

# Three Rivers Health District Annual Report

## Fiscal Year 2025



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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 the 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 multiple Native American reservations, nine 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



**BRENDEN RIVENBARK**  
DISTRICT DIRECTOR

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 a 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.

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.

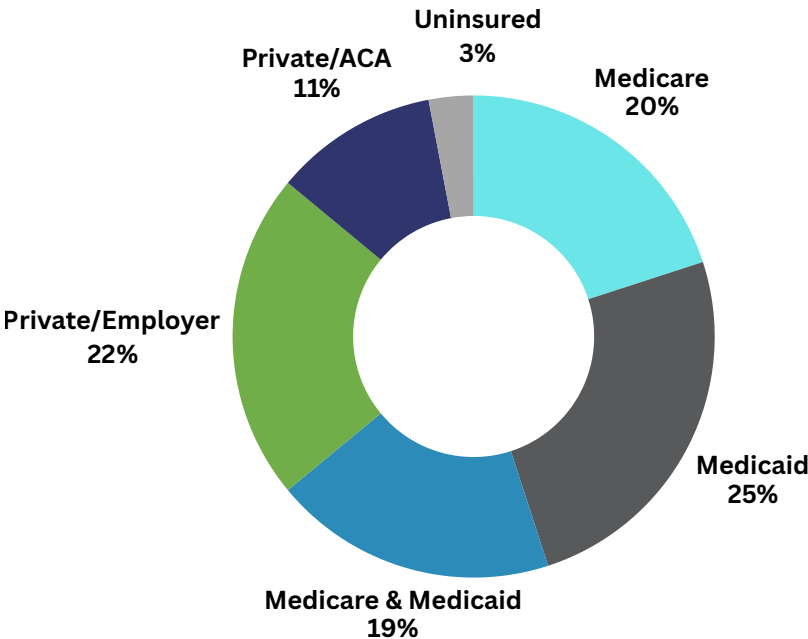
# Clinical Services

## Ryan White

The Three Rivers Health District’s (TRHD) Ryan White Program provides comprehensive HIV care and support services, including medical case management, early intervention services, and pre-exposure prophylaxis (PrEP). Recent Virginia Ryan White data show **89%** viral suppression and approximately **91%** linkage to care, though retention has been negatively impacted by significant funding cuts in 2025. These reductions pose serious public health risks, with studies predicting a 49% increase in new HIV infections by 2030 if Ryan White services are reduced or eliminated.

Despite these statewide challenges, TRHD continues to demonstrate exceptional outcomes. In 2025, TRHD served 73 clients, achieving **99%** viral suppression, **100%** linkage to care, and **93%** retention in care, significantly exceeding statewide averages. These results underscore the critical role of sustained Ryan White services in maintaining continuity of care and preventing HIV transmission.

Payment Sources for RW Clients



Total  
RW Clients  
73



# Clinical Services

## Family Planning

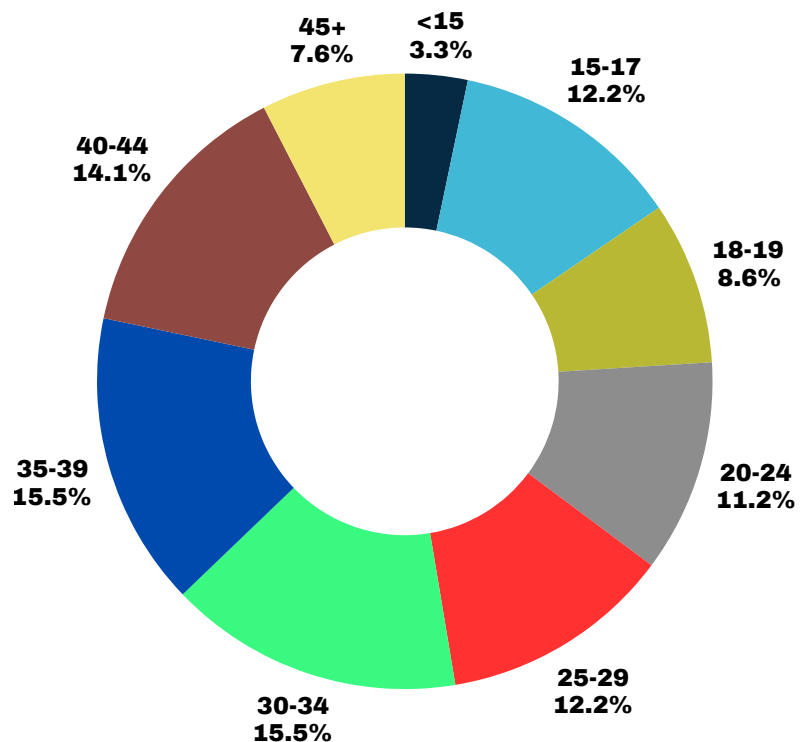
The Family Planning program offers comprehensive education and counseling on reproductive health, including clinical assessments and birth control services, to both male and female clients through a client-centered approach. Services are available to all patients, regardless of insurance status, on a sliding scale based on income. Additionally, we provide Pre-exposure Prophylaxis (PrEP) services to clients identified as high risk for HIV, further supporting our commitment to promoting health and well-being in the community.



### Family Planning Clients 300

Essex	51
Gloucester	46
King and Queen	29
King William	22
Lancaster	48
Mathews	9
Middlesex	16
Northumberland	8
Richmond	26
Westmoreland	45

Family Planning Clients by Age Group



# Clinical Services

## Potential TB Cases

The mission of the Tuberculosis (TB) Program is to control, prevent, and ultimately eliminate TB within our district and across the Commonwealth of Virginia. The program is dedicated to identifying every case of TB in the state, ensuring that all cases receive comprehensive treatment, and preventing transmission within our communities. In the past year, the Three Rivers Health District provided essential TB screening, testing, and case management services to over 800 residents, demonstrating our commitment to public health and the well-being of our community.

### TB Screenings 829

Essex	58
Gloucester	157
King and Queen	43
King William	143
Lancaster	100
Mathews	30
Middlesex	93
Northumberland	40
Richmond	116
Westmoreland	49

## Long- Term Services & Support

Long-Term Services and Supports (LTSS) screenings are conducted collaboratively by the health district and the Department of Social Services. These screenings are available for adults and children seeking home and community-based services or institutional long-term care. The screening process ensures that Medicaid-eligible individuals, as well as those expected to become eligible within six months, meet the necessary level of care criteria. During the fiscal year, the Three Rivers Health District successfully completed over 500 LTSS screenings, reflecting our commitment to facilitating access to essential services for our community.

### LTSS Screenings Adults / Pediatric 552

Essex	54
Gloucester	140
King and Queen	22
King William	41
Lancaster	45
Mathews	48
Middlesex	57
Northumberland	30
Richmond	45
Westmoreland	70



# Clinical Services

## Women, Infant, and Children (WIC)



During FY2025, TRHD WIC staff continued providing essential services, including nutrition education, breastfeeding support, supplemental foods, health screenings, counseling, and referrals to other programs for low-income pregnant women, infants, and children up to age five. Despite federal funding uncertainties, WIC remained fully operational, implementing updated food packages to improve nutrition and flexibility for participants. TRHD's client-centered approach ensured continued access to benefits and engagement with families, supporting healthier pregnancies, childhood development, and stronger community health outcomes..

**Total Case Load**  
**1,902**  
**Total**  
**Participants**  
**1,764**

## Resource Mothers

The Resource Mothers program provides mentorship and support to pregnant and parenting teens, regardless of income. This program engages with young mothers to address a variety of individual and community factors that impact families, promoting healthier outcomes for both mother and child.



Key objectives include reducing infant mortality, improving birth outcomes, and preventing subsequent teen pregnancies. Open to any pregnant individual aged 19 or younger, the program empowers teens to make constructive and responsible plans for their future and that of their child.

**Teen Mothers**  
**Enrolled**  
**26**  
**Babies Born**  
**8**

# Clinical Services

## Vaccinations

The health district safeguards the health of our community by providing a comprehensive range of immunizations for all residents. Our services encompass essential vaccinations, including COVID-19, FLU, rabies post-exposure prophylaxis, and immunizations required for K-12 public school admission.

We ensure accessibility by offering immunizations at local health departments, in community-based organizations, at community events, and in the public and private schools in the district. This approach not only facilitates convenience but also promotes a healthier community by encouraging widespread participation in vital immunization programs.

### Vaccines Administered

Essex	145
Gloucester	493
King and Queen	195
King William	393
Lancaster	119
Mathews	63
Middlesex	329
Northumberland	106
Richmond	180
Westmoreland	160

## Rabies Investigations

### 399 Rabies Case Investigations

Essex	16
Gloucester	134
King and Queen	19
King William	57
Lancaster	24
Mathews	33
Middlesex	32
Northumberland	15
Richmond	22
Westmoreland	47

Public health nurses and environmental health specialists worked collaboratively with community members, law enforcement, healthcare providers, and veterinarians to investigate potential exposures to rabid animals. Through these coordinated efforts, staff provided timely guidance to exposed individuals, helping ensure appropriate post-exposure treatment and reducing the risk of rabies transmission. In FY2025, TRHD completed 399 rabies investigations.

# Epidemiology

TRHD actively monitors communicable disease reports from healthcare providers and laboratories to identify and address community health concerns. In the event of disease outbreaks, TRHD promptly investigates the sources and implements strategies to contain the spread. This includes educational initiatives, guidance on infection control, recommendations for post-exposure prophylaxis, community surveillance, and vaccination efforts.

Additionally, TRHD epidemiologists enhance our understanding of health trends by analyzing data from emergency departments and urgent care centers. These comprehensive practices empower our team to swiftly identify, respond to, and prevent outbreaks effectively. Currently, the most frequently reported diseases in the district are norovirus and influenza.

**Outbreaks closed**  
**43**

**Disease Cases Reported**  
**2,195**

Essex	176
Gloucester	519
King and Queen	270
King William	127
Lancaster	221
Mathews	113
Middlesex	179
Northumberland	158
Richmond	124
Westmoreland	308



# 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.

## 2,437 Sewage Disposal Applications Received



Essex	161
Gloucester	532
King and Queen	116
King William	158
Lancaster	255
Mathews	208
Middlesex	278
Northumberland	350
Richmond	153
Westmoreland	226

## 133 Recreational Inspections Completed



Essex	36
Gloucester	0
King and Queen	0
King William	8
Lancaster	9
Mathews	12
Middlesex	65
Northumberland	0
Richmond	0
Westmoreland	3

## 279 Temporary Vendor Applications Completed



Essex	27
Gloucester	31
King and Queen	17
King William	14
Lancaster	23
Mathews	35
Middlesex	35
Northumberland	29
Richmond	40
Westmoreland	28

## 1,219 Food Service Applications Completed



Essex	129
Gloucester	274
King and Queen	16
King William	115
Lancaster	140
Mathews	63
Middlesex	111
Northumberland	101
Richmond	89
Westmoreland	181



# Environmental Health

The Three Rivers Health Department is committed to transparency and public access to information. Through the Freedom of Information Act (FOIA) services, we provide community members access to records and documents related to our operations. Almost 100% of the FOIA requests submitted to the health district are related to environmental health files. This initiative underscores our dedication to accountability and ensures that the public can stay informed about health services, programs, and initiatives that impact our community.

## 2,742 FOIA Requests



Essex	105
Gloucester	1063
King and Queen	90
King William	90
Lancaster	320
Mathews	267
Middlesex	350
Northumberland	232
Richmond	73
Westmoreland	152



## Pump-out Program

### Reports Approved/ Permits Digitized

Essex	121/0
Gloucester	820/3724
King and Queen	43/0
King William	189/103
Lancaster	724/335
Mathews	379/0
Middlesex	327/579
Northumberland	731/1284
Richmond	371/0
Westmoreland	257/49



Municipal sewage and water services are available in only a limited portion of the ten counties served by the Three Rivers Health District, making onsite sewage and water systems essential for our rural communities. Approximately 50,000 households in the Northern Neck and Middle Peninsula rely on these wastewater disposal systems.

Furthermore, the health district has partnered with local governments to provide outreach, education, and enforcement support related to the Chesapeake Bay Preservation Act septic system pump-out requirements.

# Emergency Preparedness & Response

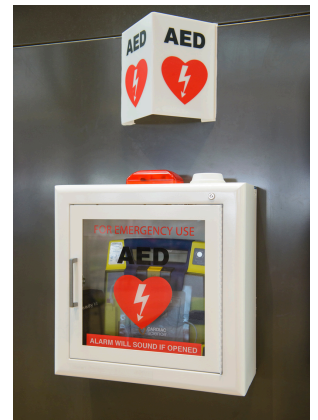
Three Rivers Health District collaborates with local governments, healthcare providers, law enforcement, fire and rescue, schools, and non-profits to integrate resources for community emergency planning. We actively participate in state and local emergency trainings and offer community CPR training to empower residents in crisis situations.

Our commitment to public health is rooted in an all-hazard approach that emphasizes preparation, collaboration, education, and rapid intervention. By partnering with state, regional, and local organizations, we enhance our collective readiness for a variety of emergencies, including infectious disease outbreaks, bioterrorism events, nuclear disasters, and natural disasters like hurricanes.



**CPR  
Classes  
14**

**CPR  
Certifications  
36**



In FY 2025, the Three Rivers Health District continued its partnership with the Virginia Department of Behavioral Health and Developmental Services to provide free REVIVE! training to the community. REVIVE! is Virginia's Opioid Overdose and Naloxone Education program, equipping participants with the skills to recognize and respond to opioid overdose emergencies using naloxone to help reduce overdose-related harm.



**REVIVE! Trainings  
16**

**REVIVE!  
Certifications  
417**

# Emergency Preparedness & Response

## Medical Reserve Corps

The Medical Reserve Corps (MRC) is a volunteer program that acts to support the community in the event of a public health emergency. In addition to emergency response the MRC volunteers assist in local food banks, free clinics, school and community vaccination clinics, area emergency management training, and state and local workforce development. In FY25, 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. The 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



**Deployments**  
126



**Total  
Volunteers**  
271



**Training Hours**  
271



**Volunteers  
Deployed**  
35

**Estimated Workforce  
Development Savings**  
**\$17,151.47**

**Support  
Volunteers**  
**127**

**Medical  
Volunteers**  
**144**

# Population Health

The Three Rivers Health District Population Health Team works to improve community well-being through prevention, education, and strong partnerships across the district. In addition to conducting REVIVE! overdose prevention trainings, the team provides a wide range of health education classes, expands access to evidence-based programs, and collaborates with schools, community organizations, and local partners to address priority health issues. These efforts include chronic disease prevention, substance use education, injury prevention, and promoting healthy behaviors across the lifespan. By engaging residents where they live, learn, and work, the Population Health Team continues to raise awareness of available resources and strengthen community capacity to support healthier outcomes for all.



**Students Served**  
**376**

The Population Health Team continues to partner with local elementary schools to teach students how easily germs spread and why proper handwashing is essential. Using an engaging glowing solution invisible to the naked eye, students see “germs” appear under UV light on hands and surfaces. After practicing correct handwashing techniques, the glow disappears, reinforcing how effective hand hygiene removes germs. This interactive approach has successfully increased awareness and understanding of germ transmission among young learners.

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 12,944 screenings in FY25.

**Blood Pressure**  
**Screenings**  
**12,944**





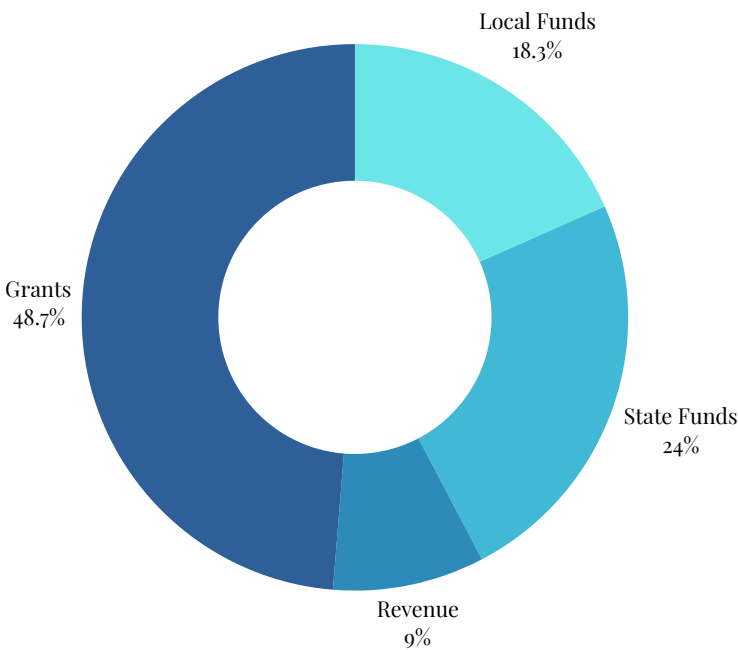
# Administrative Services

Three Rivers Health District office managers filled almost vital records requests for 2,785 residents from the community during Fiscal Year 2025, including birth, death, marriage, and divorce certificates.

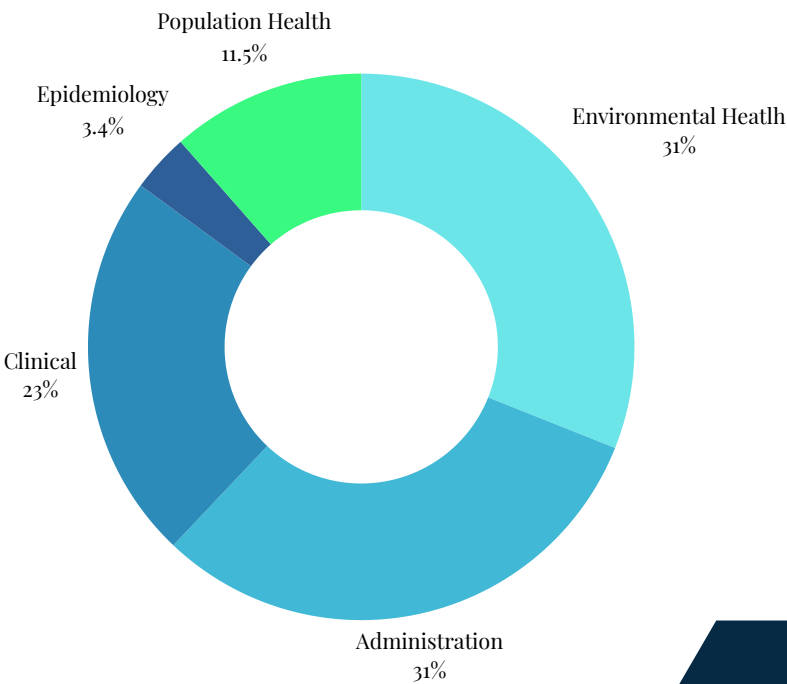
## Vital Records

Essex	254
Gloucester	742
King and Queen	23
King William	38
Lancaster	498
Mathews	240
Middlesex	314
Northumberland	106
Richmond	466
Westmoreland	104

## FY 2025 Budget: \$12,412,396



## FY 2025 Staff: 88 Employees





# 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.

