

Annual Progress Report

At Central Vermont Medical Center, 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. Our affiliation, beginning in 2011 with the University of Vermont Medical Center, Champlain Valley Physicians Hospital Medical Center, Elizabethtown Community Hospital, and Alice Hyde Medical Center, under the University of Vermont Health Network, has increased our reach and capabilities as the primary medical center in central Vermont. This connection with the University of Vermont Health Network has been a significant step in promoting regional strategic planning, improving access to local care, enhancing information technology, and encouraging joint quality and clinical initiatives. Together, our organizations have worked to align with the state and federal health care reform agendas that promote enhanced integration and build upon our existing clinical partnerships.

A number of CVMC staff members serve on boards of other mission-related community organizations and planning groups such as the Vermont Blueprint for Health, OneCare Vermont, Central Vermont Health Care Coalition, Central Vermont Substance Abuse Services, Green Mountain United Way, People's Health & Wellness Clinic, Vermont Dietetic Association, Vermont Ethics Network, Vermont Medical Society Board, and many more. This implementation plan points to and acknowledges the valuable work of many efforts already underway throughout the county to address community health.

Our Community Health Team has discussed regional strategies that are working, gaps that remain, and opportunities for improvement. Based on these recommendations, we have developed the following measures to address those areas for improvement that require more attention and collaboration.

Drug Abuse

CVMC is working with community partners including the Vermont Department of Health Alcohol and Drug Abuse Program, Washington County Mental Health Services, Central Vermont Substance Abuse Services 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.

Current Initiatives

- Screening Brief Intervention and Referral to Treatment (SBIRT) model into eight medical homes throughout the CVMC Medical Group Practices. Increase communication and integrated care at each medical home with three master's level behavioral health counselors, offering onsite counseling services with documentation in their medical record.
- Internal and community outreach about SBIRT services available in the medical homes through newsletters, data briefs, rack cards, education and program brochures.

- Expanded Screening Brief Intervention and Referral to Treatment (SBIRT) model in our Women’s Health Clinic at CVMC. Incorporation of additional social determinates of health (depression, intimate partner violence, adverse childhood events, food and housing insecurity) screening, treatment and referrals. Access to same day long acting reversible contraceptives (LARC) for women of ages 15-44, combined with an enhanced process of comprehensive family planning. Increase communication and integrated care with immediate access to a licensed behavioral health counselor for interventions.
- CVMC provides screening, brief intervention, and referral to treatment (SBIRT) in its Emergency Department, hospital inpatient units, and in its primary care practices including Women’s Health. Trained social workers or psychologists are embedded in those locations to handle this work.
 - The Women’s Health project includes a comprehensive focus on pregnancy and family planning impacted by substance abuse
- 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, Central Vermont Substance Abuse Services), prevention partners, the Turning Point Recovery Center, the Youth Services Bureau, residential care providers, and local law enforcement;
- Three important programs grew out of gaps identified by WCSARP:
 - CVMC’s Emergency Department initiated an alcohol withdrawal protocol in collaboration with Washington County Mental Health 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 MAT (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 hospital inpatient units to assure stable transitions to the community.
- Clinical oversight of clinical interventions, ongoing training and support to medical staff, quality improvement and data management.
- Development of clinical intervention tools for medical providers to use during brief interventions and give to patients as resources.
- Continue to coordinate efforts with Central Vermont Addiction Medicine (CVAM): The staff of the Central Vermont Medication Assisted Treatment (MAT) Team has been working with the staff at CVAM to ensure that there is no wait list for individuals who are seeking MAT. Currently, new patients are seen and inducted on buprenorphine or methadone by the third MAT provider visit.

Advance Action

- Expand facilitation and leadership of the Washington County Substance Abuse Regional Partnership Committee to identify barriers to treatment and gaps in services. This multidisciplinary team, consisting of physicians, drug treatment facilities leadership, drug counselors, ADAP representatives, and our community mental health agency, meets monthly at CVMC to strengthen Washington County's response to our current drug epidemic.
- Continue development of parenting groups in conjunction with Treatment Associates and Central Vermont Addiction Medicine.
- Expand supports for patients under the age of 18 that may be in need of medication-assisted treatment.
- Engage practitioners: By increasing the MAT Team support, we are hopeful that we can encourage more practitioners to provide MAT to their patients.
- Ongoing education: By continuing with the Office Based Opioid Treatment (OBOT) Learning Collaborative in conjunction with Dartmouth Hitchcock Medical Center, we can continue to educate providers on new forms of treatment, which will help improve access to care. One example of this is the use of Vivitrol, an injectable medication that blocks the opioid receptors for an individual for 30 days. Patients receiving this type of treatment can be supported by the MAT Team.
- Through promotion on hospital bulletins and media centers, ensure that the public is aware of organizations such as Central Vermont Substance Abuse Services, and online resources being created by groups such as the Central Vermont Opioid Addiction Steering Committee and Washington County Regional Substance Abuse Partnership.
- Continue development of a local safe harbor bridge program that offers 24/7 referral, screening, and assessment services for individuals needing medically assisted withdrawal and/or substance abuse treatment.
- Continue development and support of Project Safe Catch, which is a drug amnesty program that offers addicts immediate access to substance abuse treatment in lieu of an arrest or penalty.
- Participation in the Governor's Substance Abuse Workforce Development Workgroups.
- Women's Health Initiative Learning Collaborative through the Vermont Blueprint for Health to support integration of expanded SBIRT services in women's health clinics throughout the State of Vermont.

Mental Health

Current Initiatives

- Family Psychiatry, a CVMC Medical Group practice, adopted formal standardized depression screening for patients 12 and older.
- Continue to offer the Wellness Recovery Action Plan (WRAP) is a wellness and recovery approach that helps people to decrease and prevent intrusive or troubling feelings and behaviors; increase personal empowerment; improve quality of life; and achieve their own life goals and dreams.

- CVMC, in partnership with Washington County Mental Health Services, is working to integrate behavioral health practitioners into every primary care practice.
- CVMC has piloted standardized trauma screening in collaboration with Washington County Mental Health into one of its primary care practices, identifying patients with a history of trauma and connecting them with services.
- CVMC is partnering with Washington County Mental Health Services to pilot 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 has developed a Doula Project to support every prenatal patient seen through Central Vermont Women’s Health. Each prenatal patient is offered doula support as research shows that doula labor support decreases the risk for postpartum depression.
- CVMC, in collaboration with Washington County Mental Health Services, is offering additional prenatal and postpartum support for women with a history of depression or are at risk of postpartum depression. Those services include:
 - case management
 - collaboration with other community agencies
 - prenatal yoga
 - childbirth education
 - referral to other Washington County Mental Health Services Programs and counseling
 - additional postpartum support up to one year postpartum
 - labor support
- Adverse Childhood Experiences (ACEs) pilot project was initiated with a the goal use Family Support Specialists embedded in one of CVMC’s local pediatric practices, 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.
- CVMC in partnership with State and local organization for recurrent viewings of the film Resilience including a panel of experts for an in-depth discussion on the impact of adverse childhood events.

Tobacco Use

Current Initiatives

- Continue to coordinate efforts with large and small local businesses. 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.
- 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). This also serves as a tool for educating and networking with community members.

- Added Freshstart (tobacco cessation) leaders in order to increase cessation services to Washington County residents including outlying areas.
- SBIRT clinicians are trained as Tobacco Treatment Specialist and accessible for individual counseling to promote successful quit attempts. Patients in the medical homes can access free brief treatment for tobacco cessation with a master's level counselor. Through partnership with the Tobacco Control Program, patients engaged with an SBIRT clinician are eligible for free nicotine replacement therapy such as patches, gum and lozenges. All treatment is documented in the shared medical EMR.

Advance action

- Continuing education via webinar invitations through the Vermont Department of Health.
- Through promotion on CVMC/Medical Group Practices bulletins and CVMC's web site, ensure that the general public is aware of 802Quits.org, an in-person, phone line and online support for tobacco cessation services.
- Expand access to SBIRT clinicians for tobacco cessation treatment to CVMC specialty practices

Healthy Diets

Current Initiatives

- Transition of Fitness4Wellness from a pilot into a twice offered annual program CVMC Rehab and Community Health Team collaboration project. Twelve- week wellness program for patients to improve their physical abilities through physical therapy; nutrition education to assist with healthier eating behaviors; health coaching including goal setting, and behavior modification techniques.
- Health Care Share: In partnership with Vermont Youth Conservation Corps, CVMC provides funding for the delivery of freshly harvested, organic vegetables to 150 recipients which impacted 382 children, adults, and seniors in need for 15 weeks. An educational binder with information on the nutritional value and preparation of the vegetables is distributed on the initial delivery in early July. In addition, weekly newsletters accompany the share including recipes and staff profiles from VYCC.
- Transition YMCA Diabetes Prevention Program to T2 a year-long program, hourly for 24-26 sessions. Targeted for people with pre-diabetes and/or a BMI > 25. Overall goal is to prevent developing diabetes with a population that is at high risk for this chronic disease. Focus is on modest weight loss of 5-7% body weight, and increasing weekly activity to 150 minutes. Statistics show a 58% reduction in developing diabetes if overall goals met.
- Veggie VanGo program: partnership with the Vermont Food Bank provided free, fresh produce to local community members. Approximately 4900 pounds of food were provided to an increased 230 (additional 30) community members at each of the monthly distributions.

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.

Current Initiatives

- Continue our panel management efforts within our CVMC Pediatric Primary Care practices 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.
- The CVMC School-Based Health Center is an extension of our pediatric primary care practices and operates two days each week at the Barre City Elementary and Middle School. One benefit of being embedded in the school setting is that it provides more 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.
- The annual CVMC Fun Run and Walk offers our community's youth population an opportunity to participate in a five-mile race around Berlin Pond, the proceeds of which go to the Health Care Share program.

Advance Action

- Work with our two Pediatrics practices to further incorporate patient self-management goals and quality measures pertaining to increased physical activity for our pediatric patient population.
- Increase our involvement in the creation and promotion of new community programs that target youth participation in physical activities.