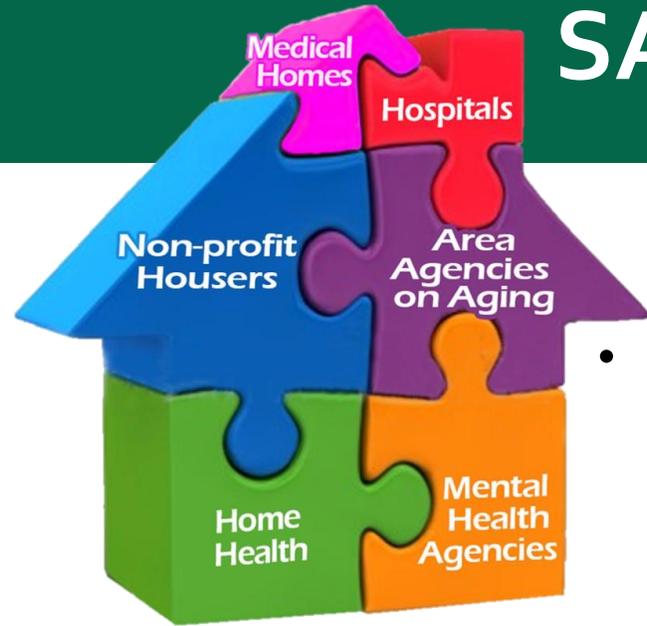


SASH / HOWARD CENTER
Mental Health Pilot

February 2020



SASH: Improving Health, Saving Money



SASH is...

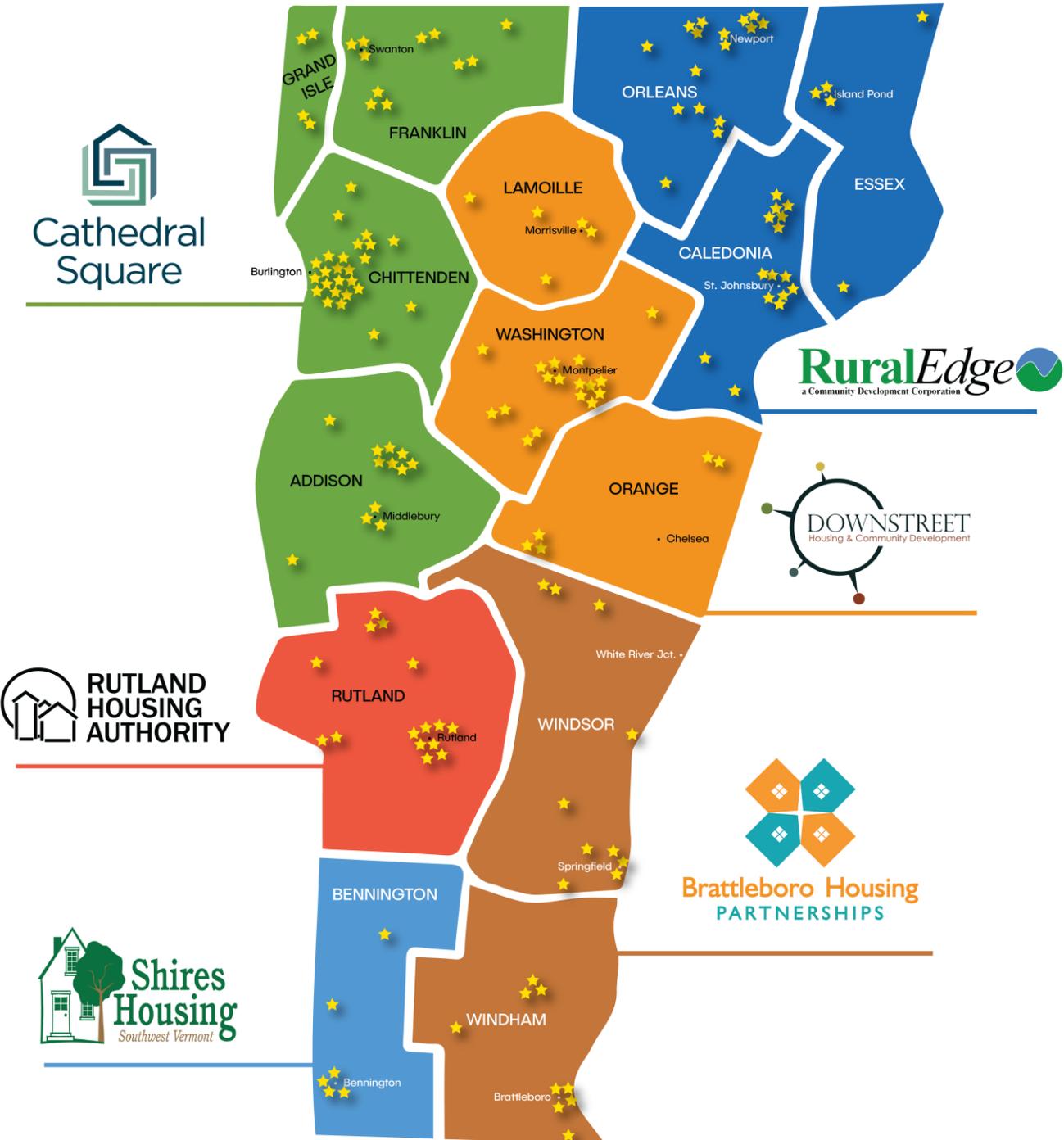
- a partnership among community organizations and agencies in housing and health care
- Based in nonprofit, affordable housing
- Part of Vermont's All-Payer Model (APM) healthcare reform initiative
- Able to target high-cost and high-risk populations
- Focused on evidence-based wellness and prevention to serve the whole population



SASH Funding & Administrative Structure



SASH: A Team Sport

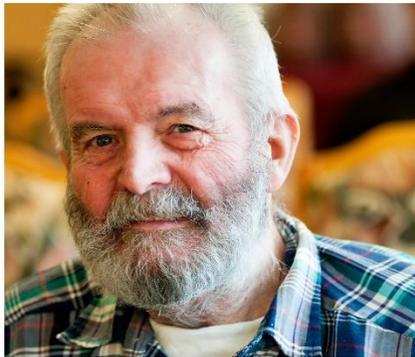
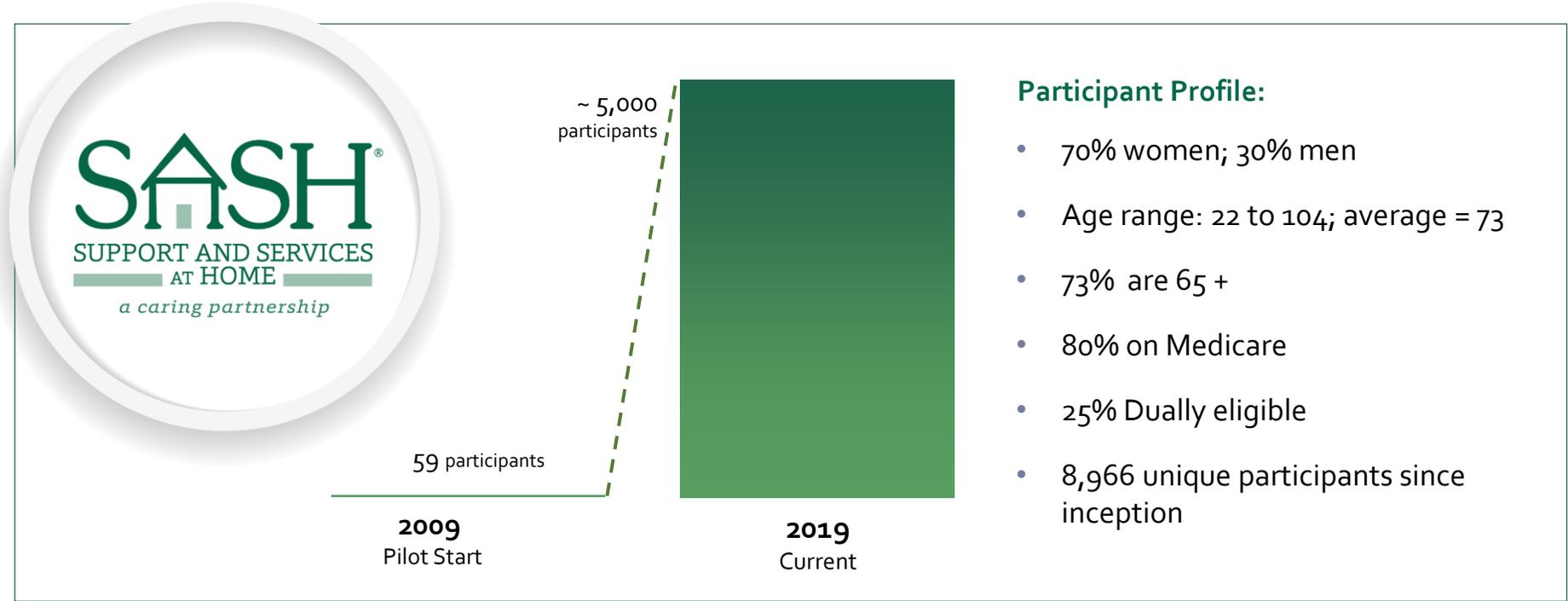


SASH is embedded in affordable housing, where most participants live. By using Vermont’s affordable-housing network, SASH is able to provide services in just about every corner of the state.

SASH is a partnership. It combines the strengths of 70+ partners at the local level that have been providing supports and services for years: home-health agencies, area agencies on aging, primary-care providers, community hospitals, and agencies providing developmental, mental health and addiction services.

Six designated regional housing organizations oversee the program, working with **22 housing organizations** that operate SASH at **140 affordable-housing sites** throughout Vermont.

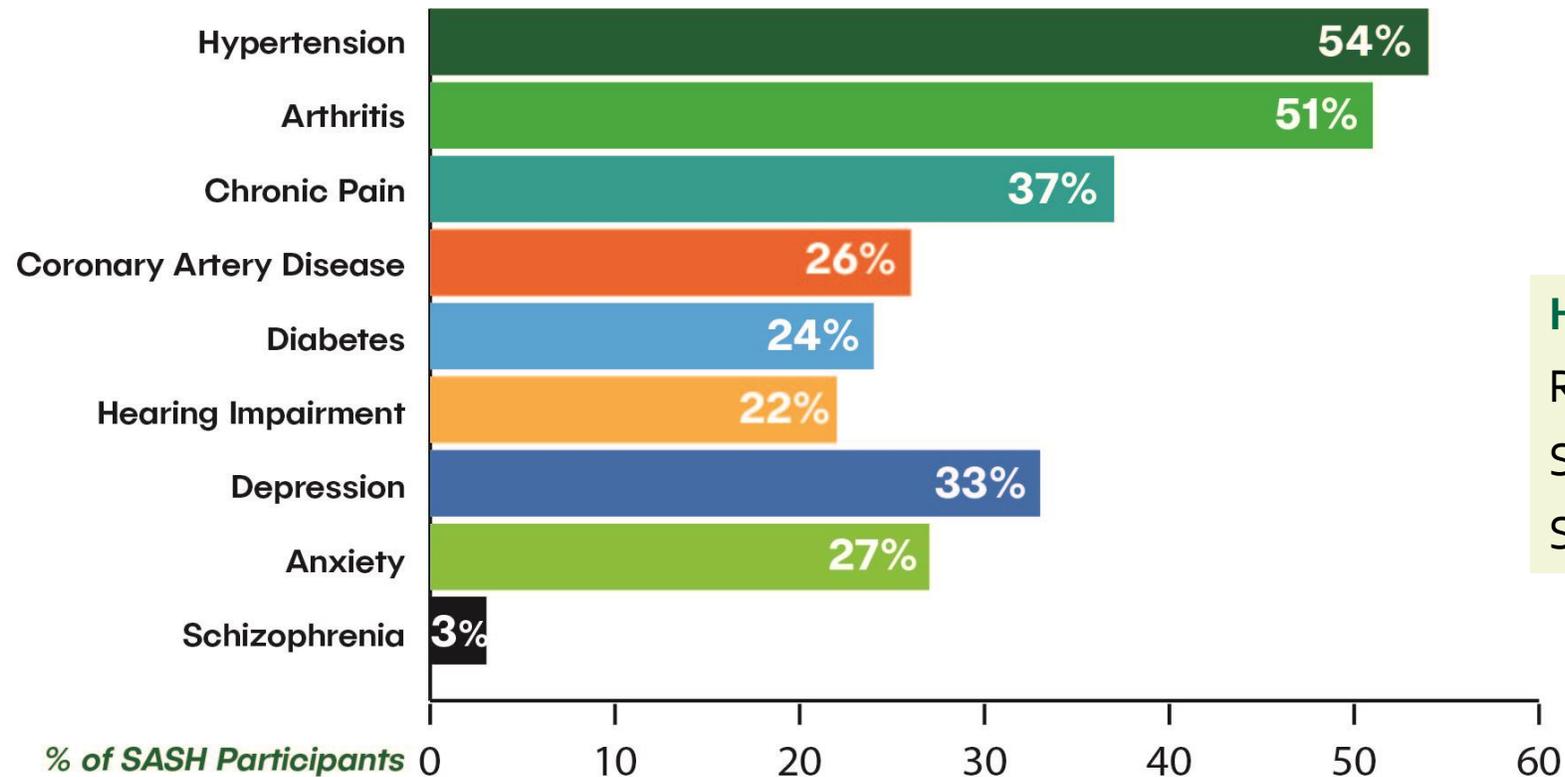
SASH coordinators and wellness nurses coordinate services and programming. They also work with local partners at the local level, who collaborate in promoting individual and community health and well-being. It is very much a team sport!



Health of SASH Participants Statewide

Median # of chronic conditions: **6**

People with 3 or more diagnoses: **75%**



HEALTH SCREENS

Risk of Falls 58%

Social Isolation 37%

Suicide Ideation ... 10%

Elements of SASH

Participants are part of a group focused on staying healthy at home.



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



Each person also has a Wellness Nurse, who provides support and helps them stay on track.



Participants benefit from a network of collaborative partners, working together to support comprehensive community health.

Evidence-Based Prevention & Wellness Programs



70+ SASH staff throughout Vermont are trained and certified to lead these programs

- **Stanford Chronic Disease Self-Management**
- **Falls prevention:** Tai Chi for balance and arthritis
- **Physical Activity:** chair yoga, walking programs, strength training, “Bone Builders” and more
- **Cognitive impairment and mental health** interventions
- **Nutrition** education and programming (DASH, etc.)

Outcome: Health-Care Savings

The latest independent federal evaluation found **statistically significant Medicare savings** of \$1,100* to \$1,400** per person per year.



"SASH participants and wellness nurses were able to identify health issues early before those issues progressed to more serious incidents."

—RTI/Leading Age Four-Year SASH Evaluation (Summary)

*rural panels | **urban (Chittenden Co.) panels
—RTI/Leading Age Five-Year SASH Evaluation,
October 2018

Outcome: Reduced Medicaid Spending

KEY FINDING from October 2018 analysis by same third-party evaluator, published in June 2019:

SASH is helping Vermonters stay in their homes as they age and not move to long-term care settings.



- SASH participants living in affordable-housing communities where SASH is based AND participants in all rural panels (i.e., outside Chittenden County) showed **a statistically significant reduction in growth in Medicaid spending for nursing-home care.**
- **All other panels had lower spending for long-term care as well,** although the findings did not reach statistically significant levels.

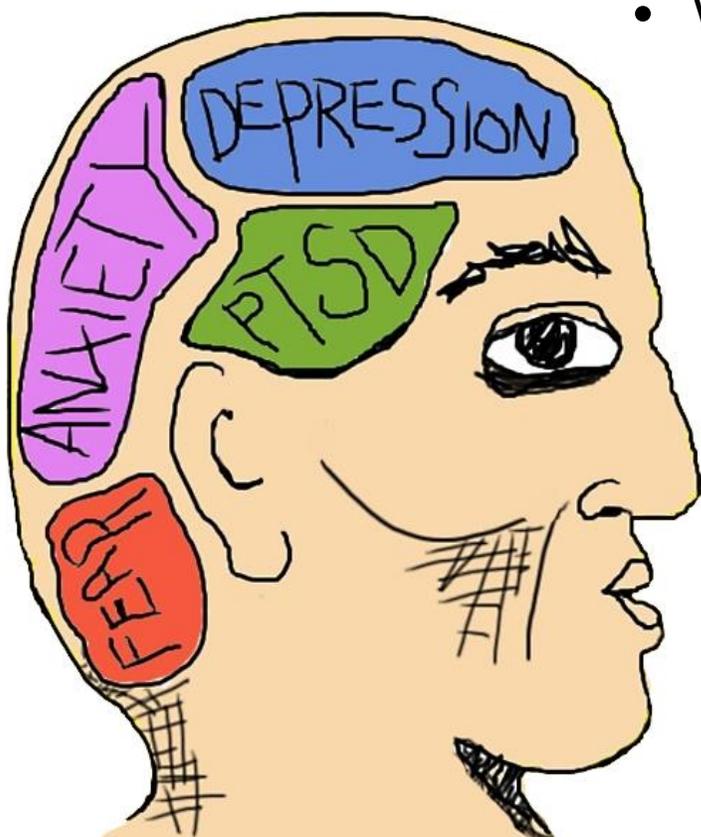
Mental Health Pilot: The Basics

Howard Center clinician located at two Cathedral Square communities as part of the on-site SASH staff

- **Year 1:** Nov 2017 – Dec 2018
 - *funded by OneCare Vermont*
- **Year 2:** Jan – Dec 2019
 - *funded by OneCare Vermont, Cathedral Square & Howard Center*
- **Year 3:** Now underway!
 - *funded by OneCare Vermont, Cathedral Square & Howard Center*

Mental Health Pilot: The Need

- Staff consistently identified mental-health challenges; data backed this up.
- SASH participants have higher rates of depression.*
- Wide range of mental-health conditions identified: generalized anxiety disorder, depression, schizophrenia/bipolar
- Concerning suicide risk among SASH participants and older adults in general
- Older adults have high rates of chronic drinking and low rates of help-seeking
- Research shows high percentage of people with mental-health challenges do not seek treatment



* All-Payer claims database

Two Pilot Communities: *TH* & *CSSL*



Pilot Goals



Prompt Access to Services



Coordinated services by team members



Decline in ER Visits



Improved Participant Experience

Mental Health Stability



Primary Care Connections



Better Knowledge & Reduced Stigma
of Mental Health Interventions



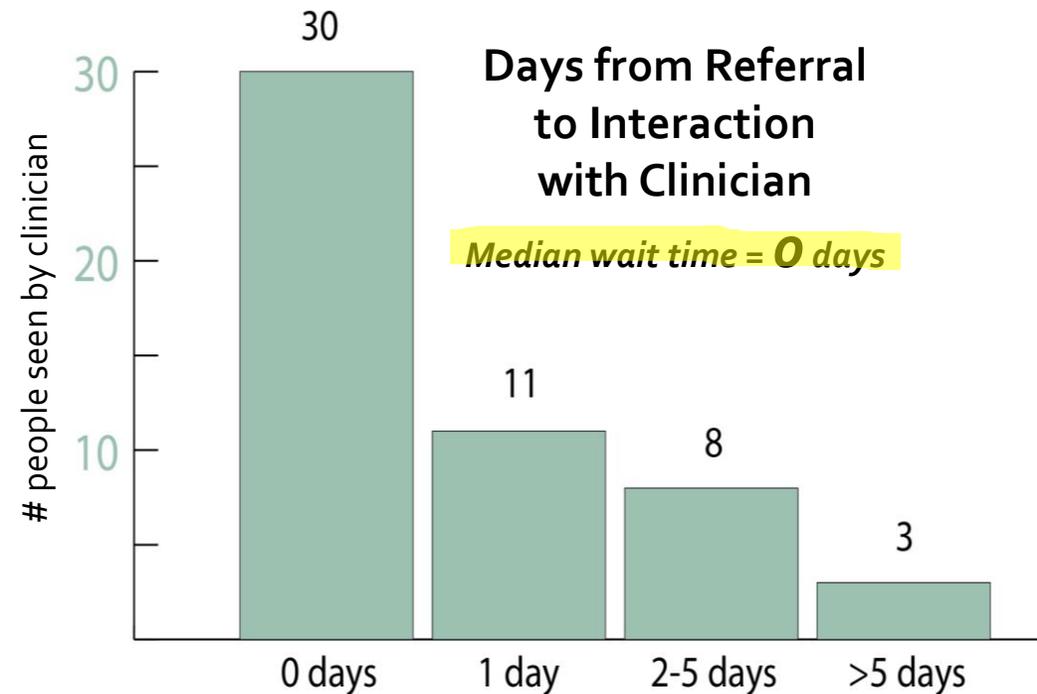
Pilot Interventions

*"The right dose at
the right time"
— and at the
right place.*



Goal: Prompt Access to Services

November 1, 2017 – December 31, 2018



- **80% of those referred were seen either the same day or the next day.**
- **Clinician had 2,059 unique encounters with participants at both sites.**
(includes individual visits, consults with staff, group programs, educational activities, social-wellness visits)



OneCareVermont

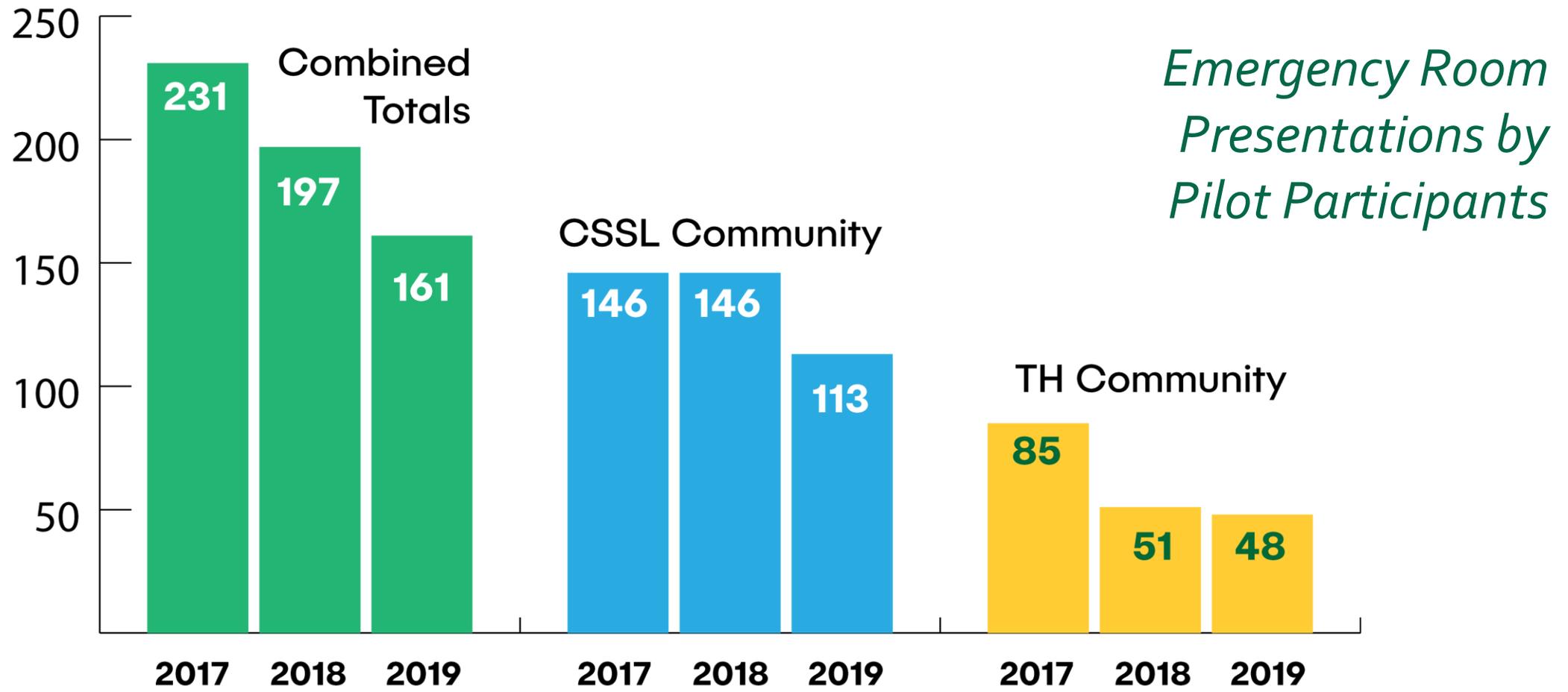


HOWARD
CENTER
HOWARD
CENTER
Help is here.



OneCareVermont

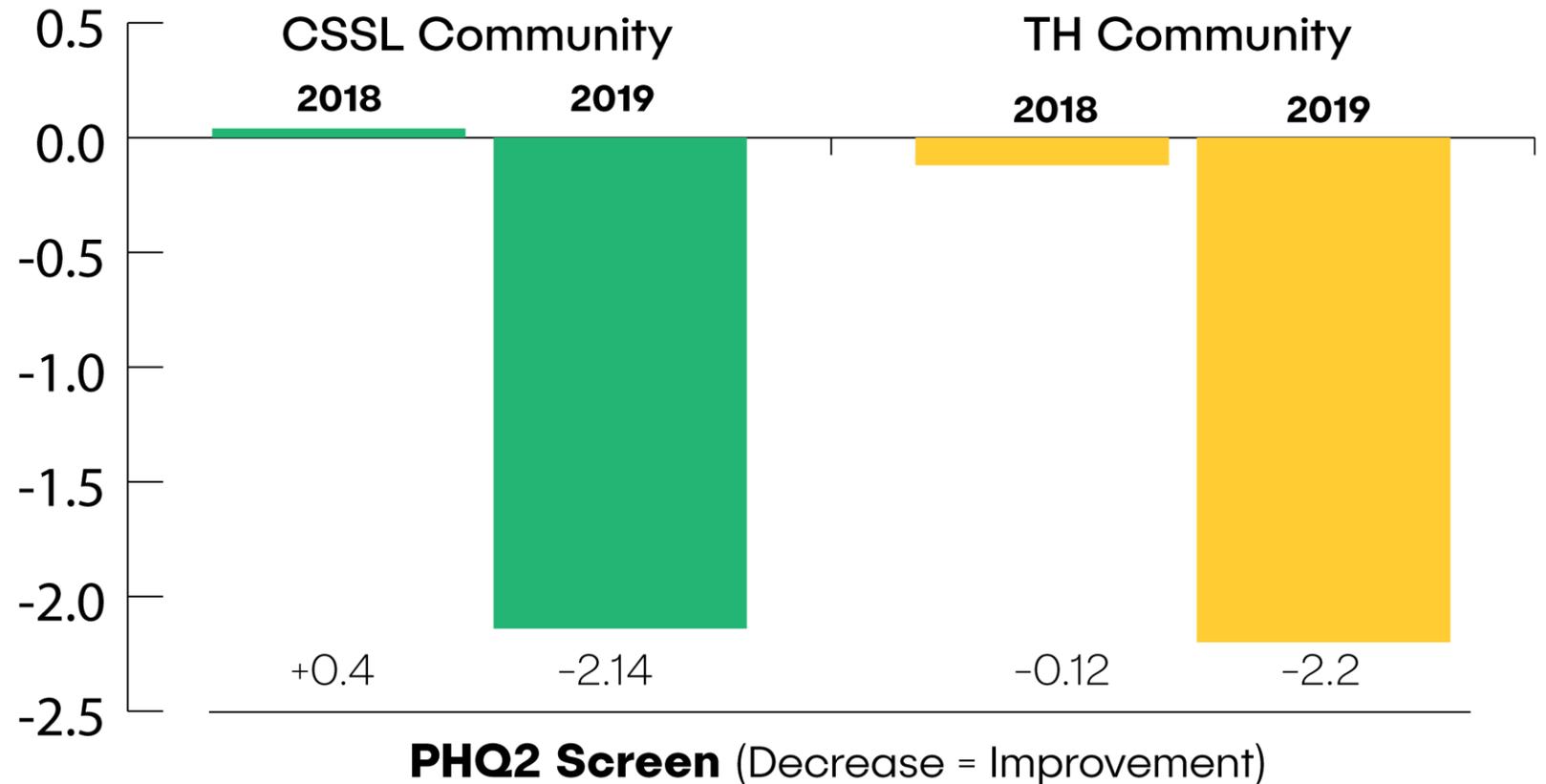
Goal: Decline in ER Visits



Goal: Mental Health Stability

*Reduced Risk
for Depression*

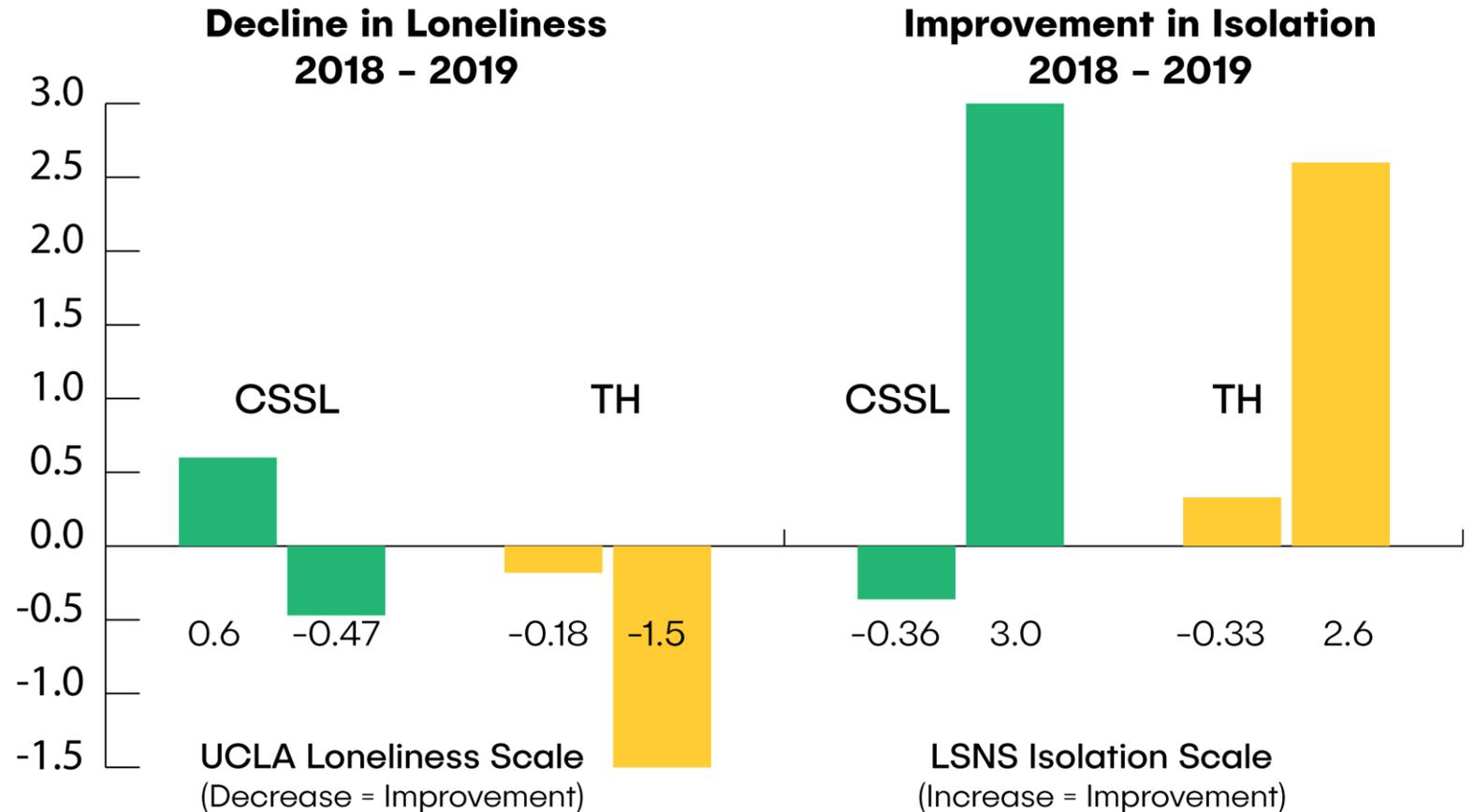
*For those receiving
group or 1:1 support*



Goal: Mental Health Stability

Decline in Risk for Loneliness & Isolation

*For those receiving
group or 1:1 support*



Goal: Improved Participant Experience

Survey Results & Comments from Group Participants

- 72% “learned new skills to help cope.”
- 91% “learned about a new resource.”
- 79% agreed they feel less stigma in seeking mentalhealth support.
- 100% agreed “I now know where I can go for help.”

“I felt comfortable talking about my anxiety with the group.”

“...feeling I am not alone, and empowered to cope.”

“I met a new friend.”

Questions?

