



HENRICO COUNTY VIRGINIA

NOVEMBER 2015

Nov. 12, 2015

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Mental health advocate David Rockwell honored by state coalition

David L. Rockwell, whose struggles with bipolar disorder helped to propel his career as a mental health advocate with the Henrico County Crisis Intervention Team (CIT), has been recognized by a statewide coalition as Virginia's CIT Peer of the Year.

The Virginia Crisis Intervention Team Coalition presented the award to Rockwell at its conference Oct. 18-20 in Hampton.



Rockwell is a peer recovery specialist for CIT, a collaborative team established in 2006 to transform the systems of care for individuals in psychiatric crisis. CIT, which has received numerous national, state and other awards, includes representatives of Henrico Area Mental Health & Developmental Services (MH/DS) as well as the Police and Fire divisions and the Sheriff's Office.

"The core of peer support is helping people to realize they're not alone," said Rockwell, who has worked for MH/DS since 2007. "That's the beginning place, finding common ground. I do a lot of listening and interject pieces of my story as appropriate. I also convey that people can and do get better with their mental-health challenges. I offer hope with the understanding that recovery looks different for different people."

Rockwell is currently based at the Crisis Receiving Center, a mental-health assessment site at Parham Doctors' Hospital that is staffed by hospital caregivers and CIT members.

Rockwell, who has 25 years of experience working in human services, including as a youth minister, counselor and juvenile probation officer, is recognized across Virginia for his expertise in helping individuals with mental-health challenges. He frequently serves as a panelist and presenter to jurisdictions and was a member of the crisis response work group of the Governor's Taskforce on Improving Mental Health Services and Crisis Response. In addition, Rockwell is co-chairman of a state committee looking to improve mental-health services to individuals in the correctional system.

A graduate of Douglas S. Freeman High School and Campbell University, Rockwell also became one of the first peer recovery specialists to meet Virginia's new certification requirement for the position.

Nov. 6, 2015

CONTACT: Karen F. Carter, Extension Agent, Henrico County office of the Virginia Cooperative Extension

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Henrico Extension to hold open house Nov. 17

The Henrico County office of the Virginia Cooperative Extension will hold an open house Tuesday, Nov. 17 to highlight its broad range of programs and services and its work with community partners to address local needs.

Featuring activities, educational displays and prizes, the open house will be held from 11 a.m. to 2 p.m. and 4 to 7 p.m. in the Human Services Building, 8600 Dixon Powers Drive. Guests are encouraged to bring a nonperishable food item to donate to FeedMore, which provides hunger relief in central Virginia.

Henrico Extension provides research-based information and educational programs to individuals, families, organizations and communities in the areas of agriculture and natural resources; 4-H youth development; and family and consumer sciences.

For information, go to henrico.us/extension or call (804) 501-5160.

Nov. 3, 2015

CONTACT: Linda Leigh, Executive Assistant, Henrico County Board of Supervisors

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Tuckahoe town meeting Nov. 16 to explain Henrico's new fire-protection rating

Tuckahoe District Supervisor Patricia S. O'Bannon will hold a town meeting Monday, Nov. 16 to discuss Henrico County's new superior rating for fire protection.

Officials with the Division of Fire will explain how the Class 1 rating from the Insurance Services Office could help to reduce the insurance premiums of homeowners and businesses.

The meeting will include sessions at 1 and 7 p.m. at the Tuckahoe Area Library, 1901 Starling Drive.

For more information, call (804) 501-4208 or go to patobannon.com.

Nov. 3, 2015

CONTACT: Geleene Goffena, Community Development Block Grant Program Manager, Department of Community Revitalization

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Henrico, Habitat for Humanity to offer free home-repair workshop Nov. 14

The Henrico County Department of Community Revitalization and Richmond Metropolitan Habitat for Humanity will offer a free workshop Saturday, Nov. 14 to help residents learn how to make small home repairs.

The workshop will be held from 9 a.m. to 12:15 p.m. at Harvie Elementary School, 3401 Harvie Road. Experts will cover such projects as fixing a leaking toilet or sink and maintaining a heating and air-conditioning system. The session will include exhibits, hands-on demonstrations, door prizes and refreshments.

The workshop is part of a series designed to help residents maintain and improve their homes. Additional sessions will be held Saturday, Feb. 6 on home improvements and Saturday, March 5 on landscaping and curb appeal.

For information, call (804) 501-7640 or go to henrico.us/revit.