



Virginia Association Of  
Community Services Boards, Inc.  
*Making a Difference Together*

**Fairfax Marriott at Fair Oaks**  
**June 23<sup>rd</sup> – 24<sup>th</sup>, 2026**

# *The Future of Crisis Services*



*Caring for the Client, Community and Clinician*

**SPONSORED BY**

**SCARLET HAVEN**  
RESIDENTIAL SERVICES

*~we journey together~*

# SCARLET HAVEN

## RESIDENTIAL SERVICES

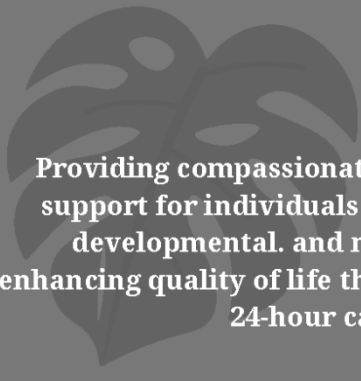
*~ we journey together ~*

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📠 703-890-3122

🌐 [www.scarlethavenres.com](http://www.scarlethavenres.com)



Providing compassionate care and skilled support for individuals with intellectual, developmental, and medical needs - enhancing quality of life through personalized, 24-hour care.



### WHO WE ARE

Scarlet Haven Residential Services (SHRS) provides compassionate, personalized care for individuals with intellectual and developmental disabilities and complex medical needs. With DBHDS-licensed Adult Residential Group Homes across Northern Virginia, SHRS offers safe, supportive environments where individuals can thrive with dignity and independence.

### OUR MISSION

We empower individuals to grow and succeed by delivering exceptional care while honoring dignity, independence and personal rights.

### OUR GOAL

To build inclusive communities where individuals are supported in living full, meaningful lives.

### WHY CHOOSE US

The SHRS ecosystem offers a full continuum of comprehensive services, thoughtfully designed to support individuals' medical, residential, and personal needs in one coordinated system of care.

- 24-hour Skilled Nursing & Residential Care:
  - RN MSN, Nursing Director
  - LPN Skilled Nursing and DSP Support
- Expertise in complex medical coordination
- In-House Occupational Therapist
- Integrated Community Involvement Team
- Admission Move-in Team
- Representative Payee Services
- Person-centered care tailored to each individual
- Engaging recreational & leisure activities
- Seamless service coordination

### OUR SERVICES

24-Hour Adult Residential & Skilled Nursing Care, including:

- Daily Health Assessments
- Cardiac & Respiratory Management
- Tracheostomy Care
- Seizure Management
- Medication Management
- Gastronomy Tube Care & Feeding
- Ostomy Care
- Bowel & Bladder Management
- Wound Care

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## CONFERENCE NOTES

### **Name Badges**

Conference attendees are requested to wear name badges during all conference functions for security and identification purposes.

### **Cell Phones**

Please set your cell phones to vibrate during workshops and presentations.

### **Contact Hour Information**

DBHDS is sponsoring contact hours. Certificates will be available at the registration desk at the end of Tuesday's sessions and on Wednesday afternoon.

### **Exhibitors & Sponsors**

We are grateful to our exhibitors and sponsors for their support of our conference programming. Please stop by their exhibit areas to learn about their products and services.

# Welcome to the 2026 Region 2 Emergency Services Conference

## *Emergency Services: Caring for the Client, Community and Clinician*

As Virginia's crisis system continues to evolve, CSB Emergency Services staff remain committed to meeting emerging challenges with flexibility, innovation, and dedication. The 2026 Emergency Services Conference is devoted to support this work by providing timely information, practical strategies, and opportunities for continued professional growth.

We extend our sincere appreciation to our speakers, panelists, and workshop facilitators for their expertise. We also thank the Department of Behavioral Health and Developmental Services for its continued support. Special recognition is given to our Gold Sponsor, **Scarlet Haven Residential Services**, and our Silver Sponsors, **CRi and Sandstone Care**, for their generous support of this conference. We encourage attendees to visit our exhibitors to learn more about the resources and services they provide.

We trust you will find this conference informative and valuable, and that you will leave with practical tools, new insights, and strengthened professional connections.

On behalf of the Region 2 Emergency Services Managers and Acute Services Directors, welcome. We are pleased to have you with us and look forward to the days ahead.

Allison Guernsey, Alexandria CSB  
Amanda Gushard, Loudoun County Department of Mental Health,  
Substance Abuse & Developmental Services  
Andrea Hess, Fairfax-Falls Church CSB  
Elise Madison, Prince William County CSB  
Gabriel Dauer, Arlington County CSB  
Heather Baxter, Prince William County CSB  
Laura Maddock, Fairfax-Falls Church CSB  
Lawrence Smith, Fairfax-Falls Church CSB  
Milton Sanchez, Loudoun County Department of Mental Health,  
Substance Abuse & Developmental Services  
Shushan Campbell, Arlington County CSB  
Sonja Fisher, Alexandria CSB



## REGION 2 - Emergency Services Conference Schedule at a Glance

<b>DAY 1</b> Tuesday, June 23		<b>ROOM</b>
8:30 am – 4:30 pm	Registration/Exhibit Center Open	Garden Atrium
8:30 am – 9:20 am	Continental Breakfast	Great Falls Pre-Function
9:20 am – 11:00 am	Welcome Remarks Keynote Address: Stopping the Lone Actor: A Multidisciplinary Approach <i>Nicolas Rafael Beliz, Psy.D., Licensed Supervising Psychologist, Los Angeles County Department of Mental Health</i>	Potomac Ballroom
11:00 am – 12:00 pm 12:00 pm – 1:30 pm	Buffet Luncheon and ES Clinician of the Year Presentation Luncheon Presentation: Why You Still Matter: Sustainable Service in a Culture of Caring <i>Wayne F. Handley, Ph.D., LPC, City Manager, City of Buena Vista, Virginia</i>	Potomac Ballroom
1:45 pm – 3:00 pm	Conference Training Workshops ( <i>Concurrent and repeats in the 3:15-4:30pm session</i> )	
	<i>Calm in Crisis: Body-Based De-Escalation Techniques</i>	Mt. Vernon
	<i>Public Behavioral Health, Mental Health Emergencies, and Ethics</i>	Fairfax
	<i>Paws, Presence and Practice</i>	Monticello
	<i>Commanding Calm: Leading in High Pressure Moments</i>	Dominion
	<i>Threat Assessment Best Practices: Identifying the Pathway to Violence and Interpreting Warning Behaviors</i>	Mason
	<i>AI, Gamification, and Copycat Ideology in Planned Targeted Attacks</i>	Great Falls
3:00 pm – 3:15 pm	Refreshment Break and Exhibit Center	Garden Atrium
3:15 pm – 4:30 pm	Conference Training Workshops ( <i>Concurrent and repeats from the 1:45-3:00pm session</i> )	
	<i>Calm in Crisis: Body-Based De-Escalation Techniques</i>	Mt. Vernon
	<i>Public Behavioral Health, Mental Health Emergencies, and Ethics</i>	Fairfax
	<i>Paws, Presence and Practice</i>	Monticello
	<i>Commanding Calm: Leading in High Pressure Moments</i>	Dominion
	<i>The Hidden Impact of Crisis Work: How Vicarious Trauma and Compassion Fatigue Affect Clinical Judgment</i>	Mason
	<i>Strength Under Pressure: Leading Teams and Organizations Through Stress and Trauma</i>	Great Falls
4:30 pm – 6:00 pm	Networking Reception- Cash bar, complimentary hors d'oeuvres & soft drinks	Garden Atrium
<b>DAY 2</b> Wednesday, June 24		<b>ROOM</b>
8:00 am – 2:00 pm	Registration and Exhibit Center Open	Garden Atrium
8:30 am – 10:00 am	Breakfast of Hope: From Group Home to White House <i>Kevin Earley, MSW, Arlington County</i>	Potomac Ballroom
10:30 am – 12:00 pm	Conference Training Workshops (Concurrent)	
	<i>Strength Under Pressure: Leading Teams and Organizations Through Stress and Trauma</i>	Fairfax
	<i>De-escalation Strategies for Individuals in Crisis</i>	Great Falls
	<i>CRC/CSU Panel: Regional Perspectives</i>	Dominion
	<i>The Hidden Impact of Crisis Work: How Vicarious Trauma and Compassion Fatigue Affect Clinical Judgment</i>	Mt. Vernon
	<i>Threat Assessment Best Practices: Identifying the Pathway to Violence and Interpreting Warning Behaviors</i>	Mason
	<i>Wellness Circle: Practical Tips &amp; Ideas for CSUs/CRCs for Arrival and Beyond</i>	Monticello
12:15 pm – 2:00 pm	Conference Luncheon - Strong Roots, Shared Direction: Moving Crisis Care Forward Together <i>J. Curt Gleeson, LPC, Assistant Commissioner, Crisis Services, DBHDS</i> Passing of the Torch to Region 3	Potomac Ballroom

# Conference Sponsors & Exhibitors

## GOLD SPONSOR



## SILVER SPONSORS



## EXHIBITORS

<b>Amergis Healthcare Staffing</b>	<b>AOG Recovery/HYPE Counseling Services</b>	<b>Clinically AI</b>
<b>Connections Health Solutions</b>	<b>enCircle</b>	<b>Freedom Recovery Centers</b>
<b>Mount Regis Center</b>	<b>Paragon Autism Services</b>	<b>Shatterproof Treatment Atlas</b>
<b>Strategic Therapy Associates, Inc.</b>	<b>Streamline Healthcare Solutions</b>	<b>Virginia CIT Coalition</b>
<b>180 Degree Support Services</b>		

## KEYNOTE SPEAKER

# Nicolas Rafael Beliz



**Nicolas Rafael Beliz, Psy.D.**, is a licensed, LPS designated clinical psychologist and supervisor at the Los Angeles County Department of Mental Health School Threat Assessment Response Team. He currently responds to psychiatric crises in the community as well as provides psychological first aid during natural disasters and local tragedies in Los Angeles County, including the 2018 Woolsey Fire, 2019 Saugus High School Shooting, and 2025 Los Angeles Wildfires. He provides violence threat risk assessment and consultation to school districts, mental health providers, and local and federal law enforcement agencies and specializes in intervention with individuals on the pathway to targeted violence. Dr. Beliz also trains private companies, professional staff, law enforcement, and parents locally and internationally on risk factors and situational awareness regarding targeted school violence, suicide prevention and warning signs, field safety, and de-escalation. In addition, Dr. Beliz is an instructor in the Los Angeles Police Department's Mental Health Intervention Training Program as well as a co-responder in the Los Angeles County Sheriff's Community College Bureau. Previous work experience includes serving as the lead therapist on the adolescent and pediatric unit of an inpatient psychiatric hospital.



### JOSHUA'S STORY

Joshua was aging out of foster care & trying to complete high school when he was referred to the LIFT program. He was having difficulty concentrating in class & his attitude & attendance suffered.

After entering LIFT, Joshua's school reported a marked improvement in attendance, attention span, and attitude—and ultimately grades. Joshua even secured a part-time job. His school counselor credited LIFT's stable housing, counseling, & other supportive services for Joshua's marked improvements.

LIFT fostered Joshua's confidence & determination. After LIFT graduation, Joshua transitioned into permanent housing & connected with a supportive community. He has since earned his Associates Degree & continues to maintain his own housing while living a fulfilling life.

## CONTACT LIFT

**MAILING ADDRESS**  
LIFT Program, c/o CRI  
14160 Newbrook Drive  
Chantilly, Virginia 20151

**ADMIN CONTACT**  
Hans Wampler  
LIFT Program Director  
Direct: (804) 350-9675  
Office: (703) 842-2301  
Email: hwampler@MyCRI.org  
Website: www.MyCRI.org



CRI is a Virginia nonprofit corporation exempt from federal income tax under Section 501 (c)(3) of the Internal Revenue Code.

# LIFT PROGRAM

**LIVING INDEPENDENTLY FOR TOMORROW**



# CRI

Choice. Respect. Independence.



## SANDSTONE CARE

**EVIDENCE-BASED • AGE-SPECIFIC • RESPONSIVE CARE**

### TEENS

Ages 13 – 17

- IOP
- PHP
- Residential (RTC)
- Medication Management
- Family Support
- Academic & Vocational Support

### YOUNG ADULTS

Ages 18 – 35

- IOP
- PHP
- Residential (RTC)
- Medication Management
- Family Support
- Academic & Vocational Support

### ADULTS

Ages 18+

- Medical Detox
- Residential (RTC)
- PHP w/ Housing
- Medication Management
- Family Support
- Academic & Vocational Support

**We don't build care around labels, we build it around what each individual needs right now. Our developmentally-informed approach adapts to each individual's progress in real time based on measurable clinical outcomes.**

# FULL CONFERENCE SCHEDULE

Tuesday, JUNE 23		ROOM
8:30 am – 4:30 pm	Registration/Exhibit Center Open	Garden Atrium Great Falls Pre-Function
8:30 am – 9:20 am	Continental Breakfast	Garden Atrium Great Falls Pre-Function
9:20 am – 11:00 am	<p><b>Welcome Remarks from</b></p> <ul style="list-style-type: none"> <li>• <i>Commissioner Daryl Washington, DBHDS</i></li> <li>• <i>Chief Kevin Davis, Fairfax County Police Department</i></li> <li>• <i>Sheriff Stacey Kincaid, Fairfax County Sheriff's Office</i></li> </ul> <p><b>Keynote Address: Stopping the Lone Actor: A Multidisciplinary Approach</b>  <b>Presented by:</b> <i>Nicolas Rafael Beliz, Psy.D., Licensed Supervising Psychologist, Los Angeles County Department of Mental Health</i></p> <p>Emerging trends in targeted violence cannot be fully understood without a deep dive into the warning behaviors displayed by many of these perpetrators. Current K-12 and higher ed. case studies in Los Angeles County are examined to tease out those who are simply provocative from those who are determined to commit an attack. Interventions, ethical concerns, and multidisciplinary coordination between law enforcement, education, mental health, and the family are all discussed. Attendees will also develop a better understanding of the distinction between severe mental illness and extreme overvalued beliefs in lone wolf mass killers as well as examine case examples of missed opportunities that resulted in mass shootings to understand the need and ability to share information when working with high-risk individuals.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Attendees will develop a better understanding of the role of inpatient and outpatient mental health staff, law enforcement, and school officials in mitigating threats and protecting the public.</li> <li>• Attendees will develop a better understanding on how to distinguish between severe mental illness and extreme overvalued beliefs.</li> <li>• Attendees will examine case examples of missed opportunities for intervention in high profile mass shootings that will assist them in understanding how and when to share information related to a high-risk case.</li> </ul>	Potomac Ballroom
11:00 am – 12:00 pm 12:00 pm – 1:30 pm	<p><b>Buffet Luncheon &amp; ES Clinician of the Year Presentation</b></p> <p><b>Luncheon Presentation: Why You Still Matter: Sustainable Service in a Culture of Caring</b>  <b>Presented by:</b> <i>Wayne F. Handley, Ph.D., LPC, City Manager, City of Buena Vista, Virginia</i></p> <p>Why You Still Matter: Sustainable Service in a Culture of Caring is a motivating, practical presentation built for community mental health teams facing chronic demand, complex trauma exposure, and constant operational pressure. This session restores purpose without resorting to “toxic positivity” and replaces vague self-care advice with concrete, team-level and system-level strategies that help people stay effective—and stay well.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Attendees will gain a renewed sense of meaning (“why I still matter”)</li> </ul>	Potomac Ballroom

	<ul style="list-style-type: none"> <li>Attendees will be able to use a simple sustainability toolkit designed for real workdays (micro-recovery, ethical boundaries, and load-sharing), and a clear culture framework that unites frontline staff, supervisors, and executives around shared commitments.</li> <li>Attendees will understand how to frame wellness as readiness: a professional standard that protects staff, improves client outcomes, and reduces turnover.</li> </ul>	
1:45 pm – 3:00 pm	Conference Training Workshops (Concurrent)	
<p style="text-align: center;"><b><i>Calm in Crisis: Body-Based De-Escalation Techniques (repeats at 3:15)</i></b></p> <p><b>Presented By:</b> <b><i>First Sergeant Whitney Lanier, MS, Prince William County Police Department</i></b></p> <p>Explore innovative body-based de-escalation techniques that leverage the power of the five senses to calm the body and mind of individuals in crisis. By integrating advanced concepts like mirror neurons, the window of tolerance, and self-soothing, participants will gain an understanding of how sensory experiences can profoundly impact emotional regulation and de-escalate crises. Learn practical strategies for using the five senses to facilitate relaxation and emotional stability in tense situations, and gain tools to help individuals ground themselves and individuals in crisis.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>Explain how the senses influence emotional and physical responses and identify sensory strategies that support de-escalation and emotional regulation.</li> <li>Describe key neuroscience concepts, including mirror neurons and the window of tolerance— and apply this understanding to build rapport and maintain calm during crisis situations.</li> <li>Demonstrate practical sensory-based techniques using touch, sight, sound, taste, and smell to emotionally regulate and improve personal and professional stress management.</li> </ul>		<b>Mt. Vernon</b>
<p style="text-align: center;"><b><i>Public Behavioral Health, Mental Health Emergencies, and Ethics (repeats at 3:15)</i></b></p> <p><b>Presented by:</b> <b><i>Heather Zelle, JD/PhD, Associate Professor of Research; Associate Director of Mental Health Policy Research, University of Virginia</i></b></p> <p>The training will cover several ethics topics relevant to the emergency context, including sources of ethical guidance, applicable legal standards, and ways of framing individual and system interests. The larger context of legal and ethical considerations will be covered, as well as more specific issues that arise and appropriate practices. Capacity to make treatment decisions and consent to treatment will be addressed. The training will also consider the ethical context of public behavioral health and other healthcare system actors, and the role that Certified Preadmission Screening Clinicians are uniquely positioned to take in expanding decisionmakers’ consideration of information and options.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>Participants will be able to identify relevant ethics principles and laws underlying good clinical practice in emergency mental health care.</li> <li>Participants will discuss ethical issues, applying ethics principles.</li> <li>Participants will be able to identify practice resources relevant to ethical emergency services practice.</li> </ul>		<b>Fairfax</b>
<p style="text-align: center;"><b><i>Paws, Presence and Practice (repeats at 3:15)</i></b></p> <p><b>Presented by:</b></p> <ul style="list-style-type: none"> <li><b><i>Chris Rinker, Chief of Police, New Market Police Department</i></b></li> <li><b><i>Benelli, a 6-year-old yellow Labrador and certified Facility/Service Dog</i></b></li> </ul> <p>First responders routinely carry the weight of trauma, stress, and service to others—often at the expense of their own well-being. This presentation explores the role of certified facility dogs in supporting emotional wellness, stress reduction, and meaningful connection within public safety professions. Through personal experiences, practical wellness strategies, and lessons learned from partnering with Benelli, a</p>		<b>Monticello</b>

<p>certified Facility/Service Dog through Mutts With A Mission, participants will gain insight into how presence, resilience, and intentional wellness practices can strengthen both individuals and organizations. Participants will also explore practical tools for stress management, emotional regulation, post-traumatic growth, and building a culture that supports wellness in emergency services.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Understand the role of a certified service dog.</li> <li>• Recognize common occupational stressors and explore concepts of resilience and PTG (post traumatic growth).</li> </ul>	
<p style="text-align: center;"><b><i>Commanding Calm: Leading in High Pressure Moments (repeats at 3:15)</i></b></p> <p><b>Presented by:</b> <b><i>Melissa Lucy, LPC, Chief Executive Officer, Horizon Behavioral Health</i></b></p> <p>Commanding Calm: Leading in High-Pressure Moments explores how resilient leadership, emotional regulation, and compassionate decision-making can transform organizations and communities during moments of crisis. Drawing from more than 25 years in behavioral health and crisis intervention, Melissa L. Lucy shares lessons learned from building innovative behavioral health programs, leading emergency response initiatives, and guiding teams through some of the region’s most complex mental health challenges. Through real-world experiences—including the creation of Central Virginia’s first Crisis Intervention Team (CIT), the development of jail diversion and forensic services, and the establishment of Horizon Behavioral Health’s new Crisis Care Center—participants will gain practical strategies for remaining grounded, decisive, and people-centered under pressure. This session highlights how calm leadership can create lasting impact, strengthen communities, and help organizations move toward a stronger horizon even in the face of uncertainty.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Learn practical strategies for maintaining composure, clarity, and confidence while leading through crisis situations and high-stakes decision-making.</li> <li>• Understand how trauma-informed and compassionate leadership approaches improve outcomes for teams, organizations, and the communities they serve.</li> <li>• Explore how collaboration, innovation, and persistence can turn community challenges into transformative systems of care, as demonstrated through Horizon Behavioral Health’s crisis response initiatives and partnerships.</li> <li>• Gain insight into building resilient teams that can adapt and respond effectively during periods of rapid change, uncertainty, and emotional intensity.</li> <li>• Discover how visionary leadership and long-term commitment can create lasting community impact, culminating in the development of the region’s first Crisis Receiving and Stabilization Services Unit—Horizon Behavioral Health’s new Crisis Care Center.</li> </ul>	<b>Dominion</b>
<p style="text-align: center;"><b><i>Threat Assessment Best Practices: Identifying the Pathway to Violence and Interpreting Warning Behaviors</i></b></p> <p><b>Presented by:</b> <b><i>Mary Tramontin, Psy.D., Forensic and Clinical Psychologist, United States Department of State</i></b></p> <p>This workshop will provide frontline practitioners with an introduction to preventing targeted violence. State-of-the-art trends in behavioral threat assessment and management will be reviewed. Through case examples, exercises and discussion, participants will enhance their ability to discern and address concerning behaviors signaling an intent to do harm.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Define targeted violence and behavioral threat assessment and management.</li> <li>• Identify the elements and purpose of the pathway to violence model.</li> <li>• Acquire understanding in recognizing and interpreting violence threat enhancers and mitigators.</li> </ul>	<b>Mason</b>

<b><i>AI, Gamification, And Copycat Ideology in Planned Targeted Attacks</i></b>		
<p><b>Presented by:</b>  <b><i>Nicolas Rafael Beliz, Psy.D., Licensed Supervising Psychologist, Los Angeles County Department of Mental Health</i></b></p> <p>Emerging trends in targeted violence cannot be fully understood without a deep dive into the culture and language shared by many of these perpetrators. Past shootings, important anniversaries, coded language, and a blending of ideologies are examined in this presentation to demonstrate imitation of high-profile actors in preparation for an attack. Interventions, ethical concerns, interviewing strategies and approaches to family members, analyzing written communications, as well as multidisciplinary coordination between law enforcement, education, mental health, and the family are all discussed. An examination of emerging trends in technology across online platforms, developing technologies, and gaming platforms will be discussed with regards to recent cases of individuals using devices for nefarious purposes.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Participants will learn about coded language, important anniversaries, and costuming related to copycat culture and the contagion effect found in imitators of past mass shooters that may be warning signs prior to an attack.</li> <li>• Participants will examine redacted livestreamed videos from past shootings to better understand the allure of online subcultures, dissemination of manifestos across virtual platforms, and the self-radicalization process found in adolescent and adult attackers.</li> <li>• Participants will learn about the influence of gaming, online platforms, social media, and artificial intelligence as it relates to the pathway toward radicalization and violence in extreme cases.</li> </ul>		<b>Great Falls</b>
<b>3:00 pm – 3:15 pm</b>	<b>Refreshment Break and Exhibit Center</b>	<b>Garden Atrium</b>
<b>3:15 pm – 4:30 pm</b>	<b>Conference Training Workshops (Concurrent)</b>	
<b><i>Calm in Crisis: Body-Based De-Escalation Techniques</i></b>		
<p><b>Presented By:</b>  <b><i>First Sergeant Whitney Lanier, MS, Prince William County Police Department</i></b></p> <p>Explore innovative body-based de-escalation techniques that leverage the power of the five senses to calm the body and mind of individuals in crisis. By integrating advanced concepts like mirror neurons, the window of tolerance, and self-soothing, participants will gain an understanding of how sensory experiences can profoundly impact emotional regulation and de-escalate crises. Learn practical strategies for using the five senses to facilitate relaxation and emotional stability in tense situations, and gain tools to help individuals ground themselves and individuals in crisis.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Explain how the senses influence emotional and physical responses and identify sensory strategies that support de-escalation and emotional regulation.</li> <li>• Describe key neuroscience concepts, including mirror neurons and the window of tolerance— and apply this understanding to build rapport and maintain calm during crisis situations.</li> <li>• Demonstrate practical sensory-based techniques using touch, sight, sound, taste, and smell to emotionally regulate and improve personal and professional stress management.</li> </ul>		<b>Mt. Vernon</b>
<b><i>Public Behavioral Health, Mental Health Emergencies, and Ethics</i></b>		
<p><b>Presented by:</b>  <b><i>Heather Zelle, JD/PhD, Associate Professor of Research; Associate Director of Mental Health Policy Research, University of Virginia</i></b></p> <p>The training will cover several ethics topics relevant to the emergency context, including sources of ethical guidance, applicable legal standards, and ways of framing individual and system interests. The larger</p>		<b>Fairfax</b>

<p>context of legal and ethical considerations will be covered, as well as more specific issues that arise and appropriate practices. Capacity to make treatment decisions and consent to treatment will be addressed. The training will also consider the ethical context of public behavioral health and other healthcare system actors, and the role that Certified Preadmission Screening Clinicians are uniquely positioned to take in expanding decisionmakers’ consideration of information and options.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Participants will be able to identify relevant ethics principles and laws underlying good clinical practice in emergency mental health care.</li> <li>• Participants will discuss ethical issues, applying ethics principles.</li> <li>• Participants will be able to identify practice resources relevant to ethical emergency services practice.</li> </ul>	
<p style="text-align: center;"><b><i>Paws, Presence and Practice</i></b></p> <p><b>Presented by:</b></p> <ul style="list-style-type: none"> <li>• <b><i>Chris Rinker, Chief of Police, New Market Police Department</i></b></li> <li>• <b><i>Benelli, a 6-year-old yellow Labrador and certified Facility/Service Dog</i></b></li> </ul> <p>First responders routinely carry the weight of trauma, stress, and service to others—often at the expense of their own well-being. This presentation explores the role of certified facility dogs in supporting emotional wellness, stress reduction, and meaningful connection within public safety professions. Through personal experiences, practical wellness strategies, and lessons learned from partnering with Benelli, a certified Facility/Service Dog through Mutts With A Mission, participants will gain insight into how presence, resilience, and intentional wellness practices can strengthen both individuals and organizations. Participants will also explore practical tools for stress management, emotional regulation, post-traumatic growth, and building a culture that supports wellness in emergency services.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Understand the role of a certified service dog.</li> <li>• Recognize common occupational stressors and explore concepts of resilience and PTG (post traumatic growth).</li> </ul>	<b>Monticello</b>
<p style="text-align: center;"><b><i>Commanding Calm: Leading in High Pressure Moments</i></b></p> <p><b>Presented by:</b> <b><i>Melissa Lucy, LPC, Chief Executive Officer, Horizon Behavioral Health</i></b></p> <p>Commanding Calm: Leading in High-Pressure Moments explores how resilient leadership, emotional regulation, and compassionate decision-making can transform organizations and communities during moments of crisis. Drawing from more than 25 years in behavioral health and crisis intervention, Melissa L. Lucy shares lessons learned from building innovative behavioral health programs, leading emergency response initiatives, and guiding teams through some of the region’s most complex mental health challenges. Through real-world experiences—including the creation of Central Virginia’s first Crisis Intervention Team (CIT), the development of jail diversion and forensic services, and the establishment of Horizon Behavioral Health’s new Crisis Care Center—participants will gain practical strategies for remaining grounded, decisive, and people-centered under pressure. This session highlights how calm leadership can create lasting impact, strengthen communities, and help organizations move toward a stronger horizon even in the face of uncertainty.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Learn practical strategies for maintaining composure, clarity, and confidence while leading through crisis situations and high-stakes decision-making.</li> <li>• Understand how trauma-informed and compassionate leadership approaches improve outcomes for teams, organizations, and the communities they serve.</li> <li>• Explore how collaboration, innovation, and persistence can turn community challenges into transformative systems of care, as demonstrated through Horizon Behavioral Health’s crisis response initiatives and partnerships.</li> </ul>	<b>Dominion</b>

<ul style="list-style-type: none"> <li>Gain insight into building resilient teams that can adapt and respond effectively during periods of rapid change, uncertainty, and emotional intensity.</li> <li>Discover how visionary leadership and long-term commitment can create lasting community impact, culminating in the development of the region’s first Crisis Receiving and Stabilization Services Unit—Horizon Behavioral Health’s new Crisis Care Center.</li> </ul>		
<p style="text-align: center;"><b><i>The Hidden Impact of Crisis Work: How Vicarious Trauma and Compassion Fatigue Affect Clinical Judgment</i></b></p> <p><b>Presented by:</b> <b><i>Ami B. Williams, Director of Community &amp; Crisis Services, Greater Reach Community Services Board</i></b></p> <p>Emergency Services Clinicians routinely make high-stakes decisions while working in emotionally intense and trauma-exposed environments. Over time, repeated exposure to suicide risk, violence, abuse, and loss can quietly affect not only clinician well-being, but also emotional responsiveness, clinical judgment, frustration tolerance, and decision-making. This engaging and reflective workshop explores the hidden impact of vicarious trauma and compassion fatigue in crisis services, with a focus on how cumulative emotional depletion may influence assessment practices, risk perception, and clinical dispositions. Participants will leave with practical, role-appropriate strategies to recognize and mitigate the impact of trauma exposure, strengthen emotional regulation, support reflective clinical practice, and enhance individual and team resilience in fast-paced emergency services environments.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>Participants will differentiate between vicarious trauma and compassion fatigue and identify how they uniquely present in emergency services environments.</li> <li>Participants will recognize how cumulative trauma exposure and emotional depletion may influence clinical judgment, risk assessment, and disposition decision-making in crisis work.</li> <li>Participants will apply practical, role-appropriate strategies to mitigate the impact of trauma exposure, strengthen emotional regulation, and support individual and team resilience in fast-paced emergency services environments.</li> </ul>		<b>Mason</b>
<p style="text-align: center;"><b><i>Strength Under Pressure: Leading Teams and Organizations Through Stress and Trauma</i></b></p> <p><b>Presented by:</b> <b><i>Wayne F. Handley, Ph.D., LPC, City Manager, City of Buena Vista</i></b></p> <p>This presentation, Strength Under Pressure, examines how current and future leaders can effectively navigate trauma exposure while building resilient, high-performing teams. Drawing from executive leadership experience, it highlights the impact of cumulative stress, organizational culture, and stigma on employee wellness, and provides practical strategies for integrating mental health into policy, training, and daily leadership practices. Participants will leave with actionable approaches to strengthen operational readiness, support their people, and foster cultures where resilience and performance are sustained together.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>Analyze how cumulative trauma and organizational stress impact decision-making, performance, and long-term wellness in your workforce.</li> <li>Evaluate leadership strategies that reduce stigma and integrate mental health into organizational culture, policy, and daily operations.</li> <li>Apply practical, evidence-informed approaches to build resilience (“operational durability”) within teams through peer support, communication, and leadership modeling.</li> </ul>		<b>Great Falls</b>
<b>4:30 pm – 6:00 pm</b>	<b>Networking Reception</b> <b><i>Cash bar, complimentary hors d’oeuvres &amp; soft drinks</i></b>	<b>Garden Atrium</b>

<b>Wednesday, JUNE 24</b>		<b>ROOM</b>
<b>8:00 am – 2:00 pm</b>	<b>Registration and Exhibit Center Open</b>	<b>Garden Atrium</b>
<b>8:30 am – 10:00 am</b>	<p><b>Breakfast of Hope: From Group Home to White House</b>  <i>Presented by: Kevin Earley, MSW, Arlington County</i></p> <p>Mr. Earley talks about his lived experience with mental health challenges, his recovery, and barriers to treatment, through a personal testimony that is recovery-oriented &amp; peer-centered.</p>	<b>Potomac Ballroom</b>
<b>10:30 am – 12:00 pm</b>	<b>Conference Training Workshops (Concurrent)</b>	
<p><b><i>Strength Under Pressure: Leading Teams and Organizations Through Stress and Trauma (repeats from Tuesday's session)</i></b></p> <p><b>Presented by:</b>  <b><i>Wayne F. Handley, Ph.D., LPC, City Manager, City of Buena Vista</i></b></p> <p>This presentation, Strength Under Pressure, examines how current and future leaders can effectively navigate trauma exposure while building resilient, high-performing teams. Drawing from executive leadership experience, it highlights the impact of cumulative stress, organizational culture, and stigma on employee wellness, and provides practical strategies for integrating mental health into policy, training, and daily leadership practices. Participants will leave with actionable approaches to strengthen operational readiness, support their people, and foster cultures where resilience and performance are sustained together.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>Analyze how cumulative trauma and organizational stress impact decision-making, performance, and long-term wellness in your workforce.</li> <li>Evaluate leadership strategies that reduce stigma and integrate mental health into organizational culture, policy, and daily operations.</li> <li>Apply practical, evidence-informed approaches to build resilience (“operational durability”) within teams through peer support, communication, and leadership modeling.</li> </ul>		<b>Fairfax</b>
<p><b><i>De-escalation Strategies for Individuals in Crisis</i></b></p> <p><b>Presented by:</b>  <b><i>Nicolas Rafael Beliz, Psy.D., Licensed Supervising Psychologist, Los Angeles County Department of Mental Health</i></b></p> <p>Working with individuals in crisis can be difficult and unpredictable for professional staff, particularly when making decisions regarding hospitalization or involuntary detention. An overview of symptoms regarding severe mental illness that may contribute to unpredictable or escalating behaviors in the field is discussed in addition to a brief discussion of neurobiological factors that contribute to potential violence risk during periods of emotionality with the clients we serve. Simple do's and don't's with regards to de-escalation strategies as well as basic field safety are covered in addition to case examples and videos in this presentation to assist the professional with understanding what may help or what may exacerbate an existing crisis in the field.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>Participants will develop basic understanding of how certain symptoms of mental health disorders can increase the risk for outbursts or violence.</li> <li>Participants will develop a better understanding of what they can do to potentially lower the risk for violence or escalation of an individual as well as what not to do to increase this risk.</li> <li>Participants will learn about basic environmental aspects that may contribute to safety concerns when dealing with an escalated individual.</li> </ul>		<b>Great Falls</b>

<p style="text-align: center;"><b><i>CRC/CSU Panel: Regional Perspectives</i></b></p> <p><b>Presented by:</b></p> <ul style="list-style-type: none"> <li>• <b><i>Heather Baxter, Ed.S, LPC, Behavioral Health Program Manager-Emergency Services Division, Prince William County Community Services Board</i></b></li> <li>• <b><i>Kari James, LPC, Crisis Services Program Director, New River Valley Community Services</i></b></li> <li>• <b><i>Linda D. Saltonstall, LPC, Sr. Director of Clinical Services, St. Joseph's Villa</i></b></li> <li>• <b><i>Ron Clark, MSW, LCSW, Director of Crisis Services, Hampton-Newport News Community Services Board</i></b></li> </ul> <p>This interactive panel discussion brings together representatives from Community Services Boards (CSBs) across Virginia to explore the development and operation of Crisis Receiving Centers (CRCs) and Crisis Stabilization Units (CSUs). Panelists will share how their programs function, including referral processes, staffing models, regional partnerships, and operational structure. Participants will gain insight into the benefits, challenges, and impact of these services on emergency services systems, hospitals, law enforcement, and community crisis response. The session will also include audience Q&amp;A and discussion of lessons learned and emerging best practices across regions.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Compare how Crisis Receiving Centers (CRCs) and Crisis Stabilization Units (CSUs) are structured and operated across Virginia regions.</li> <li>• Identify key benefits and challenges associated with implementing and sustaining CRC and CSU services.</li> <li>• Describe the impact of CRCs and CSUs on emergency services systems, hospitals, law enforcement, and community crisis response.</li> <li>• Discuss practical lessons learned, regional partnerships, and strategies for improving crisis continuum services.</li> </ul>	<p><b>Dominion</b></p>
<p style="text-align: center;"><b><i>The Hidden Impact of Crisis Work: How Vicarious Trauma and Compassion Fatigue Affect Clinical Judgment (repeats from Tuesday's session)</i></b></p> <p><b>Presented by:</b> <b><i>Ami B. Williams, Director of Community &amp; Crisis Services, Greater Reach Community Services Board</i></b></p> <p>Emergency Services Clinicians routinely make high-stakes decisions while working in emotionally intense and trauma-exposed environments. Over time, repeated exposure to suicide risk, violence, abuse, and loss can quietly affect not only clinician well-being, but also emotional responsiveness, clinical judgment, frustration tolerance, and decision-making. This engaging and reflective workshop explores the hidden impact of vicarious trauma and compassion fatigue in crisis services, with a focus on how cumulative emotional depletion may influence assessment practices, risk perception, and clinical dispositions. Participants will leave with practical, role-appropriate strategies to recognize and mitigate the impact of trauma exposure, strengthen emotional regulation, support reflective clinical practice, and enhance individual and team resilience in fast-paced emergency services environments.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Participants will differentiate between vicarious trauma and compassion fatigue and identify how they uniquely present in emergency services environments.</li> <li>• Participants will recognize how cumulative trauma exposure and emotional depletion may influence clinical judgment, risk assessment, and disposition decision-making in crisis work.</li> <li>• Participants will apply practical, role-appropriate strategies to mitigate the impact of trauma exposure, strengthen emotional regulation, and support individual and team resilience in fast-paced emergency services environments.</li> </ul>	<p><b>Mt. Vernon</b></p>

	<p style="text-align: center;"><b>Threat Assessment Best Practices: Identifying the Pathway to Violence and Interpreting Warning Behaviors (repeats from Tuesday's session)</b></p> <p><b>Presented by:</b> <b>Mary Tramontin, Psy.D., Forensic and Clinical Psychologist, United States Department of State</b></p> <p>This workshop will provide frontline practitioners with an introduction to preventing targeted violence. State-of-the-art trends in behavioral threat assessment and management will be reviewed. Through case examples exercises, and discussion, participants will enhance their ability to discern and address concerning behaviors signaling an intent to do harm.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Define targeted violence and behavioral threat assessment and management.</li> <li>• Identify the elements and purpose of the pathway to violence model.</li> <li>• Acquire understanding in recognizing and interpreting violence threat enhancers and mitigators.</li> </ul>	<b>Mason</b>
	<p style="text-align: center;"><b>Wellness Circle: Practical Tips &amp; Ideas for CSUs/CRCs for Arrival and Beyond</b></p> <p><b>Presented by:</b></p> <ul style="list-style-type: none"> <li>• <b>Amy Miller, LCSW, Program Manager, Fairfax-Falls Church Community Services Board Wellness Circle Crisis Stabilization Program</b></li> <li>• <b>Orit Paytan, LCSW, Behavioral Health Supervisor, Fairfax-Falls Church Community Services Board Wellness Circle Crisis Stabilization Program</b></li> </ul> <p>This presentation will outline key components of an effective short-term trauma treatment model in a Crisis Residential/Crisis Stabilization Unit, including trauma-informed assessment, clinical programming, staff training, and system-level changes that supported implementation. Clinical programming includes somatic, art-based, music-based, and psychoeducational interventions designed to promote stabilization, emotional regulation, and reduction in symptoms during brief stays. Participants will gain practical strategies for delivering effective, trauma-informed care across various levels of crisis services.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Rationale for Phase I trauma treatment (safety and stabilization) for individuals with SMI.</li> <li>• Assessment tools to measure effectiveness of trauma treatment and outcomes.</li> <li>• Practical interventions (somatic, art-based, music-based, psychoeducation, and skill-building) that support stabilization during brief stays.</li> <li>• System-level changes that facilitate successful implementation of trauma treatment in crisis residential programs/crisis stabilization units.</li> <li>• Key components for effective short-term, trauma-informed treatment across various levels of crisis services.</li> </ul>	<b>Monticello</b>
<b>12:15 pm – 2:00 pm</b>	<p><b>Conference Luncheon- Strong Roots, Shared Direction: Moving Crisis Care Forward Together</b> <b>Presented by: J. Curt Gleeson, LPC, Assistant Commissioner, Crisis Services, DBHDS</b></p> <p>Across decades of under-resourced and demanding work, Emergency Services has been defined by clinical excellence, courage, and a willingness to step into the hardest moments. As we enter a true paradigm shift—with new tools, new investments, and new expectations—our history provides a solid foundation to</p>	<b>Potomac Ballroom</b>

build from. In this closing session, Curt reflects on the deep roots of our crisis system and outlines the path ahead as we work together to create a more responsive, humane, and effective crisis continuum. This session invites every clinician and leader to help shape what comes next.

**Objectives:**

- Reflect on the longstanding strengths and values that define Virginia’s crisis community.
- Gain clarity on key system changes and the new options becoming available.
- Identify ways clinicians can lead, adapt, and partner in shaping the next phase of crisis care.

**Passing of the Torch to Region 3**

# Conference Faculty

*Alphabetically Listed by First name*

**Ami B. Williams, LPC-Supervisor, LSATP, and Certified Prescreener (CPSC)**, is a behavioral health leader, counselor educator, and crisis services professional with extensive experience in community mental health and emergency services. She currently serves as the Director of Community and Crisis Services at Greater Reach Community Services Board (GRCSB), where she oversees Emergency Services, Same Day Access, Crisis Intervention Team (CIT), and Forensic/Liaison Services across multiple localities. Ami is also the Founder and CEO of Hope Restored Counseling LLC, a trauma-informed private practice focused on restoring hope and emotional wellness for individuals, couples, and families, while also providing clinical supervision and training for Residents in Counseling pursuing licensure. With a strong clinical background in crisis intervention, trauma-informed care, and behavioral health leadership, she is passionate about supporting clinician wellness, strengthening crisis systems, and promoting sustainable and ethical clinical practice. Ami is currently pursuing a Doctor of Education (EdD) in Community Care and Counseling. Her professional interests include vicarious trauma, clinician resilience, crisis response systems, leadership development, and trauma-informed organizational culture.

**Amy Miller, LCSW**, is the Program Manager of the Wellness Circle Crisis Stabilization Unit with the Virginia Fairfax-Falls Church Community Services Board. She is a Licensed Clinical Social Worker and has over 25 years of experience working in the Behavioral Health field. Amy began her career working on an inpatient psychiatric unit with trauma survivors, followed by several years as an Emergency Service and Mobile Crisis Unit Clinician. These early experiences are where she found her passion for working in crisis intervention and stabilization. Amy has been the program manager of Wellness Circle Crisis Stabilization Unit since 2011. Amy specializes in suicide prevention and has training in the Collaborative Assessment and Management of Suicide (CAMS), including a published research study with Dr. David Jobes, the founder of CAMS. She loves working with teams and strives to support and empower those around her to better serve the community.

**Benelli** is a 6-year-old yellow Labrador and certified Facility/Service Dog partnered with Chief Chris Rinker of the New Market Police Department. Trained through Mutts With A Mission, an Assistance Dogs International (ADI)-accredited nonprofit, Benelli supports first responder wellness, victim support, crisis response, and community outreach. Since partnering with Chief Rinker in 2022, Benelli has provided comfort and connection to first responders, children, victims, and community members during difficult situations while helping promote emotional wellness and resilience.

**Chief Chris Rinker** has served in law enforcement for over 26 years, dedicating his career to the Town of New Market Police Department in Virginia, where he has served as Chief of Police since 2015. Prior to becoming a law enforcement officer, Chris worked as a 911 dispatcher and volunteered in fire and rescue services, building a strong foundation in emergency response and public safety. Chris is a graduate of the Central Shenandoah Criminal Justice Training Academy and completed the prestigious FBI National Command Course in 2022. Throughout his career, he has served in patrol, criminal investigations, crisis response, and leadership roles. He is a Virginia DCJS-certified General Instructor, Crisis Intervention Team (CIT) trainer, certified crisis negotiator, and Critical Incident Stress Management (CISM) debriefer. A strong advocate for first responder wellness and mental health, Chris serves on the Board of Directors for the Northwestern CSB and is actively involved in the Northwestern CSB Crisis Intervention Team program. His work focuses on improving crisis response, strengthening community partnerships, and promoting officer wellness, individual wellness and resilience. In 2022, Chris partnered with Benelli, a certified Facility/Service Dog through Mutts With A Mission, a Virginia-based nonprofit organization that trains service and facility dogs for veterans and first responders. Together, Chris and Benelli support first responder wellness, victim services, crisis response, schools, and community engagement efforts. Benelli also assists in providing emotional support during difficult incidents and educational outreach related to resilience and self-care. Chris is passionate about helping first responders recognize the importance of taking care of themselves while continuing to care for others. Through speaking engagements and training, he shares

practical wellness strategies, lessons learned from public safety service, and the value of building resilience through connection, gratitude, and intentional self-care.

**Heather Baxter, Ed.S, LPC**, is a Behavioral Health Program Manager for the Emergency Services Division in Prince William County. She has over 15 years of experience in community mental health and emergency services systems. Her work has focused on crisis services operations, emergency behavioral health response, regional coordination and system development related to crisis receiving centers and crisis stabilization services. She has experience collaborating with hospitals, law enforcement, magistrates and community partners to support behavioral health crisis response systems and improve access to stabilization and diversion services across the continuum of care.

**Heather Zelle, J.D., Ph.D.**, is an Associate Professor of Research with the UVa Department of Public Health Sciences and the Associate Director of Mental Health Policy Research at the UVa Institute of Law, Psychiatry, and Public Policy. She holds a juris doctorate from Villanova University School of Law, and a doctorate in clinical psychology with a forensic concentration from Drexel University. Dr. Zelle's current policy and research work focused on the public mental health system and mental health policy in Virginia. She serves on state work groups studying topics such as involuntary civil commitment procedures and behavioral health dockets in Virginia courts. Dr. Zelle led the Virginia Advance Directives with Instructions for Mental Health Care implementation project from September 2012 to June 2020 and is an author of its Virginia Department of Health-approved facilitator certification training program. She has co-authored several publications, including chapters in University and Public Behavioral Health Organization Collaboration in Justice Contexts; Routledge Encyclopedia of Psychology in the Real World: Psychology and Law; Forensic Assessment in Criminal and Civil Law: A Handbook for Lawyers; Advances in Psychology and Law; and Oxford Handbook of Public Health Ethics. She regularly provides trainings on a range of topics, including ethics, Virginia mental health policies, and advance directives.

**J. Curt Gleeson, LPC**, formerly a middle and high school teacher, completed his Master of Education degree in Clinical Mental Health Counseling at Lynchburg College in 2012. He began his clinical career that year with Region Ten Community Services Board as a full-time prevention specialist and a part-time Certified Preadmission Screening Clinician and became a Licensed Professional Counselor in 2017. Finding his passion in crisis intervention, he became the Director of Emergency Services at Region Ten in 2016. In January 2023, he moved to the Department of Behavioral Health and Developmental Services as the Assistant Commissioner of Crisis Services. Curt believes in service and feels privileged to serve in this role to help change the paradigm of how we serve and care for each other in times of crisis.

**Kari James, LPC**, is a Licensed Professional Counselor who has a Bachelor of Arts degree from Marshall University and a Master of Arts degree in Professional Counseling from Liberty University. She is the Crisis Services Program Manager at New River Valley Community Services (NRVCS) overseeing Co-Response, 23-Hour Crisis Receiving Center, and Emergency Services. Kari has worked with all ages of individuals in crisis over 16.5 years in roles of case management, clinician, team leader, supervisor, manager, and now director. She is a member of the NRVCS Risk Management Team, has completed Critical Incident Stress Management (CISM) training, and is a member of the Disaster Behavioral Health Team with DBHDS.

**Kevin Earley, MSW**, life story is told in Ken Burn's produced documentary "Hiding In Plain Sight - Youth Mental Illness" which can be seen on PBS nationwide and in his father's 2007 book, "Crazy - A Father's Search Through America's Mental Health Madness". He is a national public speaker, a graduate of VCU's social work program, and was invited to The White House in 2022 for his work with mental health and the community. He has been working as a peer support specialist for over 16 years and currently works for Arlington County.

**Linda D. Saltonstall, LPC**, is the Sr. Director of Clinical Service and oversees the clinical integrity and compliance for St. Joseph's Villa, a multi-service agency providing Crisis Services, private day schools, community-based services and homeless services. The Villa consists of various clinical modules such as trauma-informed care, Applied Behavior Analysis, Wraparound Principles and Family Systems serving more than 700 children and families each day. Linda has both a theological and psychological background that fosters an integrated approach in working with families. She is

licensed in Virginia as a professional counselor. Her professional background is in California psychiatric hospitals, Tennessee mental health clinics in both neuropsychology testing, clinical work and creating programs such as the Youth Crisis Stabilization Unit in 2012 and Youth Crisis Receiving Center in 2024 in partnership with Region 4 Richmond Behavioral Health Authority and Henrico Department of Mental Health & Developmental Services. She has received extensive training from internationally recognized family therapists Harry Aponte, D.S.W., Joan Winter, Ed.D. Her Master's thesis on "The Psychological Effects of Maternal Employment on Children 3-5 Years" was presented at the National American Psychological Association Conference in Washington, D.C. in the early 90s and published in England Journal of Literature Reviews. She possesses a wide knowledge of various populations particularly the impact of systems whether family, social or ecological systems. She brings a wealth of knowledge, experience and creative passion to her work and commitment to improving overall well-being for youth and families.

**Mary Tramontin, Psy.D.**, serves as Chief of the Forensic Behavioral Science Service, Bureau of Medical Services, US Department of State. She oversees a team of subject matter experts who provide consultation regarding personnel security, fitness for duty, training, crisis response, workplace violence, and risk assessment. She is one of a small cadre of professionals certified in threat management through the Association of Threat Assessment Professionals (ATAP), and an expert in disaster mental health---all her professional endeavors are informed by expertise in the evaluation, treatment, and management of traumatic stress. She is the co-author of *Disaster Mental Health: Theory and Practice* (2007) and other publications.

**Melissa L. Lucy, LPC, QMHP**, is currently the Chief Executive Officer at Horizon Behavioral Health and President of Horizon Opportunities Inc. with more than 25 years of experience in community behavioral health and 19 years in leadership roles. She has dedicated her career to helping children and adults overcome their life challenges with compassion, professional guidance, and caring support. Her experience as a leader and direct service provider includes program development, evaluation, strategic planning and oversight of a portfolio of services that includes emergency mental health, forensic services, psychiatric services, primary care, and youth and family behavioral health services. Melissa's contributions to the Central Virginia Community include: Launched Horizon's Forensic Program, expanding services to support justice-involved individuals. Developed and implemented Horizon's Jail Diversion Program, reducing incarceration rates by connecting individuals to appropriate mental health resources. Co-founded Horizon's first Crisis Intervention Team (CIT) as one of the inaugural Emergency Services therapists, collaborating with leadership to establish the program's foundation and service model; later secured funding through persistent grant writing efforts. Initiated and strengthened partnerships with local group homes, improving continuity of care and community-based support in behavioral health treatment. Championed the introduction of Dialectical Behavior Therapy (DBT) services, proactively identifying critical client needs and securing resources to bring this evidence-based treatment to Horizon. Championed the establishment of the region's first Crisis Receiving and Stabilization Services Unit that will soon open its doors to serve the public as Horizon's New Crisis Care Center. Melissa has served as a member of several state and local committees and taskforces. Melissa currently is the Chair of the Crisis Intervention Team (CIT) Coalition of Central VA and a Member of CIT International. At the state level, Melissa serves as an active member of the Residential Crisis Stabilization Committee. She also serves as the Chair for the Region 1 Committee and Voting Member of the Virginia Association of Community Services Boards (VACSB). As an active VACSB Board Member, she also represents Horizon Behavioral Health as a Chair of the VACSB Quality and Outcomes Committee as well as the Vice-Chair of the VACSB Training and Development Committee. At the local level, Melissa is an active member of the VACSB Executive Director's Forum, Lynchburg Regional Business Alliance, Drug Court Advisory Committee-Lynchburg, and the Central Virginia Addiction & Recovery Resources Coalition. Melissa also serves as the Vice-Chair of the Regional Criminal Justice Board. Melissa is Licensed by the state of Virginia Board of Counseling, is extensively trained as a Dialectical Behavior Therapy (DBT) specialist, Moral Reconciliation Therapy (MRT) specialist, and she has specialized training from University of Virginia in forensic services. Melissa has trained with leading experts in her field and received certification from Marsha Linehan, the program founder of Dialectical Behavior Therapy (DBT). Today, Melissa leads her team in making Horizon Behavioral Health a leader in the field of Behavioral Health. Mrs. Lucy has presented at the International Crisis Intervention Conference in Florida, on the Crisis Intervention Program established at Horizon Behavioral Health. Mrs. Lucy was instrumental in the establishment of this program in the Central Virginia area at Horizon Behavioral Health.

**Orit Paytan, LCSW**, is a Licensed Clinical Social Worker specializing in trauma and dissociative disorders, with over two decades of experience across both inpatient and outpatient settings. Since 2016, she has served as a Behavioral Health Supervisor at Wellness Circle CSU, where she has led and implemented several initiatives to create a trauma-informed environment. These include the development of the Trauma Resilience Program, as well as the creation of a Zen Garden and a Sensory Room. She is a certified Sensorimotor Psychotherapy practitioner and has advanced training in multiple trauma-focused modalities, including DBT, EMDR, Deep Brain Reorienting, and the Finding Solid Ground program.

**Ron Clark, MSW, LCSW**, is a seasoned mental health professional with over 30 years of experience and currently serves as Director of Crisis Services with the Hampton–Newport News Community Services Board. He brings extensive leadership and clinical expertise in serving individuals with behavioral health and co-occurring challenges, with a strong commitment to person-centered care and improving quality of life. Most recently, he played a key role in developing the BJ Roberts Behavioral Health Center, expanding access to timely, comprehensive crisis services in the Hampton and Newport News communities.

**Wayne F. Handley, Ph.D., LPC**, is a values-driven executive leader and Licensed Professional Counselor with 30+ years of experience spanning law enforcement, military service, EMS operations, and mental health counseling. Currently serving in the City of Buena Vista, VA, Wayne was appointed Chief of Police in July 2023 and Interim City Manager in February 2026. He is known for integrating trauma-informed practice, wellness strategy, and resilience-focused leadership into high-stress organizations—strengthening staff well-being, community trust, and team performance. Across senior and executive public-safety roles, Wayne has led complex divisions, built and delivered large-scale training programs, and implemented mental health supports for public safety personnel and professional staff. His background also includes executive training leadership in the private sector, advanced pre-hospital instruction, and service as a U.S. Marine Corps platoon sergeant and communications operator (Airborne). Wayne earned a Ph.D. in Counselor Education and Supervision from Old Dominion University, with research focused on trauma, resilience, and leadership in high-risk professions. He is a published co-author on vicarious traumatization and presents nationally and internationally on trauma-informed leadership, police wellness, and organizational resilience. He also serves on nonprofit boards and is recognized for mentorship, equitable service, and developing strong, capable, compassionate teams.

**Whitney Lanier, MS, First Sergeant**, brings more than 19 years of leadership and frontline experience with the Prince William County Police Department, along with a strong commitment to advancing compassionate, effective responses to behavioral health crises. Her career includes extensive work in criminal investigations, crisis intervention, crisis negotiations, and operational leadership, providing her with practical insight into the complex challenges faced by emergency responders and mental health professionals. First Sergeant Lanier holds a Master's degree in Marriage and Family Therapy and a Master's in Public Administration, allowing her to bridge the gap between public safety operations and behavioral health care. Her professional background also includes experience as a therapist and juvenile probation officer, where she developed a deep understanding of the needs of individuals and families navigating trauma, crisis, and system involvement. As a certified mindfulness instructor, First Sergeant Lanier integrates sensory-based mindfulness and resilience strategies into crisis response training. Her work focuses on equipping responders and clinicians with practical tools to remain grounded, build rapport, and support emotional regulation during high-stress encounters. She is passionate about strengthening collaboration between law enforcement, mental health professionals, and community partners to improve outcomes for individuals in crisis. First Sergeant Lanier serves as a Certified Crisis Intervention Team (CIT) Instructor and Train-the-Trainer and has played a key role in shaping the Greater Prince William Crisis Intervention Team program. She also serves as a board member of the Virginia Crisis Intervention Team (VACIT), where she collaborates with multidisciplinary partners to expand training, strengthen resources, and advance best practices in crisis response across Virginia.

# Bread of Life Residential Services






a Licensed Mental Health Group for Adults



**BREAD OF LIFE Residential Services**  
NOURISHING MINDS & LIVES



## Our Services:

-  24/7 supervised care
-  Private and semi-private rooms
-  Community Integration Support
-  Medication management
-  Assistance with activities of daily living (ADLs)



**(804)651-0473**



**breadoflifesolutions@gmail.com**

## North Campus

### Residential Substance Use Treatment Programs

*Serving men, women, pregnant women, and women with their children.*

#### North Campus Programs:



#### Withdrawal Management and Crisis Receiving Center (co-located)

RBHA provides 24-hour medically-monitored withdrawal management services to help people withdraw safely from alcohol and opiates. Services are offered to individuals 18 years and older, in a residential setting. Crisis Receiving Center (CRC) is a regional, short-term (23 hours) crisis stabilization unit.



#### HOPE

HOPE stands for Holistic Opportunities for Promise and Empowerment – and that is our approach to working with individuals in this program. Providing treatment to men and women, the HOPE program addresses substance use disorders with co-occurring mental health conditions.



#### Men's Residential Treatment Center

MRTC offers a safe, encouraging environment for men to focus on their recovery. Using a person-centered, trauma-informed approach to treatment, MRTC staff assist the residents with acquiring the tools they need to stop using, maintain recovery, and live a meaningful, productive life.



#### Women's Residential Treatment Center

At WRTC, we provide gender-responsive and evidence-based substance use treatment for the women we serve. We partner with the mothers to support and enhance their parenting skills and to nurture their child's growth and development.



#### Children's Services Center

Our staff and programming at the CSC promotes infant and child well-being through a continuum of services and evidence-based interventions. We also work to strengthen mothers' capacity and to support their role as engaged and nurturing parents.

**RBHA** RICHMOND BEHAVIORAL HEALTH AUTHORITY

[www.rbha.org](http://www.rbha.org)

For more information:

804-343-7600 or [suds@rbha.org](mailto:suds@rbha.org)

All programs are currently accepting referrals.

To make a referral:

<http://ncreferral.rbha.org>



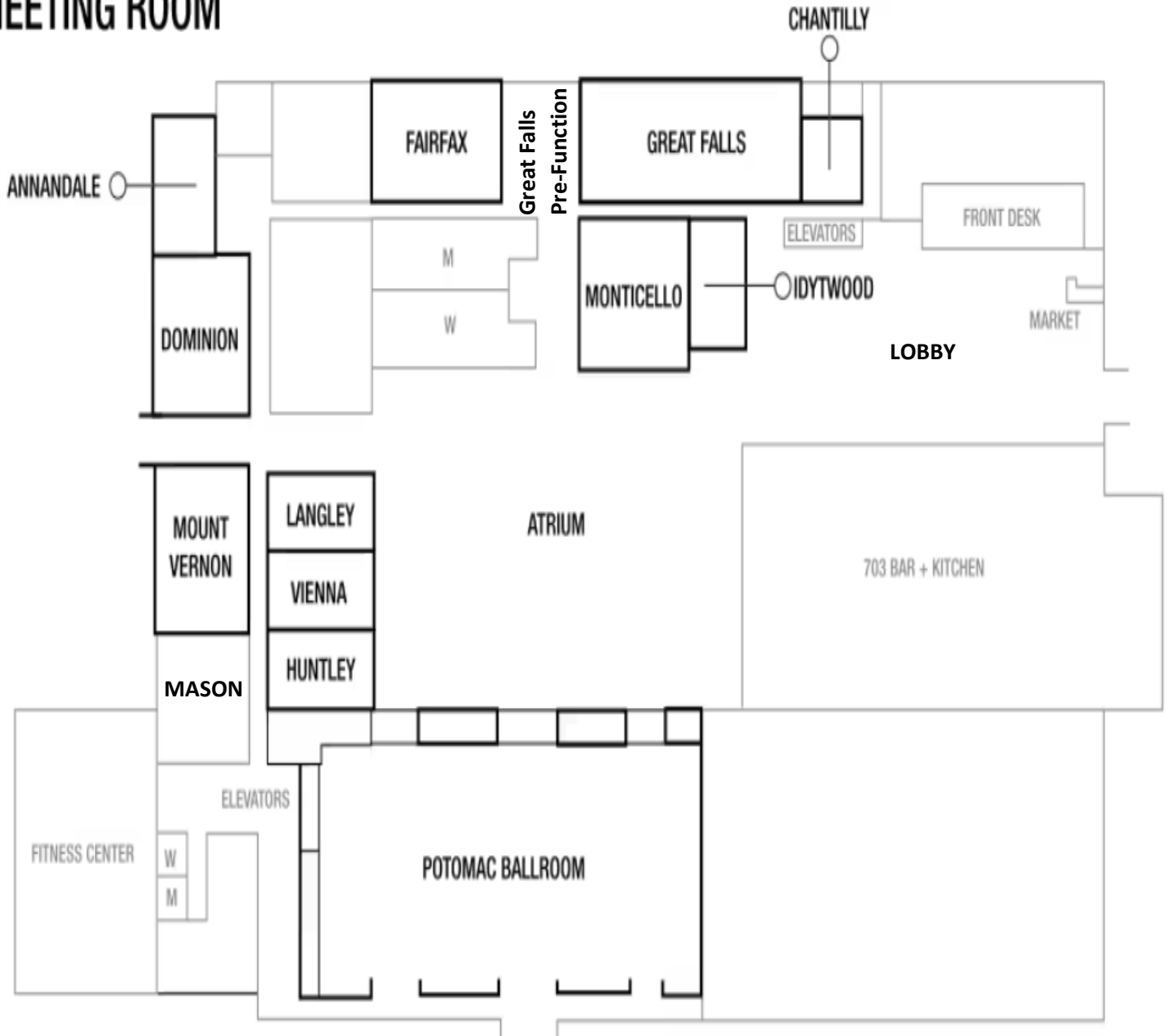






# CONFERENCE CENTER MAP

## MEETING ROOM



# Nexus

COMMUNITY SERVICES

IMPROVING LIVES  
ONE PERSON AT A TIME

## COMMUNITY ENGAGEMENT & SPONSORED RESIDENTIAL SERVICES

### Our Mission

Our mission is to improve the quality of life for every individual we serve by providing the tools, support, and compassionate care needed to help individuals feel safe, supported, and a true sense of belonging.



### SERVICES WE OFFER

- Community Engagement & Activities
- Sponsored Residential Services
- Life Skills Development
- Community Inclusion & Independence Supported

- Compassionate and dedicated staff
- Person-centered care
- Safe and nurturing environments
- Focus on independence and growth

### SPONSORED RESIDENTIAL



*Apply  
Now*



527 Branchway Road, North Chesterfield, VA 23236



[www.nexuscommunityservices.com](http://www.nexuscommunityservices.com)

