

## **Grace Cottage Family Health & Hospital (GCFHH) CHNA Updates for 2019**

Grace Cottage Family Health & Hospital selected three top health concerns to prioritize implementation strategies that were identified in the 2018 Community Health Needs Assessment (CHNA) Report

### **Mental Health/Substance Abuse Treatment**

Mental Health Services are embedded in Grace Cottage Family Health & Hospital's Primary Care Practice. We employ a Psychiatric Mental Health Nurse Practitioner (PMHNP) and a Licensed Independent Social Worker to provide medication management and counseling. A full-time Licensed Practical Nurse (LPN) is assigned to the two providers to assist with mental health services and referrals. The PMHNP also will complete consultations for inpatients and Emergency Room patients when appropriate.

At Grace Cottage, we employ two Medication Assisted Treatment providers, a physician and physician assistant, who work collaboratively with the Brattleboro Retreat's Hub and Spoke Program. There is a designated Spoke Registered Nurse (RN) who provides support in a family practice setting. Evidence-based treatment and a team care approach are utilized to provide the necessary care for patients.

- A Registered Nurse completed outreach to patients with a diagnosis of depression who were due for appointments.
- GCFHH provided free counseling services by a Behavioral Health Specialist who was a member of the Community Health Team.

- Health Care & Rehabilitation Services of Vermont's services are utilized in the Hospital and Family Health Clinic for crisis intervention, if needed.

Grace Cottage Family Health & Hospital is actively involved in the Windham County Consortium on Substance Use (COSU), which has been awarded a grant for additional mental health clinical support. This will allow GCFHH to expand mental health and substance abuse treatments in 2020.

A monthly Alzheimer's Support Group was conducted by a RN Care Coordinator to assist with emotional support and to talk about the general stresses of being a caregiver.

### **Obesity**

One of Grace Cottage Family Health & Hospital's family medicine physicians obtained certification in obesity medicine. Appointments were made available to patients with the physician to assist with weight loss management.

We have partnered with the Veggie Van Go program, which is sponsored by the Vermont Foodbank, to provide nutritious food to the community. This program provides healthy food at no cost to recipients. Grace Cottage Family Health & Hospital employees assist with monthly food distribution and Community Health Team members deliver food boxes to patients who are home-bound to ensure they are receiving healthy food options.

Grace Cottage Family Health & Hospital has promoted food drives within the organization to assist with food disparities and to promote healthy eating habits.

Grace Cottage Family Health & Hospital has a designated employee who works monthly at the local food pantry.

Wellness Center programs, such as yoga and Strong Bones, are offered for a minimal fee to community members to promote exercise and wellbeing.

The Community Health Team provided nutritional and weight loss management counseling as a free service.

### **Diabetes Management**

Outreach was completed by a Registered Nurse for diabetic patients needing appointments.

Diabetes Education counseling and support is offered through the Community Health Team. When appropriate, patient care plans are developed with patient autonomy to promote diabetes self-management. Patients who have pre-diabetes can also be referred to the Diabetes Educator.

Weight loss and diabetes management appointments are offered in conjunction with each other.

A “Healthy Aging for Women Group” was led by Grace Cottage’s Diabetes Educator. Education included healthy aging and eating and symptoms of diabetes and prediabetes. Healthy lifestyles and prevention were topics of discussion.