



# ANNUAL REPORT 2022

## Our Continued Commitment

As we emerged from the pandemic, 2022 marked a year of new leadership, growth, and evolution for the Brattleboro Retreat. In September, the Board of Trustees appointed Linda Rossi, MPA as CEO. Under her leadership, staff worked to ramp up inpatient beds to get back to pre-pandemic levels. This led to a 24% increase in total number of inpatient days over 2021, a 17% increase in residential days, a 26% rise in children and adolescent inpatient admissions, and a 15% percent rise in adult inpatient admissions.

Our outpatient programs continue to evolve with the changing needs of the community and the advent of breakthrough medical treatments. Despite the lasting effects of the pandemic, the Retreat continued to create new treatment programs and improve patient care in 2022.

## Healthcare Professionals and First Responders

In response to the pandemic-related rise in mental health issues among healthcare providers, the Retreat launched a new Partial Hospitalization and Intensive Outpatient Program (PHP/IOP) in 2022 specifically for frontline workers. The program offers virtual, specialized treatment in a group therapy format for healthcare workers or first responders who struggle with PTSD, depression, anxiety, or stress that may be connected to the unique work that they do.

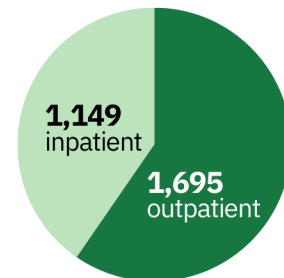
## Specialty Medication Program

Great advances are being made in medication-based treatment for mental health disorders. In June of 2022, the Retreat's Specialty Medication Clinic began offering esketamine (Spravato®) therapy for people with treatment-resistant depression as an outpatient program. This new treatment works in a different way and often much more quickly than existing medication treatments for depression. The program is poised for expansion and growth in 2023 and will be accepting community and internal referrals.

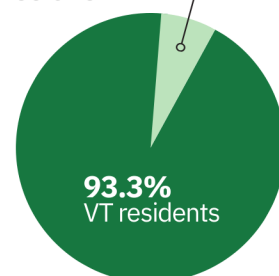
## Patient care by the numbers

Inpatient days	<b>23,552</b>
Inpatient admissions	<b>1,232</b>
Adult inpatient admissions	<b>873</b>
Child/adolescent inpatient admissions	<b>359</b>
Outpatient visits	<b>26,836</b>
Residential days	<b>2,737</b>

Total number of people served

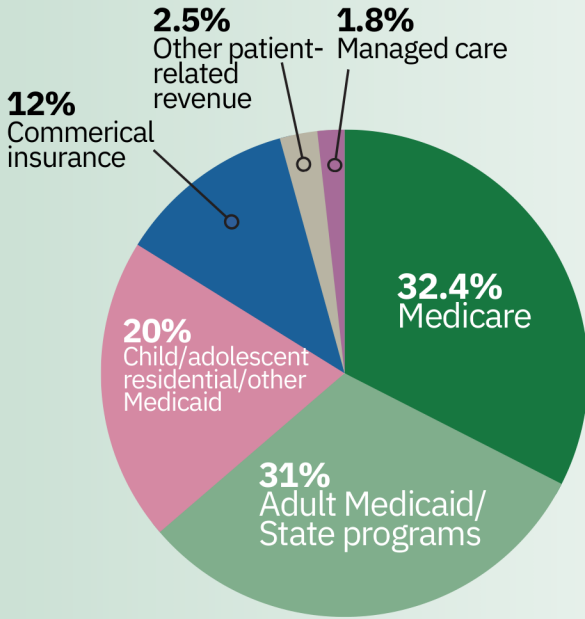


Inpatient admissions

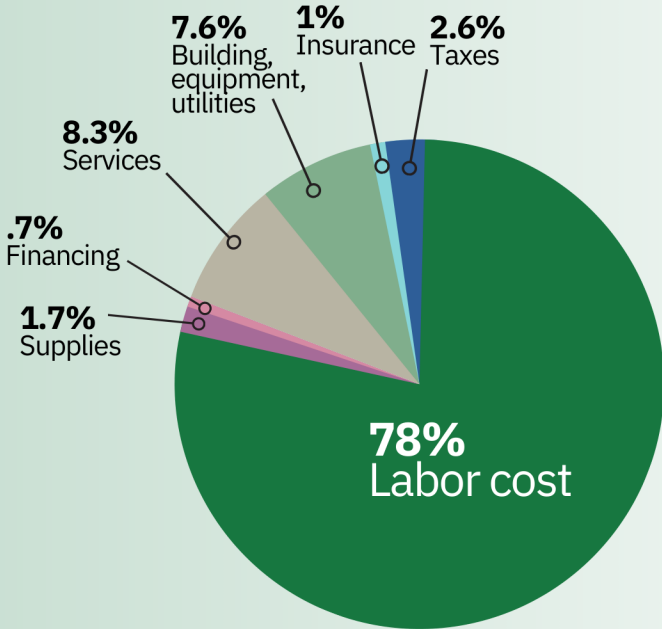


# Financial Highlights

## Where the money comes from



## Where the money goes



### TMS Program

The Retreat’s TMS (transcranial magnetic stimulation) program opened for internal and external referrals in 2022. TMS is a non-invasive method of stimulating the brain with powerful magnetic fields. TMS is believed to modulate brain activity in regions associated with mood regulation and is considered a well-tolerated option for people with treatment-resistant depression.

### Suicide Prevention

The Brattleboro Retreat continues to play a role in ongoing dialogue on how to address suicide in the community by partnering with social service agencies, taking part in forums, and collaborating with the Vermont Psychological Association to provide education and training. The Retreat is adopting a new method of suicide assessment, CAMS Framework, for outpatient providers. Nine outpatient clinicians completed CAMS training and certification in 2022, with a goal of 100% completion by 2025.

### Community Health Team

The Brattleboro Retreat is involved in a number of community-based projects designed to identify health needs in Windham County and increase access to care. In 2022, the Retreat partnered with Brattleboro Memorial Hospital and HCRS on a project to promote Rapid Treatment Access for Alcohol Use Disorder. The Retreat has an embedded clinician at Groundworks Collaborative, offering early recovery and counseling support to shelter residents. Brattleboro Memorial Hospital hosts two embedded Retreat clinicians to help with early detection, intervention, referral, and treatment of mental health and substance use issues.

### Diversity, Equity, and Inclusion Initiative

The Brattleboro Retreat has committed to understanding and addressing the broad disparities that exist in access to healthcare among BIPOC and LGBTQ+ populations. In 2022, the Retreat appointed a Director of Diversity, Equity, and Inclusion and convened a formal DEI committee. The committee approved a work plan, which lays out specific DEI goals, including state and community collaborations, updated annual training for all staff, special events, like an annual Martin Luther King Jr. Day lecture, and participation in the CDC/VDH Health Equity Initiative. The Retreat is dedicated to breaking down barriers and eliminating disparities in mental healthcare.

### Vision for the Future

In December 2022, the Retreat's Board of Trustees approved a visionary strategic plan for the years 2023 to 2025. This roadmap places a profound emphasis on solidifying and expanding our role as a leading provider of child and adolescent mental health services. The ambitious initiatives are aimed at expanding our youth programs across the continuum of care to meet the unique needs and challenges of this vulnerable population.



**Brattleboro Retreat**  
brattlebororetreat.org