

I am writing on behalf of the SASH program administered statewide by Cathedral Square and delivered to approximately 5,000 Vermonters in all corners of the state. OneCare Vermont provides the funding for SASH Care Coordinators and Wellness Nurses embedded in affordable housing, over 140 housing properties, serving low-income residents and surrounding community members. Besides funding for SASH program staff, we have found OneCare Vermont to be a strong collaborative partner in our efforts to coordinate with community provider organizations and medical providers involved in helping to keep older Vermonters and those with disabilities living in their homes and communities. OneCare convenes regular meetings and training for cross-agency learning and collaboration and provides opportunities for these organizations to try out innovative solutions to meet OneCare Vermont's three primary population health goals: 1. increase access to primary care, 2. reduce deaths due to suicide and drug overdose, and 3. reduce prevalence and morbidity of chronic disease. An example of one innovative solution funded in part by OneCare is an embedded mental health program we have operated with HowardCenter since late 2017. The mental health program provides a HowardCenter mental health clinician to work at two SASH housing sites providing flexible and same day access to one-on-one therapy, informal emotional health check-ins and a variety of group sessions around such topics as depression, anxiety, and mindfulness. The program has shown impressive results including an increase in access to mental health supports, reduced stigma to seeking help, reduced depression risk and even some preliminary trends of lower emergency room utilization. This innovative and effective program would not have been possible without OneCare Vermont's investment and on-going support. We are currently working with OneCare Vermont to partner around our initiatives to help prevent an/or better manage diabetes and hypertension among our participants. We believe our partnership will strengthen our ability to measure impact and improve our offerings. I hope you will support One Care Vermont's budget request for FY2020.

Molly Dugan, SASH Director  
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