



Choosing Health

**NORTHEASTERN VERMONT
REGIONAL HOSPITAL**



Community Health Needs Assessment Evaluation Year 2 Fiscal Year 20

Evaluation Year 2; FY2020

Outcome	Our Community will be Financially Secure <i>“Earning enough money to support yourself and your family; not worrying about money.”</i>		
Population Measures	<ul style="list-style-type: none"> • % living in poverty • Median household income 		
How Much?	How Well?	Is Anyone Better Off?	
Action	Performance Measure	Comments	Budget
Transportation to work initiatives	5 people served in the Rides to Work program with car repairs. 10 people serviced with gas cards.	Identified as a gap in transportation services by low income residents and public transportation providers. NVRH will work with Voc Rehab and Creative Workforce Solutions to find short and long term solutions to transportation to work for low income individuals.	\$778.75 (includes a credit from last year for the van pool not used)
Financially Secure CAN Healthy Cents Fund	Grant awarded in April 2020. Program start delayed due to COVID.	The Financially Secure CAN has identified employee advancement and access to childcare as priorities; as well as increasing access to employment to recruit and retain young people to the area.	\$58,000.00
Financial Security Screening in primary care	Screening for help with “utilities” used as a proxy for financial security. Corner Medical: 1107 screened, 1086 positive. KIM:2 screened, 2 positive.	The Institute of Medicine (IOM) and the Center for Medicare and Medicaid Services (CMS) recommend all healthcare systems include screening for financial security	In Kind – Sch H

		in a screening tool for social determinants of health.	
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*Included in the Community Health Improvement operations budget

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TBD = To Be Determined. In recognition that the community health improvement process is fluid.

Outcome	Our Community will be Physically Healthy <i>“Maintaining physical health and well-being through healthy behaviors and medical care.”</i>		
Population Measures	<ul style="list-style-type: none"> • % adults meeting physical activity guidelines • % adolescents meeting physical activity guidelines • Primary care provider FTE per 100,000 Vermonters • % adults over 20 who are overweight • % adults over 20 who are obese 		
How Much?	How Well?		Is Anyone Better Off?
Action	Performance Measure	Comments	Budget
Recruit and retain primary care providers	<p>Recruitment: 3 nurse practitioners in Corner Medical (2 for Express Care); 1 nurse practitioner and 1 MD in St. Johnsbury Pediatrics; 2 MD’s in Women’s Wellness Center.</p> <p>Northern Express Care: Corner Medical and KIM opened a clinic for same-day appointments in March 2020.</p> <p>Third Available Appointment: KIM: Urgent and Routine – 0 days, Extended visits – 6 days. Women’s Wellness – 5 days. Corner Medical: Urgent – 4.875 days; Chronic Conditions – 8.125 days; Comprehensive – 21.625 days St. Johnsbury Pediatrics: Urgent – 0 days; Routine varies from 16 days to 70 days;</p>	<p>Access to comprehensive, quality health care services is important for promoting and maintaining health, preventing and managing disease, reducing unnecessary disability and premature death, and achieving health equity.</p>	<p>In kind – Sch H</p>

	well-child varies from 38 days to 93 days.		
Chronic Disease Self-Management Programs	<p>FreshStart tobacco cessation: 6 (series of 4 classes)workshops, 4 participants.</p> <p>Chronic Pain: 3 workshops (6 classes each), 26 completers;</p> <p>WRAP: 1 workshop, 12 completers; Prevent T2: 3 workshops, 26 completers.</p> <p>Diabetes Team-Based Care pilot: 5 completers (out of 6 in the pilot)</p>	Self-management education is effective for people with chronic conditions, including arthritis, diabetes, heart disease, and lung disease. These interventions can reduce symptoms, give patients the confidence to manage their condition, and improve their quality of life.	In kind – Sch H
Community Paramedic Program	On hold	NVRH proposes to start the first in the state Community Paramedic Program. The goals of the program are to improve the quality of life for patients discharged from the hospital and the ED, and make EMS a member of the care transitions team.	In kind – Sch H
Rides to Wellness; transportation program to medical appointments and other essential trips e.g. shopping, social service appointments	39 individuals received gas cards given out by Community Connections	Community Connections screens clients for transportation needs; creates action plans with clients to plan for future needs; provides short term solutions such as gas cards or taxi rides.	\$1660.00
Energize 365; community wide campaign to promote physical activity	22 Facebook posts for Photo of the Month and Expedition. Pop	Energize 365 is a community wide campaign to promote physical activity. It is a	\$5946.12

	Ups in the Parks: on hold - COVID Smoothie Bikes: on hold - COVID Energize Expedition: 5 participants	strategy of the Physically Healthy CAN of the CAHC.	
Girls on the Run	3 schools. Reduced due to COVID	Girls on the Run is a transformational learning program for 8 to 13 year-old girls. The program teaches life skills through dynamic, conversation-based lessons and running games.	\$2000.00
Bike Helmets	94 bike helmets	NVRH provides bike helmets for kids and adults. Helmets are distributed year round through the St. Johnsbury Police Department	\$809.32
No Sugar Added	1850 water bottle (kids) to 3 area schools. Also sponsorship for Caledonia Flood No Sugar Added kids soccer team	NVRH provides water bottles to the community, including schools as part of the No Sugar Added Campaign to reduce consumption of sugary drinks and reduce obesity.	\$5657.60
Diabetes Self-Management Services Outpatient	No CDE's for most of FY20.	NVRH has 2 Certified Diabetes Educators who provide Diabetes Self-Management Education free of charge in a variety of outpatient settings.	In Kind - Sch H

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Our Community will be Mentally Healthy <i>“Coping well with the normal stresses of life; reaching your potential; making a contribution to your community.”</i>			
Outcome			
Population Measures	<ul style="list-style-type: none"> • % adults with a depressive disorder • % adolescents (grades 9 – 12) who made a suicide plan • Rate of suicide deaths per 100,000 • % of adolescents who smoke cigarettes • % of adolescents who used marijuana in the last 30 days • % of adolescents who binge drank in the last 30 days 		
How Much?	How Well?		
Action	Performance Measure		
Comments	Annual Budget		
Medication Disposal Drop Box Harm Reduction	112.2 gallons of waste medication	NVRH provides a medication drop box to the public 24/7	In kind-Sch H
Behavioral Health Specialists in primary care	Behavioral Health Specialist encounters all medical homes: 1217	NVRH primary care medical homes employ behavioral health specialists to meet short term counseling and behavioral change support	In kind-Sch H
Mental Health First Aid	1 NVRH employee certified to teach Youth Mental Health First Aid; 1 NVRH employee certified to teach Adult Mental Health First Aid. 1 Youth Mental Health First Aid training held; 16 people attended and completed the 2 day workshop.	NVRH provides a trainer for this program designed to give people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it does build mental health literacy, helping the public identify, understand, and respond to signs of mental illness.	In Kind-S1ch H
Dr. Bob’s House	In kind rent and utilities	The Kingdom Recovery Center resides in the NVRH owned	\$7086.88

		Dr. Bob's House on Summer St. in St. Johnsbury.	
Psychiatrist services	81 patient encounters. Next available appointment 2 – 3 weeks.	NVRH employs a part time psychiatrist to provide consulting services to area medical providers	In kind – Sch H
Community Health Workers in the St Johnsbury Schools	18 school encounters Reduced due to COVID; grant funding ended 12/31/19	NVRH employs Community Health Workers in the Community Connections program. Two CHW's embedded within the St. Johnsbury School (pre K-8) to work as a team with school staff.	In-kind – Sch H
Substance Use Disorder Prevention	Law enforcement education – 18 participants from 3 law enforcement agencies, and 6 community partner agencies (including NVRH). Feedback comments were all positive.	NVRH administers the Regional Prevention Partnership grant and the Tobacco Prevention grants for the State of Vermont in our region. We will financially support complimentary and supplemental programing for prevention.	
Hub and Spoke medication assisted treatment for opioid use disorder	Added 11 waived prescribers in the NVRH ED by fiscal year end. 4 prescribers in NVRH primary care, 9 unique patients.	Vermont's Hub and Spoke initiative focuses specifically on enhancing the provision of Medication Assisted Therapy (MAT) for individuals with opioid addiction. MAT, (methadone and buprenorphine) in combination with counseling, is recognized as the most effective treatment	In kind – Sch H

		<p>for opioid addiction. Primary care offices are considered Spokes because they prescribe buprenorphine (Hubs dispense methadone). To prescribe buprenorphine, physicians must complete a training course (eight hours minimum) and obtain a waiver from the federal government. Physician assistants (PAs) and nurse practitioners (NPs) to undergo 24 hours of training and education to become waived.</p>	
<p>Embedded Mental Health in ED</p>	<p>On hold</p>	<p>NVRH will work with community partners to respond to the number of high utilizers in the Emergency Department for mental health reasons. This program seeks to maintain appropriate level of medical screening for medical causes or comorbidities to mental health concerns, while quickly wrapping mental health responses around a patient with mental health concerns. An important component is follow up care, essential to reduce readmission to the ED, thereby reduce ED utilization</p>	<p>In Kind – Sch H</p>

		costs, and improve the quality of community-based mental health care.	
Comprehensive Care Clinic; and VT Cares Harm Reduction	98 billable encounters in Comprehensive Care Clinic	The NVRH Comprehensive Care Clinic provides care and treatment for HIV and Hep C; Vermont Cares runs the free needle exchange and is provided space rent free.	In Kind – Sch H
Recovery Coaches in the ED	76 unique clients served	Modeled on the AnchorED program in R.I., on call recovery coaches will be embedded in the ED to handle brief interventions and referral to treatment for those presenting in the ED with substance use disorders, including overdoses.	In Kind – Sch H
Mentally Healthy CAN initiatives	Alternative Therapy: 4 clients Youth Advisory Committee re-energized: 4 youth recruited; initiative includes 7 community partner agencies including NVRH. Vermont Learning Support Services helped recruit youth to YAC through the Vermont Afterschool Program. A pre and post survey will be administered in FY21. Survey to assess community perceptions of mental health	The Mentally Healthy CAN has identified suicide prevention, especially among youth as a priority.	\$2544.03

	<p>stigma: 560 surveys received. Work to review surveys and plan next steps set for FY21.</p>		
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Outcome	Our Community will be Well Nourished <i>“Eating enough healthy food.”</i>		
Population Measures	<ul style="list-style-type: none"> • % adolescents (grades 9 – 12) eating 3 or more servings of vegetables daily • % adolescents eating 2 or more servings of fruit daily • % adults eating 3 or more servings of vegetables daily • % adults eating 2 or more servings of fruit daily • % adults with diabetes 		
How Much?	How Well?	Is Anyone Better Off?	
Action	Performance Measure	Comments	Budget
Veggie Van Go mobile produce market	Averaged 305 families served each month. 2 additional food distributions (total of 14) due to COVID	Veggie Van Go is a partnership with the Vermont Foodbank. Once a month, a fresh produce market is located at NVRH. The program is marketed to people with limited financial resources. NVRH provides the space and volunteers to run the market.	In kind – Sch H
Health Care Shares CSA for food insecure patients	30 families for 12 weeks each	Health Shares is a partnership with the Vermont Youth Conservation Corp.	\$7000
Summer Food Service Program for adolescents and children	On hold - COVID	This program is a partnership with the Vermont Department of Education and Hunger Free Vermont. Summer meals are served at no cost in the NVRH cafeteria. NVRH also provides box lunches at several program sites in the NEK.	In Kind – Sch H
Community Gardens	25 garden spots	NVRH provides free garden space to community members.	In kind – Sch H

Hunger Vital Sign ; screening for food insecurity in primary care	<i>St. J Pediatrics</i> : 1069 screens; positive; 75; <i>Corner Medical</i> : 1138 screenings, 38 positive; <i>KIM</i> : 595 screenings, 24 positive.	The Institute of Medicine (IOM) and the Center for Medicare and Medicaid Services (CMS) recommend all healthcare systems include screening for financial security in a screening tool for social determinants of health.	In kind – Sch H
Well Nourished CAN	Much reduced program due to COVID. 18 Facebook posts. 72 people received bags, recipes.	The Well Nourished CAN is developing small scale place-based strategies to increase consumption of healthy food.	\$3510.06

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Outcome	Our Community will be Well Housed <i>“Living in affordable and safe homes located in healthy communities with opportunities for positive social interactions.”</i>		
Population Measures	<ul style="list-style-type: none"> Households that spend 30% or more of their income on housing 		
How Much?		How Well?	Is Anyone Better Off?
Action	Performance Measure	Comments	Budget
Laundry for the Warming Shelter	2490 pounds of laundry	NVRH provides laundry service to the Warming Shelter at no cost	In kind – Sch H
Healthy Homes initiative for people with COPD and Asthma	3 clients Products distributed: mattress and pillow covers, HEPA vacuums, wedge pillows, green cleaning products	Healthy Homes started as a partnership with Efficiency Vermont. Community Health Workers provide disease self-management support and healthy home products like HEPA vacuum cleaners, mattress and pillow covers, air purifiers	\$310.32
Well Housed	Warming shelter in St J. Averaged 10 people per night.	The Governor’s Opioid Coordination Council (2018) identified “expand recovery housing” as a priority; the Well Housed CAN of the CAHC have also identified housing for those in recovery as a strategy.	\$4000.00
Housing Security Screening in primary care	Women’s Wellness Center: 297 screenings, 35; Corner Medical: 1131 screenings, 111 positive; KIM: 5 screenings, 1 positive	The Institute of Medicine (IOM) and the Center for Medicare and Medicaid Services (CMS) recommend all healthcare systems include	In Kind – Sch H

		screening for financial security in a screening tool for social determinants of health.	
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