



## **Brattleboro Retreat CHNA Implementation Update**

(June 1, 2017)

For CHNA-related activities from April 1, 2016 to May 31, 2017

- **Community Need #1—Enhance Care Coordination activities between medical and mental health providers:**
  - Continued to staff an office of mental health professionals within the main facility of Blue Cross Blue Shield Vermont (BCBSVT) in Barre, VT, called Vermont Collaborative Care (VCC) that serves to help BCBSVT subscribers integrate mental health care and medical health care.
  - Continued to provide collaborative office rounds with area pediatric and family practices to facilitate problem solving on psychiatric and addiction cases.
  - Hosted a professional networking event for mental health professionals on April 19, 2016
  - In May 2017 the Retreat began the process of putting together a federal grant application to help the hospital roll out tele-psychiatry services.
  - In May 2017 the Retreat hosted a contingent of health care professionals from Southwestern Vermont Medical Center to discuss care coordination and best practices around treating psychiatric patients who are waiting (sometimes for days) in Emergency Departments for beds to become available in a psychiatric facility.
  
- **Community Need #2—Increase accessibility to Retreat programs and services to historically under-served populations:**
  - Offered two continuing education workshops focused on culturally diverse patient populations: on 12/2/2016, “Traumatic Stress in Racial & Sexual Minorities,” with speaker Nnamdi Pole, Ph.D; and on 03/24/2017, Transgender Youth: Evaluation and Family Therapy,” with Erwin Krieger, LCSW.
  - Conducted an all-employee survey on the topic of clinical and workforce diversity, with an eye toward enhancing the hospital’s approach to care for people from a wide range of cultural, religious, and ethnic backgrounds.
  - Continued to provide on-site clinical services at Groundworks Collaborative, Brattleboro’s temporary shelter for homeless men, women, and children. This is a service that began in 2015.
  - Expanded the scope of the cultural competency module for the clinical online trainings required of all Retreat staff.
  
- **Increase Educational Initiatives/Offerings for both providers and the general public to increase understanding of and treatment for mental illness and addiction:**

- Rolled out Phase II of our ***Stand Up to Stigma*** community awareness campaign.
- Offered three (3) free, one-hour continuing education luncheons for mental health professionals in February and March, 2017.
- Offered 13 all-day continuing education workshops in the fall of 2016 and 13 all-day continuing education workshops in the spring of 2017 for a total of 26 for the conference season.
- Offered four free workshops for the community (two in the fall of 2016 and two in the spring of 2017) on topics including healthy eating for better mental health, cultivating self-compassion, compassionate communication, and realizing self-compassion.
- Collaborated with representatives from the Community College of Vermont (CCV) to develop curriculum for both certification level and course credit level courses based on the job requirements of a mental health worker (MHW).
- Produced four new “Keep Talking” broadcasts on Brattleboro Community Television (BCTV) from fall 2016 to spring 2017 on the following topics:
  - “Black Minds Matter: The Psychological Costs of Racial Injustice”
  - “New Help for Anxiety, Panic and OCD”
  - “Understanding Identity and Transgender Youth”
  - “Reasoning with Unreasonable People”
- Established a Consumer Advocacy Group that meets on a monthly basis with Retreat clinicians and administrators. Goal is to ensure that Retreat programs and services are meeting the needs of consumers and being delivered in ways that accommodate the perspectives and experiences of patients.
- Published four Op-Eds and/or educational pieces in local and regional newspapers:
  - “The Importance of Quality Child Care,” by Louis Josephson, Ph.D, Burlington Free Press, September 2016
  - “Matters of Substance: Ways to Think and Talk about Addiction and Stigma,” by Geoff Kane, MD, Brattleboro Reformer, September 2016
  - “Mindfulness: An Effective Practice for Creating Mental Wellness,” by Angela Rowan, LICSW, Brattleboro Reformer, January 2017
  - “Dealing with Mental Health Can’t Wait,” by Caitlin League, BSW, Keene Sentinel, April 14, 2017