

Grace Cottage Family Health & Hospital (GCFHH)
CHNA Updates for 2020

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

- Mental Health Services are embedded in Grace Cottage Family Health & Hospital's Primary Care Practice.
- Depression screenings are conducted regularly, at least annually, for all well-visits.
- 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.
- A Registered Nurse reaches out to patients with a diagnosis of depression who are due for appointments.
- The Psychiatric Mental Health Nurse Practitioner (PMHNP) also completes consultations for inpatients and Emergency Room patients when appropriate.
- 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. This Support Group was temporarily suspended in March, 2020, due to pandemic precautions, but will be reinstated when it is safe to do so.

Substance Misuse

- 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.
- Health Care & Rehabilitation Services of Vermont's (HCRS) services are utilized in the Hospital and Family Health Clinic for crisis intervention, if needed.
- Grace Cottage 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 allowed GCFHH to expand mental health and substance abuse treatments in 2020.
- Grace Cottage continues to be a distribution site for free Narcan when it is needed to save a life in the case of an overdose.

Obesity/Diabetes

- 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.

- Grace Cottage continues to support wellness programs through the Community Health Team
- Grace Cottage's Diabetes Educator provides counseling and support 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" is led by Grace Cottage's Diabetes Educator. Education topics include healthy lifestyles, prevention, and symptoms of diabetes and prediabetes. This program was suspended due to COVID-19 in March 2020, but will be resumed when it is safe to do so.
- Wellness Center programs, such as yoga and Strong Bones, are offered for a minimal fee to community members to promote exercise and wellbeing. These programs were suspended in March, 2020, due to the pandemic, but will be resumed when it is safe to do so.
- The Community Health Team provided nutritional and weight loss management counseling as a free service.
- Grace Cottage continues to explore partnerships with area organizations regarding community wellness.