

# 2023

## Three Rivers Health District Annual Report

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## Vision

To be a high performing organization, a trusted community partner, and a positive agent for change.

## Mission

Serving our communities and unique habitat by protecting our health and environment today and tomorrow.

## About Us

The Three Rivers Health District is a 10 county Virginia Department of Health district for Virginia's beautiful Northern Neck and Middle Peninsula regions. This 2,000 square mile area is located between the waters of the Potomac, Rappahannock, and York Rivers and borders the Chesapeake Bay on the east. Our public health professionals serve a population of approximately 140,000, including 3 Native American reservations, 9 incorporated towns, and a large number of visitors.



# Three Rivers Health Department Locations

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Essex County  
423 N Church Lane  
Tappahannock, VA 22560  
804-443-3396

Mathews County  
536 Church Street  
Mathews, VA 23109  
804-725-7131

Gloucester County  
6882 Main Street  
Gloucester, VA 23061  
804-693-2445

Middlesex County  
2780 General Puller Hwy  
Saluda, VA 23149  
804-758-2381

King and Queen County  
167 Courthouse Landing Road  
King and Queen C.H, VA 23085  
804-785-6154

Northumberland County  
6373 Northumberland Hwy  
Heathsville, VA 22473  
804-580-3731

King William County  
172 Courthouse Lane  
King William, VA 23086  
804-769-4988

Richmond County  
5591 Richmond Road  
Warsaw, VA 22572  
804-222-4043

Lancaster County  
9049 Mary Ball Road  
Lancaster, VA 22503  
804-462-5197

Westmoreland County  
18849 Kings Highway  
Montross, VA 22520  
804-493-1124



# Letter from the District



**DR. RICHARD WILLIAMS, MD, MPH, FACS**  
HEALTH DISTRICT DIRECTOR



**BRENDEN RIVENBARK**  
CHIEF OPERATING OFFICER

The Three Rivers Health District, serving one of the most beautiful regions in the Commonwealth, borders the Chesapeake Bay and Route 17 corridor. As the home to roughly 140,000 and seasonal destination to thousands more, it is the duty of the district to protect the health and promote the well-being of all people, animals, and wildlife that inhabit and enjoy all the district has to offer. We have, and always will, strive to provide a healthy, safe, and sustainable environment for all with the leadership and support of our passionate team. To meet the goals set forth in the Virginia Plan for Well-Being, the Commonwealth's call to action for Virginians to create and sustain conditions that support health and well-being, it's important to know where we are, what we're doing, and where we're going to ensure health opportunity for those that we serve.

# Clinical Services

## Ryan White

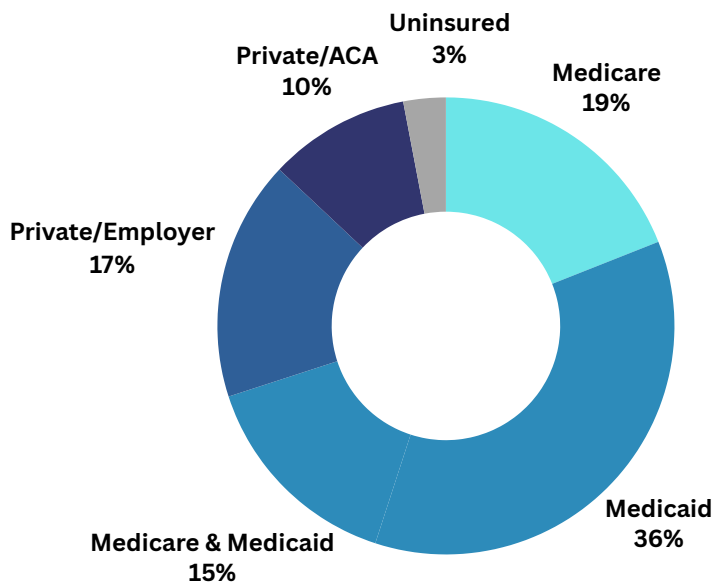
Three Rivers Health District's Ryan White (RW) Program provides HIV care and support services, pre-exposure prophylaxis for HIV prevention (PrEP), and early intervention services (EIS). The program also offers medical case management and comprehensive support services to eligible persons living with HIV. FY23 the TRHD surpassed the overall VA rates for Viral Suppression (VA 57%), Linkage to Care (VA 66%), and Retention in Care (VA 50%)

**% of RW clients linked to Care**  
**100%**

**% of RW Clients Achieved Viral Suppression**  
**98%**

**% of RW clients retained in program**  
**84%**

**Payment Sources for RW Clients**



**Total RW Clients**  
**72**

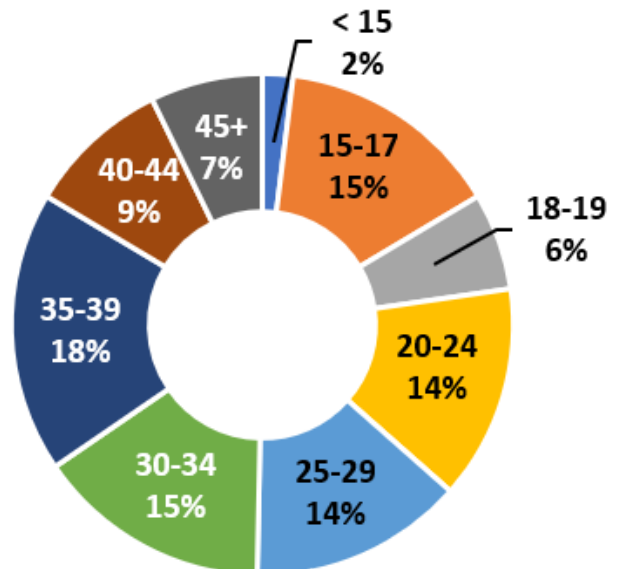
# Clinical Services

## Family Planning

Family planning provides education and counseling about reproductive health including clinical assessment and birth control services to male and female clients using a client-centered approach. Services are available for insured and uninsured patients on sliding scale income basis. Pre-exposure Prophylaxis services are offered to those clients at high risk for HIV.

**Family Planning  
Clients  
304**

Family Planning Clients by Age Group



Essex	43
Gloucester	66
King and Queen	18
King William	31
Lancaster	33
Mathews	10
Middlesex	19
Northumberland	8
Richmond	21
Westmoreland	55

# Clinical Services

## Potential TB Cases

The mission of the Tuberculosis (TB) Program is to control, prevent, and eventually eliminate TB from the district and the Commonwealth of Virginia. The program aims to detect every case of TB in Virginia, assure that every case is adequately and completely treated, and prevent transmission of TB in communities. TRHD provided TB screening, testing, and case management services to over 600 District residents.

Essex	60
Gloucester	122
King and Queen	66
King William	38
Lancaster	61
Mathews	16
Middlesex	103
Northumberland	5
Richmond	98
Westmoreland	44

**TB Screenings**  
**613**

## Long-Term Services & Support

Long-term Services and Supports (LTSS) screenings are conducted jointly through the Health Department and Department of Social Services. LTSS screenings are available for all individuals (adults and children) requesting home and community-based services or institutional long-term care. Screening ensures Medicaid-eligible individuals, and those who will become eligible for Medicaid within six months, meet the required level of care criteria. TRHD completed approximately 500 screenings during the fiscal year.

Essex	31
Gloucester	120
King and Queen	23
King William	45
Lancaster	42
Mathews	33
Middlesex	42
Northumberland	45
Richmond	39
Westmoreland	73

**LTSS Screenings**  
**493**



# Clinical Services

## Long-Term Services & Support

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**Long-Term Services and Support Screenings**  
**493**

LTSS Screenings

Provider	FY 2023	FY 2022	% CHANGE
Essex	31	44	-30%
Gloucester	120	129	-7%
King and Queen	23	22	5%
King William	45	57	-21%
Lancaster	42	39	8%
Mathews	33	39	-15%
Middlesex	42	34	24%
Northumberland	45	30	50%
Richmond County	39	49	-20%
Westmoreland	73	65	12%
<b>Total</b>	<b>493</b>	<b>508</b>	<b>-3%</b>

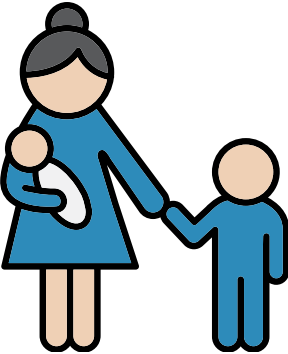
LTSS Screenings

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Essex	31
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Westmoreland	73
<b>Total</b>	<b>493</b>



# Clinical Services

## Women, Infant, and Children (WIC)



Three Rivers Health District WIC staff continued completing applications, appointments and counseling via phone this FY2023 and set a date to open back in person in August 2023. Special Supplemental Nutrition Program for Women, Infants and Children (WIC) program provides nutrition education, breastfeeding promotion and support, supplemental nutritious foods, counseling and screening and referrals to other health, welfare, and social services.

**Participants  
Actively Receiving  
Benefits  
1,749**

## Resource Mothers

The Resource Mothers program offers mentorship and support to pregnant and parenting teens regardless of income. The program works with teens to address a wide range of individual and community factors that affect families in order to promote healthy outcomes. The goals of the program include reducing infant mortality, increasing healthy birth outcomes and preventing a subsequent teen pregnancy. The program is open to any pregnant woman who is 19 years of age or less. The Resource mother seeks to increase the teen’s ability to plan constructively and responsibly for herself and her child.



**Teen Mothers Enrolled  
11  
Babies Born  
8**

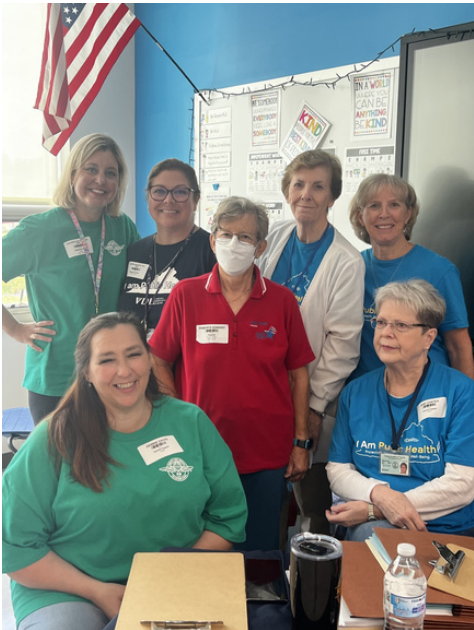
# Clinical Services

## Vaccinations

Three Rivers Health District offers immunizations for all residents, ranging from COVID-19 to rabies post-exposure prophylaxis to immunizations required for K-12 public school admission. Immunizations are offered at local health departments, in the community, and at the homes of our residents.

### Non COVID-19 Vaccinations

Essex	145
Gloucester	699
King and Queen	324
King William	138
Lancaster	189
Mathews	101
Middlesex	445
Northumberland	218
Richmond	280
Westmoreland	285

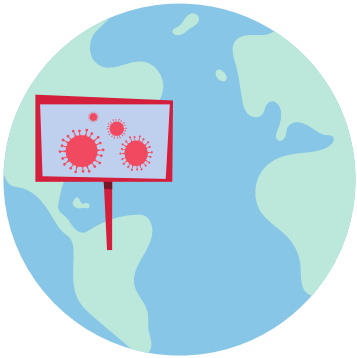


**COVID-19  
Vaccinations  
1020**

**Homebound  
Vaccinations  
88**

# Epidemiology

TRHD investigates communicable disease reports from healthcare providers and labs to identify community health concerns. When communicable disease outbreaks occur, TRHD works to determine the source and to stop the spread of disease through education, provision of guidance on infection control, postexposure prophylaxis recommendations, community surveillance, and immunization. TRHD epidemiologists also conduct surveillance by monitoring health data from emergency departments and urgent care centers to enhance our knowledge of disease across the district. These practices enable epidemiologist and communicable disease staff to quickly identify, respond to, and prevent disease outbreaks. The two most common reportable diseases in the district are norovirus and influenza.



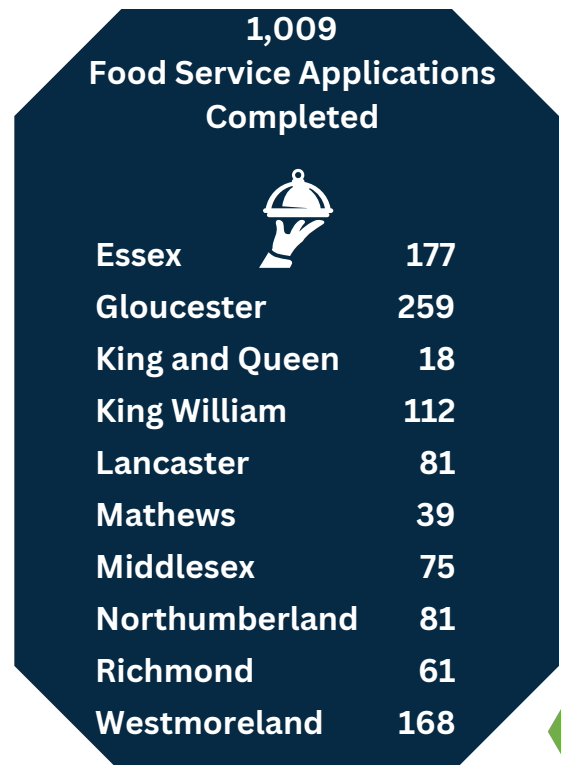
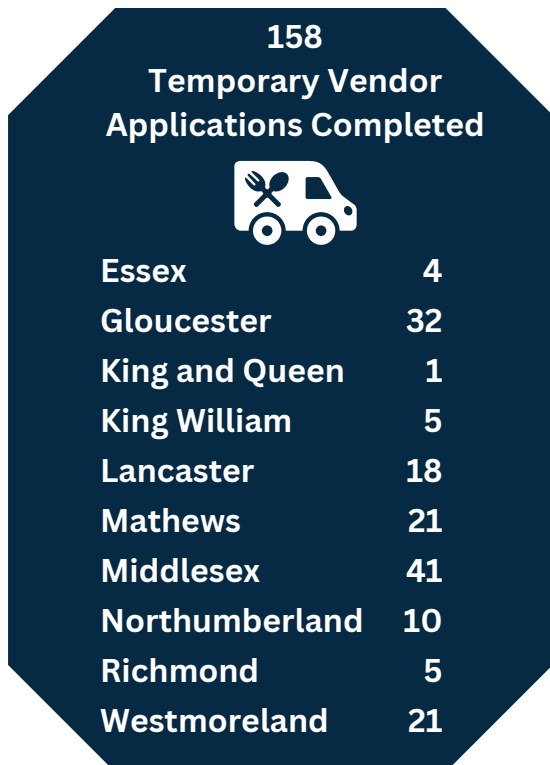
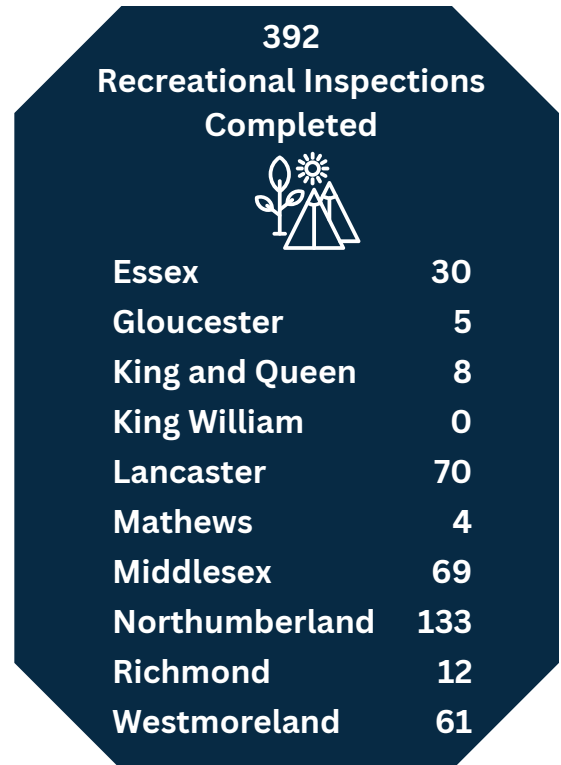
**Outbreaks  
Closed  
40**

**Reportable  
Disease Cases  
Investigated  
7,516**

Essex	541
Gloucester	2133
King and Queen	344
King William	839
Lancaster	519
Mathews	521
Middlesex	621
Northumberland	505
Richmond	432
Westmoreland	1,061

# Environmental Health

Three Rivers' Environmental Health program provides services to maintain the safety of food served in the community, onsite wells and wastewater disposal, campgrounds, and marinas. Staff provide education to the public and other agencies to protect and promote the health of the community and ensure safety by enforcing health regulations and laws.



# Emergency Preparedness & Response

Three Rivers Health District works with local government, healthcare providers, law enforcement, fire and rescue, schools, and non-profits to ensure integration of agency resources in community emergency planning. Three Rivers Health District participates in state and local emergency trainings as well as conducts emergency training for our professionals.



We support the public health of our communities through an all-hazard approach to preparation, collaboration, education and rapid intervention. Our efforts involve state, regional and local partners working toward common goals to enhance readiness during an infectious disease outbreak such as pandemic flu, COVID-19, a bioterrorism event, a nuclear disaster, or a natural disaster such as a hurricane.



**CPR  
Certifications  
79**

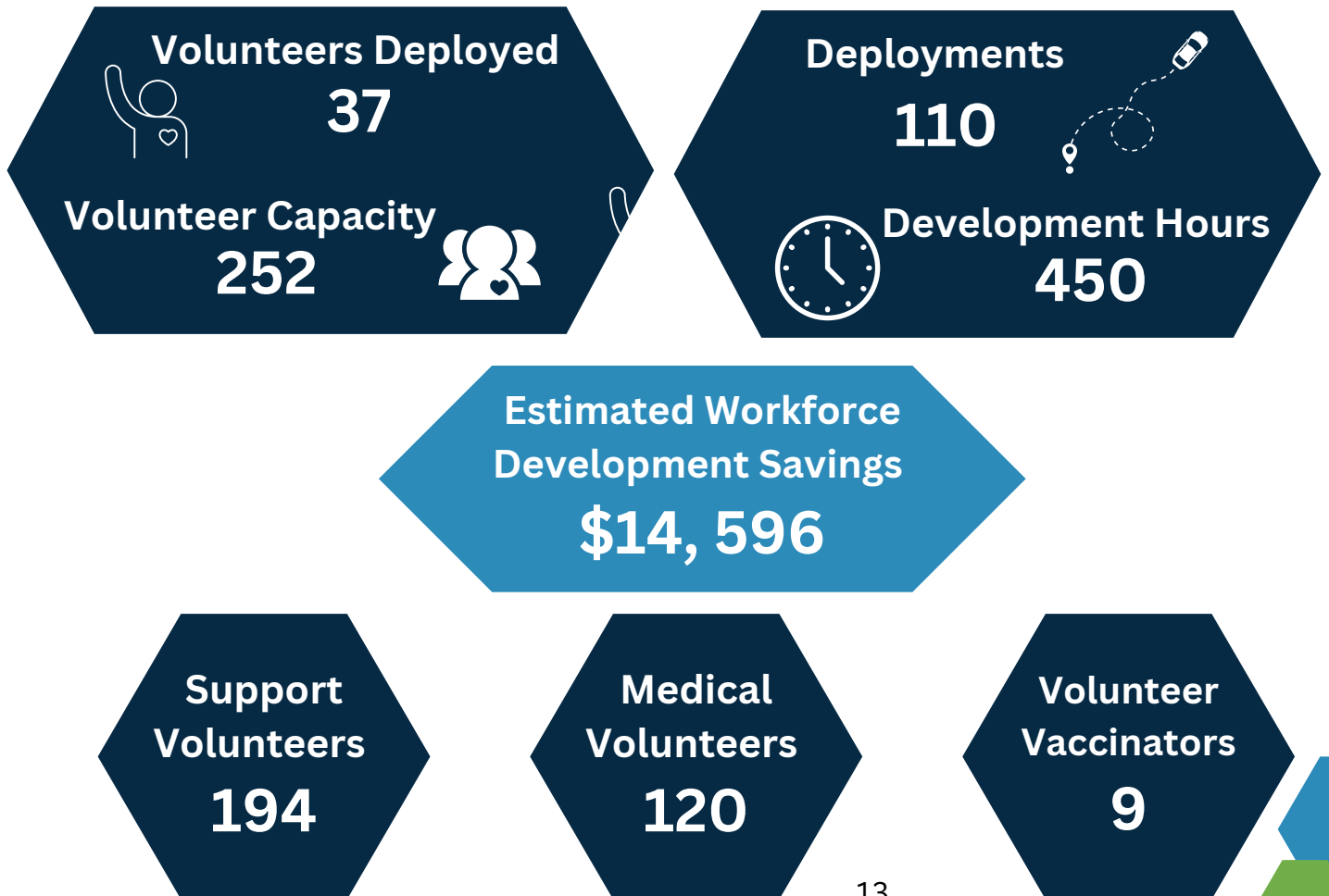
**CPR Classes  
Offered  
29**

**PPE & Ancillary  
Supplies  
Dispensed  
100+**

# Emergency Preparedness & Response

## Medical Reserve Corps

The Medical Reserve Corps acts to support the community in the event of a public health emergency, but they do so much more. The Three Rivers MRC volunteers happily assist in local food banks, local free clinic facilities, school and community vaccination clinic, area emergency management training, and state and local workforce development. This year the MRC volunteers, the American Red Cross, local emergency managers, and others participated in Lancaster CERT's annual disaster response exercise. The exercise assessed current capabilities and identifies improvement areas. MRC was also requested to support Peninsulas EMS Council as role-players for their Advanced Disaster Life Support (ADLS) Course. As well as participated in a training session for State-Level RadHealth Response Team Volunteers on the Non-Plume Zone Response Team mission



# Emergency Preparedness & Response

## Disability, Access, and Functional Needs

The Disability, Access, and Functional Needs (DAFN) program addresses needs of the people with a disability, access, or functional needs, or severe vulnerability. DAFN works with other organizations and agencies to facilitate requests for those in need. Becoming a part of the Three Rivers Vulnerable populations directory ensures the client is on someone's radar for help during emergencies, natural disasters, and/or in special needs situations. The program has been successful in fulfilling many requests and needs in the Three Rivers community to improve overall health through education, access, and adaptive tools and resources.



“ I am happy to know there are people out there looking out for me when I need it.  
-Client Enrolled

### Program Success Stories:

~DAFN partnered with Hands across Mathews to help a gentleman with a leg amputee who was having an access and functional need getting in and out of his home. Through partnership, a sturdy ADA handicap accessible ramp was built onto his home.

~Assisted a retired woman without running water secure and store ample amounts of water for drinking and cleaning until water could be restored. **“Thank you for not giving up on me!”**

~Assisted a senior resident with a broken refrigerator and fixed income receive a almost new fully functional refrigerator that fit perfectly in her small space. an almost new fully functional refrigerator.

Clients Enrolled  
**83**



# Population Health

Three River Health District population health team has been busy teaching classes, expanding services and program awareness, and partnering with community organizations offering prevention and education methods to the public.

In March of 2023, the population health team started a monthly newsletter that includes key information on public health topics, education and safety tips for national awareness days, community events and more. The newsletter gets distributed via email to partner organizations, community resource councils, and local government leadership. A Executive Community Health Assessment & Improvement Plan was created to highlight community health assets and opportunities of growth in the health district. The summary was collaborative report with local partners and health systems such as Bons Secours, Riverside, Bay Aging, and VCU Health. A dashboard listing community organization and agencies resources and contact information was also created to ensure the public has access to health disparity data and public programs that can provide assistance.



**Facebook Growth**  
**24.7%**

**X Growth**  
**575%**

**Nextdoor Followers**  
**22,000+**

**Instagram Growth**  
**144%**

Three Rivers also expanded our reach through our public health communicators. A public health communicator shapes, spreads, and analyzes the impact of a public health message. There have been over 1500 posts across our current communicators: Facebook, X (Previously Twitter), Instagram, and Nextdoor.



# Population Health

REVIVE classes transitioned from virtually, due to the COVID-19 pandemic to in person in November 2022. Classes are held on a regular basis or specifically for school staff, local organizations, and agencies. There were 12 classes held and 169 boxes of Narcan Dispensed in FY23.

**REVIVE  
Classes  
Held  
12**

**Narcan  
Boxes  
Dispensed  
169**



In February 2023, the population health team started partnering with local elementary schools to teach how easily germs spread and the importance of proper handwashing. The program uses a special glowing solution that is invisible to the naked eye symbolizing germs, however, once a UV or black light is shined onto the hands or surface where the solution is placed, it becomes detectable. After proper handwashing the solution will disappear and represents how handwashing kills germs. This program has been successful in increasing awareness and knowledge of proper handwashing and the spread of germs.

**Students Served  
947**

The blood pressure screening program started in November 2022. The purpose was to provide the public with the ability to regularly check their blood pressure as a preventive and maintenance tool through partnership locations. We have 12 monitors across the district in libraries, YMCAs, and health departments for community use. There have been 2,488 screenings in FY23.

**Blood  
Pressure  
Screenings  
2,488**

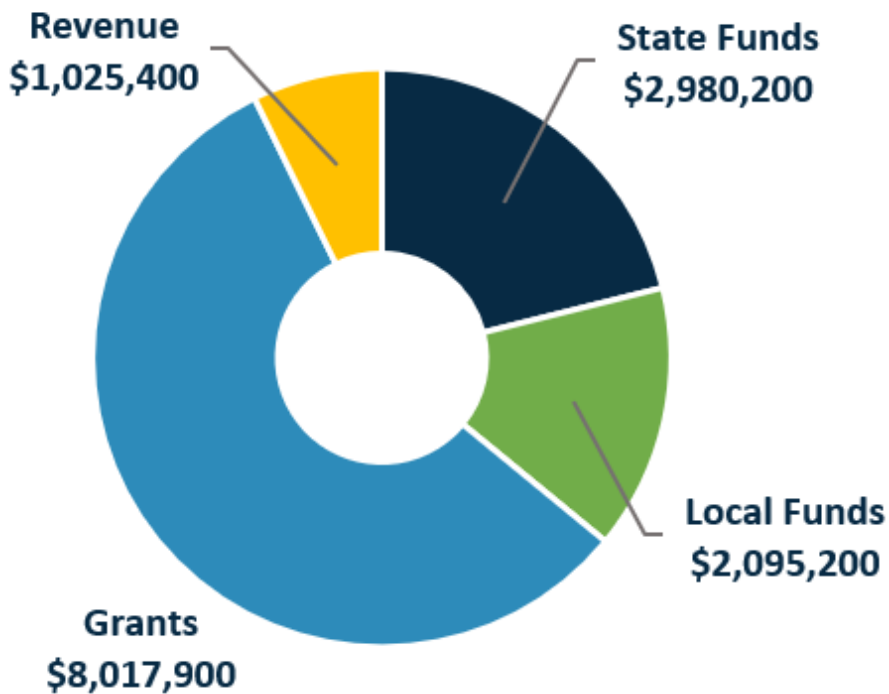


# Administrative Services

Three Rivers Health District office managers filled over 10,000 vital records requests from the community during Fiscal Year 2023, including birth, death, marriage, and divorce certificates.

**Vital Records**  
**10,907**

## FY 2023 Budget



## Vital Records

Essex	926
Gloucester	2,999
King and Queen	33
King William	90
Lancaster	2,756
Mathews	629
Middlesex	1,116
Northumberland	450
Richmond	1,086
Westmoreland	772

The Fiscal Year (FY) 2023 budget consisted of 57% grant funding. State funds made up 21% of the budget.

# Focus for the Future

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To maximize health opportunity for our communities, the Three Rivers Health District will continue to deploy a two-pronged approach: sustainably investing in our people and making data-informed strategic decisions. As we move forward into the future, district leadership will ensure that services continue to be delivered effectively and efficiently with first-class customer service by highly qualified and dedicated staff. Data and information provided by the community will inform strategic and programmatic decisions to ensure that all individuals we serve have the opportunity to live healthy lifestyles. Three Rivers will continue to support our beautiful environment and communities in a fiscally responsible manner and will maintain the flexibility to respond to the needs of the district.



# Contact Us



804-758-2381



780 General Puller Highway  
Saluda Virginia 23149



[www.vdh.virginia.gov/three-rivers/](http://www.vdh.virginia.gov/three-rivers/)

# Follow Us



@threerivershealthva



@threerivershealthva



@3RiversHealthVA

# Thank You

**The Three Rivers Health District would like to thank our partners and staff for their passion, dedication, and support. We look forward to continuing to promote the health and protect the well-being of those we serve.**