



Choosing Health

**Northeastern Vermont  
Regional Hospital**



**Community Health Needs Assessment  
Evaluation Year 3  
Fiscal Year 23**

<b>Outcome</b>	<b>Our Community will be Financially Secure</b> <i>“Earning enough money to support yourself and your family; not worrying about money.”</i>		
<b>Population Measures</b>	<ul style="list-style-type: none"> <li>• % living in poverty</li> <li>• Median household income</li> </ul>		
<b>How Much?</b>		<b>How Well?</b>	<b>Is Anyone Better Off?</b>
<b>Action</b>	<b>Performance Measure</b>	<b>Comments</b>	<b>Budget</b>
<b>Transportation to work initiatives</b>	0 people served for “Rides to Work” initiative.	Identified as a gap in transportation services by low-income residents and public transportation providers. NVRH will work with HireAbility Vermont and Creative Workforce Solutions to find short and long-term solutions to transportation to work for low-income individuals.	\$0
<b>Financially Secure CAN</b>	Development of Economic Mobility Mentoring Program (EmPATH) capacity among local health and human service organizations in order to break down silos and use a comprehensive approach to support upward economic mobility working with community members.	The Financially Secure CAN has identified employee advancement and trauma informed approaches to service and client engagement as priorities; as well as increasing access to employment to recruit and retain young people to the area.	\$7,000.00
<b>Financial Security Screening in primary care</b>	Screening for help with “utilities” used as a proxy for financial security. <b>Corner Medical:</b> 3,531 Screened, 47 Positive. <b>Kingdom Internal:</b> 1,083 Screened, 22 Positive <b>Women’s Wellness:</b>	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

	471 Screened, 14 Positive	
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\*Included in the Community Health Improvement operations budget

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<b>Our Community will be Physically Healthy</b> <i>“Maintaining physical health and well-being through healthy behaviors and medical care.”</i>	
<b>Outcome</b>	<b>Population Measures</b>
	<ul style="list-style-type: none"> <li>• % adults meeting physical activity guidelines</li> <li>• % adolescents meeting physical activity guidelines</li> <li>• Primary care provider FTE per 100,000 Vermonters</li> <li>• % adults over 20 who are overweight</li> <li>• % adults over 20 who are obese</li> </ul>
<b>How Much?</b>	<b>How Well?</b>
<b>Action</b>	<b>Performance Measure</b>
<b>Recruit and retain primary care providers</b>	<p><b>Recruitment:</b> 1 NP Corner Medical; 2 Physicians and 1 NP to St, Johnsbury Pediatrics; 1 RN and 1 Midwife to Women’s Wellness</p> <p><b>Third Available Appointment:</b> KIM: New pt – 24 days, Follow-up/acute – 4 days; Corner Medical: New – 30 days, Follow-up/acute – 5 days; Women’s Wellness: New pt – 11 days, follow-up/acute – 3 days; St. Johnsbury Pediatrics: New – 11 days, follow-up/acute – 8 days</p>
	<b>Comments</b>
	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.
	<b>Is Anyone Better Off?</b>
	In kind – Sch H
	<b>Budget</b>

<p><b>Chronic Disease Self-Management Programs</b></p>	<p>7 Workshops completed (listed below) with 34 participants:</p> <ul style="list-style-type: none"> <li>• Diabetes Prevention Program</li> <li>• Diabetes Self-Management</li> <li>• Chronic Disease Self-Management</li> <li>• High Blood Pressure Management (Health Coaching for Hypertension Control)</li> <li>• Quit Smoking Groups (Freshstart)</li> </ul>	<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.</p>	<p>In kind – Sch H</p>
<p><b>Community Paramedic Program</b></p>	<p>NOT HAPPENING</p>	<p>NVRH had proposed 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.</p>	<p>In kind – Sch H</p>
<p><b>Rides to Wellness;</b> transportation program to medical appointments and other essential trips e.g. shopping, social service appointments</p>	<p>20 people served</p>	<p>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.</p>	<p>\$360.00 (donor-supported)</p>
<p><b>Energize 365;</b> community wide campaign to promote physical activity</p>	<p>Energize 365 was a focus of the Physically Healthy CAN and has provided consistent community messaging and physical activity opportunities,</p>	<p>Energize 365 is a community wide campaign to promote physical activity. It is a strategy of the Physically Healthy CAN of NEK Prosper!</p>	<p>\$3,769.00</p>

	including pop-ups in the park and other advertising monthly in the local paper during the period. <b>Pop-ups in the Park: 28</b> classes offered across <b>3</b> communities.		
<b>Girls on the Run</b>	<b>2</b> schools supported: Danville and St. Johnsbury Programs	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.	\$3,000.00
<b>Bike Helmets</b>	<b>120</b> individuals served	NVRH provides bike helmets for kids and adults. Helmets are distributed year round through the St. Johnsbury Police Department, at local schools, and at St. Johnsbury Pediatrics	\$1,575.65
<b>No Sugar Added</b> water bottles	<b>1,875</b> water bottles distributed to local students and support provided to Caledonia County Flood Soccer program to promote No Sugar Added	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.	\$6,354.24
<b>Diabetes Self-Management Services Outpatient</b>	Self-Management Programs are being offered in the service area, including Diabetes Prevention Program and Chronic Disease Self-Management, in collaboration with MyHealthyVT. NVRH has 2 CDCES who service inpatient and outpatient needs.	NVRH has 2 Certified Diabetes Education and Support Specialists who provide diabetes education in a variety of outpatient settings.	In Kind - Sch H

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<b>Our Community will be Mentally Healthy</b> <i>“Coping well with the normal stresses of life; reaching your potential; making a contribution to your community.”</i>			
<b>Outcome</b>			
<b>Population Measures</b>	<ul style="list-style-type: none"> <li>• % adults with a depressive disorder</li> <li>• % adolescents (grades 9 – 12) who made a suicide plan</li> <li>• Rate of suicide deaths per 100,000</li> <li>• % of adolescents who smoke cigarettes</li> <li>• % of adolescents who used marijuana in the last 30 days</li> <li>• % of adolescents who binge drank in the last 30 days</li> </ul>		
<b>How Much?</b>	<b>How Well?</b>		
<b>Action</b>	<b>Performance Measure</b>		
<b>Comments</b>	<b>Annual Budget</b>		
<b>Medication Disposal Drop Box Harm Reduction</b>	174 pounds of medication were acquired and properly disposed of during FY23.	NVRH provides a medication drop box to the public 24/7.	In kind-Sch H
<b>Behavioral Health Specialists in primary care</b>	Behavioral Health Specialist encounters all medical homes: <b>1,839</b>	NVRH primary care medical homes employ behavioral health specialists to meet short term counseling and behavioral change support	In kind-Sch H
<b>Mental Health First Aid</b>	1 NVRH employee certified to teach Youth Mental Health First Aid; 1 NVRH employee certified to teach Adult Mental Health First Aid.	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-Sch H
<b>Dr. Bob’s House</b>	In-kind rent and utilities	The Kingdom Recovery Center resides in the NVRH owned Dr. Bob’s House on Summer St. in St. Johnsbury.	\$13,239.74

<p><b>Psychiatrist services</b></p>	<p>NVRH no longer employs a psychiatrist, requiring a pivot to telehealth access with Alpine Telehealth for Psychiatric Services both at Corner Medical and Kingdom Internal Medicine. Combined, Alpine Telehealth and the Psychiatric Nurse Practitioner provided <b>365</b> patients visits via telehealth during FY23.</p>	<p>NVRH formerly employed a part-time psychiatrist to provide consulting services to area medical providers.</p>	<p>In kind – Sch H</p>
<p><b>Community Health Workers (CHW) in the St. Johnsbury Schools</b></p>	<p>Reduced due to COVID; grant funding ended 12/31/19</p> <p>NVRH has not consistently had a CHW embedded in the school, but has re-engaged and will continue to support the school, including participation in care team meetings and receiving referrals.</p> <p>Overall, NVRH Community Connections CHWs had <b>3,124</b> visits in FY 23.</p>	<p>NVRH employs three Community Health Workers in the Community Connections program.</p>	<p>In kind – Sch H</p>
<p><b>Substance Use Disorder Prevention:</b> medication lock boxes; evidenced-based after school program for Cornerstone School; incentives for participation e.g. food</p>	<p>NVRH held a series of trainings with Outright VT, school-based engagement, vaping presentations, drug recognition trainings, and continues to provide medication lock bags for the region.</p>	<p>NVRH administers grant funding, including the Prevention Center for Excellence (now the Vermont Prevention Lead Organization) and Tobacco Prevention grants for the State of Vermont in our region, as well as a federal Drug-Free Communities Support Program grant. We will financially</p>	<p>Grant-funded work: \$390,000</p>

		support complimentary and supplemental programing for prevention.	
<b>Hub and Spoke</b> medication assisted treatment (MAT) for opioid use disorder	<b>3</b> waived* prescribers in NVRH Primary Care, <b>10</b> unique patients receiving MAT, and <b>21</b> prescribers within the HSA.	Vermont’s Hub and Spoke initiative focuses specifically on enhancing the provision of Medication Assisted Treatment (MAT) for individuals with opioid addiction. MAT, in combination with counseling, is recognized as the most effective treatment for opioid addiction. Primary care offices are considered Spokes because they prescribe buprenorphine (Hubs dispense methadone). *Effective in 2023, providers are no longer required to obtain a DATA-waiver to prescribe MAT medications. All providers who have a DEA number can now prescribe MAT to patients who have opioid use disorder.	In kind – Sch H
<b>Embedded Mental Health in ED</b>	NVRH has been working with Northeast Kingdom Human Services to develop workflows, including EMR access, to document crisis assessments. NVRH will continue to evolve workflows to integrate mobile crisis and care pathways to ensure effective transitions of care and follow-up, screening for mental health needs and suicidality, and protocols to ensure patient safety and	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 costs, and improve	In Kind – Sch H



	referral to appropriate treatment and supports.	the quality of community-based mental health care.	
<b>Comprehensive Care Clinic; and VT Cares Harm Reduction</b>	<b>19</b> 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
<b>Recovery Coaches in the ED</b>	<b>59</b> people 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
<b>Mentally Healthy CAN initiatives</b>	Engaged with contractor to create marketing and anti-stigma communication campaign in regarding to mental health. Engaged outreach strategies to normalize mental health, including advertising at the local movie theater.	The Mentally Healthy CAN has identified suicide prevention, especially among youth as a priority.	\$7,365.29

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<b>Outcome</b>	<b>Our Community will be Well Nourished</b> <b><i>“Eating enough healthy food.”</i></b>
<b>Population Measures</b>	<ul style="list-style-type: none"> <li>• % adolescents (grades 9 – 12) eating 3 or more servings of vegetables daily</li> </ul>

	<ul style="list-style-type: none"> <li>• % adolescents eating 2 or more servings of fruit daily</li> <li>• % adults eating 3 or more servings of vegetables daily</li> <li>• % adults eating 2 or more servings of fruit daily</li> <li>• % adults with diabetes</li> </ul>			
How Much?		How Well?		Is Anyone Better Off?
Action	Performance Measure	Comments	Budget	
<b>Veggie Van Go</b> mobile produce market	<b>4,803</b> families served	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	
<b>Health Care Shares</b> CSA for food insecure patients	<b>30</b> families received Health Care Shares for 12 weeks each, totaling <b>105</b> people served.	Health Care Shares is a partnership with the Vermont Youth Conservation Corp.	\$10,800.00	
<b>Summer Food Service Program</b> for adolescents and children	NVRH did not provide summer meals in FY23, but continues to support older adults with Blizzard Bags during the winter months- <b>\$5,386.43</b> and staff/operations	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 (\$5,386.43)	
<b>Community Gardens</b>	<b>28</b> garden spots provided to local residents	NVRH provides free garden space to community members.	In kind – Sch H	
<b>Hunger Vital Sign</b> ; screening for food insecurity in primary care	<b>St. Johnsbury Pediatrics:</b> 3,121 Screened, 171 positive <b>Corner Medical:</b> 3,561 Screened, 109 positive <b>Kingdom Internal:</b> 1,309 Screened, 66 positive <b>Women’s Wellness:</b> 484 Screened, 42 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	

<b>Well-Nourished CAN</b>	Partnered with White Market to support healthy food initiative- provided Food Hero recipe cards at White Market with accompanying signage, etc. Also engaged contractor to develop local capacity to deliver innovative, sustainable, and equitable healthy food access programs and services to create a more well-nourished NEK.	The Well-Nourished CAN is developing small scale place-based strategies to increase consumption of healthy food.	\$1,200.00
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<b>Outcome</b>	<b>Our Community will be Well Housed</b> <i>“Living in affordable and safe homes located in healthy communities with opportunities for positive social interactions.”</i>		
<b>Population Measures</b>	<ul style="list-style-type: none"> <li>Households that spend 30% or more of their income on housing</li> </ul>		
<b>How Much?</b>		<b>How Well?</b>	<b>Is Anyone Better Off?</b>
<b>Action</b>	<b>Performance Measure</b>	<b>Comments</b>	<b>Budget</b>
<b>Laundry</b> for the Warming Shelter	On hold	NVRH provides laundry service to the Warming Shelter at no cost	In kind – Sch H
<b>Healthy Homes</b> initiative for people with COPD and Asthma	Program has been challenged with identifying eligible patients for Weatherization + Health Initiative focused on pediatric asthma.	Healthy Homes started as a partnership with Efficiency Vermont. Community Health Workers provide disease self-management support and healthy home	N/A

		products like HEPA vacuum cleaners, mattress and pillow covers, air purifiers	
<b>Well Housed - Recovery Housing</b>	Due to collaborative efforts, recovery housing for mothers is serving the community. Other efforts included a bed bug prevention pilot initiative.	The Governor’s Opioid Coordination Council (2018) identified “expand recovery housing” as a priority; the Well Housed CAN of NEK Prosper! have also identified housing for those in recovery as a strategy. Additionally, housing challenges, such as the shortage of housing stock, continue to create challenging conditions to impact this outcome area.	N/A
<b>Housing Security Screening in primary care</b>	<b>Corner Medical:</b> 4,062 Screened, 77 positive <b>Kingdom Internal Medicine:</b> 1,242 screened, 63 screened <b>Women’s Wellness:</b> 500 Screened, 17 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

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