

Strengthening Families

Approaches for including people with lived experience

The Moms in recovery group at DH was surveyed as part of our 5-whys root cause analysis. In addition, many of the work group members bring valuable lived experience of their own to the group.

Problem Statement

Why are not more children socially and emotionally ready for kindergarten?

Root Cause(s)

Social Isolation is the root cause that we identified as most actionable and most impactful.

Aim Statement

To increase social connectedness of caregivers in the MAH service area within the next 5 years.

Best Practice Strategies

Approaches will include:

- I: Implementing playgroups in Vermont towns in the HSA
- II: Coordinating a series of Circle of Security parenting education offerings in this region (VT & NH)

Results Based Accountability (RBA)/data collection

[Data Development Plan](#)

- I. How much- # of unique playgroups offered per time period, # of towns in which playgroups are offered, and # of towns from which people participate.
- I. How well- % of returning families
- I. Is anyone better off- % of participants reporting improvement in the strengthening families protective factors
- II. How much- # of families/households served by COS series
- II. How well- % of participants that are satisfied/very satisfied with the series
- II. Is anyone better off- % of participants that report they are still using strategies learned in a series 3 months later, and % of participants reporting an enhanced relationship with a supportive person 3 months later

Alcohol and Substance Misuse

Approaches for including people with lived experience

MAT group provider brought 5 Whys analysis to 3 separate MAT groups. A total of 8-10 patients from this Outpatient setting contributed to the analysis. In addition, 3-4 representatives from the Springfield Turning Point Recovery Center are in regular attendance at monthly meetings. 57 survey responses for barriers survey from people that are using or in recovery.

Problem Statement

Substance misuse (all substances) treatment options are underutilized by the adult population.

Root Cause(s)

The components contributing to the adult population underutilizing treatment include System, Resources, Environment, and People. The root causes are complex and do not indicate that there is a lack of availability of treatment options, but a lack of personal engagement, for various reasons.

Aim Statement

Decrease the following barriers to substance misuse treatment for adults in the Windsor HSA within 3 years: availability of services, stigma (guilt, shame, etc.), life circumstances & competing priorities/chaos, and ambivalence with regard to recovering.

Best Practice Strategy(ies)

- 1) Develop communication campaign that messages addiction as an illness and not a choice
- 2) Overcoming social isolation of recovery by integration of the recovery community with the general public at community events (role modeling that recovery can still be socially fun!)

Results Based Accountability (RBA)/data collection

Communication Campaign: # of people who receive the message, % of reshares of social media posts, % of people new to recovery or treatment who were influenced to take action by our campaign, % of people who view the campaign who show a change in how they view addiction
Recovery Integration at Community Events: # of events that we add a recovery presence to, % of towns that have public events that participate in our initiative, % of event hosts who report satisfaction with the experience, # of event hosts that take action to become more recovery friendly

Affordable Housing

Approaches for including people with lived experience

- Outreach by group members.
- Identifying key players in the community.
- We've maintained a positive, optimistic approach.

Problem Statement

There is a mismatch between the amount of housing that is available and affordable, and the number of people seeking a place to live.

Root Cause(s)

Potential landlords need support and education to reduce risk and increase willingness to choose among different rental models. Communities—individually and collectively—have not clearly defined housing goals

Aim Statement

Promote and create conditions for a broad cross-sector regional effort to increase housing availability.

1. Increase use of existing housing stock through landlord and tenant awareness and proficiency in creating good rental situations.
2. Develop a broad base of public support for creating new housing that meets community needs and desires.

Best Practice Strategy(ies)

Creation of new units within existing structures by way of safe home sharing practices, renting rooms, and creating accessory apartments.

Results Based Accountability (RBA)/data collection

How much: # of successful workshops we conduct, # of new landlords we recruited
How well: % of short and long term rentals that are meeting identified needs of the target population(s), % of potential landlords who tell us their initial concerns about becoming a landlord were addressed
Is anyone better off: # of additional residential rental units that become occupied by the target population(s), % of residents within the target population who find their needs are accommodated by the newly available rental units

Seniors

Approaches for including people with lived experience

Members of the workgroup are seniors living in local communities. There is a plan to tap into the Seniors Together group that meets at Mt. Ascutney to get their input. Also, we plan to go out to towns and learn firsthand where information hubs and gathering places for seniors are in each community.

Problem Statement

Seniors are not accessing services that are available to them.

Root Cause(s)

There is a lack of knowledge around resources amongst seniors.

Aim Statement

To increase the connection of seniors to needed resources in the Mt. Ascutney Hospital service area within the next 3 years.

Best Practice Strategy(ies)

Aging in place groups across the region are in various stages of development - Aging in Hartland being the model for many. Each town needs to figure out what is right for its own town and how best to meet the needs of its citizens. Aging in place groups will look different in each town. Each group that is fledgling or new could be assisted with a road map to figure out next steps in their evolution. Also, we want to connect with the Upper Valley Nursing Project.

Results Based Accountability (RBA)/data collection

[Data development agenda](#)

How much: # of existing and new groups collaborating with this network

How well: % of groups that report that their group is more connected/supported and therefore more able to serve seniors

Is anyone better off: # of seniors who know to access/find resources

Food Security

Approaches for including people most affected by the issue

Try to involve people most affected by the issue in the selection process of "what we want to work on".
Ideas:
Focus groups
Consultant
Pay them for their time.

Problem Statement

Our community is facing food insecurity across all age cohorts.

Root Cause(s)

Lack of knowledge and skills can perpetuate food insecurity and leads to shame associated with accessing community resources that provide food to people.

Aim Statement

Increase access to nourishing food for all people in our communities over the next 3 years

Best Practice Strategy(ies)

Results Based Accountability (RBA)/data collection

Spiritual Health

Approaches for including people most affected by the issue

Relationship building in a neighbor to neighbor approach

Problem Statement

There is lack of hope and interconnectedness in our community.

Root Cause(s)

Lack of faith leading to over-emphasis of the self.

Aim Statement

To foster a greater spiritual awareness for the Mt. Ascutney Hospital Service Area in the next 3 years.

Best Practice Strategy(ies)

Results Based Accountability (RBA)/data collection