

**SASH**<sup>®</sup>

SUPPORT AND SERVICES  
AT HOME

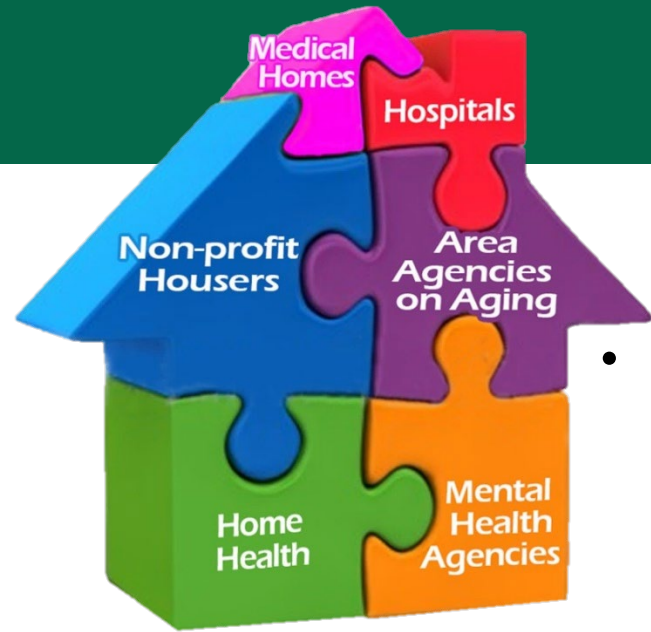
*a caring partnership*

## **SASH for All Pilot Program**

[sashvt.org](https://sashvt.org)

Better Care.  
Healthier People.  
Smarter Spending.

# Improving Health, Saving Money



- 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) health-care improvement and payment-reform initiative
- Able to target high-cost and high-risk populations
- Focused on evidence-based wellness and prevention **to serve whole population**



### 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.

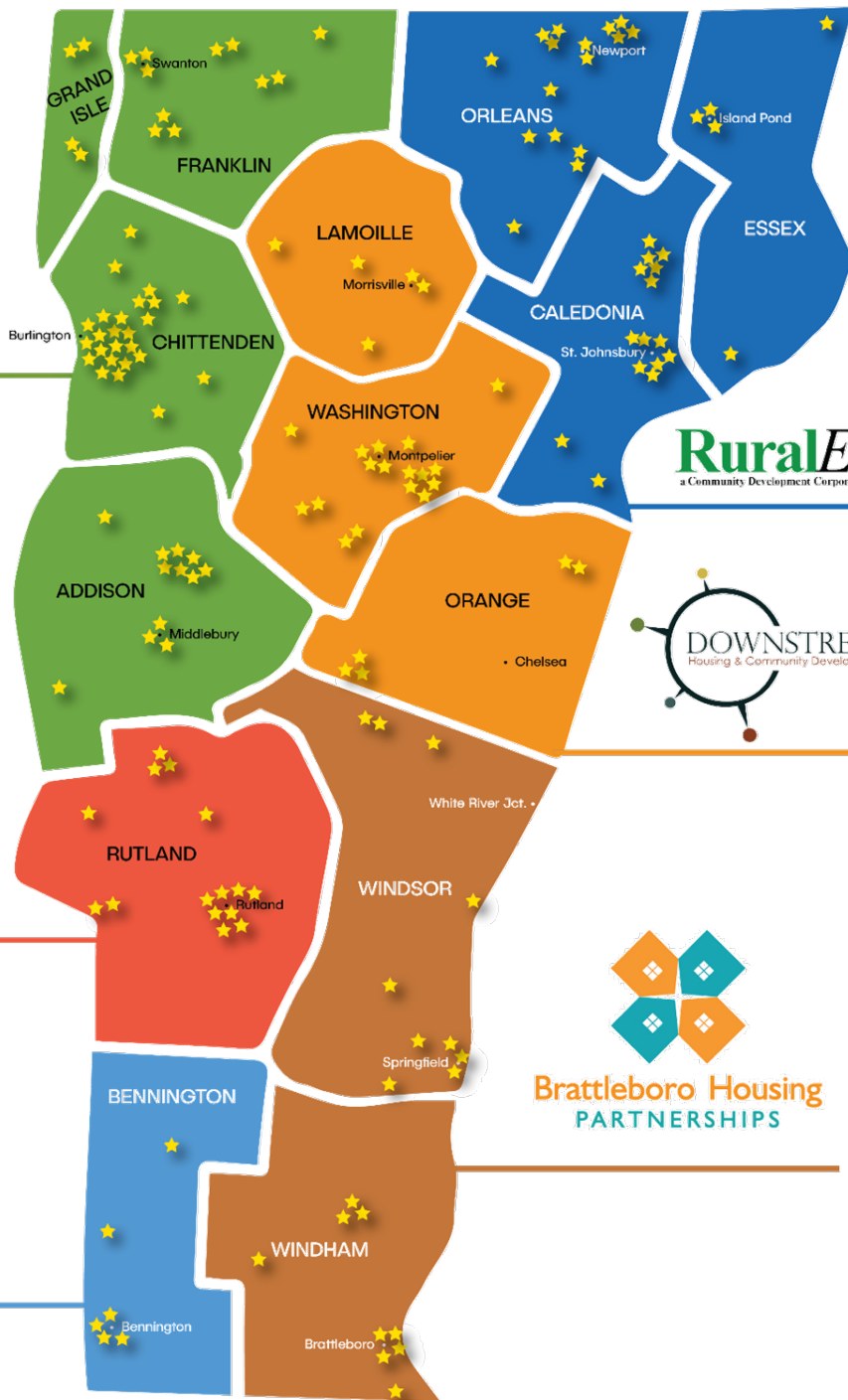


Participants benefit from the services of a collaborative team of partners in aging services, home health, community and mental health, and others.

SASH Team

# What is SASH?

# Statewide Presence



## HOME HEALTH AGENCIES

Addison County Home Health & Hospice  
 Central Vermont Home Health & Hospice  
 Franklin County Home Health Agency  
 Lamoille Home Health & Hospice  
 Northern Counties Health Care  
 Orleans, Essex Visiting Nurse Assoc. & Hospice  
 VNA & Hospice of the Southwest Region  
 Visiting Nurse & Hospice for Vermont & NH  
 UVM Health Network Home Health & Hospice  
 (formerly VNA of Chittenden & Grand Isle Counties)

## AREA AGENCIES ON AGING

Age Well  
 Central Vermont Council on Aging  
 Northeastern Vermont Area Agency on Aging  
 Senior Solutions-Council on Aging  
 for Southeastern Vermont  
 Southwestern Vermont Council on Aging

## HOUSING

Addison County Community Trust  
 Barre Housing Authority  
 Bennington Housing Authority  
 Brattleboro Housing Partnerships  
 Burlington Housing Authority  
 Cathedral Square  
 Champlain Housing Trust  
 Downstreet Housing & Community Development  
 Housing Trust of Rutland County  
 Lamoille Housing Partnership  
 Montpelier Housing Authority  
 National Church Residences  
 Randolph Area Community Development Corporation  
 RuralEdge  
 Rutland Housing Authority  
 Shires Housing  
 Springfield Housing Authority  
 Twin Pines Housing  
 Valley Cares  
 Vermont State Housing Authority  
 Windham & Windsor Housing Trust  
 Winooski Housing Authority

## HOSPITALS

Brattleboro Memorial Hospital  
 Central Vermont Medical Center  
 Copley Hospital  
 Gifford Health Care  
 Mt. Ascutney Hospital & Health Center  
 North County Hospital  
 Northeastern Vermont Regional Hospital  
 Northwestern Medical Center  
 Porter Medical Center  
 Rutland Regional Medical Center  
 Southwestern Vermont Medical Center  
 Springfield Hospital  
 University of Vermont Medical Center

## DEVELOPMENTAL, MENTAL HEALTH & ADDICTION SERVICES

Clara Martin Center  
 Counseling Service of Addison County  
 Health Care & Rehabilitation Services  
 Howard Center  
 Lamoille County Mental Health  
 Northeast Kingdom Human Services  
 Northwestern Counseling & Support Services  
 Rutland Mental Health Services  
 United Counseling Service  
 Washington County Mental Health Services

## OTHER HEALTH PROGRAMS

Castleton Undergraduate School of Nursing  
 Graduate Counseling Program,  
 Northern Vermont University  
 United Health Alliance  
 University of Vermont Center on Aging  
 Vermont Chronic Care Initiative  
 Vermont Health Foundation

# 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?

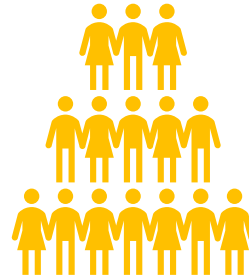
# Five Core Elements of SASH for All



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

# SASH for All Pilot:

## Evaluation Framework and Anticipated Outcomes

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What long-term benefits are associated with these outcomes?

Increased housing stability

Decreased healthcare spending; costs shifted toward preventive care

Increased educational attainment

Improved chronic disease management (diabetes, heart disease, etc.)

Decreased use of emergency shelters

Improved financial security

### OUTCOMES

Decreased emergency room visits

Fewer move-outs and evictions

Reduced barriers to preventive and dental health

Referrals to mental health services and engagement with onsite peer mental health support

Low-barrier onsite screenings for: hypertension, diabetes, substance and tobacco use, mental health conditions, suicidal ideation, medication adherence, isolation and loneliness, and food insecurity; referrals to community services

### OUTPUTS

1:1 sessions with individuals and families; trust building and individualized goal setting and action plans

Connection to outside services: primary care, mental health services, economic/job services, school supports, child services, etc.

Community-building and engagement through group activities and health/wellness education

### INPUTS

SASH® staff: Wellness nurse, coordinator (CHW), peer support advocate

Formalized partnership agreements with healthcare & community organizations

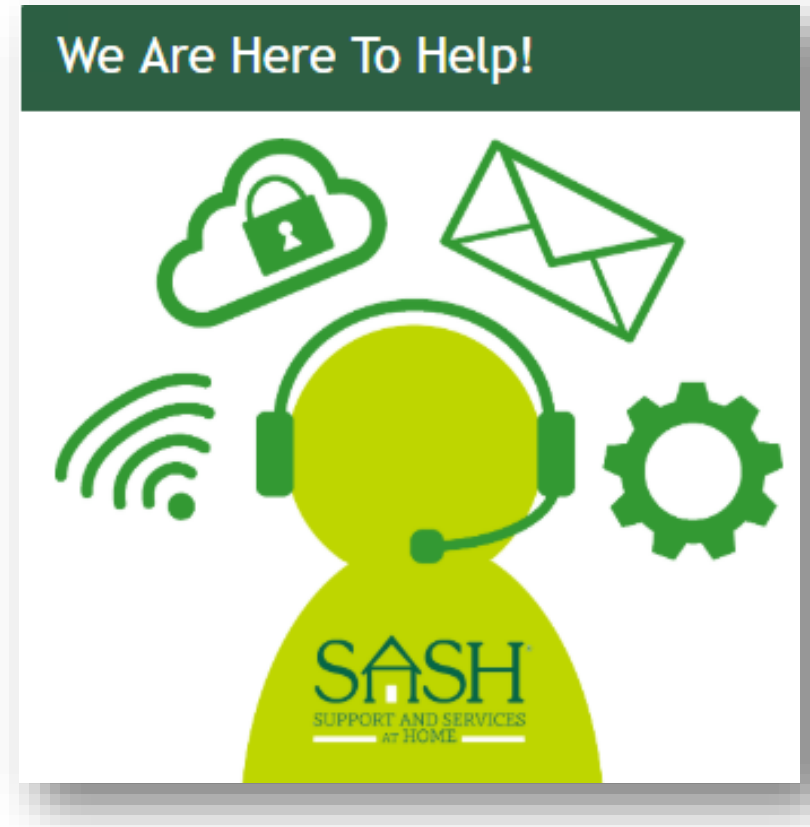
Centralized administrative support & oversight, training, data collection & analytics



# 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 eleven housing sites (2 at BHP and 9 at WWHT)



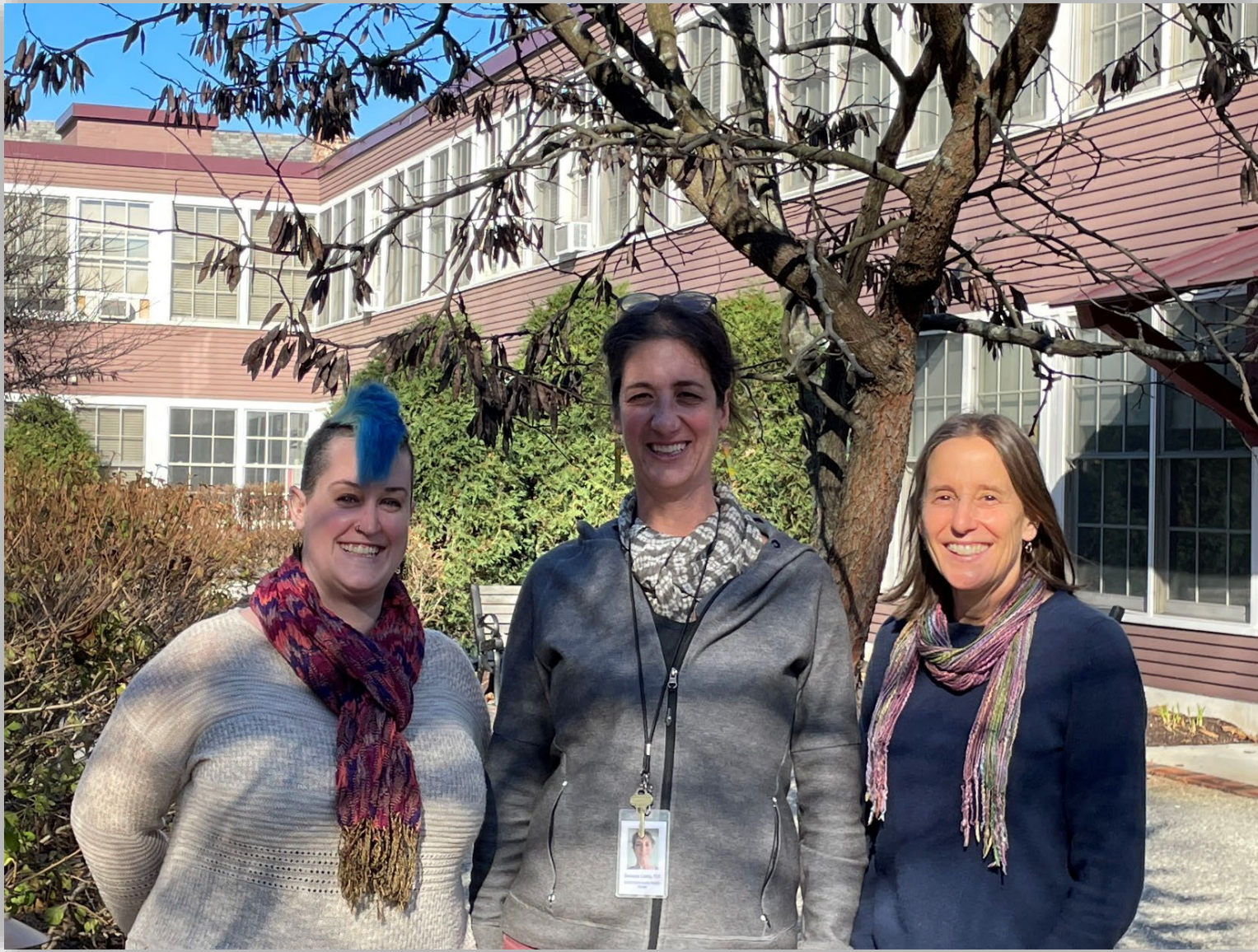
**SASH for All  
Pilots in  
Progress**

# SASH for All Pilot Update

- MOUs in place with SASH For All Partners (HCRS, Brattleboro Memorial Hospital, Winston Prouty and Turning Point.)
- 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 – 40 participants to date
- 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

# SASH for All Community Events

## Making Valentines Day Cards

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## Success Stories:

- Enrolling participants during Green Mountain Care open enrollment –
- *“I’ve been able to work with a family to complete open enrollment through Vermont Health Connect. Their monthly premium for health insurance is now a whopping \$0.12 a month for their whole family, which is just super cool! They both work at a restaurant in town that does not offer health insurance and they have been intermittently signing up for self-paid health insurance for years. Then the primary participant ended up on short term disability and her income was just chopped so they were not able to afford the premiums so they cancelled their service. This has been a huge stressor for them so their minds were just blown. I was able to sit with them for half an hour and all of a sudden their insurance is essentially free.”*
- 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
- 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
- Community-wide gatherings (especially art focused) engages adults and children and builds relationships between residents.



# SASH for All Pilot Success Stories & Challenges

## Challenges:

- Mental health support staff have been hard to bring on board – budget constraints, workforce shortages
- Social isolation- almost every participant has indicated a struggle with social isolation.
- Scattered sites make outreach and trust building more challenging



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.
- **Outcomes Data** - Collection of participant assessment data via the existing SASH statewide data management system, Population Health Logistics (PHL

SASH for All funding is included in the **Bridges to Housing** framework here:  
[https://www.vtaffordablehousing.org/files/ugd/d8ef0c\\_8f82152084e847d7ac837cb9fc9e0a96.pdf](https://www.vtaffordablehousing.org/files/ugd/d8ef0c_8f82152084e847d7ac837cb9fc9e0a96.pdf)

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



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**Thank  
you!**