1.1:** Implement an awareness campaign to reduce stigma surrounding behavioral health issues.

Priority Issue: Behavioral Health					
Goal 1		Reduce key social-emotional risk factors associated with behavioral health issues.			
Objective 1.1		Implement an awareness campaign to reduce stigma surrounding behavioral health issues.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
1.1.A 🔄	Identify best practices for the development and implementation of stigma-reduction campaigns.	06/2019 - 12/2023	Stigma Committee, MWCOG, Private providers, Advocacy groups, FCPS, County agencies, Community members, HMF Youth Advisory Council	Still exploring	<ul style="list-style-type: none"> <li>Identified 20 existing anti-stigma campaigns to potentially use, modify, or draw upon.</li> <li>Stigma sub-committee meeting regularly and planning awareness campaign for worksites and other organizations where people gather.</li> </ul>
1.1.B 🔄	Mobilize resources that focus on stigma reduction in at-risk populations or for specific behavioral health issues and treatments. *	02/2019 - 12/2023	Fairfax-Falls Church Community Services Board (CSB), SS, MWCOG Private Providers, Advocacy Groups, FCPS, County agencies, Community members, HMF Youth Advisory Council	Virginia Department of Behavioral Health & Developmental Services (VDBHDS) \$6,000 09/2018 - 08/2021  Still exploring	<ul style="list-style-type: none"> <li>Awarded nine mini-grants for youth-led anti-stigma projects for FY 2019.</li> <li>Awarded seven mini-grants for youth-led anti-stigma projects for FY 2020.</li> <li>Awarded 10 mini-grants for youth-led anti-stigma projects for FY 2021.</li> <li>Awarded seven mini-grants for youth-led anti-stigma projects for FY 2022.</li> </ul>
1.1.C 🛑	Disseminate campaign resources to support implementation.	05/2022 - 12/2023	SS	None identified	<ul style="list-style-type: none"> <li>Not Started</li> </ul>

# Behavioral Health

- **Goal 1:** Reduce key social-emotional risk factors associated with behavioral health issues.
  - **Objective 1.2:** Reduce social isolation by promoting a sense of connection, belonging, and meaning.

Priority Issue: Behavioral Health					
Goal 1		Reduce key social-emotional risk factors associated with behavioral health issues.			
Objective 1.2		Reduce social isolation by promoting a sense of connection, belonging, and meaning.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
1.2.A	Identify at-risk populations and indicators for social isolation. *	05/2019 - 12/2019	Social Isolation Subcommittee (SIS)	None identified	<ul style="list-style-type: none"> <li>Developed a framework of four key areas of risk factors and populations most affected by social isolation.</li> </ul>
1.2.B	Promote best practices in mentoring and develop strategies to recruit mentors.	01/2019 - 12/2023	Fairfax Out of School Time Network	None identified	<ul style="list-style-type: none"> <li>Held initial meetings with key partners to identify resources for a mentoring network.</li> </ul>
1.2.C	Promote community environmental design strategies that foster connection and engagement.	01/2020 - 12/2021	SIS, SIL Committee, community-based organizations, FCPS, county agencies	Still exploring	<ul style="list-style-type: none"> <li>Released report, including recommendations and resources, at a December 2021 PFHF meeting.</li> <li>Fairfax County is working with Thomas Jefferson HS to pilot and fund a student-led development of a parklet on the school’s campus. The TJ students will take their experience and develop guidance and best practices for other schools to replicate.</li> </ul>
1.2.D	Disseminate programmatic resources aimed at reducing social isolation.	01/2021 - 12/2023	SIS, SIL Committee, community-based organizations, FCPS, county agencies	Still exploring	<ul style="list-style-type: none"> <li>Released report, including recommendations and resources, at a December 2021 PFHF meeting.</li> <li>The team is continually exploring opportunities.</li> </ul>

# Behavioral Health

- **Goal 1:** Reduce key social-emotional risk factors associated with behavioral health issues.
  - **Objective 1.3:** Promote the development of effective stress management and coping skills.

Priority Issue: Behavioral Health					
Goal 1		Reduce key social-emotional risk factors associated with behavioral health issues.			
Objective 1.3		Promote the development of effective stress management and coping skills.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
1.3.A	Increase community awareness of the causes and impacts of stress and healthy behaviors that support well-being and resiliency.	01/2022 - 06/2023	Social Isolation Subcommittee (SIS)	None identified	<ul style="list-style-type: none"> <li>Not Started</li> </ul>
1.3.B	Promote natural and built environmental design strategies that foster mental health and wellness.	01/2021 - 06/2023	SS	None identified	<ul style="list-style-type: none"> <li>Fairfax County is working with Thomas Jefferson HS to pilot and fund a student-led development of a parklet on the school's campus. The TJ students will take their experience and develop guidance and best practices for other schools to replicate.</li> </ul>

# Behavioral Health

- **Goal 2:** Reduce environmental risk factors associated with behavioral health issues.
  - **Objective 2.1:** Increase community awareness of behavioral health services.

Priority Issue: Behavioral Health					
Goal 2		Reduce environmental risk factors associated with behavioral health issues.			
Objective 2.1		Increase community awareness of behavioral health services.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.1.A	Complete website for information and navigation on behavioral health resources for adults	01/2019 - 12/2023	Awareness Subcommittee, CSB	CSB and website	<ul style="list-style-type: none"> <li>Identified key elements for an online resource.</li> <li>Began meeting with Healthy Minds Fairfax to determine if their website should be updated or replicated.</li> <li>Content for new information and navigation website, to be hosted by the Community Services Board, has been developed. Website is in production.</li> <li>In 2022, determined that activity was no longer feasible.</li> </ul>
2.1.B	Expand participation in trainings to help people recognize individuals in distress, understand available resources, and facilitate help-seeking behaviors.	01/2019 - 12/2023	Gatekeeper Training Subcommittee	None identified	<ul style="list-style-type: none"> <li>Began offering Applied Suicide Intervention Skills Training (ASIST) to the public through the CSB.</li> <li>CSB continues to provide QPR (Question, Persuade, Refer) and Virginia Mental Health First Aid trainings.</li> <li>Published a guide to gatekeeper trainings and how to access them in Fairfax County.</li> </ul>

<b>Status Legend:</b>	Action Performed	Action In-Progress	Action Not Started
<b>Behavioral Health</b>			



# Behavioral Health

- **Goal 2:** Reduce environmental risk factors associated with behavioral health issues.
  - **Objective 2.2:** Decrease access to lethal means of suicide.

Priority Issue: Behavioral Health					
Goal 2		Reduce environmental risk factors associated with behavioral health issues.			
Objective 2.2		Decrease access to lethal means of suicide.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.2.A	Provide training and information to firearm owners and sellers about identifying suicide risk, promoting safe storage, and removing access to lethal means for those at-risk.	04/2019 - 12/2023	Lethal Means - Firearms Subcommittee	VDBHDS \$5,000 09/2018 - 08/2021	<ul style="list-style-type: none"> <li>Implemented Lock and Talk throughout Fairfax County with free dissemination of gun locks at 20 locations.</li> </ul>
2.2.B	Promote safety planning to providers and families in behavioral health care settings for individuals at risk of suicide.	01/2019 - 12/2023	Healthy Minds Fairfax/ Training Consortium	None identified	<ul style="list-style-type: none"> <li>Trained 307 behavioral health providers in the Family Intervention for Suicide Prevention (FISP) and 160 providers in Cognitive-Behavioral Therapy Core Competencies (CCBTCC) for suicide prevention and mental health treatment which includes safety planning.</li> </ul>

# Behavioral Health

- **Goal 2:** Reduce environmental risk factors associated with behavioral health issues.
  - **Objective 2.3:** Reduce access to alcohol, tobacco, and other drugs.

Priority Issue: Behavioral Health					
Goal 2		Reduce environmental risk factors associated with behavioral health issues.			
Objective 2.3		Reduce access to alcohol, tobacco, and other drugs.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.3.A	Provide ongoing education, assistance, and support to community members on secure education storage and disposal.	01/2019 - 12/2023	Opioid Task Force, CSB, FCHD	Opioid Task Force Funding \$243,020 07/2019 - 08/2020	<ul style="list-style-type: none"> <li>Established 24/7/365 drug disposal at all Fairfax County police stations.</li> <li>Implemented biannual prescription drug takeback days (average 2,000 pounds collected).</li> <li>Promoted educational materials on drug disposal and secure storage</li> </ul>
2.3.B	Educate families on measures they can take to reduce minors' access to alcohol and other substances.	01/2019 - 12/2023	CSB Prevention Unit, Community Anti-drug Coalition, Fairfax Prevention Coalition	Opioid Task Force Funding \$100,000 07/2019-08/2020  Still exploring	<ul style="list-style-type: none"> <li>Established and continue to promote community-wide dissemination and messaging of the "Talk. They Hear You" campaign led by The Fairfax Prevention Coalition and the CSB.</li> </ul>
2.3.C	Implement retail- based efforts to raise awareness of alcohol and tobacco laws and reduce use by minors.	01/2019 - 12/2023	CSB Prevention Unit, Community Anti-drug Coalition, FCHD	Opioid Task Force Funding \$100,000 07/2019 - 08/2020	<ul style="list-style-type: none"> <li>Collaborated with the Fairfax County Police Department to discuss implementation of compliance checks at establishments that sell tobacco products.</li> <li>CSB promotes CounterTools initiative and educates retailers/merchants to increase awareness of alcohol and tobacco laws and sales to minors. Signage is provided to retailers for posting regarding tobacco laws and sales to minors.</li> </ul>

<b>Status Legend:</b>	Action Performed	Action In-Progress	Action Not Started
<b>Behavioral Health</b>			

Priority Issue: Behavioral Health					
Goal 2		Reduce environmental risk factors associated with behavioral health issues.			
Objective 2.3		Reduce access to alcohol, tobacco, and other drugs.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.3.D 🔄	Explore policy opportunities to prevent vaping initiation.	07/2019 - 12/2023	FCHD	None identified	<ul style="list-style-type: none"> <li>Submitted an outline of potential policy strategies to the Board of Supervisors.</li> <li>Established a committee to develop recommendations.</li> <li>Assisted Fairfax County Public Schools (FCPS), Office of Student Safety and Wellness in updating their campus tobacco policy to align with the Tobacco-Free Schools Law (<a href="#">§ 22.1-79.5</a>) that went into effect in July 2019.</li> <li>Health Department and FCPS partnered with the Truth Initiative to promote the This is Quitting text-based quit line for teens.</li> </ul>
2.3.E 🔄	Develop and promote resources for parent-to-parent conversations about substance use.	01/2020 - 12/2023	Underage Alcohol, Tobacco, and Other Drug Use Subcommittee, Fairfax Prevention Coalition, CSB	Still exploring	<ul style="list-style-type: none"> <li>Fairfax Prevention Coalition began identifying potential resources.</li> <li>The Fairfax Prevention Coalition's Tobacco and Marijuana Workgroup is developing a toolkit to assist parents, guardians, and concerned adults with strategies to prevent and address substance misuse.</li> </ul>
2.3.F 🔄	Inform legislative efforts to expand local taxing authority and limit the availability of tobacco products.	09/2019 - 12/2023	FCHD	None identified	<ul style="list-style-type: none"> <li>Submitted an outline of potential policy strategies to the Board of Supervisors.</li> <li>Established a committee to develop recommendations.</li> <li>FCHD monitors legislation pertaining to taxing and availability of tobacco products and provides information when applicable.</li> </ul>

# Behavioral Health

- **Goal 2:** Reduce environmental risk factors associated with behavioral health issues.
  - **Objective 2.4:** Minimize exposure to secondhand smoke and vapors.

Priority Issue: Behavioral Health					
Goal 2		Reduce environmental risk factors associated with behavioral health issues.			
Objective 2.4		Minimize exposure to secondhand smoke and vapors.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.4.A	Promote tobacco cessation programs and supports.	03/2019 - 12/2023	Vaping and Tobacco Awareness Subcommittee, Tobacco Control Coordinator, Northern District, VDH Tobacco Control Program	Tobacco Control Program Grant \$95,340 03/2019 – 04/2019	<ul style="list-style-type: none"> <li>Held the Northern Virginia Tobacco Summit in November 2019 with 100 attendees.</li> <li>Promoted the state cessation Quitline through giveaways distributed at community events.</li> <li>Launched Facebook media campaigns connecting older adult smokers and youth vapers to the state Quitline in March 2019, resulting in over 1,200 clicks to the Quitline website in the Northern Virginia region.</li> <li>Launched the Quit and Stay Quit Monday Campaign among large companies statewide to encourage tobacco cessation.</li> <li>Partnered with the Virginia Department of Health Dental Health program to set up participating dental clinics in Fairfax County as Quitline referral sites for patients who use tobacco.</li> <li>Health Department and FCPS partnered with the Truth Initiative to promote the <i>This is Quitting</i> text-based quit line for teens.</li> <li>Promoted the Virginia Department of Health’s Live Vape Free VA text message program for teens and website information for adults.</li> </ul>
2.4.B	Increase community awareness of vaping products and its risks.	11/2019 - 12/2023	Vaping and Tobacco Awareness Subcommittee, Tobacco Control Coordinator - Northern District, VDH Tobacco Control Program, FCHD	Virginia Foundation for Healthy Youth (VFHY) Tobacco Prevention Grant (Fairfax County Neighborhood and Community Services) \$150,000 07/2018 – 06/2021 and \$150,000 7/2021 – 6/2024 Fairfax-Falls Church Community Services Board \$150,000 7/2018 – 6/2021 and \$150,000 7/2021 – 6/2024	<ul style="list-style-type: none"> <li>Held the Northern Virginia Tobacco Summit in November 2019 with 100 attendees.</li> <li>Provided a toolkit for Parent-Teacher Associations (PTAs) to host vaping awareness presentations with the Fairfax County Council PTA (FCCPTA).</li> <li>Provided presentations and information tables at multiple locations and events.</li> <li>Created vaping Public Service Announcements (PSAs) for both elementary and middle school students.</li> <li>Distributed e-cigarette and JUUL informational pamphlets to community members through health clinics, Community Services Boards, and public events.</li> <li>Fairfax County Neighborhood and Community Services continues to offer the CATCH My Breath vaping prevention program in schools and the community.</li> <li>Partnered with Virginia Department of Health to host “Tobacco Free Tuesdays”, a monthly webinar series which often features information on vaping products and risks.</li> </ul>
<b>Status Legend:</b>		✓ Action Performed	🔄 Action In-Progress	⊘ Action Not Started	
<b>Behavioral Health</b>					

Priority Issue: Behavioral Health					
Goal 2		Reduce environmental risk factors associated with behavioral health issues.			
Objective 2.4		Minimize exposure to secondhand smoke and vapors.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.4.C	Expand the number and locations of Tobacco-Free Zones, and update signage to address vaping. *	04/2019 - 01/2021	Vaping and Tobacco Awareness Subcommittee, Tobacco Control Coordinator - Northern District, VDH Tobacco Control Program	None identified	<ul style="list-style-type: none"> <li>Assisted Fairfax County Public Schools (FCPS), Office of Student Safety and Wellness in updating their campus tobacco policy to align with the Tobacco-Free Schools Law (<a href="#">§ 22.1-79.5</a>) that went into effect in July 2019.</li> <li>Assisted the Tobacco-Free Mason Committee at George Mason University in their efforts to establish a tobacco-free campus policy.</li> </ul>
2.4.D	Support policies that restrict the use of tobacco and vaping products in public areas. *	09/2019 - 12/2023	FCHD, Tobacco Control Coordinator - Northern District, VDH Tobacco Control Program	None identified	<ul style="list-style-type: none"> <li>Submitted an outline of potential policy strategies to the Board of Supervisors.</li> <li>Established a committee to develop recommendations.</li> </ul>
2.4.E	Provide technical assistance and support to multi-unit housing complexes and neighborhoods on implementing smoke-free policies. *	01/2019 - 12/2023	Vaping and Tobacco Awareness Subcommittee, Tobacco Control Coordinator - Northern District, VDH Tobacco Control Program	None identified	<ul style="list-style-type: none"> <li>Provided materials, toolkits, and guidance to Homeowner’s Associations (HOAs) interested in considering a tobacco-free housing policy.</li> </ul>