

Grace Cottage Family Health & Hospital
COMMUNITY HEALTH NEEDS ASSESSMENT

Updates for 2022

Mental Health Issues (anxiety, depression, social isolation, stress)

- Mental Health Services are embedded in Grace Cottage Family Health & Hospital's Primary Care Practice.
- Depression screenings are conducted regularly for all well-visits for adult patients and children age 12 and older. This screening is conducted via the Patient Health Questionnaire 2 (PHQ2) mental health screening test. For patients whose PHQ2 test scores are positive for depression, the PHQ9 screening test is administered to establish the level of severity of depression. Clinical intervention and counseling are offered for patients whose PHQ9 test scores suggest that the patients are struggling with depression.
- An additional full-time Psychiatric Mental Health Nurse Practitioner (PMHNP) position was created during 2022, and we now employ two PMHNPs to provide medication management. A nurse is assigned to these providers to assist with mental health services and referrals.
- A full-time Licensed Independent Social Worker provided counseling for patients during 2022.
- A nurse conducts outreach to patients who have a diagnosis of depression to remind them that they are due for appointments.
- The PMHNPs conduct consultations for inpatients and Emergency Department (ED) patients when appropriate. Additionally, we have a telehealth contract with Dartmouth Health to provide psychiatric consultations as needed, for inpatients and ED patients.

Substance Use Disorder

- We employ three Medication Assisted Treatment (MAT) providers (two physicians and a physician assistant) who collaborate with the Vermont Blueprint for Health Program funded by the Vermont Department of Health.

Grace Cottage also has two dedicated MAT nurses who provide support for the practitioners and outreach to patients, with services embedded in the Grace Cottage Family Practice setting.

- Health Care & Rehabilitation Services of Vermont (HCRS) services are utilized in the Hospital and Family Health Clinic for crisis intervention, when appropriate.
- Grace Cottage was actively involved in the Windham County Consortium on Substance Use (COSU), which was awarded a grant for additional mental health clinic support. This allowed Grace Cottage Family Health & Hospital to expand mental health and substance abuse treatment in 2022.
- Grace Cottage is a distribution site for free Narcan when it is needed to save a life in the case of an overdose.
- Grace Cottage offers referrals to 802QUITS and/or clinical treatment for patients who use tobacco.

Nutritional Fitness/Diabetes

- Grace Cottage's Diabetes Educator provides counseling and support through our Community Health Team. When appropriate, patient care plans are developed with patient input 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 scheduled jointly, for the convenience of the patient.
- Grace Cottage Family Health & Hospital partners with the Vermont Foodbank's Veggie Van Go program to provide nutritious food to our 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 boxes of food to patients who are homebound to help ensure that 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, and one of our employees works monthly at the local food pantry.
- Grace Cottage provides several twice-a-week Strong Bones wellness classes to promote exercise and wellbeing. These classes are open to members of the community in our Community Wellness Center for a nominal fee.

- The Community Health Team provides nutritional and weight loss management education as a free service.
- Grace Cottage Family Health patients receive a BMI measurement during annual physicals.
- Patients with a Type 2 diabetes diagnosis who have not had an A1C test in six months are contacted in order to schedule an appointment with a primary care provider.
- Patients with a pre-diabetes or Type 2 diabetes diagnosis may be referred to the Grace Cottage Community Health Team's Diabetes Educator for education, health coaching, and support.