



Choosing Health

**Northeastern Vermont
Regional Hospital**



Community Health Needs Assessment Evaluation Year 2 Fiscal Year 22

Outcome	Our Community will be Financially Secure <i>“Earning enough money to support yourself and your family; not worrying about money.”</i>		
Population Measures	<ul style="list-style-type: none"> • % living in poverty • Median household income 		
How Much?	How Well?		Is Anyone Better Off?
Action	Performance Measure	Comments	Budget
Transportation to work initiatives	0 people served for “Rides to Work” initiative.	Identified as a gap in transportation services by low-income residents and public transportation providers. NVRH will work with Voc Rehab and Creative Workforce Solutions to find short and long-term solutions to transportation to work for low-income individuals.	\$0
Financially Secure CAN	Healthy Cents Fund- Year 3 awarded in FY 2022	The Financially Secure CAN has identified employee advancement and access to childcare as priorities; as well as increasing access to employment to recruit and retain young people to the area.	\$58,000.00
Financial Security Screening in primary care	Screening for help with “utilities” used as a proxy for financial security. Corner Medical: 2,701 Screened, 38 positive Kingdom Internal: 887 Screened, 18 positive Women’s Wellness: 189 Screened, 3 positive	The Institute of Medicine (IOM) and the Center for Medicare and Medicaid Services (CMS) recommend all healthcare systems include screening for financial security in a screening tool for social determinants of health.	In Kind – Sch H

*Included in the Community Health Improvement operations budget

Sch H = Internal Revenue Service Form 990, Schedule H for Hospitals is used to report a hospital’s community benefit activities. Schedule H defines community benefit as activities or programs that respond to community health needs and that seek to achieve one or more of the following objectives: improving access to health services, enhancing public health, advancing generalizable knowledge and relief of government burden to improve health.

TBD = To Be Determined. In recognition that the community health improvement process is fluid.

Outcome	Our Community will be Physically Healthy <i>“Maintaining physical health and well-being through healthy behaviors and medical care.”</i>		
Population Measures	<ul style="list-style-type: none"> • % adults meeting physical activity guidelines • % adolescents meeting physical activity guidelines • Primary care provider FTE per 100,000 Vermonters • % adults over 20 who are overweight • % adults over 20 who are obese 		
How Much?		How Well?	Is Anyone Better Off?
Action	Performance Measure	Comments	Budget
Recruit and retain primary care providers	<p>Recruitment: BHS at SJP & KIM (no other recruitment needs)</p> <p>Third Available Appointment: KIM: Urgent and Routine – 4 days, Extended visits – 20 days. Women’s Wellness – 21 days. Corner Medical: Urgent – 0 days; Routine – 1 day, Extended – 48 days; St. Johnsbury Pediatrics: Urgent – 35 days; Routine 13 days; Well-child 46 days.</p>	Access to comprehensive, quality health care services is important for promoting and maintaining health, preventing and managing disease, reducing unnecessary disability and premature death, and achieving health equity.	In kind – Sch H
Chronic Disease Self-Management Programs	<p>7 Workshops offered (listed below) with 37 participants:</p> <ul style="list-style-type: none"> • Diabetes Prevention • Diabetes Management • Chronic Disease Management 	Self-management education is effective for people with chronic conditions, including arthritis, diabetes, heart disease, and lung disease. These interventions can reduce symptoms, give patients the confidence to manage their	In kind – Sch H

	<ul style="list-style-type: none"> • Chronic Pain Management • High Blood Pressure Management • Emotional Wellness • Quit Smoking Groups 	condition, and improve their quality of life.	
Community Paramedic Program	NOT HAPPENING	NVRH had proposed to start the first in the state Community Paramedic Program. The goals of the program are to improve the quality of life for patients discharged from the hospital and the ED, and make EMS a member of the care transitions team.	In kind – Sch H
Rides to Wellness; transportation program to medical appointments and other essential trips e.g. shopping, social service appointments	19 people served	Community Connections screens clients for transportation needs; creates action plans with clients to plan for future needs; provides short term solutions such as gas cards or taxi rides.	\$1,495.00
Energize 365; community wide campaign to promote physical activity	Energize 365 was a focus of the Physically Healthy CAN and has provided consistent community messaging and physical activity opportunities, including pop-ups in the park and other advertising monthly in the local paper during the period. Pop-ups in the Park: 19 classes offered across 3 communities.	Energize 365 is a community wide campaign to promote physical activity. It is a strategy of the Physically Healthy CAN of NEK Prosper!	\$2,522.00
Girls on the Run	3 schools supported: Danville, Miller’s Run, and St. Johnsbury Programs supported	Girls on the Run is a transformational learning program for 8 to 13 year-old girls. The program teaches life skills	\$4,000.00

		through dynamic, conversation-based lessons and running games.	
Bike Helmets	135 individuals served	NVRH provides bike helmets for kids and adults. Helmets are distributed year round through the St. Johnsbury Police Department, at local schools, and at St. Johnsbury Pediatrics	\$1,183.40
No Sugar Added water bottles	1,550 water bottles distributed to local students and support provided to Caledonia County Flood Soccer program to promote No Sugar Added	NVRH provides water bottles to the community, including schools as part of the No Sugar Added Campaign to reduce consumption of sugary drinks and reduce obesity.	\$4,018.90
Diabetes Self-Management Services Outpatient	Self-Management Programs are being offered in the service area, including Diabetes Prevention Program and Chronic Disease Self-Management, in collaboration with Northern Counties Health Care. NVRH has 2 CDEs who service inpatient and outpatient needs.	NVRH has 2 Certified Diabetes Educators who provide Diabetes Self-Management Education free of charge in a variety of outpatient settings.	In Kind - Sch H

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Outcome		Our Community will be Mentally Healthy <i>“Coping well with the normal stresses of life; reaching your potential; making a contribution to your community.”</i>		
Population Measures	<ul style="list-style-type: none"> • % adults with a depressive disorder • % adolescents (grades 9 – 12) who made a suicide plan • Rate of suicide deaths per 100,000 • % of adolescents who smoke cigarettes • % of adolescents who used marijuana in the last 30 days • % of adolescents who binge drank in the last 30 days 			
How Much?		How Well?		Is Anyone Better Off?
Action	Performance Measure	Comments	Annual Budget	
Medication Disposal Drop Box Harm Reduction	COVID impacted public access to the permanent medication disposal for a portion of the year, however, 136 pounds of medication were acquired and properly disposed of during FY22.	NVRH provides a medication drop box to the public 24/7, however, limited access due to COVID.	In kind-Sch H (\$6,226)	
Behavioral Health Specialists in primary care	Behavioral Health Specialist encounters all medical homes: 913	NVRH primary care medical homes employ behavioral health specialists to meet short term counseling and behavioral change support	In kind-Sch H	
Mental Health First Aid	1 NVRH employee certified to teach Youth Mental Health First Aid; 1 NVRH employee certified to teach Adult Mental Health First Aid.	NVRH provides a trainer for this program designed to give people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it does build mental health literacy, helping the public identify, understand, and respond to signs of mental illness.	In kind-Sch H	

Dr. Bob's House	In-kind rent and utilities	The Kingdom Recovery Center resides in the NVRH owned Dr. Bob's House on Summer St. in St. Johnsbury.	\$11,639.00
Psychiatrist services	NVRH no longer employs a psychiatrist, requiring a pivot to telehealth access with Alpine Telehealth for Psychiatric Services both at Corner Medical and Kingdom Internal Medicine. A Psychiatric Nurse Practitioner provided 119 patients visits via telehealth during FY22.	NVRH formerly employed a part-time psychiatrist to provide consulting services to area medical providers	In kind – Sch H
Community Health Workers in the St. Johnsbury Schools	Reduced due to COVID; grant funding ended 12/31/19 NVRH no longer has a CHW embedded in the school, but continues to support the school and receives referrals from them. Overall, NVRH CHWs had 2,950 visits in FY 22, also reduced due to COVID.	NVRH employs three Community Health Workers in the Community Connections program.	In kind – Sch H
Substance Use Disorder Prevention: medication lock boxes; evidenced-based after school program for Cornerstone School; incentives for participation e.g. food	NVRH held a series of trainings with Outright VT, school-based engagement, vaping presentations, and provided 400 medication lock bags for the region.	NVRH administers the Prevention Center for Excellence grant and the Tobacco Prevention grants for the State of Vermont in our region. We will financially support complimentary and supplemental programing for prevention.	Grant-funded work-\$385,853
Hub and Spoke medication assisted treatment (MAT) for opioid use disorder	4 waived prescribers in NVRH Primary Care, 10 unique patients receiving	Vermont's Hub and Spoke initiative focuses specifically on enhancing the provision of Medication Assisted Therapy (MAT) for individuals with	In kind – Sch H

	MAT, and 15 prescribers within the HSA.	opioid addiction. MAT, (methadone and buprenorphine) in combination with counseling, is recognized as the most effective treatment for opioid addiction. Primary care offices are considered Spokes because they prescribe buprenorphine (Hubs dispense methadone). To prescribe buprenorphine, physicians must complete a training course (eight hours minimum) and obtain a waiver from the federal government. Physician assistants (PAs) and nurse practitioners (NPs) to undergo 24 hours of training and education to become waived.	
Embedded Mental Health in ED	NOT HAPPENING	NVRH will work with community partners to respond to the number of high utilizers in the Emergency Department for mental health reasons. This program seeks to maintain appropriate level of medical screening for medical causes or comorbidities to mental health concerns, while quickly wrapping mental health responses around a patient with mental health concerns. An important component is follow up care, essential to reduce readmission to the ED, thereby reduce ED utilization costs, and improve the quality of community-based mental health care.	In Kind – Sch H
Comprehensive Care Clinic; and VT Cares Harm Reduction	13 billable encounters in Comprehensive Care Clinic	The NVRH Comprehensive Care Clinic provides care and treatment for HIV and Hep C; Vermont Cares runs the free	In Kind – Sch H

		needle exchange and is provided space rent free.	
Recovery Coaches in the ED	59 people served	Modeled on the AnchorED program in R.I., on call recovery coaches will be embedded in the ED to handle brief interventions and referral to treatment for those presenting in the ED with substance use disorders, including overdoses.	In Kind – Sch H
Mentally Healthy CAN initiatives	Engaged with contractor to create marketing and communication campaign to reduce stigma. Distributed a community survey and analyzed the feedback to inform the anti-stigma campaign. Hosted Wisdom of Trauma screenings and discussion in the community.	The Mentally Healthy CAN has identified suicide prevention, especially among youth as a priority.	\$6,250.00

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Outcome	Our Community will be Well Nourished <i>“Eating enough healthy food.”</i>
Population Measures	<ul style="list-style-type: none"> ● % adolescents (grades 9 – 12) eating 3 or more servings of vegetables daily ● % adolescents eating 2 or more servings of fruit daily ● % adults eating 3 or more servings of vegetables daily ● % adults eating 2 or more servings of fruit daily ● % adults with diabetes

How Much?		How Well?	Is Anyone Better Off?	
Action	Performance Measure	Comments	Budget	
Veggie Van Go mobile produce market	4,699 families served	Veggie Van Go is a partnership with the Vermont Foodbank. Once a month, a fresh produce market is located at NVRH. The program is marketed to people with limited financial resources. NVRH provides the space and volunteers to run the market.	In kind – Sch H	
Health Care Shares CSA for food insecure patients	35 families received Health Care Shares for 12 weeks each, totaling 115 people served.	Health Care Shares is a partnership with the Vermont Youth Conservation Corp.	\$7,600.00	
Summer Food Service Program for adolescents and children	Summer meals provided to Corner Stone School- \$2,725.00, Blizzard Bags- \$4,969.00, and staff/operations	This program is a partnership with the Vermont Department of Education and Hunger Free Vermont. Summer meals are served at no-cost in the NVRH cafeteria. NVRH also provides box lunches at several program sites in the NEK.	In Kind – Sch H (\$15,773.00)	
Community Gardens	28 garden spots provided to local residents	NVRH provides free garden space to community members.	In kind – Sch H	
Hunger Vital Sign ; screening for food insecurity in primary care	St. Johnsbury Pediatrics: 3,033 Screened, 169 positive Corner Medical: 2,753 Screened, 79 positive Kingdom Internal: 1,285 Screened, 61 positive Women’s Wellness: 193 Screened, 12 positive	The Institute of Medicine (IOM) and the Center for Medicare and Medicaid Services (CMS) recommend all healthcare systems include screening for financial security in a screening tool for social determinants of health.	In kind – Sch H	
Well Nourished CAN	Partnered with White Market to support healthy food initiative- provided Food Hero recipe cards at White Market	The Well Nourished CAN is developing small scale place-based strategies to increase consumption of healthy food.	\$2,457.00	

	with accompanying signage, etc.		
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Outcome	Our Community will be Well Housed <i>“Living in affordable and safe homes located in healthy communities with opportunities for positive social interactions.”</i>		
Population Measures	<ul style="list-style-type: none"> Households that spend 30% or more of their income on housing 		
How Much?		How Well?	Is Anyone Better Off?
Action	Performance Measure	Comments	Budget
Laundry for the Warming Shelter	On hold	NVRH provides laundry service to the Warming Shelter at no cost	In kind – Sch H
Healthy Homes initiative for people with COPD and Asthma	Program no longer operating	Healthy Homes started as a partnership with Efficiency Vermont. Community Health Workers provide disease self-management support and healthy home products like HEPA vacuum cleaners, mattress and pillow covers, air purifiers	N/A
Well Housed - Recovery Housing	Due to collaborative efforts, recovery housing for mothers is serving the community.	The Governor’s Opioid Coordination Council (2018) identified “expand recovery housing” as a priority; the Well Housed CAN of NEK Prosper! have also identified housing for those in recovery as a strategy.	N/A
Housing Security Screening in primary care	Corner Medical: 2,776 Screened, 47 positive	The Institute of Medicine (IOM) and the Center for Medicare and Medicaid Services (CMS) recommend all	In Kind – Sch H

	Kingdom Internal Medicine: 950 screened, 36 screened Women's Wellness: 201 Screened, 12 positive	healthcare systems include screening for financial security in a screening tool for social determinants of health.	
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