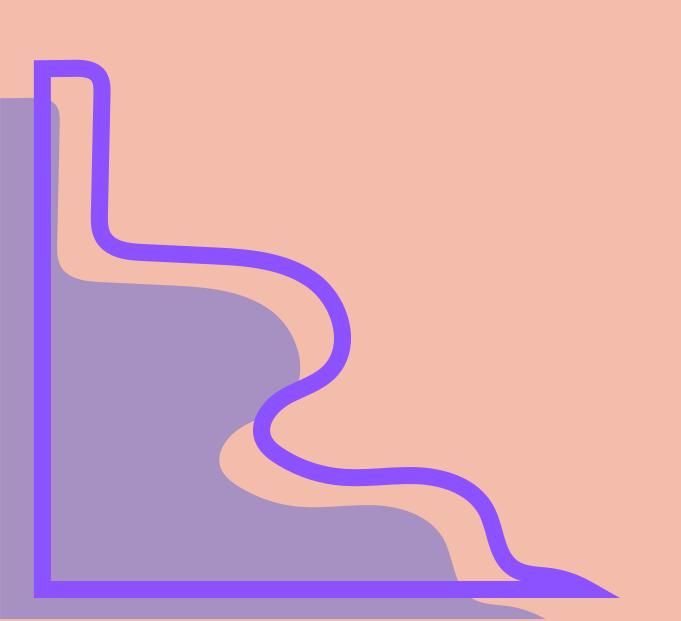
Welcome to our

May FRN

Meeting

May 27, 2025

Roane FSC 12:00



## Review of Minutes



\*Those viewing this presentation on their personal device can expand minutes and virtually flip pages using icons located at the bottom of the page.



#### ROANE FAMILY RESOURCE NETWORK

#### TREASURER'S REPORT

#### **April 2025**

Starting Balance 4/1/25\$ 23,752.09

FRN Income\$ 7,464.00 (Mar-Apr)

Payroll\$ 1,791.00

Payroll Tax\$ 362.00 Federal Tax

Supplies\$

Contractual (Rent)\$

OtherWebsite\$ 23.31

Telephone/Internet\$

Meetings\$ 17.11 (Zoom)

Quickbooks<u>\$ 165.85</u>

FRN Expenses: \$ 2,359.27

#### **ExpensesIncome**

PACF Grant\$ 1,796.41\$0

Partners in Prevention (PIP)\$ 1,036.09\$0

#### Ending Balance4/30/25\$ **26,024.32**

#### FRN Balance\$ 18,816.10

PACF Grant Balance\$ 5,631.05

PIP Grant Balance\$ 1,577.17

Submitted by Jennifer Randolph

### DoHS Updates

- Roane FRN has submitted Q3 reporting forms and is still awaiting feedback from DoHS. It was announced feedback would not be provided until new grant applications had been processed.
- 2025-2026 FRN Grants opened on May 7, 2025. Roane FRN successfully submitted our new grant proposal (including proposed budget) on May 19, 2025. The application window for FRNs closed on May 21, 2025. We will now await any requested revisions or our grant award contact for the new fiscal year!

# Active Grant Projects

#### Monetary Support for Backpack Program

Funding Source: Parkersburg Area Community Foundation

Grant Cycle: Fall 2024

**Grant Award Amount:** \$10,000

Collaborating Partnerships: The Backpack Program, Spencer MMC

Point of Contact: Roane FRN, Memorial UMC

**Purpose:** To provide continued support of Backpack Program to supplement meals for Roane County youth in need and expand services to fixed-income seniors.

#### **May Update:**

The backpack program received a MFB shipment in April and FRN has been supplementing items as needed to finish out the school year. Memorial UMC transferred remaining funds in backpack bank account to Roane FRN to manage. Roane FRN currently has funds to complete school year and get a head start on school year 25-26. We will continue to seek grant funding and community partnerships to sustain program.





### Community Baby Shower

Funding Source: TeamWV Partners in Prevention

**Grant Cycle:** FY 2024-2025

Grant Award Amount: \$7,500 (two installments)

Collaborating Partnerships: TeamWV Partners in Prevention

Point of Contact: Jessica Dianellos

**Purpose:** To re-establish a Roane County Community Baby Shower that provides education, support, and resources to new and expecting families in our region.

#### Final 2025 Update:

Community Baby Shower was held Saturday April 26<sup>th</sup>. The event was well attended by both families and vendors. We received overwhelmingly positive feedback on the event and were able to pull everything off while remaining under budget. We will begin planning for 2026 soon! Please enjoy pictures on the next slide!







#### Geary Elementary/Middle Resource Closet

Funding Source: Hope Gas Foundation

Grant Cycle: Fall 2024 Donation

**Grant Award Amount:** \$5,000

Collaborating Partnerships: Hope Gas Foundation, Geary Elementary Middle School,

Communities in Schools

**Point of Contact:** Erin O'Donnell (Hope Gas), Lorra Tanner (GEMS), Frederick Hammack (GEMS)

Communities in Schools)

**Purpose:** To establish a student resource closet with clothing, toiletries, personal hygiene items, and

non-perishable food items for GEMS students in need.

#### Final 2025 Update:

Nearly all of the \$5,000 donated has been utilized to purchase clothes, toiletries, and other supplies for students at GEMS. Please enjoy pictures on the next slide! The closet will be open at the start of school year 2025-2026!





# Upcoming Projects

Operation: B.F.F (Best Foot Foward)

Funding Source: Crowd-Sourcing, FRN outreach fund in 2026

Projected Timeline: Summer

**Grant Award Amount:** N/A

Collaborating Partnerships: Communities in Schools, Roane Chamber of Commerce

**Purpose:** To rally the community to donate new shoes at local agencies, businesses, etc. over the summer for the purpose of stocking Roane County School resource closet with shoes for students in need. These items go quickly and typically are not replaced at the rate of other items.

#### **May Update:**

After receiving feedback from CIS team leads, we developed Operation: BFF. We hope this initiative will mobilize the community to support students through friendly collection competitions and local business incentives. FRN met with Roane Chamber to plan on 5/22. FRN will hold a formal planning meeting with Communities in Schools on 5/26.

# Operation: BFF



Putting our
Best Foot Forward
for Roane County Kids

# Resources/Information Sharing

# In May, FRN made focused information sharing concerning mental health for Mental Health Awareness Month, including:



**Examples of Social Media Posts on Next Slide** 



#### MENTAL HEALTH SERVICES



#### IN ROANE COUNTY, WV

#### **WESTBROOK HEALTH SERVICES**

Westbrook Health Services provides a variety of inpatient and outpatient services such as mental health therapy, medication management services, crisis intervention, peer support services, recovery services, and more. Accepts most major insurance providers.

Address: 227 Clay Road, Spencer, WV, 25276

Phone: (304) 927-5200 Fax: (304) 927-5201

Website: www.westbrookhealth.com

#### ROANE COUNTY FAMILY HEALTHCARE

Roane County Family Healthcare provides therapy on-site to individuals experiencing a variety of behavioral health disorders. We accept most insurances and Medicaid. Individual and group therapy is available to patients participating in Medication Assisted Treatment (MAT) services at RCFHC.

Address: 146 Williams Drive, Spencer, WV,

25276

Phone: (304) 927-8162 Fax: (304) 927-5201

Website: www.rcfhc.org/behavioral-health/

#### **ENVISION MEDICAL CARE**

Envision Medical Care offers a variety of mental health services via licensed clinicians, such as cognitive behavioral therapy, counseling services for substance use disorder, care coordination, professional skills training, and much more. Accepts most major insurance providers, including Medicaid.

Address: 20 Williams Dr., Suite 3, Spencer, WV,

25276

Phone: (304) 927-5400 Fax: (304) 372-1032

Website: www.envisionmedicalcare.com

#### **OVP HEALTHCARE**

OVP Healthcare provides coordinated, patientcentered prevention and treatment services that include mental health, substance abuse disorder, medical, dental, and patient support services. Accepts Medicaid, all Medicaid Managed Care plans, Medicare and most insurance plans, and financial assistance applications are available.

Address: 303 Main Street, Spencer, WV, 25276

Website: https://www.ovphealthcare.org

#### WHAT DO I NEED TO GET STARTED?

We understand that seeking mental health support can feel intimidating. Fortunately, there is kind, compassionate care available locally to help you feel your best. Please research the providers above and contact them with any questions. It may be helpful to have your insurance or medical card on-hand when scheduling appointments. It may also be beneficial to have a list of symptoms and a general timeline of when you began experiencing them and their severity. If you have previous mental health treatment history, those records may be requested from previous providers.

#### **EMERGENCY HOTLINES**

If you or a loved one is in a mental health crisis, you can reach the **Suicide and Crisis Hotline by simply**dialing 988.

If you or someone you know is in danger of harming themselves, we urge you to **dial 911 or visit the nearest emergency room** (ours in Roane General Hospital ER). You matter. You are loved.

# Celebrate Mental Health Awareness Month?

Mental health awareness month is crucial because it helps break down stigma, encourages early intervention, and fosters understanding and empathy.

By raising awareness, we normalize conversations about mental health, making it easier for people to seek help when needed and fostering supportive communities.

Increased awareness can lead to improved access to resources and services, ultimately enhancing overall well-being for individuals and

society as a whole.



## WHAT MENTAL HEALTH STIGMA SOUNDS LIKE

you're faking it!

can't you just choose to be happy?



@gmf. designs

other people have it a lot worse!



YOU DON'T NEED TO "MAN UP"

SUFFERING DOESN'T MAKE YOU WEAK!

THERE IS

HELP OUT

THERE!

MEN'S MENTAL HEALTH

IT'S OKAY TO SHOW YOUR **EMOTIONS** 

REMINDERS

SPEAKING UP IS COURAGE!

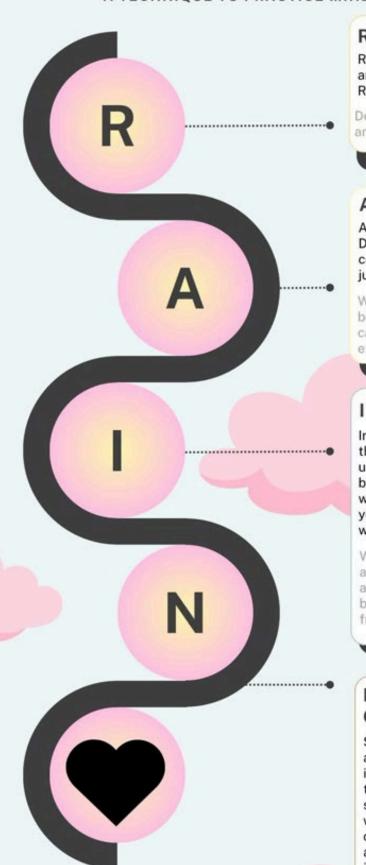
IT'S NOT UNMANLY TO STRUGGLE

YOU ARE NOT A BURDEN!

@GOODVIBESOTG | #GOODVIBESCLUB

#### RAIN METHOD

A TECHNIQUE TO PRACTICE MINDFULNESS AND COMPASSION



#### RECOGNIZE

Recognize what is going on. What emotion am I feeling? Where do I feel it in my body? Recognize and name your emotions.

Describe your thoughts, feelings, actions, and sensations.

#### ALLOW

Allow the experience to be there, just as it is. Don't try to run away, push it down, fix it, control it, avoid it, or judge it. Notice it with nonjudgemental curiosity and compassion.

What can you tell yourself to allow yourself to be open to the experience? What coping skills can you use to keep yourself calm while you experience the moment?

#### INVESTIGATE

Investigate with interest and care. Why do I feel this way? Is this really feeling or fact? What is underneath this feeling? What need is not being met? Mindfully observe your thoughts without judgement and notice where you feel your emotions in your body. If they could speak, what would they say?

What am I believing in this moment? What story am I telling myself? What most wants attention? How am I experiencing this in my body? What does this vulnerable place want from me? What does it most need?

#### NURTURE (WITH SELF COMPASSION)

Self-compassion starts to emerge when you acknowledge your pain. It grows stronger as you intentionally take care of your self. To do this, tune in to the part of you that feels hurt or scared and think about what it needs most — whether it's reassurance, forgiveness, companionship, or love. Remember, thoughts and emotions don't define who you are; they're just temporary experiences that will pass. It's important to fulfill those unmet needs yourself. with kindness and care.

What can you tell yourself to meet yourself with self-compassion, reassurance, self kindness, or self love?



\* FRIENDLY REMINDER:

IF IT COSTS YOU
YOUR MENTAL
HEALTH, IT'S TOO
\* EXPENSIVE \*

# Thank you for sharing our social media posts! Follow us on Facebook!





- 1. Mental Health issues can affect anyone regardless of strength, character, or background
- 2. Mental health conditions are legitimate medical concerns that often require professional treatment and support.
- Mental health problems are common and can affect anyone, regardless of age, gender, or socioeconomic status.
- 4. Mental health conditions are not simply a matter of willpower, and overcoming them often requires professional help, support, and time.



- \* Educate yourself about mental health
- \* Be conscious to not use stigmatizing words
  - \* Speak respectfully about mental illness
    - \* Talk openly about mental health
    - \* Avoid watching stigmatizing media
- \* Don't label people who have a mental illness
- ★ Be willing to engage in conversations about stigma

# Trainings/Conferences

# Partners in Prevention Team Leader Conference @ Stonewall Resort

- Attended from May 6-8 on behalf of Roane County Partners in Prevention
- Was able to meet with PIP teams from other counties and share resources, tips, lessons learned, and share success stories.
- Received training in youth engagement strategies, outreach project impact mapping, how to grow your PIP team, youth mental health strategies, and more.
- Was able to talk about our successful baby shower and get ideas on how PIP funds can be expanded in the future

#### YEBP Overview

- 1. Recognize and manage power dynamics
- 2. Facilitate meaningful collaboration
- 3. Establish a foundation of mentorship
- 4. Be present
- 5. Acknowledge value
- 6. Ask them, then let them
- 7. Eliminate engagement challenges
- 8. Collaborate with schools
- 9. Cultivate creativity
- 10. Use varied communication methods



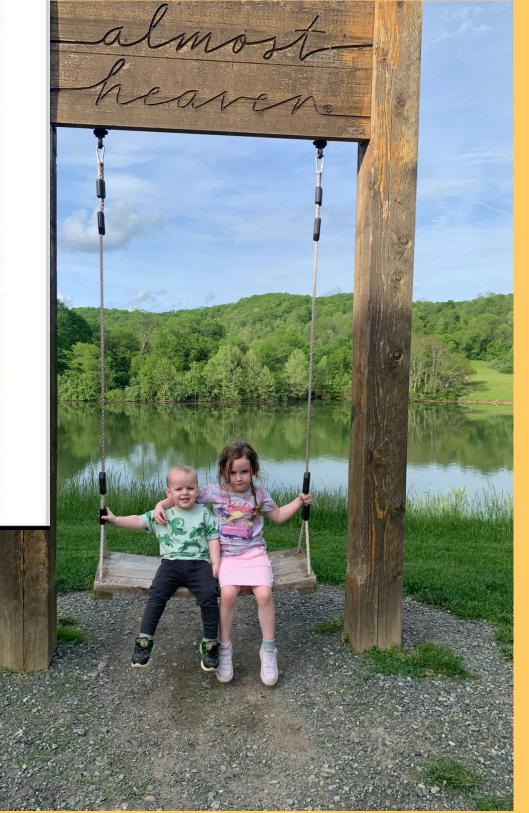
#### **NEED FOOD?**

This food resource guide is provided to you by the Doddridge County Family Resource Network. For more information, call 304-873-1245





Distribution Site	Location	Time/Phone	Day of Month
Doddridge County Family Support Center	258 Main Street West Union	<b>8am-4pm</b> 304-873-3500	Monday—Friday; Not open during DEO Food Pantry hours
Central Station Community Building	2276 Central Station West Union	11am—1pm 304-405-6019	4th Saturday
Center Point Library	8871 WV Route 23 Center Point	10am-12pm 304-666-1100	2nd Tuesday
Oxford United	1751 Oxford Rd	11am—1pm	3rd Thursday
Methodist Church	West Union	304-666-1100	
Greenwood Volunteer	391 Long Run Rd	10am-12pm	4th Tuesday
Fire Dept	<b>Greenwood</b>	304-873-3423	
DEO Food Pantry	1163 WV Rt 18N West Union	10am-12pm 304-266-5990	2nd & 4th Tuesday
Mountaineer Food Bank	1252 Snowbird Rd	10am-11:30am	2nd Wednesday;
Doddridge Co Park	West Union	304-364-5518	bi-monthly (January
Helping Hands	1166 Camp Mistake	Emergency Assistance	Service Available for
Outreach Ministry	Fairview Church, Alma	304-871-1090	Emergency ONLY
Celebrate Recovery of	20 Wabash Ave	<b>5:30pm</b>	FREE MEAL Every Monday
Doddridge County	West Union	304-873-1582	
Horizons Church	226 West Main St.	10am-12pm	Every Wednesday
Food Pantry	Salem	304-627-4536	
Bread of Life	122 ½ Liberty St,	9am-12pm	4th Saturday
Food Pantry	Salem	304-641-2582	
Doddridge County FRN Blessing Box #1	Wabash Entrance of Walking Bridge West Union	OPEN 24/7 304-873-1245	Limited Availability: "Take what you need, Leave what you can"
Doddridge County FRN	Beside Farmers Market	Open 24/7	Limited Availability: "Take what you need, Leave what you can"
Blessing Box #2	West Union City Park	304-873-1245	
Doddridge County 4-H Club Blessing Box	461 Main St. West Union	Open 24/7 304-873-1801	Limited Availability: "Take what you need, Leave what you can"



# FSC Updates



## Next Meeting:

June 24, 2025 12:00 p.m. Roane FSC and Zoom

