



Brattleboro Retreat

# CHNA Implementation Plan

2019—2021

## Priority Areas: Mental/Psychiatric Health, Addiction Care, and Access to Care

Objective	Actions
<p>#1 Cooperate with regional providers as part of the Accountable Communities for Health by helping individuals and families receive more timely and effective mental health/addiction treatment and aftercare support through enhanced <b>inter-agency collaboration</b>.</p>	<ul style="list-style-type: none"> <li>• Help regional providers come together to set priorities that will improve health outcomes by participating in Accountable Communities for Health (ACH).</li> <li>• Enhance care coordination and improve health outcomes for the area’s psychiatric and substance abuse patients by increasing support for, and collaboration with, VT Blueprint Community Health Teams, Brattleboro Memorial Hospital (BMH), Health Care and Rehabilitation Services (HCRS), area Medication Assisted Treatment (MAT) providers’, and the Chronic Care Initiative.</li> <li>• Conduct Collaborative Office Rounds with area family practice and pediatric providers to facilitate problem-solving on psychiatric cases.</li> <li>• Partner with Blue Cross Blue Shield of Vermont in support of a whole person approach to health care (mental health, medical, and addiction).</li> <li>• Host a networking event with area healthcare providers and human service agencies.</li> <li>• Identify strengths and weaknesses in care coordination by conducting a survey among referring providers.</li> <li>• Participate in the Windham County Consortium on Substance Use (COSU) – a group of regional agencies tasked with studying and intervening in the opioid epidemic.</li> <li>• Closely collaborate with BMH’s family medicine and Ob/Gyn practices by expanding hours of Retreat clinicians to provide on-site services including mental health screenings, brief interventions, and referral to treatment for psychiatric and addiction-related issues.</li> <li>• Increase communications channels within the Brattleboro Retreat’s system of care as a way of improving care coordination with referral sources/providers.</li> <li>• Extend efforts to support pregnant and postpartum mother living with addiction through participation in SURPH (Substance Use Recovery and Perinatal Health) Coalition—a community group that includes the State of Vermont, BMH, Brattleboro OB/GYN, DCF, Habit Opco, Phoenix House, CIS, Winston Prouty, and Turning Point.</li> </ul>

**#2 Increase accessibility** to the Retreat's programs and services by improving the cultural competencies of providers and removing barriers that challenge vulnerable populations and people who have been historically underserved by the mental health and addiction treatment system.

- Offer at least one Continuing Education workshop focused on improving cultural intelligence among mental health and addiction treatment professionals.
- Continue to offer and expand cultural competency modules as part of Brattleboro Retreat's ongoing employee training program.
- Increase inpatient bed capacity to provide additional access to care.
- Increase access to mental health and substance abuse services among local homeless individuals and families by providing a full-time on-site clinician to work at the four venues operated by the Groundworks Collaborative.
- Expand community awareness of Brattleboro Retreat outpatient addiction programs, including specialty services for older adults (a particularly vulnerable group).
- Work on a pilot project with Strolling of the Heifers (SOTH) Apprenticeship Program and Groundworks Collaborative to provide therapeutic support for SOTH in their annual jobs training program.
- Collaborate with America Works to help explore employment opportunities for people with disabilities who are interested in rejoining the workforce.
- Provide services to first responders, a population that is particularly vulnerable to job-related trauma and is at higher risk for addiction, including opioid addiction.
- Collaborate with BMH's Collaborative Care Clinic. Provide an AMBCC clinician 10 hours/week to provide to care for clients with complex needs including HIV; Hepatitis; infectious disease (vulnerable populations).
- Collaborate with BMH to provide rapid access to medication assisted therapy (MAT) through Emergency Department inductions.
- Work with Brattleboro OB/GYN to determine their interest in becoming a Spoke provider for pregnant women (integrative care may improve prenatal outcomes).
- Explore expansion of medication treatment offerings for alcohol use disorder as a complement to outpatient addiction treatment offerings.
- Plan on including newer and long acting forms of medication treatments for opioid and alcohol use disorder.
- Consider expanding Mind Body Pain Management Program in response to State of VT RFP to reduce the need for opioid prescribing. Expansion would include multi-discipline collaboration for assessment, short-term treatment, and ongoing support to primary care.
- Expand the Retreat's participation as a Narcan distribution site for outpatient, inpatient discharging, and community members who want Narcan.

<p>#3 Reduce barriers to treatment and promote fact-based knowledge about mental illness and addiction among healthcare providers and the general public by increasing <b>educational initiatives</b> and supporting campaigns to decrease stigma</p>	<ul style="list-style-type: none"> <li>• Support and participate in consumer-led activities and initiatives in Vermont.</li> <li>• Seek consumer feedback on new initiatives.</li> <li>• Expand our BCTV educational series <i>Keep Talking</i> broadcast network to educate more people about various mental health and addiction related issues.</li> <li>• Offer free, quarterly workshops for community members covering the most requested mental health and addiction-related topics.</li> <li>• Offer at least 22 full-day Continuing Education conferences and 4 free luncheons each year to mental health professionals covering a broad range of mental health and addiction-related topics.</li> <li>• Submit op-eds written by Retreat clinicians to inform the public on relevant and timely mental health and addiction-related topics.</li> <li>• Utilize Stand Up to Stigma public awareness campaign to educate the community about addiction and mental illness issues.</li> <li>• Provide education about opioid use disorder through community trainings.</li> <li>• Improve community relations with local law enforcement and explore ways to better integrate the police in efforts to get help for people with psychiatric and addiction issues through participation in Project CARE, a community coalition led by the Brattleboro Police Department (BPD) that includes Habit Opco, BMH, Turning Point, HCRS, and Groundworks.</li> </ul>
---	---