

## COMMUNITY HEALTH NEEDS ASSESSMENT 2015

### IMPLEMENTATION PLAN

Approved by the Mt. Ascutney Hospital and Health Center Board of Trustees on April 4, 2016

#### ACTION ITEM

##### 1. Alcohol and drug misuse including heroin and use of pain medications

###### Action Plan

###### Treatment:

- Revise and widely distribute Consumer Guide for Substance Use Treatment – print and on-line
- Promote a clear pathway for quicker access to individualized treatment and recovery through HCRS and Clara Martin access coordinators
- Implement a Medication Assisted Therapy Program for addicted moms of the pediatric practice
- Implement SBIRT in Pediatric and Adult Mt. Ascutney Physicians Practice
- Provide Chronic Pain Workshops for self-management skills in conjunction with recovery services
- Utilize peer recovery coaches for clients including seniors in recovery
- Work with the medical staff of Mt. Ascutney Hospital and Health Center, dentists and dental surgeons, pharmacists and specialty providers to:
  - 1) Create a list of targeted referrals to treatment and recovery programs that address patients distress that could lead to abuse
  - 2) Develop a protocol/skills training for withdrawal from chronic long-term opioids and anxiolytics
  - 3) Develop a template/protocol for patients in recovery who have planned surgery (including oral surgery), trauma or general issues that will require opioids or pain control regime
  - 4) Develop an education/awareness series that partners medical staff and recovery professionals in working with patients experiencing substance misuse and lead toward recovery
  - 5) Create an interdisciplinary team approach in the provision of alternative services for patients with chronic pain, i.e., Pain Service, Behavioral Health, Chronic Pain Workshops, etc.
- Address the social determinants of health (housing, employment, transportation, etc.) through interagency care management with spoke program, CHT and PATCH

###### Prevention

- Widely promote “Be Aware Don’t Share” campaign centered around safe medication use, storage, and disposal
- Continue to support county-wide medication disposal and incineration practices
- Continue alcohol, tobacco and drug paraphernalia outlet location/density and advertising control measure efforts with Regional Planners and Municipal Partners

## **ACTION ITEM**

- Utilize media outlets to promote:
  - 1) Party Safe materials (holidays, prom, graduation)
  - 2) Text-a-tip underage drinking party campaign
  - 3) April as Alcohol Awareness Month
  - 4) Parent-Up statewide media campaign and resources
- Recognition to retailers who pass Department of Liquor Control compliance checks
- Work with local stores to decrease alcohol advertising
- Promote model town ordinances that restrict use of adult only substance abuse products at public events (i.e., alcohol)
- Share educational and treatment resources between community partners
- Actively participate in Regional Community Health Team initiative with DHMC, APD and VRH

### Education

- Provide support and resources for the school curriculum on substance abuse
- Offer an educational series for community partners similar to SBIRT that improves capacity to assess, approach, intervene and refer the population they serve to treatment programs
- Organize an effort to change cultural norms about addiction from a shame-based approach to a neighbor helping neighbor approach
- Organize a quarterly community-based film/dialog series to educate and raise awareness around substance abuse/addiction issues

## **2. Access to mental health care**

### Action Plan

- Revise and widely distribute brochure of local mental health counselors, include target population and insurances accepted – print and on-line
- Support integration of new psychiatrist in Patient Centered Medical Home
- Promote use of PEARLS and eldercare programs with Senior Solutions
- Work closely with HCRS
- Provide regular WRAP Programs in our community
- Explore tele-health opportunities to improve access for consultation, education and support to medical staff and direct patient care

## **3. Access to dental care**

### Action Plan

- Create and widely distribute a brochure of local dentists and insurances they will accept – print and on-line

### **ACTION ITEM**

- Apply to Northeast Delta Dental for Dental Clinic in the school for dental education, dental screening and sealant application and implement clinic; increase patients served by 5%
- Pediatricians to provide oral health education, oral risk assessment and fluoride application; increase patients served by 10%
- Windsor Community Health Clinic to administer Dental Voucher Program through grant support of Dorothy Byrne Foundation
- Promote Senior Smiles Program
- Work with Vermont Dental Society to actively recruit dentists to the area
- Work with Red Logan Dental Clinic to implement a satellite program in Windsor

#### **4. Access to enough and affordable health insurance; cost of prescription drugs**

##### Action Plan

- Windsor Community Health Clinic and Navigator Program will assist patients to apply for health insurance for which they are eligible
- Medication Voucher Program will be administered through the Windsor Community Health Clinic
- Windsor Community Health Clinic will assist patients to apply for indigent patient drug programs
- Schedule at least one Medicare Boot Camp working with Senior Solutions
- Explore options and opportunities to help the underinsured “middle class” populations with high deductibles to access healthcare

#### **5. Nutrition/access to affordable healthy food**

##### Action Plan

- Establish a food distribution site in Windsor working with Willing Hands and the Food Bank
- Promote Three Squares and Farmer’s Market vouchers—organize volunteer pick up for seniors – bring the food to the people
- Promote SEVCA farm-to-family coupons
- Work with local farmers to create options for food purchasing system, locally
- Promote referrals and access to counseling and educational support from RD/CDE
- Collaborate with and between food shelves
- Establish a donation drive network of agencies that could provide food in times of high need and “bare shelves”
- Explore the creation of a summer food program

## ACTION ITEM

### 6. Lack of physical activity; need for recreational opportunities, active living

#### Action Plan

- Partner with healthy community design efforts
- Partner with the pediatric practice at MAHHC and OHC with outreach to patients and families regarding exercise options, i.e., State Park prescriptions, maps of hiking trails, local Adventure Quest Program

### 7. Income, poverty and family stress

#### Action Plan

- PATCH, at the Windsor Connection Resource Center, will support the presence of a referral to economic services, mental health services, employment services for the community
- Pediatrics will offer family support program
- Increase interagency care management and shared care plans
- Promote the Parent-to-parent Collaborative Problem-Solving Program

### 8. Access to transportation

#### Action Plan

- Windsor will be represented in the Regional Transportation Coalition
- Support recruitment and use of volunteer drivers for Volunteers in Action and Thompson Senior Center
- Windsor Community Health Clinic will administer a Transportation voucher Program for rides to medical care

### 9. Access to primary health care

#### Action Plan

- Restructure clinic to allow optimized capacity through Team Based Care Model
- Schedule for same day access
- Implement team-based care model as Patient Centered Medical Home
- Use GCAHPS scores to assess effectiveness of access to care

### 10. Health care for seniors

#### Action Plan

- Blueprint for Health Community Health Team will work with Senior Solutions for outreach
- Implement Geriatric Workforce Enhancement Program (GWEP) at MAHHC and OHC

<b>ACTION ITEM</b>
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<b>11. Tobacco Use/Smoking</b>
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Action Plan

- Provide individual and group cessation programs
- Work with local stores to decrease tobacco advertising
- Promote model town ordinances that restrict use of adult only substance abuse products at public events (i.e., tobacco)
- Provide community education about the impact of vaping