

Grace Cottage Family Health & Hospital
COMMUNITY HEALTH NEEDS ASSESSMENT

Updates for 2023

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 ages 12 and older. Clinical intervention and counseling are offered for patients whose test scores suggest that the patients are struggling with depression.
- We employ two Psychiatric Mental Health Nurse Practitioners to provide medication management. A Registered 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 2023.
- The Psychiatric Mental Health Nurse Practitioners 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.
- Mental Health telehealth visits have been expanded to accommodate patient needs and access.
- Health Care & Rehabilitation Services of Vermont (HCRS) services are utilized in the Hospital and Family Health Clinic for crisis intervention, when appropriate.
- Grace Cottage is participating in an ongoing statewide emergency department suicide prevention project led by the VPQHC (VT Program for Quality in Health Care).
- Starting in 2024, Grace Cottage will collaborate with the VT Child Psychiatry Access Program (VT-CPAP). The program is a telephone consultation service that supports primary care providers to address and treat pediatric mental health concerns within their practice

Substance Use Disorder

- Grace Cottage employs Medication Opioid Use Disorder (MOUD) providers (three 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 MOUD nurses who provide support for the practitioners and outreach to patients, with services embedded in the Grace Cottage Family Practice setting.
- Grace Cottage continues to participate in the Windham County Accountable Communities for Health (ACH) which brings together partners from health care, social services, and other sectors to take responsibility for the health of the entire population in our defined geographic area. The model fosters collaboration that engages all the levels of population health – social circumstances, economic conditions, behavior, and more.
- Community Substance Abuse Response is a coalition of agencies including Turning Point of Windham County, AIDS Project of Southern Vermont, The Brattleboro Retreat, Grace Cottage Family Health & Hospital, Voices of Hope, Building a Positive Community, and the Vermont Department of Health. Awarded grant monies to support training, education, and prevention initiatives around substance use in Windham County rural communities.
- Grace Cottage collaborates with Turning Point of Windham County to provide peer coaching for a patient in crisis in the Emergency Department, clinic, or hospital.
- Grace Cottage is a distribution site for free Narcan which can be used to save a life in the case of an overdose.
- Grace Cottage offers referrals to the online treatment program, 802QUITS.org, 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. Diabetes management appointments are scheduled jointly, for the convenience of the patient.

- Grace Cottage Family Health & Hospital partners with the Vermont Foodbank's VeggieVanGo 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 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.
- 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.