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## *ducere est servire*

Dear all,

I can only begin my humble comments in sincere gratitude to the incredible and demonstrable support that IVPP has received in the last decade from VCU Health at all levels - administration, faculty, staff, benefactors, and community stakeholders. We called for a paradigm shift in VCU Trauma Center's role to extend beyond clinical excellence into comprehensive community engagement – and we have achieved that!

Today we are more integrated and involved in our community than we have ever been. This could not have come any sooner, as we faced rising crises in our society including the impact of Covid-19 especially as it related to increase in domestic violence in the young and elderly and the recent social unrest in our cities - all in the wake of a decade of senseless active shooter incidents, ongoing urban youth violence, devastating impact of texting and distracted driving as technology evolved, and the ongoing drugs and alcohol that characterizes 30% of all injured patients seen in our Level 1 Trauma Center. As you see in this issue, we have systematically developed evidence based, hospital-community programs to address each of the issues mentioned. As a Comprehensive Level I Trauma center, we are as intimately connected with the suffering of our patients, as we are equally responsive to our social responsibilities to intervene, prevent, and mitigate the risks and consequences of the injuries that we see daily. How do we do that! I hope you read in this issue the way we have become fully integrated in our community's efforts at all levels while remaining leaders in our tripartite mission of optimal patient care, education, innovation & research. I am truly humbled by what the IVPP team has achieved with the help of exceptional project managers and team members. I am especially humbled in the innovative case management efforts that occurred daily even in the middle of the pandemic. Most importantly, we have a committed administration extending from President Rao to Dean Buckley, Drs. Clark, Lanning, Kasirajan, Baker and Paul Wesolowski who have been incredibly and demonstrably supportive of our mission. I hope you enjoy this issue!



**Michel Aboutanos, MD, MPH, FACS**  
Chief, VCU Trauma Center

## From the Assistant Director: What Difference Can a Decade Make?

If you are a fan of social media you may have heard of the “decade challenge” where individuals upload pictures of themselves from 10 years ago side by side with a picture of that person today presenting to the world how much they've grown and changed. What if the Injury and Violence Prevention Program were to participate in the decade challenge, what images would we see side-by-side?

On one side we would find a picture of a half-time employee doing their best with limited resources supporting a youth violence prevention program, fighting to prove their worth. On the other, a team of almost 20 supporting seven program areas and furthering the field of research in injury and violence prevention. From our humble beginnings to our current successes, IVPP would be unrecognizable.

While it has mostly been a steady development, the past year has seen the most dramatic growth. Both Project Empower (see pg.6-7) and Bridging the Gap (see pg.4-5) have tripled in size from teams of 2 to teams of 6 which has allowed us to expand our reach within the Health System. IVPP has also increased its capacity for trauma care and research with the addition of a trauma psychologist in 2017, Dr. Katy Maher (see pg.11), and a forensic psychologist and researcher, Dr. Nicholas Thomson in 2017 (see pg. 12). Each new addition to our team has brought a unique talent which enhances our capabilities to assist our patients and participants. I have the privilege of working alongside this team of individuals who inspire me every day. I truly value the talent, dedication, and kindness each person brings. The next decade can only get better; here's to 2030!



**Amy Vincent, MSW**  
Amy.Vincent@vcuhealth.org

# IVPP: By the Numbers

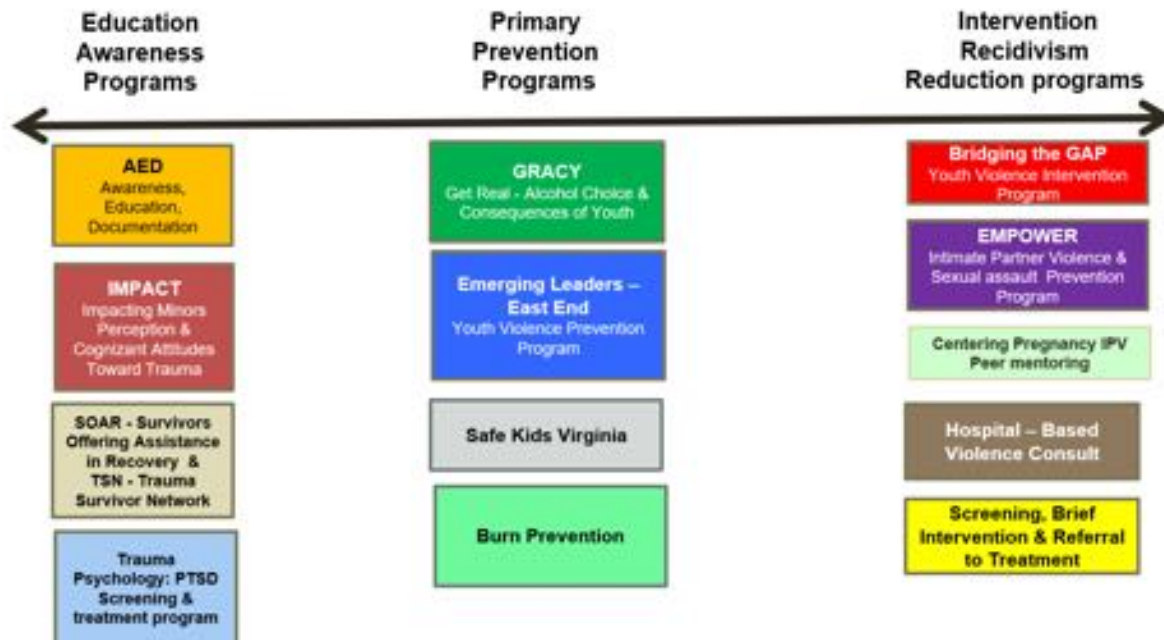
As a Level I Trauma Center, VCU Health is committed to the prevention of traumatic injuries. Through the Injury and Violence Prevention Program (IVPP) VCU Health is able to provide a continuum of hospital-community based prevention services to reduce the number of admissions due to the most common injury mechanisms; which include but are not limited to gunshot/stab wounds, assault, motor vehicle crashes and falls. Our mission is to reduce and prevent injuries through ongoing education, research and community outreach throughout Central Virginia.

Program	New Participants/ Patients (2019)
<b>Bridging the Gap</b>	
<b>In-patient:</b> A hospital-based youth violence intervention program designed to reduce the risk of re-injury of Richmond area youths (ages 10-30) who have been hospitalized with violence-related injuries	25
<b>Emerging Leaders:</b> A hospital and community collaboration program for high school aged youths. This program aims to build our areas future leaders through education, community engagement, civic participation, and goal building.	69
<b>Violence Consults:</b> In-hospital consults for adults 31 years and older who have been hospitalized with violence-related injuries	71
<b>Project EMPOWER:</b> A multi-disciplinary initiative dedicated to enhancing prevention and intervention services to individuals and their families who experience Domestic Violence (DV) and Sexual Assault (SA) by providing direct services to patients and employees as well as training for healthcare providers	557
<b>Centering Pregnancy:</b> A women's health program for women who are pregnant. Project EMPOWER visits each cohort to educate them on the harm of domestic violence on children's lives, and how to seek help if they need it.	44
<b>GR-ACY (Get Real – Alcohol/Drug Choices &amp; Consequences for You):</b> A drug and alcohol program, which primarily service court mandated youth and adults. GR-ACY seeks to form a collaborative with the community to address the issues of alcohol and drugs.	52
<b>IMPACT:</b> Strives to reduce and prevent unintentional injuries by providing education and awareness about the realities of trauma associated with risk taking behaviors such as distracted driving, substance use, and teen dating violence.	3,960
<b>Health Explorations:</b> IVPP coordinates with VCU's Health Sciences Pipeline program to meet and shadow health care providers. They learn about their average workday and how these jobs fill them with purpose.	116
<b>Trauma Survivors Network:</b> Works to connect trauma patients with peers, resources and programs to ensure that they have a stable recovery.	347
<b>Matter of Balance:</b> A Falls prevention program that emphasizes practical strategies to reduce the fear of falling and increase activity levels.	38
<b>Trauma Psychology:</b> Consult, assess, and treat patients with traumatic injuries for post-traumatic stress disorder.	1,248
<b>Stop the Bleed:</b> Focused on training clinical providers, first responders, and civilians in bleeding control techniques to minimize the loss of life after a traumatic incident.	1,349
<b>TOTAL</b>	<b>7,876</b>

"These Programs can be life-changing and lifesaving. We are doing so much more than just responding to the medical needs of our patients... we are able to help them become a better version of themselves and live healthy and safe lives in their communities" -Amy Vincent, MSW

# A Decade of Partnerships

## INJURY AND VIOLENCE PREVENTION & INTERVENTION PROGRAMS Hospital - Community Based



## Community Partners

VIRGINIA HEALTH & HOSPITALS ASSOCIATION  
THE HAVI (HEALTH ALLIANCE FOR VIOLENCE INTERVENTION)  
VIRGINIA STATE POLICE  
LIFEEVAC/ AIRMETHODS  
VCU POLICE  
YWCA OF GREATER RICHMOND  
VIRGINIA SEXUAL AND DOMESTIC VIOLENCE ACTION ALLIANCE  
SAFE HARBOR  
DOORWAYS  
R-HART  
FRIENDS OF PREVENTION  
COALTION  
VCU HEALTH SCIENCES ACADEMY

Chesterfield Police, Fire and EMS  
Chesterfield County Court System  
Chesterfield County Schools  
Charles City Police, Fire and EMS  
Charles City County Schools  
Caroline County Police, Fire and EMS  
Caroline County Schools  
Henrico Police, Fire and EMS  
Henrico County Schools  
Henrico County Court System  
Hanover County Court System  
King William Police, Fire and EMS  
King William County Schools  
South Boston Fire and EMS  
Halifax County Schools  
Richmond City Police and Fire  
Richmond Ambulance Authority  
Richmond City Schools  
Richmond City Justice Services  
Richmond City Social Services  
Richmond Behavioral Health Authority  
Richmond City Health District

REVEILLE CHURCH  
BRIGHTER LIVING ASSISTED LIVING  
CROSSRIDGE HOMEOWNER'S ASSOCIATION  
VCU HEALTH HUB AT 25TH  
THE MARKET AT 25TH ST  
ANYTIME TOWING  
ATC TOWING  
BUDS TOWING  
KST TOWING  
SEIBERT TOWING  
SIMMS TOWING  
JUST CHILDREN  
SCAN  
RISE FOR YOUTH!  
INSPIRE WORKGROUP



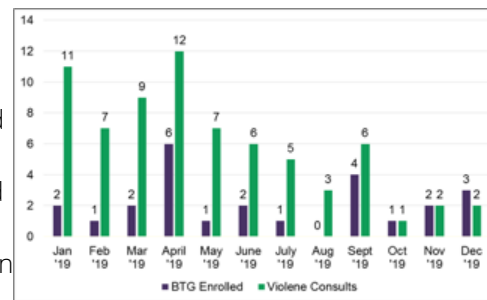
# Bridging the Gap: The Program that started it all



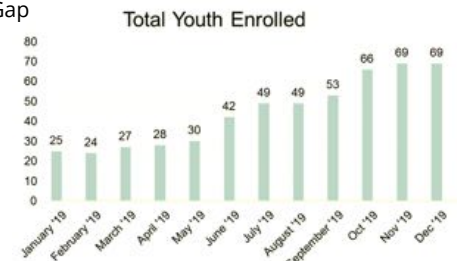
## BTG: Emerging Leaders- The Duval Challenge

John Duval (CEO of MCV Hospitals 2003-2017) challenged Drs. Aboutanos and Sheryl Garland (VCU VP, Health Policy and Community Outreach) to bring BTG upstream from and intervention to a replicable prevention model through a unique collaboration between the health system, police and school system. What began as a partnership between IVPP, the Boys and Girls Club and Richmond Police with a focus on middle school students has grown into a city-wide partnership focused on high school students. Youth are engaged in bi-weekly workshops that focus on healthy relationships, education and career planning, money management, conflict resolution, philanthropy, and civic and community engagement. This program allowed us to join the Inspire Workgroup, a city-wide initiative that shares our mission to help the youth of Richmond city to be healthy, safe and resilient.

What began as a pilot study in 2007 by a multidisciplinary partnership between Drs. Robert Cohen (Psychiatry), Robin Foster (Pediatric ED), and Michel Aboutanos (Trauma), has grown into a multi-faceted program with Intervention and Prevention components. Our flagship program, Bridging the Gap, has involved into Bridging the Gap: In-Patient and Bridging the Gap-Emerging Leaders. The in-patient component retains the original focus of BTG: assist all patients at VCU Medical Center with gunshot wounds, stab wounds, and assaults. Our Case Managers provide intensive post-hospital case management to help them acquire a job, join an education program, build a career, or find stable housing. Anything the patient needs to ensure they do not return with additional violent injuries



Bridging the Gap



Emerging Leaders

## A renewed commitment from Governor Northam IVPP- A Technical Assistance Center for HVIP Development in the Commonwealth

In May, 2019, Governor Ralph Northam announced that \$2.45 million in Victims of Crime Act (VOCA) grant funds would be awarded to the Virginia Hospital and Healthcare Association Foundation (VHHAF) to support the growth and implementation of Hospital-Based Violence Intervention Programs (HVIP). The grants were included in the funding approved by the Criminal Justice Services Board of the Virginia Department of Criminal Justice Services (DCJS). As a result, VCU Health IVPP Bridging the Gap was awarded as both a recipient of program support dollars as well as funding to provide training and technical assistance to new HVIP's across the Commonwealth. This funding has allowed BTG to expand its staffing from two full-time staff to six full-time staff thus furthering the reach of the program. In 2020, BTG expects to fully serve all patients admitted for GSW, stabbing or assault regardless of age. BTG will also expand its services to the Emergency Department and unadmitted patients.

As the faculty and the technical assistance provider for the VHHAF grant, BTG is working with four hospitals; Sentara Norfolk General, Riverside Regional Medical Center, and Southside Regional Medical Center. VCU Health IVPP will act as the "go-to" resource for HVIP by providing the expertise needed for the development of new programs. This will include webinars, site visits, shadowing, coaching, and as needed assistance.



2019 HAVI Conference, Sacramento CA

# Meet the BTG Team



**Rachelle Hunley, MA**  
Rachelle.Hunley@vcuhealth.org

Rachelle Hunley currently serves as the Bridging the Gap-Emerging Leaders Network Manager, where she develops intervention and prevention programming for at-risk youth in the City of Richmond, VA. In her current role, she collaborates with healthcare and criminal justice professionals, as well as other community partners, to evaluate the social and emotional needs of families and works toward implementing the suggested services and programming needs. She understands that programs like Bridging the Gap are important because they give youth the chance to see what a bright future may look like and exposes them to opportunities they might not otherwise know how to access.

Ariel Wood grew up in Roanoke, Virginia but moved to Richmond in 2016 to complete her Bachelors in Social Work from VCU. Ariel is no stranger to the Injury and Violence Prevention Program, she was intern with the program in 2017 and 2018. After graduation, Ariel worked as a Family Consultant in Treatment Foster Care (TFC) and Community Outreach Coordinator. She is pursuing her Masters in Social Work at VCU. Ariel's hobbies include shopping, yoga, being with friends and family, volunteering, and loving her German Shepherd, Saint.



**Ariel Wood, BSW**  
BridgingtheGap@vcuhealth.org



**Baroness Butler, MSW**  
BridgingtheGap@vcuhealth.org

Baroness is the officially joined the BTG team in February 2020, but she is not new to IVPP! In 2019 Baroness was an intern with the Project EMPOWER as a MSW student. She has spent the last year working as an intensive in-home counselor. Baroness is excited to be back with the IVPP team. She loved being here as an intern and knew that this was the work she was meant to be doing.

James Braxton is a native of Newport News Virginia, currently residing in Richmond's Southside community. James is a proud father of 2 and serves his community as a mentor, facilitator, and advocate to youth experiencing extreme challenges. James has over 10 years' experience in youth development and community outreach including his service as a former area director with the Boys & Girls Club of the Virginia Peninsula in 2011. It is James's mission to be an inspiration and an example of transformation to young men and women that share the same struggles he had and encourage them to overcome their darkest times with resilience and faith.



**James Braxton**  
BridgingtheGap@vcuhealth.org



**Sherrick Hill, BA**  
BridgingtheGap@vcuhealth.org

Sherrick recently joined the VCU Injury & Violence Prevention Program as a Case Manager for BTG. He has served in a leadership capacity as Chair of the Friends of Prevention Coalition and mentor with the Police Athletic League, receiving the Service Support Award from Richmond Behavioral Health Authority. Outside of work Sherrick enjoys playing tabletop games with friends, traveling and exploring history. He always has a historical anecdote to share.

Starshema Myles has been with the Injury and Violence Prevention team since 2017. A survivor of domestic violence herself, she began her work with the Trauma Program as a volunteer peer advocate. Her hardwork and dedication to the patients made her a natural advocate with Project EMPOWER. This year, Star has transitioned to the role of Case Manager for BTG. She believes that all survivors deserve to feel heard, and supported. She is excited to continue this work with Bridging the Gap and to continue growing her skills.



**Starshema Myles**  
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# Project EMPOWER: Leading the way in Hospital-Based IPV/DV Advocacy



Project EMPOWER

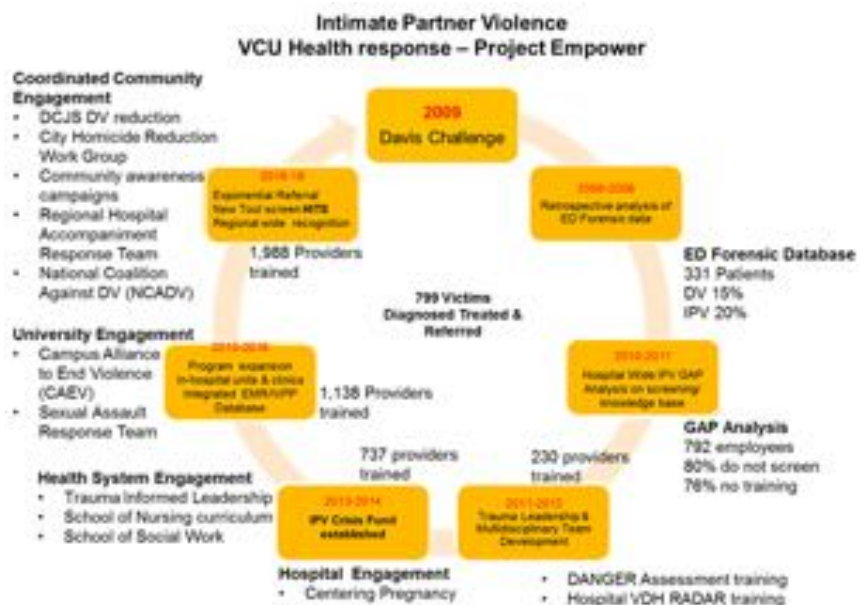


## THE DAVIS CHALLENGE

At the 2009 Rao R. Ivatury Trauma Symposium, held annually by VCU, Dr. James W. Davis was one of the invited speakers. Dr. Davis is the Chief of Trauma Surgery at UCSF/Fresno and spoke on the crisis of Domestic Violence as an under-recognized, recurrent trauma that Emergency Departments, and Trauma staff were failing to screen or diagnose. Out of the challenge grew Project EMPOWER, and 10 years later we are leading the way in Virginia for hospital-based Domestic and Sexual violence programs.

Project EMPOWER is a multi-disciplinary initiative dedicated to enhancing prevention and intervention services to individuals and families who experience Domestic Violence and Sexual Assault by providing direct services to patients and employees as well as training for healthcare providers. 2019 was an amazing year of growth for Project EMPOWER. With the support of VOCA and DSS funds, we were able to grow our team from two full-time employees to six. This included a full-time therapist to see patients at no charge. Over 550 patients were seen last year alone!

Project EMPOWER goes beyond patient advocacy. Our Program coordinator and advocates work tirelessly within our community to build new partnerships, raise awareness and educate. Through our partnership with Women's Health, we meet with each Centering Pregnancy cohort to educate them on the signs of domestic and intimate partner violence. In October, we join with the Virginia Sexual and Domestic Violence Action Alliance and participated in their 2nd annual EMPOWER walk. We teamed up with internal and external supports to engage our community to raise awareness on the dangers of sexual and domestic violence.



This fall, a paper highlighting the importance of hospital-based dvs/sv programs was published in the Journal of Trauma and Acute Care Surgery. This paper not only highlights the importance of screening at hospitals and health centers, but the importance of providing these programs with the appropriate staffing and resources. 2016 was a major turning point for Project EMPOWER, we hired our first full-time employee and trained over 2000 providers. In 2016 just under 50 patients were seen but in 2017 nearly 250 were seen and in 2018 over 450 were seen. By 2018 we added a second full-time employee and were supported by 3 students from masters of social work programs. In 2019 we have added a full-time therapist and 3 full time advocates. As our resources grow, we are excited to see how our impact grows within the hospital and community.



# Meet the Empower Team



**Carol Olson, LPC, ATR-BC**  
Carol.Olson@vcuhealth.org

Carol Olson is a licensed professional counselor and board certified art therapist. She has been working in mental health, trauma, and crisis response for over a decade within community mental health centers, rape crisis and domestic violence centers and hospitals. She has focused on victims of violence, impact of trauma, mental health and addiction in women. She has worked in leadership from local centers, regional and statewide agencies to national and international organizations developing intervention and prevention programs. She also creates radio programs on anti-violence education, mental health and trauma recovery, and women in leadership.

Cassandra Crane is the therapist for Project EMPOWER, and is a licensed professional counselor. She has her Master of Arts in Art Therapy and is a candidate to become a registered art therapist committed to offering individuals a safe and supportive environment to heal and thrive. In her counseling sessions, clients will explore and develop important skills through meaning making and creativity as well as evidenced based approaches to processing trauma such as EMDR, CBT, and DBT.



**Cassandra Crane, MA, LPC**  
ProjectEMPOWER@vcuhealth.org



**Candice Shields, MSW**  
ProjectEMPOWER@vcuhealth.org

Candice Shields has been advocating for survivors of sexual and domestic violence since 2014, which has led to her career in social work where she received her Master's in Social Work from VCU in 2018. Candice comes from a background of child welfare, reproductive justice, crisis intervention, and advocacy.

Jaki began advocating for survivors of sexual and intimate partner violence in 2016. She earned her Master's in Social Work from VCU and has additional experience in child welfare, homeless services, and crisis intervention. Jaki believes that everyone is worthy of safety and respect, and is excited to continue her work in advocacy with the Project EMPOWER team.



**Jacqueline Dybuvarang, MSW**  
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**Margeret Osborne**  
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Margaret has been working sexual assault and domestic violence education, particularly in the LGBTQ+ community, for the past two years. She has a background in health disparities research and has worked on projects examining social, structural, and behavioral barriers patients face in cancer and emergent care. Margaret is committed to providing advocacy and equitable access to care for patients of all backgrounds, and is looking forward to continuing that work with Project Empower.

Regan is excited and grateful to be an advocate for those experiencing abuse, violence, and neglect. She has previously worked in community outreach for human service and environmental nonprofits. She is pursuing her MSW through the University at Buffalo.



**Regan Gifford**  
ProjectEMPOWER@vcuhealth.org

# GR-ACY



**Jerry Van Harris, MSW, CSAC-R**  
Jerry.Harris@vcuhealth.org

Jerry Van Harris currently serves as the Program Coordinator for GR-ACY and Project IMPACT. Jerry is dedicated to assisting the community in reducing and preventing unintentional injuries through education, research, and outreach. Jerry, along with a multidisciplinary team and community partners, uses an interactive educational program to address choices and consequences involved in alcohol and other drug-related activities.

## Get Real- Alcohol/Drug Choices & Consequences for You

VCU Trauma Center's IVPP developed the Get Real –Alcohol/Drug Choices and Consequences for You (GR-ACY) program in 2009 as an alternative dispositional program for youth, ages 14-17 who had incurred alcohol or drug charges. It has since expanded to include adults. After a hallmark case in which several teens were critically injured and 2 died, community partners sought the expertise of VCU/MCV Trauma Center to develop an injury prevention program using real life exposure targeting teen impaired driving. Through positive modeling, education, and simulation, GR-ACY addresses the choices and consequences involved in alcohol and drug related activities.



(All photos taken Pre-COVID)

In 2019, GR-ACY served 58 participants across 11 cohorts. Each participant was able to observe the Emergency Department of a Level 1 comprehensive Trauma Center on a Friday. They spend a Saturday morning observing an inpatient physical therapist and learn the life changing effects of a Traumatic brain injury. They conclude their participation by discussing the emotional and mental impacts severe injury or death can have on a loved one.

**"I have been very pleased with the results we have obtained by referring select defendants to the GRACY program. Without exception, those returning have truly benefitted from attending and I believe we achieved the desired result...I believe the other Henrico General District Court judges have had the same experience and will also continue to refer defendants."**

**B.Craig Dunkum, Chief Judge- Henrico General District Court**

### Referrals & Completion to Date

<i>Partner/Referrers</i>	<i>57 referrals</i>	<i>52 completed to date</i>
Chesterfield	6 referrals	4 adult / 2 juveniles
Henrico	43 referrals	39 adult / 4 juveniles
Hanover	2 referrals	2 juveniles
Richmond	6 referrals	3 adult / 4 juveniles



# Project IMPACT

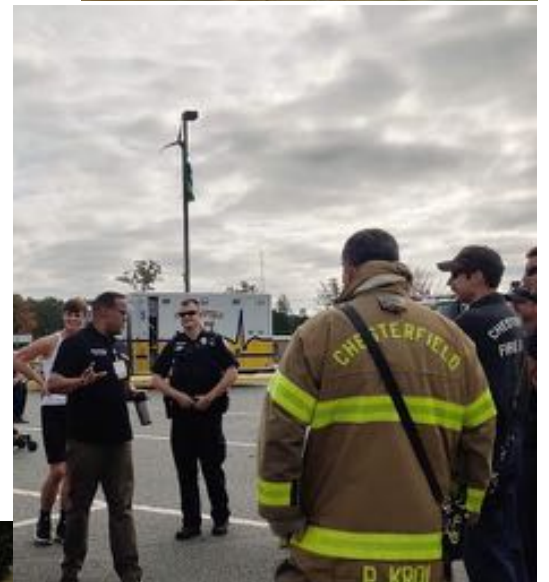
Project IMPACT brings the consequences of distracted and impaired driving to High School students through simulation, presentation, and discussion. By working with the local EMS agency, police departments, the school resource officer and our VCU nurses we are able to recreate a car crash that show's the physical, medical, and legal realities of these actions. A presentation by a car crash survivor shows the mental and emotional impact and provides opportunities for the audience to discuss alternative strategies to prevent injury.

Between 2017-2019 we visited over 15 different schools and presented to over 10,000 students. Without the schools opening their doors to our presentation, we would not be able to do what we do. None of this would be possible without the support of our community, including Tyler, Brenda and Laura Hancock. They were the 2018 Shining Knight Gala Co-Chairs and have volunteered with Project IMPACT since. In 2019 Brenda and Laura attended every single event and were instrumental to the programs success. The schools we've presented at are listed below. If you would like to see your school on a future list, please contact Jerry Van Harris ([jerry.harris@vcuhealth.org](mailto:jerry.harris@vcuhealth.org)). We are adapting our program to a virtual model to accomodate COVID restrictions.

- Caroline County High School
- Charles City High School
- Clover Hill High School
- Cosby High School
- Deep Run High School
- Henrico High School
- Hermitage High School
- Huguenot High School
- James River High School
- John Marshall High School
- King William High School
- LC Bird High School
- Manchester High School
- Matoaca High School
- Midlothian High School
- Monacan High School
- South Boston High School



(All photos taken Pre-COVID)



**Taylor Williams, MSW**  
[Taylor.Williams@vcuhealth.org](mailto:Taylor.Williams@vcuhealth.org)

Taylor Williams is the new Project IMPACT Facilitator. She recently finished her Masters of Social Work degree here at VCU. She has been working in the Richmond area with children and families to create healthy and safe homes. She is very excited to continue gaining experience at VCU with the Injury and Violence Prevention Program to continue serving those around her!



Jerry Harris with IMPACT supporters Brenda & Laura Hancock

# TRAUMA SURVIVORS NETWORK

As the only Comprehensive level I Trauma Center in Virginia, we strive to bring the best trauma care and injury prevention to our communities. The Trauma Survivors Network(TSN) is a vital part of that mission.

The Trauma Survivors Network began in 2008 under the direction of the American Trauma Society. VCU has had a program since 2014

TSN enables us to bring together trauma survivors and their families to connect and support one another. From this program, we developed our Peer visitor program. Previous trauma patients visit with patients and their families to guide them through their stay and help normalize their experience. This year Bryan Side, TSN Peer Advocate, will be honored at the Shining Knight gala (see pg. 15)



As an academic medical center we have unique access to nursing and medical students. This has allowed us to create a medical student chapter. The students will visit with patients twice a week, deliver a resource packet that explains the patient pathway, provides resources on food, lodging, and support groups for the patient and their family on discharge. In 2019, this group was able to visit over 400 patients!

Karen Shipman, BSN, RN, CEN, TCRN has been an RN for over 30 years, primarily in the Emergency Department. She also has experience in cardiac telemetry and occupational health. She is currently the Trauma Outreach Coordinator and Trauma Survivors Network Coordinator at VCU Medical Center. She has been with VCU Medical Center for 5 ½ years. She, her husband and their two feline children live in the fantastic community of Church Hill and one of her favorite things about working at VCU Medical Center, other than the people, is being able to walk to work!



**Karen Shipman, BSN, RN, CEN, TCRN**  
Karen.Shipman@vcuhealth.org



## A MATTER OF BALANCE

In 2018, Motor Vehicle Crashes were the primary mechanism of injury for trauma patients at VCU Health. Very close behind were ground level falls and the majority of these patients were 65 or older. The Matter of Balance (MoB) program is an evidence-based program designed to keep the aging population active, flexible, and injury proof. Across 8, 2-hour, sessions participants will engage in sessions that discuss the fears around falling, creating injury-proof home environments, how to fall safely, build an exercise/ activity plan, exercises to improve strength an range of motion, and the positive outcomes of using assisted devices. With the assistance of students, interns, and community partners, the MoB coordinator was able to help 98 participants from 2017-2019! Two key partners in this were the Brighter Living assisted living facility. and Crossridge Retirement Community.



(All photos taken Pre-COVID)



**Eve Flippen, MS**  
Eve.Flippen@vcuhealth.org

Eve Flippen is the new Aging Life Care Coordinator with VCU Senior Services and Continuum Integration. She will be providing employee caregiver support and coordination of geriatric falls prevention programming. She is a VCU trained Gerontologist and comes from the Senior Connections Care Coordination program, where she assisted with in-home supports for older adults, mostly in Chesterfield county. She has also worked in therapeutic recreation in assisted living, memory care, and skilled nursing. She is excited to be at VCU, and look forwards to working with VCUHS and IVPP to help support the older adults in our community!

## TRAUMA PSYCHOLOGY

At VCU Medical Center we are very fortunate to have a Trauma Psychology Program. What started as a partnership between the Trauma Program and Department of Psychology has grown into a service that caters to patients admitted to the Trauma and Burn services, and follows them once they are discharged. Dr. Maher and her team of postdoctoral fellows, doctoral practicum students, and interns provide all trauma patients with consultation, assessment, treatment and referrals. While admitted, patients are assessed for PTSD and depression. Her team also provides intervention and help patients adjust, and cope with their acute traumas and resulting anxiety. In 2019, the team saw an average of 93 patients per month as in-hospital and 11 patients per month in out-patient clinics.

Dr. Maher is an Assistant Professor of Psychiatry and Surgery in Division of Consultation/Liaison Psychiatry and provides clinical services to Trauma Surgery and the Evans-Haynes Burn Center. With her team of fellows, Dr. Maher screens patients for the risk of developing of posttraumatic stress disorder (PTSD) and depression. Dr. Maher is a founding member of the Trauma Informed Leadership Team, a hospital-wide initiative to provide trauma informed care to patients, and is the leader of the subcommittee on Screening, Interventions, and Partnerships.



**Kathryn Maher, Ph.D**  
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# Research



**Nicholas Thomson, Ph.D**  
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Dr. Thomson is the IVPP Research Director. He is an accredited psychotherapist by the United Kingdom Council for Psychotherapy, and has over a decade of clinical experience working in prisons & inpatient settings. His research expertise includes biopsychosocial risk factors for violence, implementing violence intervention & prevention, developmental psychopathology, and forensic psychology

Salpi recently completed her master's at Columbia, where she learned to merge academic research with the social impact sector in order to generate resilience-based impact solutions for improving the lives of vulnerable, high-risk communities. Her research interests in the biopsychosocial mechanisms of violent criminal behavior and psychopathy. Salpi is glad to be a new member within the IVPP team.

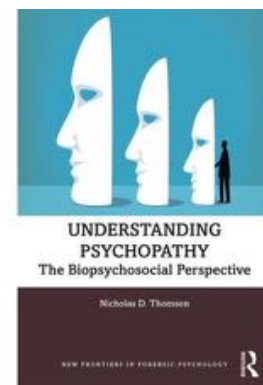


**Salpi Kevorkian, MS**  
Salpi.Kevorkian@vcuhealth.org

## "How do you write like you're running out of time?"

Since joining the IVPP team in 2017, Dr. Thomson has been researching, writing, publishing, and researching! In 2019 alone he published 15 different papers on aggression, psychopathology, violence, and emotional health and its impact on physical health! We're only into the second month of 2020 and he already has 7 publications. This in addition to the 5 grants he was awarded in 2019. One of them is a major CDC grant that will study the link between blood level Omega-3, PTSD, drug use and aggression. In another study, a virtual reality training program will be developed that will be designed to emotional recognition and mindfulness intervention in youth. Both studies will be done in conjunction with our Bridging the Gap program.

Most recently, Dr. Thomson was awarded a \$1,949,000 R01 by the Centers for Disease Control and Prevention (CDC). The 3-year project, titled "Preventing Retaliatory Gun Violence in Violently Injured Adults: A RCT of a Hospital-Based Intervention", aims to evaluate the effectiveness of Bridging the Gap for reducing gun violence. In addition, Dr. Thomson will be serving as a co-investigator with the Virginia Department of Health (PI: Erin Austin, MPH) on a CDC funded project to the to help improve firearm surveillance data in Virginia." We are very excited to see these outcomes and the rest of the amazing research Dr. Thomson and his team will be conducting.



PS: Did you know that Dr. Thomson also published a book in 2019?! Understanding Psychopathy. The book looks at psychopathy through the biopsychosocial mode. This textbook combines research insight from biology, psychology and the other social sciences to provide a comprehensive picture on treatment and prevention.

# Stop the Bleed

"Stop the Bleed" is a nationwide initiative that was born out of the tragedy at Sandy Hook elementary school. Dr. Lenworth Jacobs, a regent of the American College of Surgeons, reviewed the autopsies of the victims and learned they had died from severe bleeding and shock. This knowledge led the American College of Surgeons to form a group of emergency care providers, law enforcement and government officials. This committee encouraged training non-clinical personnel how to stop bleeding from penetrative injuries.



In addition to the regional partnership, CTCCE holds regular classes on the MCV campus as well and the community at large. In 2019 alone, over 14 classes were held. This number does include the over 2,000 EMS providers that were trained at the Annual EMS state symposium in Virginia. None of this would be possible without the tireless work of Dr. Alan Rossi, Medical Director of CTCCE, James Gould, Director of CTCCE, Kenneth Williams, Paramedic Program Director, and Gregory Neiman, EMS Liaison.

This past fall Dr. Alan Rossi was recognized for his work with CTCCE and Stop the Bleed and named the State Champion and Coordinator for the Virginia Chapter of the American College of Surgeons.



Through VCU's Center for Trauma & Critical Care Education (CTCCE), Stop the Bleed has been integrated in as a major piece of outreach and community engagement. In 2017, through our partnership with Richmond Ambulance Authority, 10 Stop the Bleed kits were donated to Richmond City Schools. These kits contain tourniquets, bandages, and specially treated gauze. Teachers, school nurses and school resources were also trained in the use of these materials.

2017 also saw the creation of the "Central Virginia Stop the Bleed Coalition." This regional collaboration brings together healthcare providers from VCU, HCA, and local EMS providers to train rural pre-hospital providers, and community members. Since its inception over 2,000 persons have been trained.



(All photos taken Pre-COVID)



## Shining Knight Gala

Each year at the gala, dozens of Shining Knights are recognized for their role in saving the life of one specific trauma patient with net proceeds from the gala benefitting injury and violence prevention programs at and through the VCU Medical Center. Whether someone conducted CPR, performed a surgical procedure, provided emotional support or physical help at a vital time, we all have Shining Knights who have touched our lives who deserve to be honored and thanked.

One of the highlights of the evening is an in-depth look into the journey of a trauma patient; from injury to recovery. We will learn about the heroic efforts and collaboration of an outstanding team of "Shining Knights" made up of care providers from first responders, to trauma surgeons, nurses, and countless others.

The survivor and supporters come together to honor these Shining Knights and learn what it takes to give a trauma survivor a second chance at life. The event's program exemplifies the outstanding work we are privileged to be a part of every day. VCU Medical Center is proud to be the first and longest-standing, state-designated trauma center in Virginia. We hope you gain some insight into what we do and why we are so passionate about it.



We could not celebrate in 2020 as a result of the COVID pandemic, but are hoping to celebrate once again **May 8th, 2021**. We will tell the amazing story of Bryan Sides, a patient who presented to VCU after a crash. Our 2020 honorary chairs will be Larry and Ginny Little. Larry Little is the Vice President of Support Services and Planning at VCUHealth and Ginny Little is the President of the MCV Hospitals Auxiliary. While we were unable to hold the ceremony we wanted to this year. We look forward to 2021 with hope that we will be able to properly celebrate our trauma survivors, our healthcare providers, and supporters of the Injury and Violence Prevention Program.

**Please join us for the 2021 Shining Knights Gala on May 8th, 2021.**

**For ticket, sponsorship, or gift giving information please visit:**

**<https://www.vcuhealth.org/support-vcu-health/events/shining-knight-gala>**

**Throughout the past decade, a persistent supporter of the gala has been President Rao. He has hailed and celebrated the efforts of our shining knights, the trauma center, and the impact of IVPP on our community. His pride is always shining through! Dr. Rao, a special thank you from all of us.**





# Sponsors and Benefactors

For over 10 years, the funds raised during the Shining Knights gala have provided a life blood that has allowed the IVPP program to grow and evolve. Without the generosity of our sponsors and donors, this growth would not have been possible.

AIR METHODS  
ALEXANDER B. MCMURTRIE, JR. IN  
HONOR OF DENISE LYNCH  
ALLEN, ALLEN, ALLEN & ALLEN  
ANTHEM BLUE CROSS BLUE SHIELD  
ASAP PROGRAM  
ASPEN MEDICAL  
ASPEN MEDICAL PRODUCTS  
ATLANTIC CONSTRUCTORS  
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CHARLOTTE & GIL MINOR  
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DR. AND MRS. WILHELM ZUELZER  
DR. ELLEN BROCK & DR. JOSEPH  
BORZELLECA  
DR. JEFF FERGUSON  
DR. PAMELA K. ROYALL AND  
MR. WILLIAM A. ROYALL  
DR. SHARLINE AND  
DR. MICHEL ABOUTANOS  
DR. SHIRLEY GIBSON  
DR. VIGNESHWAR KASIRAJAN AND DR.  
SUCHARITHA VIGNESHWAR

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HALYARD HEALTH  
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MEDICINE  
JONES LANG LASALLE  
JOYCE AND RICH JOHNSON  
KEITER  
KJELLSTROM + LEE CONSTRUCTION  
LECLAIR RYAN  
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LINGERFELT COMMONWEALTH  
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CLAY AND RANDY REYNOLDS, JR.  
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PAULA FERRADA, MD  
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ROLL WITH COLE, NFP IN MEMORY  
OF LORI FELDHAUSEN  
RV SERVICE OF VIRGINIA  
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CENTER  
SHI  
SHURM HOMES  
SUDHA JAYARAMAN, MD, MSC AND  
EDWARD TRAGESER, MBA  
TARIF ZAKI  
THE SYDNOR FAMILY  
THE WILTON COMPANIES  
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VYCON  
W.G. REYNOLDS FOUNDATION  
WATERWORKS AQUATICS  
WORTH HIGGINS  
WSP + CCRD  
Z-MEDICA  
ZOLL MEDICAL

# Major Funding Partners

## Bridging the Gap



Bridging the Gap is a sub-receipt of VOCA/DCJS funding through VHHA. This funding enabled Bridging the Gap to hire 5 full-time case managers and provided guaranteed funding for our Program Manager. As we enter year 2 of our partnership, we are excited to continue our work and increase the number of patients we are able to support and assist.

## Project EMPOWER



VIRGINIA DEPARTMENT OF  
SOCIAL SERVICES

In October 2016, Project EMPOWER was awarded its first DCJS grant. In this first round of funding we were able to hire a full-time Program Manager and 1 full-time advocate. In July 2019, DCJS renewed and increased our funding. This increase allowed us to hire 2 additional Advocates and a full-time therapist. We were also awarded a VA DSS grant that added an additional full-time advocate that would focus on domestic violence in later life and promoting the HITS screening within the Health System.

On October 1st, 2020 our first DMV grant in over 5 years began. With this funding we were able to hire a full-time Project IMPACT Facilitator. This will be the first time since inception that this program will have a dedicated FTE. For the past several years, 1 program coordinator managed GR-ACY and Project IMPACT.

## Project IMPACT



## GR-ACY

**PSALMS 103  
Foundation**

Psalm 103 Foundation, established by former Gala co-chairs, Jack and Pina Templeton awarded a grant to GRACY this past spring. These funds will be to buy supplies, provide scholarships, and support GRACY participant education.

Over the years, the MCV Foundation has been a consistent and reliable partner to ALL of IVPP. From funding to provide "Stop the Bleed" bags to local high schools, supplies and materials for Emerging Leader Programming, or helping us create our very first TSN handbooks, the MCV Foundation has been there. Although COVID-19 paused their 2020 funding, we look forward to next year in hopes that they are able to open their funding once again.

## All Programs

**MCV Foundation**  
 VCU Health

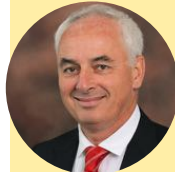
# Pillars: Thoughts on IVPP

I'm grateful for the expertise of the IVPP team at VCU Medical Center. My colleagues are the reason why our Level 1 Trauma Center is recognized for excellence in the care and treatment of those living in the Richmond region and beyond. The team's work to reduce community and intimate partner violence, substance abuse, and distracted driving through education and therapeutic care greatly improves the quality of life for so many. And I am especially thankful for their work to provide technical expertise to four other hospital-based violence intervention programs in Virginia. United, we can advance safety and wellness for all of humanity.



**Michael Rao, Ph.D**  
President, Virginia Commonwealth University & VCU Health System

"As the state's only Comprehensive Level1 trauma center, we provide the highest level of trauma care in the state. The Injury and Violence Prevention team is an integral part of that. By addressing a patient's emotional, social, and economic needs we are moving beyond acute care management to also the more powerful arena of public awareness, prevention, and community engagement."



**Peter F. Buckley, M.D.**  
Dean, VCU School of Medicine  
Executive VP for Medical Affairs

"The best trauma incident is the one that never occurs. As the region's leader in trauma care, VCU Health provides outstanding, holistic care to members of our community who experience injuries. By conducting research on prevention, intervention and suppression of injury and through the cultivation of collaborative partnerships with other institutions and regional organizations, the VCU Health trauma team works to create a safer, healthier community with fewer trauma events. We are extremely proud of the great work they do to help patient's recover from traumatic injuries while simultaneously reducing the risk of injury for us all."



**Ralph R. Clark, M.D.**  
Chief Medical Officer, VCUHS  
Associate Dean, Clinical Activities  
VCU School of Medicine

"The Department of Surgery is 100% committed to the success of IVPP.

The community engagement, outreach, and support they provide is integral to the success of our Trauma Center. We are excited to assist other hospitals build their programs and make the Commonwealth the standardbears for all HVIP programs."



**Vigneshwar Kasirajan, MD, FACS**  
Stuart McGuire Professor  
Chair, Department of Surgery

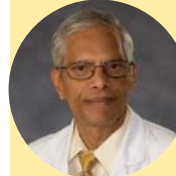
"The IVPP initiatives demonstrate the positive impact of going beyond our core health care mission and introducing non-traditional prevention and intervention models. Through innovative partnerships with local law enforcement, community-based organizations, social services agencies, local schools and health departments, IVPP teams have developed successful models that can be replicated in communities across the country."



**Sheryl Garland, MHA**  
VP, Health Policy and Community Outreach

"The Injury & Violence Prevention Program, a multidisciplinary, comprehensive, evidence-based program has been the hallmark of VCU health Trauma Center for the past 12 years.

As Robert Porter Lynch noted, in the book 'Leading beyond the Walls': "A great cause without a champion is but an elusive dream. But with a great cause with a true champion is the realization of a vision." This vision will be realized, undoubtedly, with VCU Trauma Center and its leader Dr Aboutanos as the champions."



**Rao R. Ivatury, MD, FACS, FCCM**  
Professor Emeritus  
Former Medical Director of  
VCU Trauma Program

"As a long-time supporter of IVPP, I have seen the impact these programs have on the lives of our patients. Caring for patients after injury goes beyond treating their physical injuries. With the help of the Injury Prevention Program, the health system is able to earn the trust of the patient. Through this trust, the IVPP team can address the social and economic issues that prevent patients from living healthy and empowered lives."



**Robin Foster, MD, FAAP, FACEP**  
Associate Professor and  
Director, Child Protection Team

"As someone who works closely with the communities most impacted by violence, the Injury and Violence Prevention Program has been embraced by them at every level. By expanding the very trusting relationships communities place on their doctors, and using that to address social and economic issues is unique. We have amazing surgeons at VCU, but the IVPP team ensures that they never return with those injuries."



**Robyn McDougale, Ph.D**  
Associate Professor and Director,  
Center for Public Policy

"The Injury and Violence Prevention Program enables the Department of Surgery and the Division of Acute Care Surgical Services to care for the whole patient. Our amazing surgeons, advanced practice providers, and nurses are able to manage the clinical needs of our patients knowing that their social needs are being tended to. Through IVPP's volunteer opportunities, we are able to engage the medical students so that they leave VCU with a well-rounded medical education."



**Katie Golob, MHA**  
Administrator, Dept. of Surgery



## Taking time for Gratitude

2020 has been a year of historical and unprecedented challenges. COVID-19 has dramatically altered and changed the way we work, socialize, and volunteer. The devastating impacts to our economy will continue as we are forced to remain home or in small groups. The work that IVPP provides the community will only grow, and we are always looking for new volunteers, community partners, and program champions. If you are interested in joining or partnering with us, please do not hesitate to reach out to Amy Vincent, Ashley Xavier or any of the program coordinators. To keep up with us throughout the year, follow us on visit our website Follow us on Facebook, and keep an eye out for future newsletters!

### *Special Gratitude*

THE IVPP Team and all its program participants and patients owe a deep gratitude to the tireless work and efforts of Beth Broering- Trauma Program Manager, and Doris Rice- Finance Manager, and of Shirley Gibson, Associate VP of Support Services, who are the unsung heroes in the development and sustainability of all the IVPP initiatives for the Trauma Center in the past decade. A simple "Thank you" is not sufficient. They have taught us to give forward not in words but in action! The work noted in this newsletter is a testimony that we have done so .

- Michel Aboutanos



**"AS WE EXPRESS  
OUR GRATITUDE,  
we must never forget  
THAT THE HIGHEST  
APPRECIATION  
is not to utter words,  
BUT TO LIVE BY THEM."**



### **IVPP Newsletter Editor: Ashley Xavier, MPA**

Ashley Xavier has worked with the Injury and Violence Program for over 4 years, and serves as the IVPP Program Coordinator. A native of Northern New York, Ashley completed her undergraduate degree from SUNY Geneseo in 2011. In 2016, she moved to Richmond with her husband and two adorable dogs and she does not miss the snow! She loves supporting the program coordinators, advocates, and case managers so that they are able to provide participants with the best care possible. This past spring she completed her Masters in Public Administration at VCU.



[Ashley.Xavier@vcuhealth.org](mailto:Ashley.Xavier@vcuhealth.org)

# Program Support

## Gifts and Donations

Crisis funds and monetary support is a major component of case management and advocacy services. The IVPP is always looking for monetary gifts to ensure that clients can remain in their homes while they heal or move if they need to leave an unsafe situation. Providing food, clothing and other needs ensure that clients can focus on their health and not their basic necessities. Below is a link to provide financial gift as well as a "wish list" for our donation closet.

Monetary donations: <https://www.support.vcu.edu/give>

- To ensure that the funds are directed towards the IVPP team choose search and type "Injury and Violence Prevention." A drop down for the Injury and Violence Prevention fund should be available.

### Program Requests

- Patients escaping unsafe situations frequently need to replace clothing, hygiene products, and other necessities. By providing these materials at the time of crisis we can ensure that they have the items they need to leave safely. Our IVPP wishlist is below, if you are interested in donating any item please contact Ashley Xavier to coordinate pick, drop-off, or delivery.

### Clothing

*\*all sizes needed*

- Sport Bras
- Underwear
- Sweatpants
- Sweatshirts
- T-shirts
- Socks
- Slip-on Shoes
- Professional Attire  
(men and women)
- Business Casual  
attire  
(men and women)

### Baby Items

- Onesies
- Socks
- Diapers (NB-7)
- Wipes
- Blankets
- Formula
- Bottles
- Shampoo, lotion
- burp cloths, bibs
- rash cream

### Toiletries

- Toothbrushes
- Toothpaste
- Soap
- Shampoo
- Conditioner
- Hair Brushes
- Feminine Hygiene  
products
- Deodorant

### Gift Cards

- VISA/ Mastercard
- Grocery Stores
- Wal-Mart
- Target
- Gas Stations
- Pre-paid phones and  
phone cards
- Ross, TJ Maxx, or  
Marshalls

## Volunteering/ Internships

Volunteers and Interns play an important role in the IVPP program. The opportunities work with us are as diverse as our program objectives and goals. If you are a student, community member, or previous trauma patient please contact Ashley Xavier and she will connect you the appropriate program.





# IVPP Team Directory

## Administration

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Amy Vincent, MSW  
Beth Broering, MSN, RN  
Abdulhamid Nur, MHA  
Doris Rice  
Ashley Xavier, MPA

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Kenneth Williams, Mdiv, BS, EMT-P  
Gregory Neiman, MS, NRP, NCEE

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Assistant Director of CTCCE  
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