Gifford … *Healthier Together*

Green Mountain Care Board Presentation

May 29, 2019

AGENDA

Call Meeting to Order	Kevin Mullin, Chair GMCB
Welcome & Introductions	Dan Bennett, Gifford CEO & President

Presentation: **Accountable Communities for Health**

Overview of Chelsea Trip	Rebecca O'Berry, Gifford
Overview of Quality Initiatives	Monica Boyd, Gifford
Overview of Community Outreach	Ashley Lincoln, Gifford
Prevention Partnerships	Bethany Silloway, Gifford
LEAD	Lt. Scott Clouatre, Orange County Sheriff Dept.
LEAD Graduate	John Lincoln, RUMS 7th Grader
Vaping Prevention	Jason Gingold, RTCC Director
HeLP Program	Deb Lary, RUHS Health Teacher
Gifford's Addiction Program	Dr. Chris Lukonis

Questions

CHELSEA HEALTH CENTER AND COMMUNITY PARTNERS

CHELSEA HEALTH CENTER

Gifford

CHELSEA HEALTH CENTER

- Dr. Brewster Martin and Dr. Luke Howe opened the Chelsea Health Center in 1953
- Gifford purchased the clinic in 1992
- Starr Strong, Gifford's first Physician Assistant, worked shoulder-to-shoulder with Dr. Martin and Dr. George Terwilliger
- Today's team Dr., PA, MA, LPN and Care Coordinator

HEALTHHUB

HealthHub is a 501c3 non profit

Collaborating to bring preventative dental care close to home

Chelsea Health Center Board purchased dental trailer and equipment in 2008 ($94,000 federal grant)

GHC's quarterly stipends support this work

2018 Numbers: 642 Visits: 564 children + 78 adults

2019 Numbers **To Date:** 283 Visits: 240 children + 43 adults

HealthHUB School Clinic
&
Gifford Health Care

Collaborating to bring preventative dental care close to home

Dental cleanings for children and adults

HealthHUB travels to these sites:

- Bethel schools
- Chelsea Health Center
- Chelsea Public School
- Gifford Medical Center
- Newton School
- Randolph Elementary School
- Rochester School
- Sharon Elementary School
- South Royalton School
- Tunbridge Central School
- Washington Village School
- Williamstown Elementary School

Contact Jane at janeb@healthhubvt.org
or (802) 431-6060 for more information
www.healthhubvt.org

Services provided by HealthHUB:

- Dental screenings, cleanings, digital diagnostic X-rays, fluoride treatments, and sealants.
- Patients needing restorative care will be referred to their dentist or helped with finding a dental home.
  For students, our school-based services reduce lost classroom time and transportation is no longer a barrier to care.

Adults may be seen at any of our locations that may be close to home.

Fees charged to your insurance company or that you may self-pay:

	2-12 Years	13 Years +
Cleaning	$65	$98
Fluoride	$20	$20
Bite Wing X-rays	$45 (2 films)	$75 (4 films)
Sealants	$40 per molar	

HealthHUB accepts all dental insurances including Medicaid or you may self-pay. If you are referred by a Gifford Health Care provider you may qualify for Gifford's sliding fee scale.

HealthHUB School Clinic
&
Gifford Health Care
www.healthhubvt.org

FIRST BRANCH AMBULANCE

- Paid and volunteer non-profit
- 24 Crew Members (2 emergency medical responders; 12 emergency medical technicians; 7 advanced emergency medical technicians; 3 paramedics)
- Provides 24 / 7 emergency coverage for the towns of: Chelsea, Tunbridge and Washington

HOUSE CALL PROGRAM

First Branch Ambulance and the Chelsea Health Center initiated the first House Call program in 2014.

MOU signed between Gifford and FBA on Sept. 18, 2018

Coordinated with Gifford Primary Care Providers, First Branch makes non-emergency wellness visits to home to assist with:

- Blood Pressure Monitoring
- Blood Glucose Monitoring
- Wellness Checks
- Falls Assessment
- First Aid

CLARA MARTIN

Dr. Brewster and Clara Martin opened the Chelsea Health Center in 1953 with a ½ day a week social worker (6 months wait)

In 1965 the Community Mental Health Centers Act Amendment supported the construction and staffing of facilities to treat substance abuse and mental disorders

Orange County Mental Health opened in 1966 in Randolph; 1994 renamed Clara Martin Center to honor our local pioneer for mental health care

Services provided at Chelsea Health Center include outpatient mental health and substance abuse services for adults

Clara Martin Center
Over 50 years of *People Helping People*
deep roots • strong future

GIFFORD'S QUALITY INITIATIVES

Antibiotic Stewardship

- Gifford's program and QI team's focus on judicious use of antibiotics has raised awareness around the organization and community
- Embedded an antibiotic time-out in daily patient rounds to check cultures and re-address the antibiotic prescribed
- Since beginning of program in early 2018, Gifford has had a 50% reduction in antibiotic days of therapy

Reducing Admissions

- Focus on helping patients make a transition back to primary care after an inpatient stay or an ED visit.
- Patients have quicker follow-up to review medication regiments, determine additional referrals or services and the transition home

Population Health / Chronic Illness Prevention

- Colorectal Cancer Screenings: working to improve rates of screening for patients age 50-75
- Diabetes / Pre-Diabetes: Offer several free evidence-based self-management workshops
  - Healthier Living Workshops for Chronic Pain, Chronic Disease, and Diabetes Management
  - Prevent T2 Diabetes Prevention Program
  - WRAP (Wellness Recovery Action Plan)
  - Fresh Start for Tobacco Cessation
- Improved process of Diabetes Educator referral in the new EMR

Challenges

- Recruitment and Retention of providers – particularly for pediatrics
- Mental Health reimbursement in VT does not compete well with neighboring states such as Maine
- Lack of receiving facilities – slow replacement of beds lost to Irene results in long term boarding of patients requiring inpatient admissions
- Gifford ED has 6 beds.
  - Board a single patient reduces capacity by 17% for other patients
  - Impedes care and pulls staff away from others

Solutions

- Telepsychiatry
- Psychiatrists running consult style services
  - See patient in consult several times and send back to primary care with a treatment plan and medication recommendations
  - Increases capacity
- Increase focus of GMC / GHC on social determinants of health
  - Substance abuse, food insecurity, etc. which should reduce emotional burden on patients

HOSPITAL LAYOUT

- Integrated Care on the main campus
  - Proximity of Primary Care and behavioral health to our ancillary services
  - Surgical Services adjacent to the OR
- Future facilities needs
  - Development of southern end
  - ED renovations

GIFFORD HEALTHIER TOGETHER

Gifford

Randolph Rec Department

- First Aid bags for all youth sports programs
- Gifford volunteers at local events
- Scheduled collaboration:
  - Nutrition education at the Summer Rec Camps
  - RiseVT to partner with Rec program on active lifestyles (individual and team options)

Randolph Area Food Shelf

- Gifford staff volunteers for unique events
- Created food staple bags for our 8 locations, Kimball Public Library, and Capstone
- VeggieVanGo started May 9th will continue the second Thursday of the month, 11:30 – 1 p.m.
  - Cooking demonstrations & recipe cards
  - Local non-profit social service tables

Senior Centers

- Yearly free community lunches prepared and served by Gifford
- Monthly talks
  - Tick Safety
  - Memory Loss
  - Healthy Feet
  - Orthopedic Conditions & Treatment Options
  - Nutrition Education
  - Palliative vs. Hospice Care
  - Wound Care education
  - Free skin screenings

ACCOUNTABLE COMMUNITIES FOR HEALTH

Gifford

Areas of focus & priority

Drug Addiction	Mental Health Issues
Overweight and Obesity	Preventative Health Care

Other areas respondents felt restricted their ability to receive health services

Inconvenient appointment time | Service not available
No dental insurance | Other expenses are priority

EVENTS … A LOOK BACK

Free Skin Cancer Screenings (190 patients seen)	Installed drug take back kiosk (650+ pounds collected)	Collaborated with Regional Prevention Partnership (drug alcohol awareness)	Donated expired medical supplies to Haiti & Partners World Health
First Aid bags for Orange County Sheriff Dept.	Safe Sitter Class	Tunbridge Worlds Fair Farm Show Booth	Provider talks at local senior centers, IL and PI
Hosted 10 free community lunches at area Senior	First Aid bags for Randolph sports program	Sports medicine training at RUHS (ankle taping)	Tips & Tricks from Gifford to all RUHS athletes
Collected 1,200# of food for RAFS	Donated 75 books to RAFS Christmas boxes	Arts Bus bags for pediatric patients	$10,000 CURES grant = Reality (6 part series)
Support LEAD program	Sponsored HELP (Heroin Epidemic Learning Program)	Hosted free PSA screening	Athletic Trainer Program at RUHS & VTC
Birth Control and STD talks with high school health	Brookhaven Summer Camp support	Free Gait analysis at	Sponsored *Being Mortal* screening and discussion
Free healthy feet screenings Dr. Rinaldi	Hosted two community blood drives	Caregiver Support Group	Advance Directives – in completing the forms

DRUG EDUCATION = PREVENTION

Partnerships with the Schools

- Hosting smokeless tobacco talks and educating kids on danger of vaping
- Continued support of the LEAD program

Safe Disposal Efforts

- Take Back Box = 750+ in Randolph
- Mail back envelopes in community clinics

Narcan Education

- Distribution site
- Education on proper administration
- Coordinating addiction education

Gifford

GIFFORD'S
ADDICTION MEDICINE PROGRAM

Gifford

PHILOSOPHY

- Every door is the right door for treatment
- Addiction is a treatable disease
  - Medication
  - Counseling
- Teamwork increases success
- Community partnership is essential

SERVICES

- Medication for OUD
  - Buprenorphine (Suboxone, Sublocade)
  - Naltrexone (oral, Vivitrol)
- Medication for AUD
  - Campral
  - Naltrexone (oral, Vivitrol)
  - Antabuse
- Psychosocial
  - Individual counseling
  - Group counseling .... *coming soon*
- Case Management
  - MAT nurses

STRATEGIES / REFERRAL STREAMS

- Medicate OUD within 72 hours
  - RAM in the ED
  - Walk-in hours
  - Rapid assessment
- Consultation for primary care around chronic opioid prescriptions
- Free Narcan OD – reversal kits
- Integration of MAT into Primary Care
- Collaboration in Central VT
  - CVMC RAM initiative
  - WCSARP
  - Clara Martin

Questions?

Thank you for your time and participation.

Healthier Together