

Individuals making healthy
choices in a community with
health opportunities for all.

A close-up photograph of a white lotus flower with a yellow center, blooming on a blue body of water. The petals are delicate and layered, with some showing a slight yellow tint. The background is a soft, out-of-focus blue, suggesting a pond or lake. The lighting is bright, highlighting the texture of the petals.

Report to the Community for 2022



"I am grateful to community partners and the Board and staff of the Williamsburg Health Foundation for your warm welcome as I assumed the role of President and CEO earlier this year. It is an honor to be part of the essential and collaborative efforts underway to improve health for all who call the Greater Williamsburg Area home. The cumulative impact our community partners make on a daily basis is crucial to our collective well-being, and the Foundation remains committed to serving as a supportive listener, relationship-builder, community voice amplifier, convenor, capacity builder, and funder."

– Deanna Van Hersh, *President & CEO*

From our Board & Staff

The Board of Trustees and staff of the Williamsburg Health Foundation (WHF) are delighted to share with you our annual report which highlights our grantmaking, policy/advocacy, and capacity building efforts in the Greater Williamsburg Area in 2022. We are most proud of the work our community partners did to address various social determinants of health and/or provide direct care to the underserved, unrepresented, and under-voiced populations in our community. While many of the activities and programs we helped fund are highly evident in the community, like the after-school School Health Initiative Program (SHIP) Challenge Clubs, much of our collaboration, and the important work of our partners, may not be as visible. The focus of this year's annual report, mental and behavioral health, is one of these less visible, yet critical, services in our community. This report highlights the essential work of our community

partners to provide care and improve access to mental health services across the life span of community members.

As we reflect on the year 2022, it was undeniably a season of challenges and transition as we stepped out of the shadow of a once-in-a-century pandemic. While this "return to normal" was a welcome relief for many people, others still carry the physical, mental, and emotional scars left behind due to the physical health risks and years of disruption to their daily lives. As the mental health toll from the COVID-19 pandemic became apparent in our community, WHF prioritized funding for programs that increased access to behavioral health services.

WHF has long recognized the significance of mental health and its connection to overall

well-being. The pandemic acted as a catalyst for many across the nation and within our community, amplifying pre-existing mental health challenges and creating new ones. According to a report by the Kaiser Family Foundation (KFF), more than 30% of adults in the United States reported having depression and/or anxiety in 2022 (Panchal et al., 2023). More than ever, it became imperative that we prioritize the psychological recovery of individuals in our community who faced isolation, loss of loved ones, financial uncertainty, and medical anxiety. As we continue our path toward recovery, WHF remains committed to addressing the mental health challenges of individuals in our community and encouraging collaborations to reduce barriers to accessing care.

This commitment aligns with our three Strategic Plan Goals:

1. Advance organizations, systems, and public policy crucial to community health and well-being.
2. Target behavioral and social risk factors that influence the health of individuals throughout the life span.
3. Strengthen the healthcare safety net for uninsured and underinsured individuals.

Our vision of “individuals making healthy choices in a community with health opportunities for all” can only be achieved through partnerships and collaborative efforts by our community partners in the behavioral health, medical, social services, nonprofit, and educational systems — and with you. As we continue navigating the post-pandemic landscape, we ask you to continue supporting our local nonprofits and advocating for the well-being, physical and mental health of those who work, play, and/or live in our community. Together we can work toward a future where support is available to those in need and foster a compassionate community that prioritizes mental health and well-being for all.

Reference

Panchal, N., Saunders, H., Rudowitz, R., & Cox, C. (2023, March 20). *The implications of COVID-19 for mental health and substance use*. KFF. <https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>

“I am proud to support our mission to *collaborate, innovate, and invest to impact systems that improve the health and well-being of individuals living in the Greater Williamsburg Area*. Together with our dedicated Board members, staff, and partners, we strive to make a meaningful impact in this community by investing in systems, programs, and initiatives that target risk factors affecting the health of our population. I am pleased to present to you the Williamsburg Health Foundation Report to the Community for 2022.”

– Beth Davis,
Chair, Board of Trustees





Bacon Street Youth and Family Services (BSYFS), founded in 1971 as the Drug Action Center, began in a Williamsburg office on Bacon Avenue. Commonly known as “Bacon Street,” it was established by a concerned group of individuals who aimed to provide a space free from drugs and alcohol for their children to congregate after school. Throughout the years, BSYFS has remained dedicated to its original mission, delivering a range of services focused on preventing and treating substance use among adolescents and their families.

In 2015, the organization changed its name to Bacon Street Youth and Family Services to pay tribute to this history and emphasize its commitment to serving young individuals and families. Today, BSYFS caters primarily to youth ages 10-26 and their families in working to prevent substance use and provide specialized treatment for adolescent substance abuse and mental health-related issues.

2022 Grants Awarded



Advocacy and Capacity Building

Catchafire

catchafire.org

Catchafire\$58,850

Children's Hospital of The King's Daughters (CHKD)

chkd.org

Construction of CHKD Mental Health Hospital and Outpatient Center\$20,000

Community Health Solutions, Inc.

chsresults.com

Strategy Support for the Child Health Initiative (CHI)\$35,088

Strategy Support for the Children's Behavioral Health Provider Network\$9,750

Strategy Support for the Chronic Care Collaborative\$ 46,772

FISH, Inc.

fishwilliamsburg.org

New Refrigeration\$20,000

Hope Family Village

hopefamilyvillage.org

Williamsburg Fairweather Lodge (WFL)\$14,000

HousingForward Virginia

housingforwardva.org

Housing Policy Advocacy\$20,000

James City County

jamescitycountyva.gov/3932/Guardianship

Greater Williamsburg Guardianship Navigator\$55,000

Medical Society of Virginia Foundation

msv.org/Foundation

VMAP Education for PCPs on Pediatric Mental Health\$20,000

Mental Health America of Virginia

mhav.org

Behavioral Health Policy Advocacy\$20,000

Network For Good

networkforgood.com

Jumpstart Fundraising Services for WHF Grantees\$20,000

2022 Grants Awarded



Advocacy and Capacity Building

Postpartum Support Virginia, Inc.

postpartumva.org

Enhancing Care through Technology\$5,000

United Way of the Virginia Peninsula

uwvp.org

Greater Williamsburg Trauma Informed

Community Network (GW-TICN).\$15,000

Virginia Association of Free & Charitable Clinics

vafreeclinics.org

Health Policy Advocacy\$20,000

Virginia Early Childhood Foundation

vecf.org

Child Policy Advocacy\$20,000

Virginia Health Catalyst

vahealthcatalyst.org

Health Policy Advocacy\$20,000

Voices for Virginia's Children

vakids.org

Child Policy Advocacy\$20,000

York-James City-Williamsburg NAACP

yjcwnaACP.org

Capacity-Building Planning Grant.\$20,000



Two-Generation Family Services

Child Development Resources

cdr.org

Basic Operating Support\$225,000

City of Williamsburg

Child Health Initiative\$275,000

James City County

Child Health Initiative\$275,000



Postpartum Support Virginia (PSVa) educates families, healthcare providers, and communities about Perinatal Mood & Anxiety Disorders (PMADs). Their primary objective is to equip new and expectant mothers and their families with the necessary resources to overcome anxiety, depression, and other PMADs.

PSVa advocates for universal screening during pregnancy and the first year after birth, ensuring early detection and intervention of PMADs are readily available. Among its many services, PSVa provides a year-round support line (warmline); facilitates virtual and in-person support groups (including mothers and babies' groups); operates a mentor program; and provides training for healthcare providers in screening for and treating PMADs.





The Center for Child & Family Services was founded in late 1943 to address the urgent need for professional counseling services for families experiencing disruptions during wartime. Originally known as the Family Counseling Service, the organization swiftly garnered recognition and, in 1944, affiliated itself with the National Family Service Association of America, now known as the Alliance for Children & Families.

In 1947, the agency extended its services to provide family counseling throughout the Peninsula, a steadfast commitment to this day. Today, the Center for Child & Family Services provides trauma informed services in behavioral health, mental health, and financial counseling, along with other programs, carrying on its longstanding mission of serving the community and promoting the well-being of children and families. The Center for Child & Family Services offers services at its Williamsburg and Newport News locations.

2022 Grants Awarded



Healthy Eating, Active Living

The Arc of Greater Williamsburg

thearcwg.org

Fitness Program \$35,000

Colonial Court Appointed Special Advocate (CASA) Program

colonialcasa.org

Healthy Eating Active Living (HEAL)

for Colonial CASA \$21,000

Grove Christian Outreach Center

groveoutreach.com

Food Distribution Program \$20,000

Fresh Food Distribution \$10,000

Virginia Legacy Soccer Club

valegacysoccer.com

Virginia Legacy W-JCC 2022 Fall Recreational

Soccer Program \$20,000

Virginia Legacy W-JCC 2023 Recreational

Soccer Program \$80,000

Virginia Peninsula Foodbank

hrfoodbank.org

Mobile Food Pantry \$50,000

Williamsburg Community Growers

growwilliamsburg.org

Expand Our Farm \$20,000

Williamsburg House of Mercy, Inc.

williamsburghouseofmercy.org

Food Distribution Program \$20,000

Mobile Food Pantry \$3,000

Williamsburg Soccer Foundation

williamsburgsoccer.com

Virginia Legacy W-JCC 2022 Recreational

Spring Soccer Program \$20,000

Williamsburg-James City County Public Schools

wjccschools.org/academics/ship

School Health Initiative Program (SHIP) \$670,000

2022 Grants Awarded



Healthy Aging

Foundation for Rehabilitation Equipment & Endowment (F.R.E.E.)

free-foundation.org

F.R.E.E. of Williamsburg\$26,000

Honoring Choices Virginia

honoringchoices-va.org

Educating Advocates for

Advance Care Planning (ACP)\$11,300

Peninsula Agency on Aging (PAA)

paainc.org

Nutritious Noontime Meals\$72,000

PAA RIDES\$120,000

PAA Williamsburg — Care Coordination\$84,000

Williamsburg Area Faith in Action

wfa.org

In-Home Support Services\$22,500

Medical Transportation.....\$19,000



Integrated Care

Colonial Behavioral Health

colonialbh.org

Chronic Care Collaborative\$170,000

Community Access Network

communityaccessnetwork.org

Integrated Care Planning\$200,000

Gloucester Mathews Care Clinic

gmcareclinic.com

Chronic Care Collaborative\$300,000

Lackey Clinic

lackeyclinic.org

Chronic Care Collaborative\$490,000

Olde Towne Medical & Dental Center

oldetownmedicalcenter.org

Chronic Care Collaborative\$355,000



Colonial Behavioral Health (CBH), founded in 1971, is the local Community Services Board (CSB) that serves as a “single point of entry” into Virginia’s publicly funded system of behavioral health services. CBH provides emergency and non-emergency mental health and substance use services to James City County, York County, Williamsburg, and Poquoson residents. It offers pathways to recovery for families and individuals who face mental illness, substance use disorder, and developmental disabilities. Staff includes psychiatrists, psychologists, social workers, counselors, nurses, case managers, and others. Since 2001, the Commission on Accreditation on Rehabilitation Facilities has accredited CBH’s Intensive Outpatient Program (IOP), evidence of their dedication to providing the highest quality patient care.



Healthy Coping Skills

1. Practice mindfulness
2. Draw, paint, or color
3. Blow bubbles
4. Take a walk
5. Play music
6. Sing a song out loud
7. Make a gratitude list
8. Play a game
9. Dance to your favorite song
10. Throw rocks into the woods
11. Read
12. Write down what you are feeling and why
13. Chew gum
14. Go for a drive
15. Call a friend
16. Rearrange furniture
17. Do yoga or stretch
18. Scream into a pillow
19. Light a scented candle
20. Cook or bake

*Provided by Bacon Street
Youth and Family Services.*



2022 Grants Awarded



Behavioral Healthcare

Bacon Street Youth and Family Services

baconstreet.org

Youth Mental Health and
Substance Use Counseling. \$65,000

Center for Child & Family Services, Inc.

kidsandfamilies.com

Multicultural Counseling and
Outreach Program (MCOP) \$70,000
The Reboot Program \$133,000

Colonial Behavioral Health

colonialbh.org

Greater Williamsburg Child
Assessment Center (GWCAC). \$271,000

Postpartum Support Virginia, Inc.

postpartumva.org

Healthy Moms, Healthy Babies \$20,000



Medication Access

Rx Partnership

rxpartnership.org

Basic Operating Support \$63,000

Virginia Health Care Foundation

vhcf.org

Greater Williamsburg Medication
Access Program (GWMAP) \$47,000



2022 Grants Awarded



Other

Colonial Behavioral Health

colonialbh.org

Greater Williamsburg Network of Care (NOC).....	\$22,500
Intensive Outpatient Program (IOP).....	\$37,500

The Doorways

thedorways.org

Support for Operations	\$11,500
------------------------------	----------

Literacy for Life at the Rita Welsh Adult Learning Center

literacyforlife.org

Health Education and Literacy Program (HEAL) in Williamsburg.....	\$30,000
---	----------

Sentara Health Foundation

sentara.com

Nightingale GPS Upgrade Campaign	\$10,000
--	----------



Direct Charitable Activities and Board Discretionary Grants

.....	\$32,900
-------	----------

\$4,886,660

total amount of grants
awarded for 2022



Prevention & Crisis Lifelines

If you or a loved one are experiencing a mental or behavioral health crisis, free and confidential resources are available 24/7 to help.

Colonial Behavioral Health Emergency Services

757.358.5555

Emergency services are available to address urgent or severe behavioral health crises

988 Suicide & Crisis Lifeline Dial 988

Free and confidential support for people in distress, prevention and crisis resources for you and your loved ones

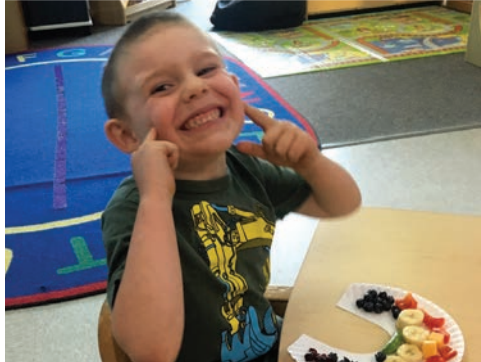
Veterans Crisis Line Dial 988 Press 1

Support that connects veterans and service members in crisis and their family and friends with qualified, caring VA responders through a confidential hotline, chat or text

Reach DD Crisis Services 1.888.255.2589

Mobile crisis intervention program that provides crisis support to individuals with a Developmental Disability who are experiencing mental health or challenging behavioral needs





WHF Financial Summary

The Williamsburg Health Foundation (WHF) was established in 1996 when the Williamsburg Community Hospital and Sentara formed a merger that included a provision for a new, locally organized, and managed Foundation to benefit community health. In its inaugural year, WHF started with an endowment of \$55 million, anticipating providing \$1 million annually to support healthcare initiatives throughout the community. To fulfill the objective of providing financial support for community partner programs and health initiatives in perpetuity, the Foundation's Board of Trustees established a goal to achieve investment returns sufficient to support ongoing operations, grant distributions, and maintain pace with inflation. The Foundation's combined assets were valued at \$135.5 million by the end of 2022 enabling WHF to distribute more than \$4.75 million in grants and other forms of support to community partners. Since its inception, WHF has disbursed over \$100 million for health improvement programs and activities benefiting the Greater Williamsburg Area.

Summary Statements of Financial Position (in thousands)

As of December 31

	2022	2021
TOTAL ASSETS	\$136,900	\$158,400
Liabilities: Grants and Other Accounts Payable	1,400	600
Unrestricted Net Assets	135,500	157,800
LIABILITIES AND NET ASSETS	\$136,900	\$158,400

Summary Statements of Activities (in thousands)

As of December 31

UNRESTRICTED REVENUE AND GAINS (LOSSES)		
Investment Income and Gains (Losses), Net of Fees	\$(16,115)	\$26,900
EXPENSES		
Community Grants	4,050	4,700
Program, General, and Administrative Expenses	1,705	1,585
Federal Excise and State Tax (Benefit) Expense	430	115
	\$6,185	\$6,400
CHANGE IN NET ASSETS	(22,300)	20,500
NET ASSETS, BEGINNING OF YEAR	157,800	137,300
NET ASSETS, END OF YEAR	\$135,500	\$157,800

M. Anderson Bradshaw
Attorney, M. Anderson Bradshaw, P.C.

Elizabeth De Falcon, M.D.
Staff Physician, William & Mary

Andrea M. Donnor
Director, Acquisitions
Marketing Operations,
Capital One Financial, Inc.

Earl T. Granger, III
Chief Development Officer/
Vice President,
The Colonial Williamsburg Foundation

Cheri Green
Senior Vice President,
Private Wealth Advisor,
Old Point National Bank

Kelli Mansel-Arbuckle
Human Resources Director, Retired,
The Colonial Williamsburg Foundation

Douglas J. Myers
Portfolio Management Director,
Morgan Stanley

Juanita M. Parks
Chief Financial Officer,
Williamsburg Landing, Inc.

Steven R. Staples
School Superintendent/Executive
Professor, Retired, School of Education,
William & Mary

Felicia A. Stovall
SVP & Head of Administration, Wealth
Management Advisor & Trust Officer,
Chesapeake Wealth Management

Thomas G. Tingle
President, GuernseyTingle

Philip Tuning
President, Retired,
John Deere Financial Canada

Glenda H. Turner
Senior Director of Marketing
and Public Relations,
Jamestown-Yorktown Foundation

Adria Vanhoozier
Hospital President,
Riverside Doctors' Hospital Williamsburg

Robert A. Whitehead, Sr.
Pastor, New Zion Baptist Church

Chair
Jackson C. Tuttle, II
Retired City Manager,
City of Williamsburg

Vice Chair
Elizabeth F. Davis
Director, Patient Care Services,
Sentara Williamsburg Regional
Medical Center

Treasurer
Alfred L. Woods
Former Chairman, Aegion Corporation

Secretary
***Carol L. Sale**
President & CEO,
Williamsburg Health Foundation
***Ex-Officio**



Vision

Individuals **making healthy choices** in a community with health opportunities for all.

Mission

Collaborate, innovate, and invest to impact systems that improve the health and well-being of individuals living in Greater Williamsburg.

Goals

Advance organizations, systems, and public policy crucial to community health and well-being.

Target behavioral and social risk factors that influence the health of individuals throughout the life span.

Strengthen the healthcare safety-net for uninsured and underinsured individuals.

Values

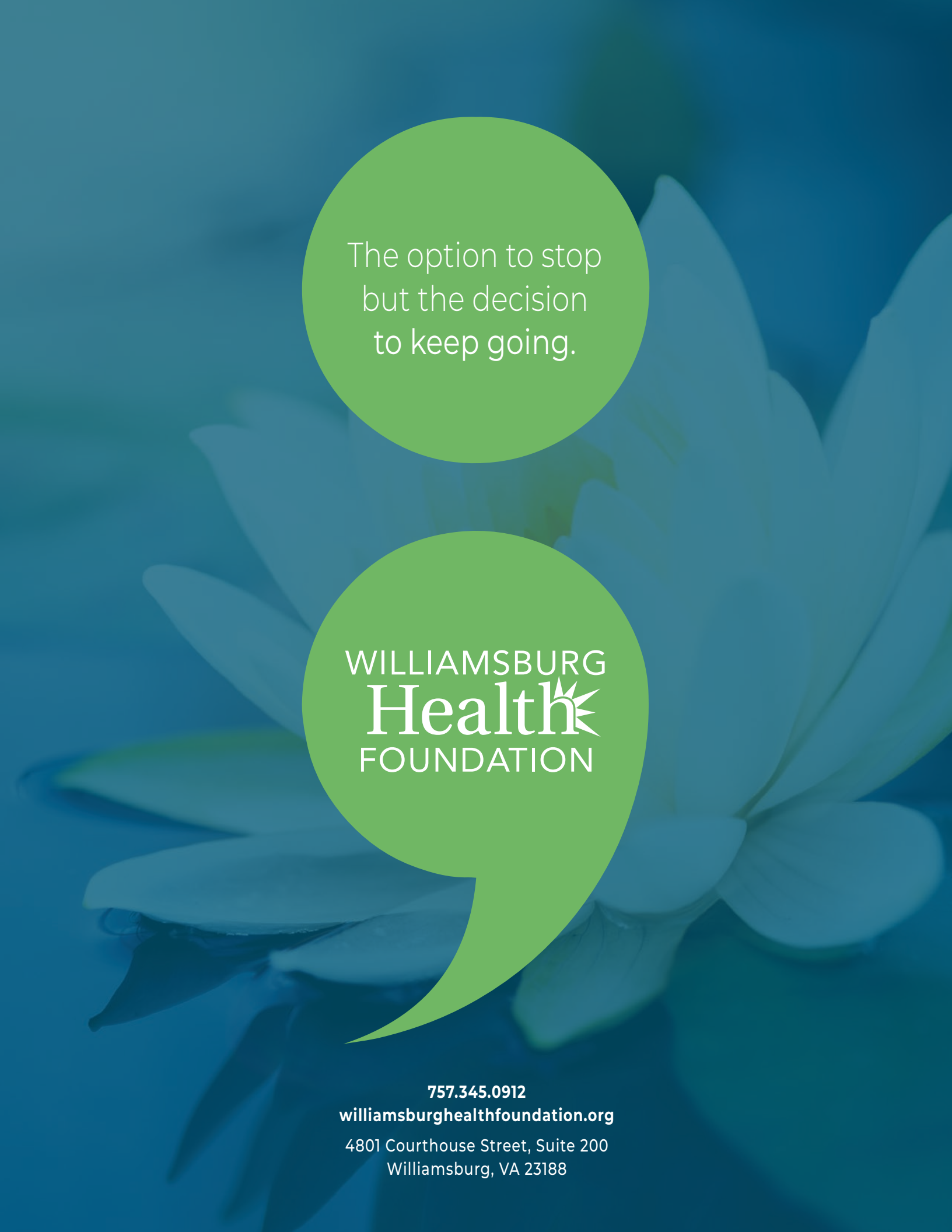
Accountable: Steward community values and assets transparently.

Ethical: Work with honesty and integrity.

Respectful: Ensure all voices are heard and recognize those who do the work.

Engaged: Connect and commit to the community.

Catalytic: Instigate change to achieve real, measurable impact.



The option to stop
but the decision
to keep going.

WILLIAMSBURG
Health
FOUNDATION

757.345.0912

williamsburghealthfoundation.org

4801 Courthouse Street, Suite 200
Williamsburg, VA 23188