

Virginia Addiction & Recovery Council (VARC)

December 5, 2024 1:00 – 3:00 P.M.

Physical Location: Virginia Department of Social Services

5600 Cox Rd

Glen Allen, Virginia 23060

1st Floor Conf Rms

Victor McKenzie Jr., Chair – Not able to be present

Del. Adele McClure, Secretary- Not able to be present

Sen. Jennifer Boysko served as chair for the meeting

Nathanael Rudney, DBHDS, completed minutes for Del. McClure

I. WELCOME AND INTRODUCTIONSSen. Boysko, Temp. Chair

Attendance: We ask that each member share his/her role on the council and how long he/she has served

Physical in-person quorum present and therefore voting allowed for council as needed

II. Review of Minutes from September 26, 2024 Meeting Sen. Boysko, Chair

Motion made to approve meeting minutes from September 26, 2024 meeting. Motion seconded. Council quorum ruled in favor of accepting minutes as presented. Zero nays.

III. Old Business

A. Determine schedule for remainder of 2024/early 2025

a. One meeting left on December 5th

- i. Do we need another in January/February if we want to create a legislative endorsement letter?**

Discussion occurred in council regarding this meeting. Del. Hodges shared primarily that he felt it was needed to be able to endorse any legislation through letter which is what has been done in years passed. The next meeting is scheduled for beginning of December which is too early to have a full bill list so it was proposed to possibly have a meeting the first week of January. Victor and Nathanael will follow up on this possibility and discuss whether this is a viable option.

IV. New Business

A. Presentation: Recovery Corps Overview, Nathan Mitchell, Program Coach

- a. Substance use continues to be a serious issue in Virginia, with 22,398 drug overdose emergency department visits and 2,490 overdose deaths recorded in 2022 alone. Recovery Corps, an AmeriCorps program launched in Virginia in 2022, is working to impact those numbers.**

- b. *As part of Recovery Corps, AmeriCorps members serve as Recovery Navigators and Recovery Project Coordinators to help expand access and supportive services. To help more Virginians achieve a life in recovery, Navigators provide peer support to others working to maintain their recovery. Project Coordinators offer extra capacity for outreach, communications, data collection, workforce development, and more.*
- c. *Recovery Corps offers a proven solution and is now the largest peer recovery program in Virginia*
- d. *While helping create better outcomes for others, members are also gaining valuable training and experience – setting them up to be the next generation of recovery professionals in a workforce that needs more support.*
- e. *Forty-six individuals began their service in September, serving at recovery nonprofits and public agencies in Chesapeake, Chester, Dublin, Franklin, Fredericksburg, Harrisonburg, Henrico, Lynchburg, Midlothian, Richmond, Rocky Mount, Ruther Glen, South Boston, Staunton, Warrenton, and Williamsburg.*
 - i. *These new members join the 27 who began service back in July. By January 2025, Recovery Corps plans to place over 80 members across the state.*
- f. *In just two years, Recovery Corps more than doubled the number of sites they partner with – allowing them to reach even more Virginians in the 2023-24 program year.*
 - i. *Thanks to valuable partnerships they've made with nonprofits and public agencies across the state, Recovery Corps members supported over 1,300 people over that year.*

B. Feedback on Visit to Indian Creek Correctional Center

Members who participated in the VARC visit to Indian Creek Correctional Center shared positive experience in learning about peer mentorship and peer support in the carceral setting in the work to improve community reintegration success and reduce recidivism. Members shared that they would encourage more experiences like this in the future with the council.

C. Presentation: Mainspring Recovery Overview, Yitzy Halon, CEO

- i. *Yitzy Halon provided an overview of Mainspring Recovery. Its mission is to deliver a comprehensive continuum of care, ranging from residential treatment to outpatient services, with a focus on underserved communities, including those dependent on Medicaid.*
 - 1. *In March 2023, Mainspring launched a 74-bed high-intensity residential treatment facility in Dumfries, VA, offering 24/7 care for individuals struggling with substance use. The program has since expanded to include lower-intensity treatment options and outpatient services.*
 - 2. *Mainspring is also actively expanding its operations with the*

renovation of a 36,000-square-foot facility in Lynchburg, VA. Upon completion, this facility will provide a full continuum of care, including 110 beds for high- and low-intensity residential treatment and 6,000 square feet dedicated to outpatient services.

3. *Looking ahead, Mainspring is developing two additional facilities in Richmond and Harrisonburg, VA, scheduled to open in 2026 and 2027, respectively.*
4. *Mainspring Recovery aims to provide substance use disorder treatment across four distinct levels of care as defined by the American Society of Addiction Medicine (ASAM)*

ii. Point of Discussion for Council:

1. While Virginia encourages investment in High Intensity Residential SUD facilities by setting a relatively high-rate cap, facilities are required to submit actual costs during each re-basement period. Based on these costs, DMAS will adjust the reimbursement rate, typically lowering it unless the facility's costs meet or exceed the rate cap.
 - a. This re-basement process poses potential financial challenges for facilities in regard to reducing margins and impacting potential long-term viability.
 - i. What does the Council think in regard to how changes to regulations affects facilities and what changes if any need to occur?

Legislators in attendance of the meeting stated they would talk offline to help address this issue with Mainspring Recovery

Council thanked Mainspring Recovery for the thorough and polished presentation of its purpose and programming throughout Virginia serving the high need for different levels of care for residential substance use disorder treatment

V. Public Comment (5-minute speaking limit)

No public comment provided at this meeting

VI. Adjournment

Meeting adjourned early at 2:15pm