The evidence is in. The best way to transform lives is by employing clinical practices that are proven to be most effective. Here at the Brattleboro Retreat that’s exactly what we’re doing—adopting methods of treatment that scientific research tells us work best.

This approach has never been more necessary as patients come to us with increasingly complex psychiatric and medical needs. And in an era of shrinking staff and budgets, people experiencing mental health and addiction challenges are sparse or nonexistent, we owe it to them to deliver the quality care they deserve.

It takes a great staff to make good on this promise, and the dedicated professionals on our team are hard at work implementing cutting edge practices. Their commitment to the highest standards in clinical quality and the culture of caring they establish on behalf of each patient has energized our efforts to achieve a number of goals—from utilizing best practices to making sure our patients and their families are at the center of care.

Doing what’s right on behalf of those we serve helps build stronger communities—and that’s what will ensure a stronger Brattleboro Retreat for years to come.

A simple idea that’s transforming healthcare is also taking shape at the Brattleboro Retreat. Evidence-Based Practices are approaches to care that combine the best available scientific evidence on a treatment’s effectiveness with clinical expertise that puts patients at the center of their care. In other words, doing what works to help people heal.

In 2016, the Retreat implemented new staff education and patient programming focused on two evidence-based models: Dialectical Behavior Therapy (DBT), and Acceptance and Commitment Therapy (ACT). Both practices use mindfulness as a core therapeutic component. Mindfulness is the practice of simply bringing our attention to what we are experiencing in both our internal and external world.

DBT focuses on helping patients balance self-acceptance with the need to change—and teaches skills that help them to understand their emotions and behaviors, and tolerate difficult feelings and urges without acting on them.

ACT, which involves similar core skills, focuses not on “solving” problems like depression or anxiety, but on learning techniques such as how to be present in a given moment of distress, how to step back when thoughts become painful, and how to be flexible when difficult memories or emotions arise—essentially how patients can experience painful thoughts, feelings, and situations in a way that frees them up to live their lives with more purpose and vitality, guided by their values.

“The move toward Evidence-Based Practices at the Retreat has required a shift in thinking and culture for staff, administrators, and patients alike. Ultimately, we are more engaged with our patients—and our patients are more engaged in their treatment.”

—Kirk Woodring
Chief Clinical Officer, Brattleboro Retreat

The implementation of DBT and ACT has already resulted in positive, measurable outcomes that include higher patient satisfaction scores.

Lou is Josephson, Ph.D., President and CEO

Doing what works to help people heal

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The Brattleboro Retreat had a positive impact on thousands of individuals and our communities throughout 2016. Last year we served 4,740 children, adolescents, and adults who sought treatment for mental illness or addiction. Total expenditures for services in 2016 amounted to $69 million.

As the healthcare environment changes, we continue to meet the need for high quality care by strengthening our expertise and extending the reach of our services.

### Where the money comes from:

- **Child/Adolescent Medicaid/State Programs:** 22.9%
- **Medicare:** 24.3%
- **Grants, Donations, & Other:** 2.4%
- **Other Patient-Paid Revenue:** 4%
- **Managed Care:** 4.3%
- **Commercial Insurance:** 17.6%
- **Other:** 3.9%
- **Supplies:** 6%
- **Buildings, Equipment, & Utilities:** 3%
- **Taxes:** 1.2%
- **Financing:** 1.2%
- **Contract Services:** 9.6%
- **Salaries & Benefits:** 75.4%

### Where the money goes:

- **Medical Care:** 53.4%
- **Salaries & Benefits:** 24.5%
- **Medical Supplies, Equipment, & Utilities:** 24.3%
- **Grants Donations & Other:** 6%
- **Other Patient-Paid Revenue:** 4.3%
- **Managed Care:** 4.3%
- **Other:** 3.9%
- **Supplies:** 6%
- **Buildings, Equipment, & Utilities:** 3%
- **Taxes:** 1.2%
- **Financing:** 1.2%
- **Contract Services:** 9.6%
- **Salaries & Benefits:** 75.4%
I am so thankful for the Brattleboro Retreat – you saved my life.

Sarah Bradley Society
Kyla Collier, John Sommers
Daniel Knechtel

James Tyler Society
Kyla Collier, John Sommers
Daniel Knechtel

Every effort has been made to ensure the accuracy of our donor list. If your name has been omitted, misspelled, or incorrectly listed, please accept our sincere apologies and notify us. Contact development@brattlebororetreat.org.

Anna Marsh Society
A. Henderson foundations, Inc., Elizabeth & Will Farnham, The Farnham Group, Thomas Thompson Trust, Vermont Community Foundation

Abigail Rockwell Society
Communication Group, Downs Rachlin Martin PLLC

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Abigail Rockwell Society

“Over the past six years, my son has been hospitalized more than seven times. And while I have dealt with many excellent social workers and case managers, Emily at the Brattleboro Retreat truly stands apart. Emily was consistently proactive, helpful, and knowledgeable. These qualities along with her friendly, professional demeanor were reassuring beyond words to parents sick with worry. It is easy for healthcare providers to lose sight of the fact that mental health care can be a daunting and confounding experience for patients and families. Emily was clearly aware of this and was able to demonstrate compassion, empathy, and human kindness. Most importantly, she made the effort to get to know my son and recognize the qualities in him that might be missed by others.

Of all the hospitals my son has been in, the Brattleboro Retreat, far and away, was the best experience that I have had in terms of patient- and family-centered care.”
In January 2016, I was a 50 year old male suffering from depression and the feeling that my body didn’t reflect my true gender. I attended the LGBT program at the Brattleboro Retreat and during one of my meetings with Dr. Nohl, I expressed interest in transitioning to female. My journey has been incredible. I have created a new life for myself with many supportive, caring friends—more than I have ever had. I am happy, emotionally strong, energetic, proud, and I am NOT depressed, even after reducing or eliminating many of the meds I had been on. At 51, I feel like a teenager exploring the world opening up to the place where my new, better life started. Brattleboro. Just being there was like a pilgrimage to me, reducing or eliminating many of the meds I had been on. At 51, I feel like a teenager exploring the world opening up to the place where my new, better life started. Brattleboro. Just being there was like a pilgrimage to me, reducing or eliminating many of the meds I had been on. 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WATCH the short video of Sgt. Rich LaBard’s experience with PTSD at brattlebororetreat.org/usp.
individuals whose planned LEGACY SOCIETY WILLOUGHBY

ROCKWELL SOCIETY

WILLIAM-MILLS LEGACY SOCIETY

MEMORIAL GIFTS

ANCIENT & MORTALE LEAGUE

NAMED FUNDS

MEMORIAL FUNDS

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NAMED GIFTS

NATIONAL TRUST FOR HISTORIC PRESERVATION

EVE WIGGIN SOCIETY

Iris Foundation

OXBURGH SOCIETY

Services Champions 2016 Ride

CLERICAL SOCIETY

INNOCENTS PRESERVE

CHRISTMAS CLEANUP

PAINTERS’ FAIR

Thank you for your support. For more information, please email us with your name and address at unsubscribe@brattlebororetreat.org. **Deceased**