

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

ACTION ITEM

11. Tobacco Use/Smoking

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