

SASH[®]

SUPPORT AND SERVICES
AT HOME

a caring partnership

SASH for All Pilot Program

sashvt.org

Better Care.
Healthier People.
Smarter Spending.

ORIGIN OF SASH



Community

SASH participants are part of a defined community focused on staying healthy at home.



SASH Coordinator

Each participant has a SASH Coordinator, who helps them identify and meet their personal goals.



Wellness Nurse

A wellness nurse performs health assessments and provides coaching, particularly with regard to chronic conditions.



Participants benefit from the services of a collaborative team of partners in aging services, home health, community and mental health, and others.

SASH Team

What is SASH?

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A Statewide Presence



Cathedral Square

- Addison County Community Trust
- Burlington Housing Authority
- Cathedral Square
- Champlain Housing Trust
- Vermont State Housing Authority
- Winooski Housing Authority



RUTLAND HOUSING AUTHORITY

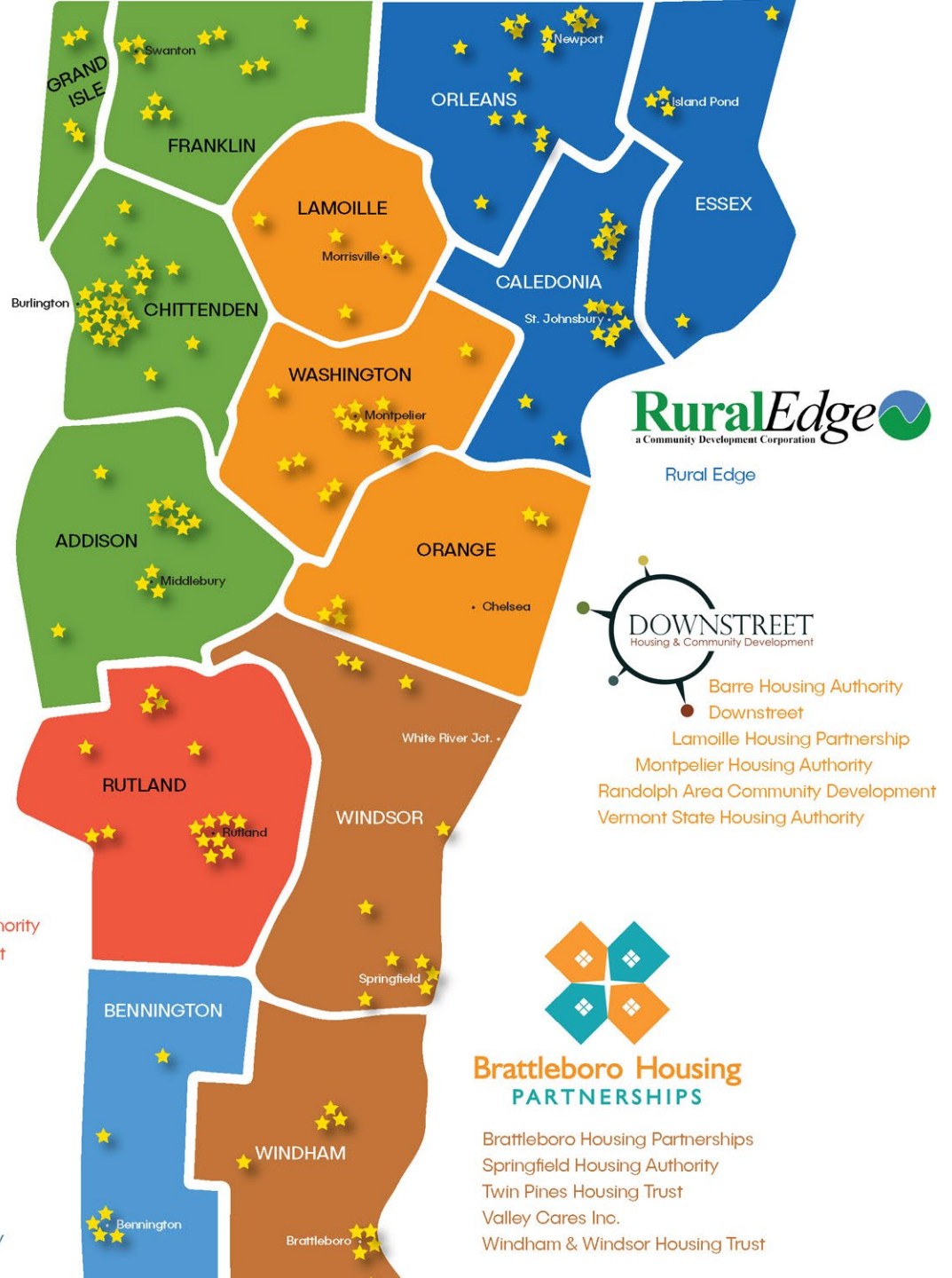
- National Church Residences
- Rutland Housing Authority
- Rutland Housing Trust



Shires Housing

Southwest Vermont

- Bennington Housing Authority
- Shires Housing



Rural Edge



- Barre Housing Authority
- Downstreet
- Lamoille Housing Partnership
- Montpelier Housing Authority
- Randolph Area Community Development
- Vermont State Housing Authority



Brattleboro Housing PARTNERSHIPS

- Brattleboro Housing Partnerships
- Springfield Housing Authority
- Twin Pines Housing Trust
- Valley Cares Inc.
- Windham & Windsor Housing Trust



Watch here: <https://www.youtube.com/watch?v=2SvJSh4gg6I>

SASH for All Mission

SASH for All partners with participants and families to coordinate and deliver individualized support where they live to increase resilience, strengthen wellbeing, improve health outcomes, and build community.





What is SASH for All?

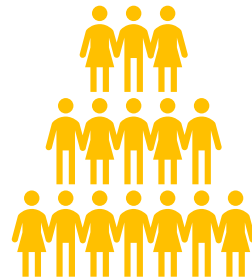
Five Core Elements of SASH for All



Housing-based
staff



A person-driven
and strengths-
based approach
to partnering
with participants



An "all-in"
approach;
population-
based structure



Individual
planning and
goal setting



Partnership-
based approach

Core Elements in Action:

Individual Healthy Living Plan

Identify goals and
who will provide
support



Address barriers to
good health and well-
being



Shared document
between SASH and
participant



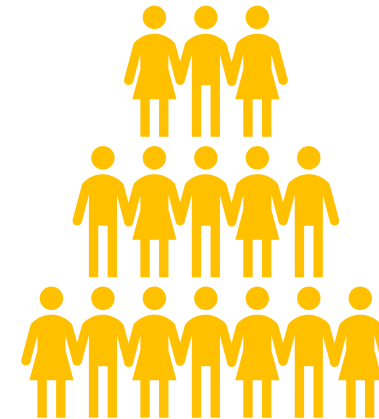
Core Elements in Action: Community Healthy Living Plan



123 Lake Street Community Healthy Living Plan- January-June 2023

Your panel's top chronic conditions	1. Diabetes	2. Food Insecurity	3. Social Isolation	4. Mental Health
Additional health, emotional, social or physical considerations Knowledge of Child Development (ex: food insecurity, social isolation, mental health, etc.)				

Month	Condition 1 Diabetes	✓ EBP/ PP	Condition 2 Food Insecurity	✓ EBP/ PP	Condition 3 Social Isolation	✓ EBP/ PP	Condition 4 Mental Health	✓ EBP/ PP	Additional Consideration(s)	✓ if Remote
Month 1	Diabetes Prevention Program	<input checked="" type="checkbox"/>	Commodities Food Drop	<input type="checkbox"/>		<input type="checkbox"/>	Stress Manag. Discussion	<input type="checkbox"/>		<input type="checkbox"/>
		<input type="checkbox"/>		<input type="checkbox"/>	Coffee Hour	<input type="checkbox"/>	Meditation	<input type="checkbox"/>	Parenting edu. class	<input type="checkbox"/>
	Nutrition Presentation	<input type="checkbox"/>	Veggie Van Go	<input type="checkbox"/>	Potluck	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	Peer Support Group	<input type="checkbox"/>		<input type="checkbox"/>
Month 2	Diabetes Prevention Program	<input checked="" type="checkbox"/>	Commodities Food Drop	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
		<input type="checkbox"/>		<input type="checkbox"/>	Coffee Hour	<input type="checkbox"/>	Meditation	<input type="checkbox"/>	Parenting edu. class	<input type="checkbox"/>
	Recipe Sharing	<input type="checkbox"/>	Veggie Van Go	<input type="checkbox"/>	Potluck	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	Peer Support Group	<input type="checkbox"/>		<input type="checkbox"/>
Month 3	Diabetes Prevention Program	<input checked="" type="checkbox"/>	Commodities Food Drop	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
		<input type="checkbox"/>		<input type="checkbox"/>	Coffee Hour	<input type="checkbox"/>	Meditation	<input type="checkbox"/>	Parenting edu. class	<input type="checkbox"/>
	Nutrition Presentation	<input type="checkbox"/>	Veggie Van Go	<input type="checkbox"/>	Potluck	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	Peer Support Group	<input type="checkbox"/>		<input type="checkbox"/>



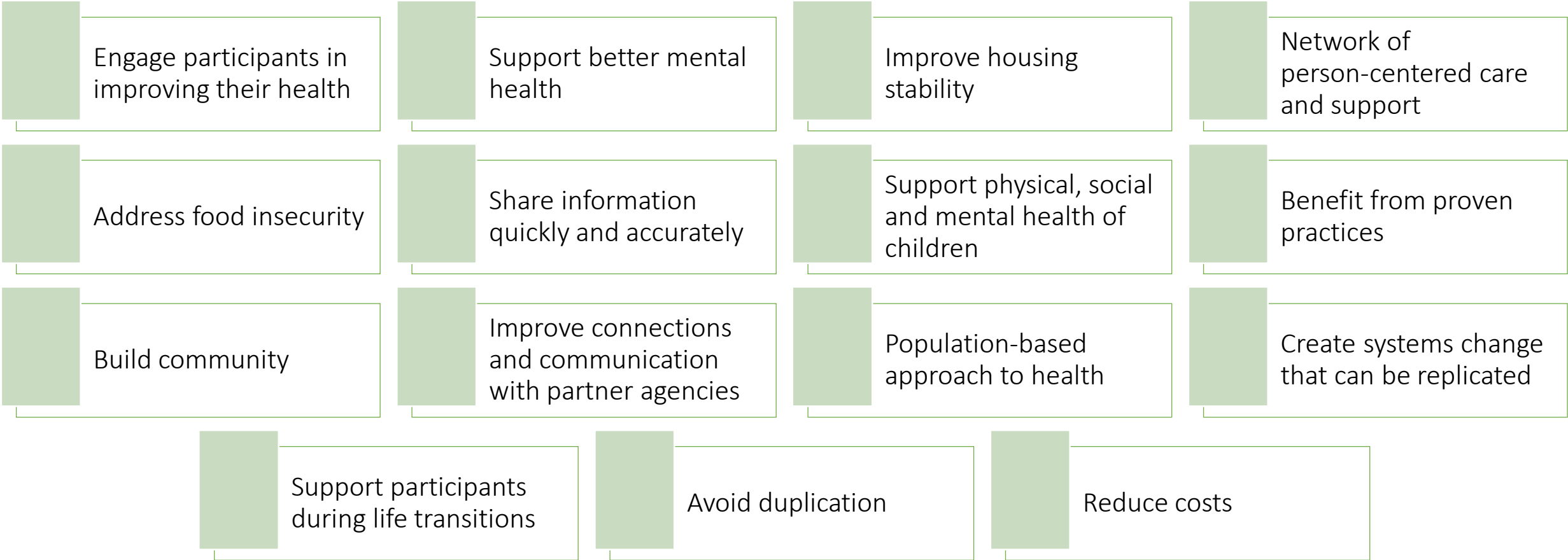
An "all-in" approach;
population-based
structure



How will SASH for All benefit participants?

This model is based on the core elements of SASH® and the Strengthening Families™ framework

GOALS of SASH for All



SASH for All Pilot:

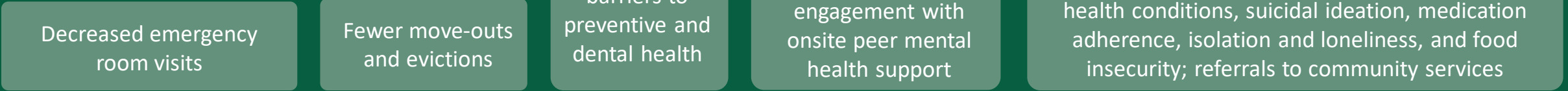
Evaluation Framework and Anticipated Outcomes

13

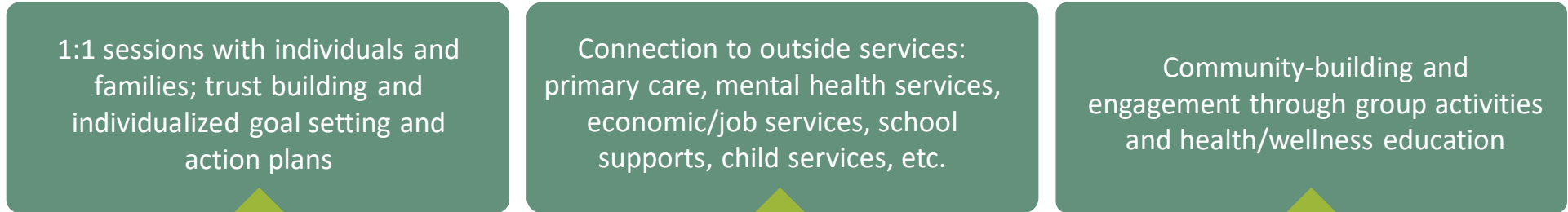
What long-term benefits are associated with these outcomes?



OUTCOMES



OUTPUTS



INPUTS



Key Components of Our Statewide Administrative System

Cathedral Square has an established statewide administrative system (with state funding) that supports SASH programs across the state, including the SASH for All pilots. This includes:

- Staff training – both **on-boarding** for new staff and **on-going** for all staff to build skills, share best practices, peer support, etc.
- Statewide data management and reporting
- Quality assurance and improvement
- Technical support and resources – including STAR (SASH Tools and Resources intranet)



Two 'SASH For All' Pilots Launched in September 2022

- Brattleboro Housing Partnerships
- Windham & Windsor Housing Trust
- Pilot available at two housing sites
- Pilot available at nine scattered housing sites



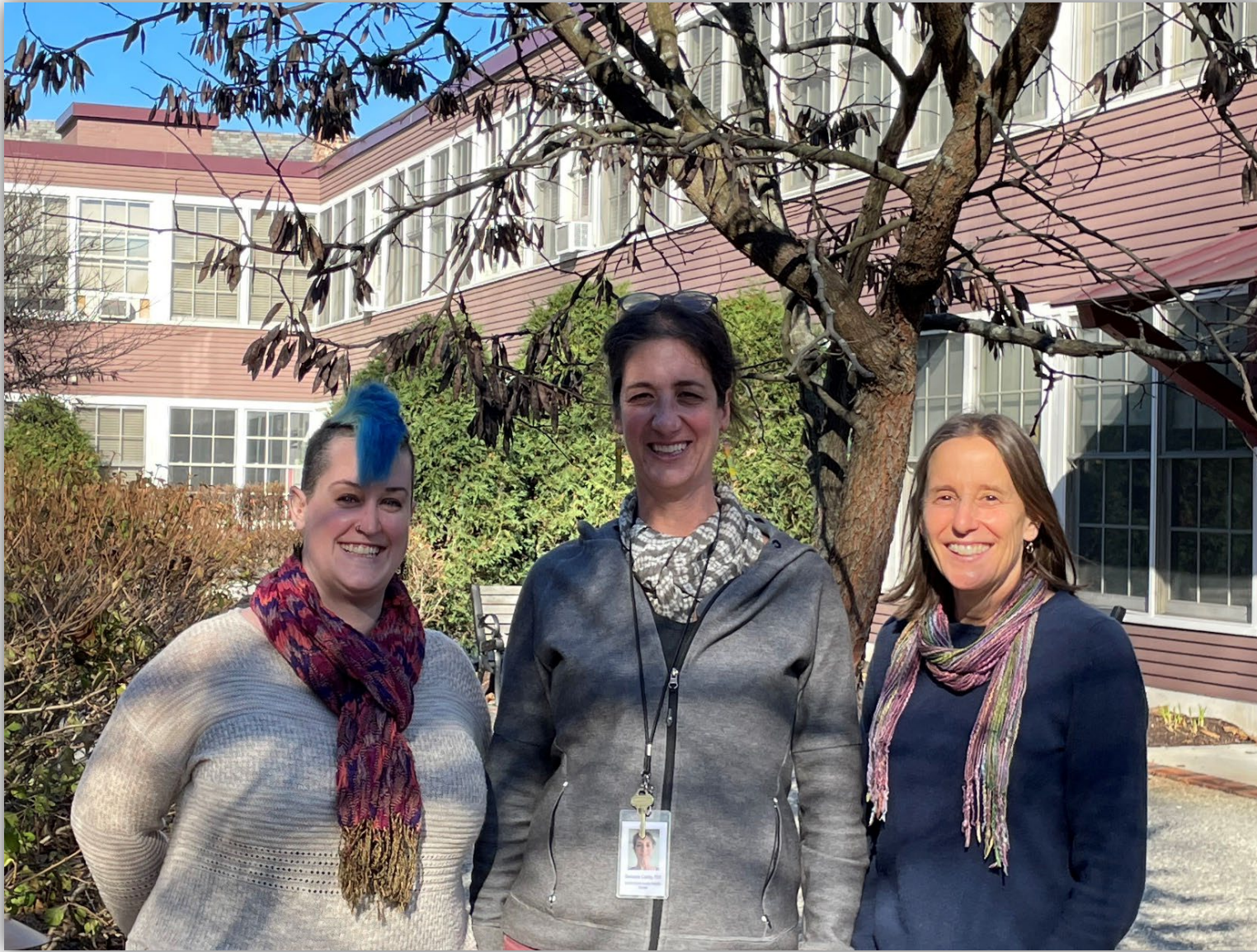
**SASH for All
Pilots in
Progress**

SASH for All Infrastructure

- MOUs in place with SASH For All Partners
- All staff with exception of mental health position(s) hired
- All staff completed multi-week SASH for All on-boarding training (including HIPAA)
- All staff completed 6-hour Strengthening Families™ training
- Staff are building relationships, enrolling participants, organizing and leading group programs/events
- Assessing participants needs with standard assessment
- SASH For All team meetings on a monthly basis



**SASH for All
Pilots in
Progress**



The SASH for All team at Windham & Windsor Housing Trust, from left: Katy Peterson, SASH for All coordinator; Barbara Carey, wellness nurse; and Joyce St. Jean, resident services manager.



SASH for All Pilots in Progress

Success Stories:

- SASH for All team has **supported** participants who are **struggling with mental & physical health** by connecting them to available resources;
- **Increase housing stability** - single mom raising two children while working full-time is concerned about losing her housing due to owing back rent. SASH for All **connected** her to Southeastern Vermont Community Action (SEVCA) **for immediate financial support.**

Challenges:

- Lack of mental health resources in the community and on the SASH for All team;
- Social isolation



SASH for All Pilot Success Stories & Challenges

Brattleboro Housing Partnerships Overview:

- BHP Panel – at Ledgewood Heights and Moore Court, with combined 69 households and over 150 residents
- Staff hired: Jake Burkey SFA Coordinator, Elizabeth Watson, RN SFA Wellness Nurse
- MOU partners – Turning Point, Brattleboro Memorial Hospital, Healthcare and Rehabilitative Services, WWHT, BHP, Winston Prouty Early Center
- Building relationships – **20 participants enrolled**
 - Collaboration with: Art in the Neighborhood, Sunrise Rotary Club, Prevent Child Abuse Vermont, Vermont Food Bank, FoodWorks, Building A Positive Community, BMH health, Liaison Autumn Kendall (BMH Community Resource Liason), SEVCA, HireAbility, Youth Services



**SASH for All
Pilots in
Progress**

Success Stories:

- **20 participants enrolled**
- Enrolling participants during Green Mountain Care open enrollment
- Referrals to services re: legal addressing topics: parenting skills, food insecurity, healthcare needs for family, education resource support, legal issues, healthy relationships, healthy food habits
- Continuing to build BHP supportive services brand with Matt (LEAP)
- Onboarding Wellness Nurse, acclimating to local community and BHP team
- Establishing potential partnerships with area schools
- Diverse family structures enrolled: adult children, single parents, young children, supporting persons with diverse physical mental and emotional needs that do not have connections to supportive services
- Building connection with WWHT to facilitate partnership with core MOU partners



SASH for All Pilot Success Stories & Challenges

Challenges:

- Limited time – younger people/families are more independent than traditional SASH participants
- Building rapport after 2+ years of no staff on site
- Mental health support staff have been hard to find – budget constraints, limited qualified staff in area, DRHO/DA contractual obligations



Brattleboro Housing
PARTNERSHIPS

SASH for All Pilot Success Stories & Challenges

Current Funding Source:

- SASH for All pilot funding provided by 2022 congressionally directed spending request through Senator Sanders
- One year funding – **project end date is August 31, 2023**

**SASH for All
Pilot Funding**

\$5.4M SASH for All Funding Would Support:

- Launch of 10 SASH for All panels in existing subsidized housing communities and continuation of two pilot programs for **a total of 12 SASH for All panels**, serving approximately **1,000 persons for two years in all counties across the state.**
- **Implementation via current delivery model for traditional SASH** - Cathedral Square as Statewide Administrator and six Regional housing lead organizations.
- **Access for all participants** to a SASH Coordinator (1 FTE), Wellness Nurse (.5FTE), and Mental Health counselor or Peer support Coach (.5FTE) and SASH for All Team.
- **Collection of participant assessment data via the existing SASH statewide data management system**, Population Health Logistics (PHL), and regular reports and analytics provided by the Cathedral Square administrative team on a monthly basis.

**SFY 2024
Budget
Request for
SASH for All**



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Thank you!