

# Brattleboro Retreat

## The data

Inpatient admissions	1,045
Inpatient days	18,950
Adult inpatient admissions	761
Child and adolescent inpatient admissions	284

## 2021 Annual Report

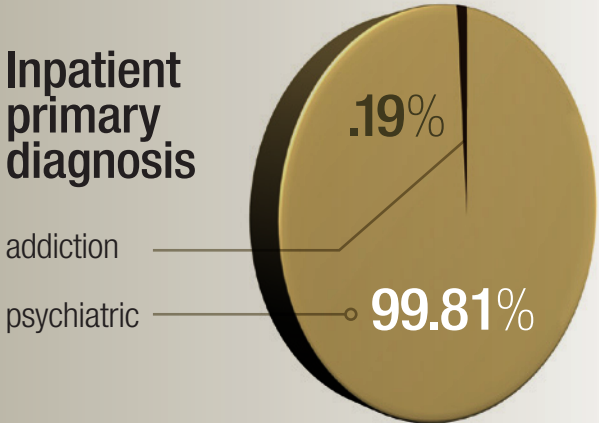
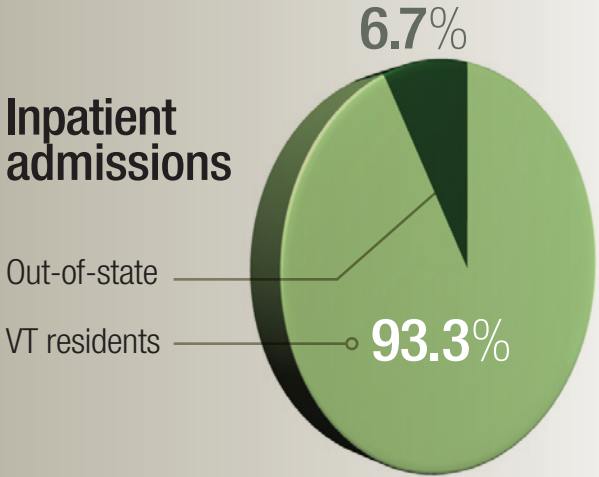
For the second year in a row the Brattleboro Retreat has transformed and innovated how to deliver safe treatment during a global pandemic. The rapidly changing landscape and different evolutions of Covid created significant strain on the Retreat and mental health providers throughout the United States. The dedication and expertise of our incredible staff allowed for us to stay true to our mission and provide much needed care during this difficult time.

In our continued partnership with the State of Vermont, the Retreat was able to maintain the availability of crucial treatment space. This collaboration with the Vermont Agency of Human Services provided assistance for contracted support and modifications to Retreat space for the accommodation of travel personnel.

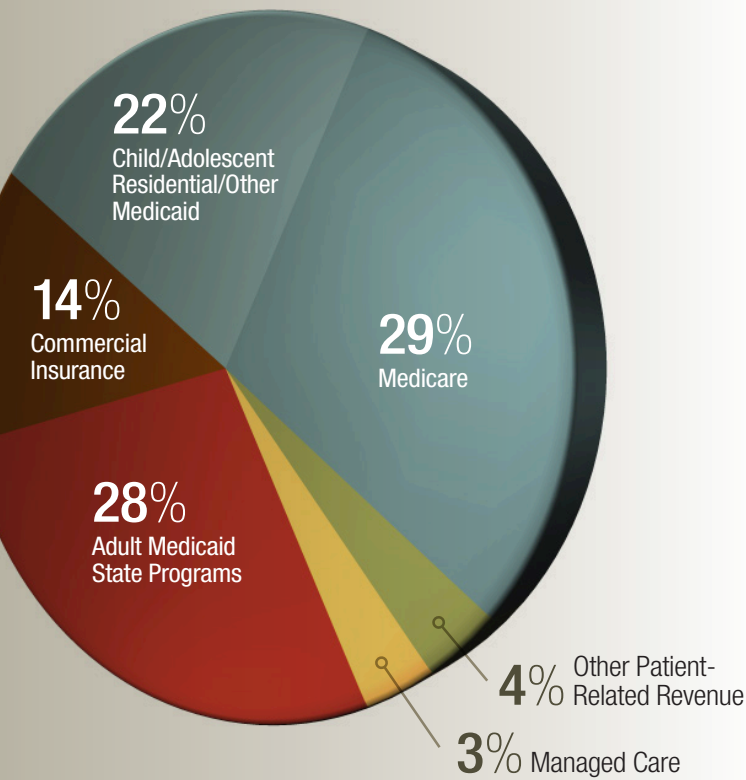
Despite the challenges that were encountered throughout 2021, the Retreat continued to create new treatment programs and improve patient care. The following programs and initiatives highlight the Retreat's dedication and commitment in 2021:

### Diversity Equity and Inclusion

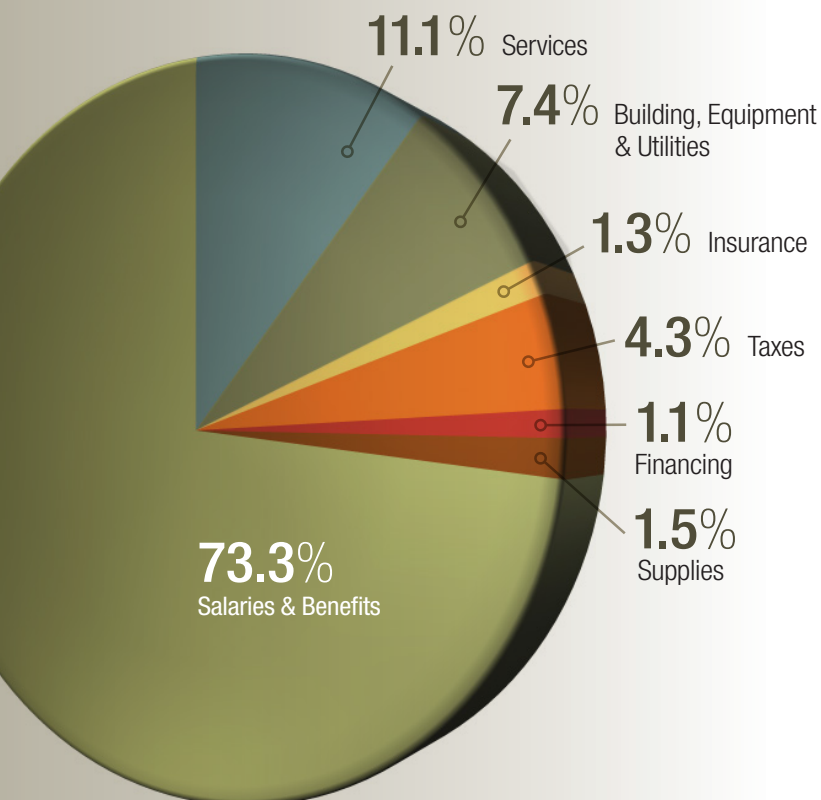
The Board of Trustees took the bold step of re-imagining our founding principle of moral treatment for our day. They developed and approved a commitment to diversity, equity and inclusion because it represents moral treatment in our time. We recognize that we must address shortcomings in the American mental health care system in providing care to marginalized groups. We committed to a host of actions including, education, training, adapting our evidence-based models to diverse clientele, and creating and empowering a diversity, equity and inclusion committee to oversee this work.



## Where the money comes from



## Where the money goes



### Healthcare Professionals Program

The Retreat found a dramatic increase in mental health issues among healthcare providers. These front line workers were challenged to respond to the pandemic in heroic fashion. Their long hours, challenging working conditions, and lack of certainty with a rapidly changing virus took a toll. So we responded by opening a new partial-hospitalization program specifically for healthcare providers.

### TMS (transcranial magnetic stimulation)

Plans for the TMS (transcranial magnetic stimulation) program began in the spring of 2021 as part of the initiative to provide new programming to our community. Now a fully functioning program, TMS provides FDA approved treatment for people with major depressive disorder (MDD) that have not had lasting relief with first-line treatments like antidepressants and psychotherapy.

### Enrollment in GMP's Pilot program and Partnership with Efficiency VT and Dynamic Organics

In an effort to reduce peak energy usage the Retreat enrolled in the new Green Mountain Power (GMP) Flexible Load Management (FLM) 2.0 pilot program. This involved using the Retreat ice storage system and additional loads in the Tyler and Osgood buildings to respond to peak grid events. We partnered with GMP, Efficiency Vermont and Dynamic Organics in this effort. Our participation helped demonstrate how grid-interactive efficient buildings can help balance a variable renewable grid.

### Our Continued Commitment

We are always inspired by the courage of our patients and it is our mission to help them find hope and healing through a full continuum of care. During this pandemic the needs of our patients changed, and we're proud to be adapting to serve our patients and our community with integrity. Through our continued innovation and adaptation we continue our commitment to excellence in treatment, advocacy, education, research, and community service.



**Brattleboro Retreat**

[brattlebororetreat.org](http://brattlebororetreat.org) • 1-800-RETREAT

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