

## **Community Health Needs Assessment Annual Progress Report 2018**

At Central Vermont Medical Center (CVMC), we collaborate with other non-profits, businesses, community leaders, and governmental agencies to provide a variety of programs and educational offerings intended to improve the health of the communities we serve.

### **Drug Abuse**

CVMC continues to work with community partners including the Vermont Department of Health Alcohol and Drug Abuse Program, Washington County Mental Health Services, Central Vermont Substance Abuse Services, Treatment Associates and Central Vermont Addiction Medicine to increase access to care and support transitions of care as individuals move through the treatment cycle. It is important that community members have knowledge of the resources that are currently available to them.

CVMC sponsors the Washington County Substance Abuse Regional Partnership (WCSARP), which meets monthly to coordinate services, solve access and care management problems, and erase boundaries of care. The group includes, among others, the Agency for Human Services Barre HSA, Vermont Department of Health, local hub-and-spoke partners, the designated agencies for mental health and substance abuse (Washington County Mental Health Services, Central Vermont Substance Abuse Services), prevention partners, the Turning Point Recovery Center, the Youth Services Bureau, residential care providers, and local law enforcement.

Several important programs have emerged:

- Brief Screening Intervention and Navigation to Services (SBINS) clinicians are now available in our emergency department and in primary care to patients in need of intervention and referral to treatment;
- CVMC's Emergency Department initiated an alcohol withdrawal protocol in collaboration with Washington County Mental Health Services and the Turning Point Recovery Center to provide 24/7 community-located supervised medically assisted withdrawal (MAW);
- The Emergency Department has also initiated the state's first Rapid Access to Medication Assisted Treatment (RAM) to provide immediate 24/7 induction with buprenorphine linked to rapid hub-and-spoke access;
- The Turning Point Center is currently managing a Vermont Opioid State Response Project to bring peer recovery supports into the Emergency Department and hospital inpatient units to assure stable transitions to the community;
- Access to Medication Assisted Treatment (MAT) in the form of buprenorphine (suboxone) and Vivatrol and teams to support the prescribers and patients have expanded across all of our primary care sites. There is currently no wait list in Washington County to access MAT;

- Implementation of a multidisciplinary Opioid Steering Committee looking at hospital or acute opioid prescribing and opioid overdose (narcan utilization) and outpatient or chronic opioid prescribing looking at standardization of chronic opioid prescribing and compassionate tapering of high risk patients;
- Community and in-hospital access to medication drop off bins and needle drop off bins for safe disposal of medications and sharps;
- Narcan prescribing and distribution for overdose prevention in individuals that are on high dose opioids, opioids in combination with other sedating medication such as benzodiazapines and for individuals with opioid use disorder.

## **Mental Health**

CVMC, in partnership with Washington County Mental Health Services, has created a model of embedding behavioral health practitioners within CVMC primary care practices. In addition, we are piloting an integrated health home that promotes a model of health care that integrates the social determinants of health with specialized treatment for individuals with complex physical health, mental health, developmental and substance abuse challenges.

CVMC in collaboration with the Family Center of Washington County and Washington County Mental Health Services initiated the Adverse Childhood Experiences (ACEs) project. The goal use of Family Support Specialists embedded in CVMC's pediatric practice, targeting age groups 0-36 months to promote child and family protective factors, prevent and mitigate toxic stress, and promote healthy child development for a period of one year.

We have embedded screening for depression and for risk of suicide in our ED and primary care clinics. We also have a Wellness Recovery Action Plan that patients can be referred to for mental health treatment and stabilization.

We are in the planning phases for 25 additional inpatient mental health beds that will be added to our campus in the next several years.

## **Tobacco Use**

CVMC offers a Tobacco Cessation program on and off site throughout the year. Currently, we are able to assist participants with support and free nicotine replacement therapy such as gum, patches and lozenges. SBINS clinicians, also trained as Tobacco Treatment Specialists, provide individual tobacco cessation counseling to promote successful quitting. Vermont Quit program is an often referred to program for patients and families. Central VT Home Health and Hospice is a key collaborator for the screening and treatment of pregnant and post-partum women who smoke.

Through the CVMC Self-Management Program, we continue to attend local employers' wellness fairs, including: State Employee Wellness, Washington County Mental Health Services and community based outreach (Barre Heritage Festival, Montpelier Alive). Our outreach work serves as a tool for educating and networking with community members. We are continuing to work with our local partners, connect with local collaboratives and workgroups to expand our reach and service to different populations.

## **Healthy Diets**

CVMC recognizes the importance of inspiring healthy lifestyle changes and providing resources to the community to assist people trying to stay healthy through community health fairs. Health fairs are a way to make important screenings (blood pressure checks, body composition) assessable to the general population for little or no cost. CVMC chose three unique populations to promote health (Montpelier, Northfield, and Barre) and by tailoring content for each one led to high volume community participation rates staffed by registered dietitians, nurses, and certified health wellness coaches. Consistently provided was proactive information such as nutritional displays, recipes, smoothie bike, healthy living workshops, worksite wellness idea, and walking exercise programs. Being present and offering engaging activities provided the community the venue to ask health-related questions, ideas for needed resources, and make connections for members that may not ask otherwise.

## **Youth Participation in Physical Activities**

CVMC's population health management goals revolve around the identification of risk factors that, if addressed early, can reduce the prevalence of chronic medical conditions later in life.

Panel management efforts continue within our CVMC Pediatric Primary Care practice to identify children that are overdue for well-child visits and provide outreach to encourage them to attend. Body mass index is calculated at each well-child visit and education is provided around the importance of physical activity for our pediatric patients. In addition, the CVMC School-Based Health Program, an extension of our pediatric primary care practice and operates two days each week at the Barre City Elementary and Middle School, offers the benefit of being embedded in the school setting. This provides greater opportunities for our pediatric clinicians to discuss and promote the importance of physical activity and how it impacts overall health and well-being with our pediatric patients.