

SASH[®]

SUPPORT AND SERVICES
AT HOME

a caring partnership

sashvt.org

Better Care.
Healthier People.
Smarter Spending.

Improving Health, Saving Money

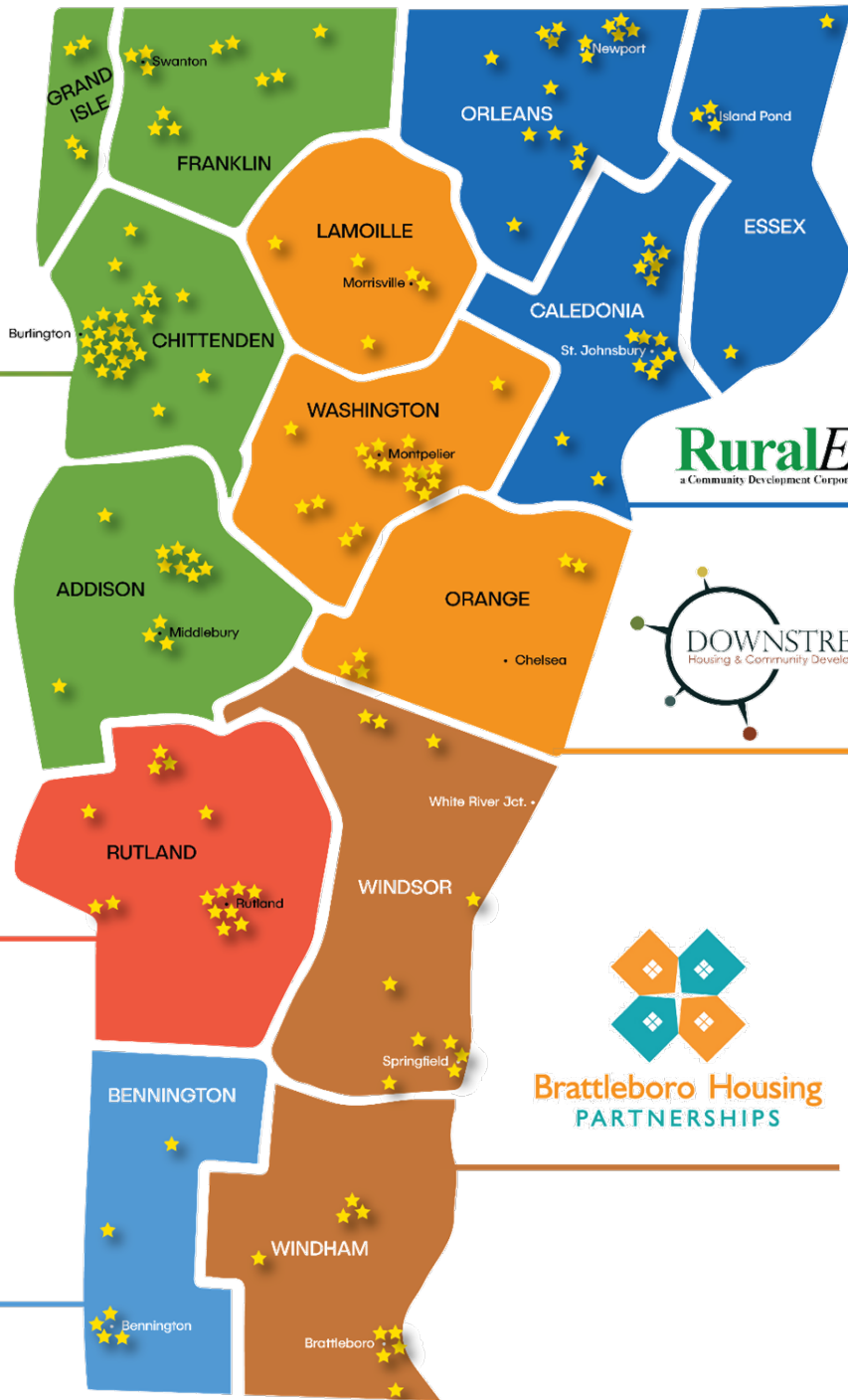


- SASH is a partnership among community organizations and agencies in housing and health care

- Based in nonprofit affordable housing
- Part of Vermont's All-Payer Model (APM) 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**



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)

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

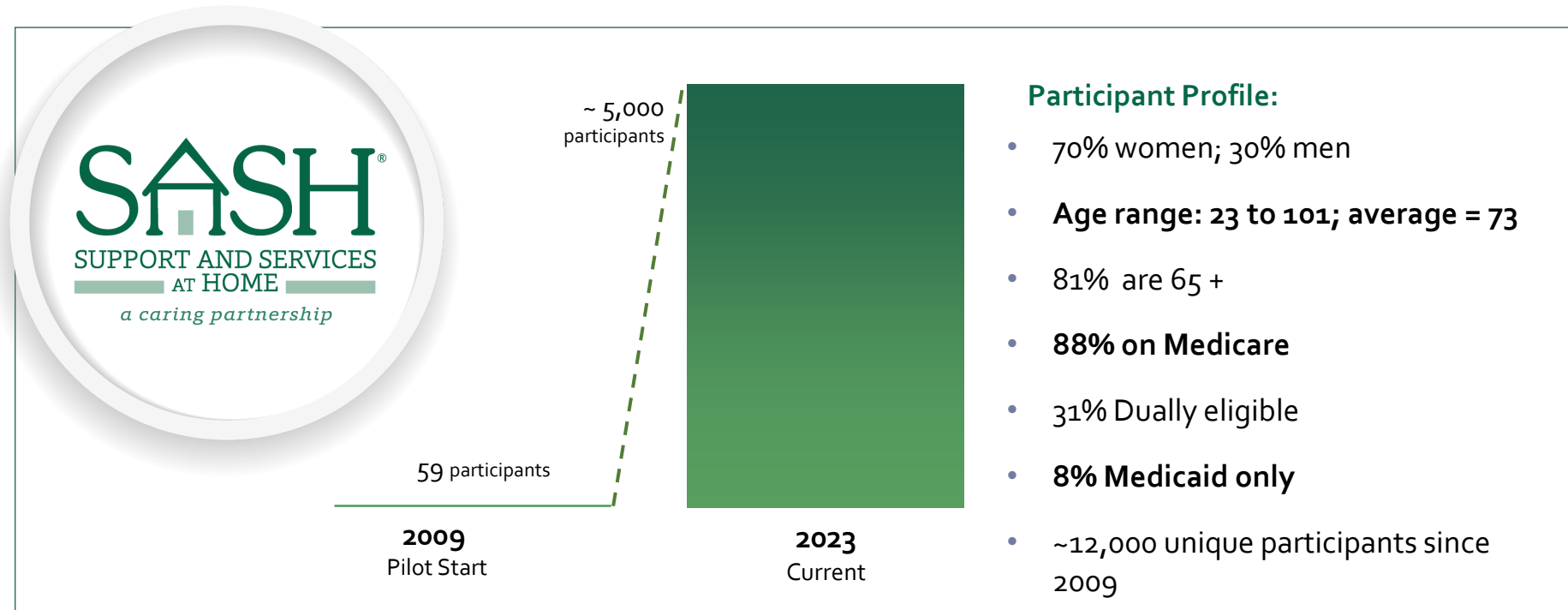
Brattleboro Memorial Hospital
 Central Vermont Medical Center
 Copley Hospital
 Gifford Health Care
 Mt. Ascutney Hospital & Health Center
 North County Hospital
 Northeastern Vermont Regional Hospital
 Northwestern Medical Center
 Porter Medical Center
 Rutland Regional Medical Center
 Southwestern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

DEVELOPMENTAL, MENTAL HEALTH & ADDICTION SERVICES

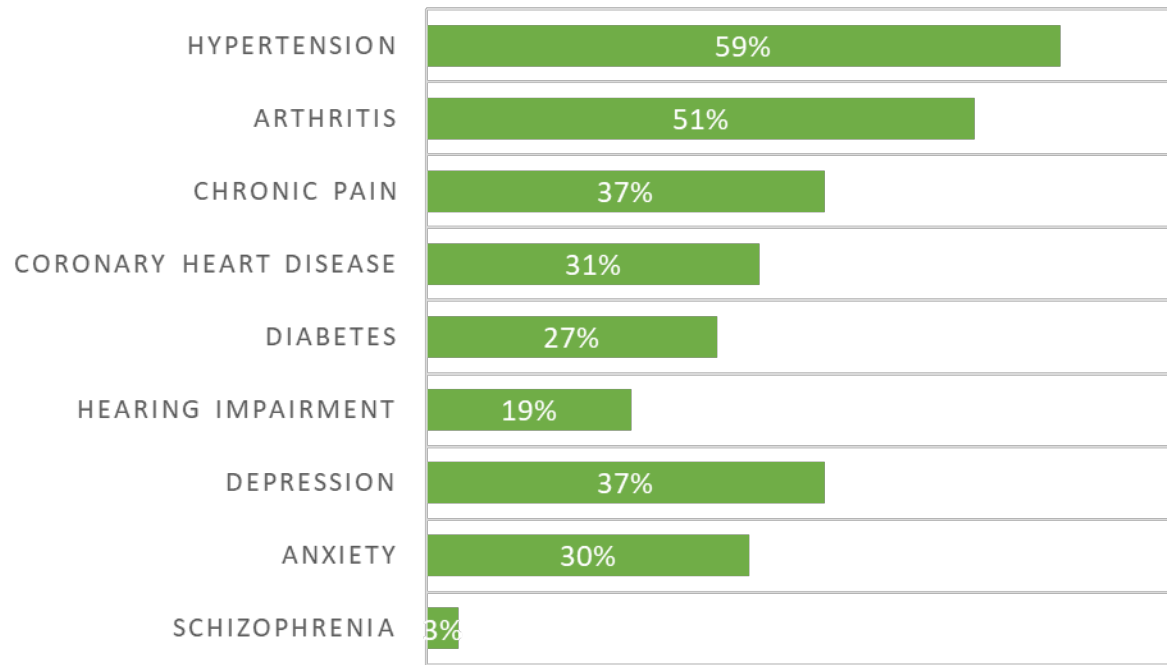
Clara Martin Center
 Counseling Service of Addison County
 Health Care & Rehabilitation Services
 Howard Center
 Lamoille County Mental Health
 Northeast Kingdom Human Services
 Northwestern Counseling & Support Services
 Rutland Mental Health Services
 United Counseling Service
 Washington County Mental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



Health of SASH Participants Statewide



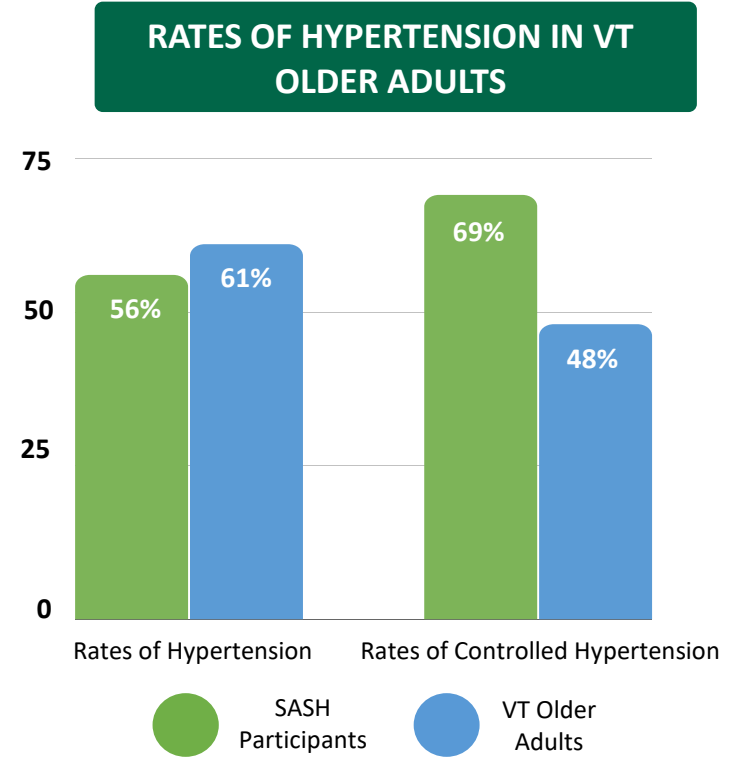
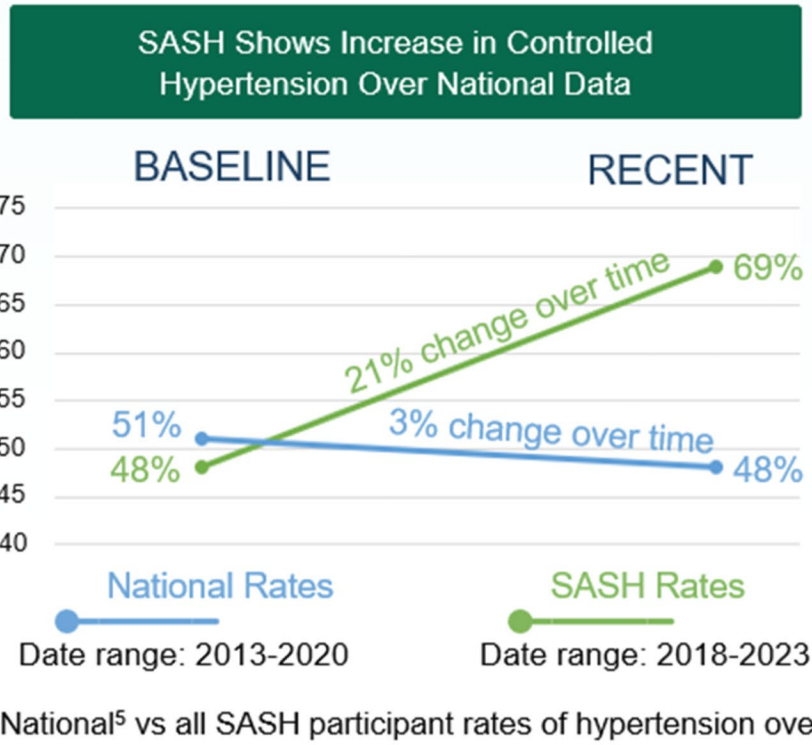
HEALTH SCREENS

Risk of Falls.....55%
Social Isolation.....33%
Suicide Ideation....12%

82% of SASH participants have 3 or more chronic conditions

7 median number of chronic conditions for SASH participants

Health of SASH Participants Statewide: Chronic Conditions Initiatives





“The whole gamut of things you can do through SASH really helps your mental health. I've found that my mood improves by going to [SASH] things.”



SASH Embedded Mental Health Clinician Program

The SASH Emotional Wellness Clinician provides low barrier, direct therapeutic support in the home/housing site

Supportive counseling, therapy, and group programs

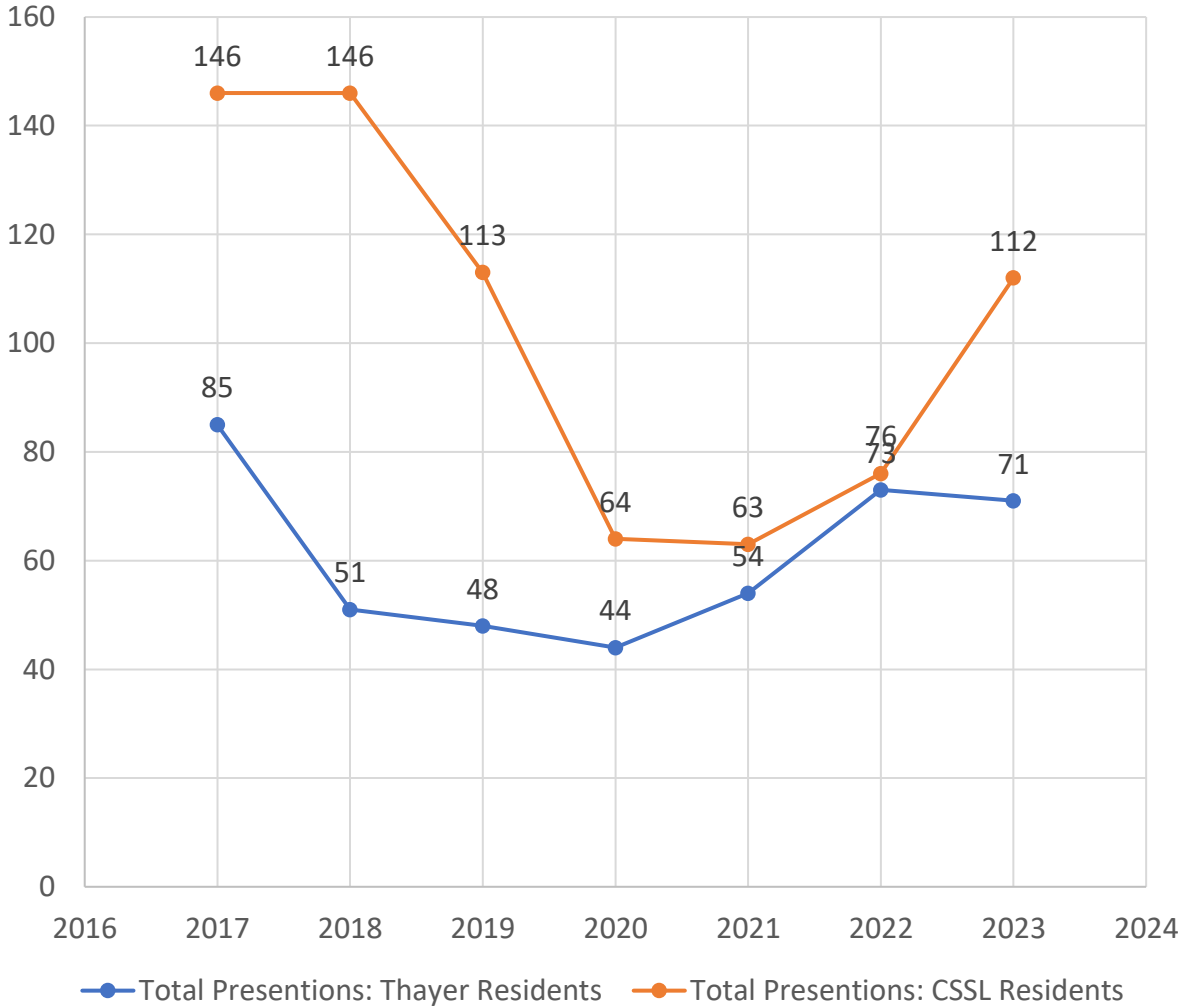
Screening and triage services, care coordination, consultation, staff education, and referrals.

Focus is on promoting emotional health and wellness.

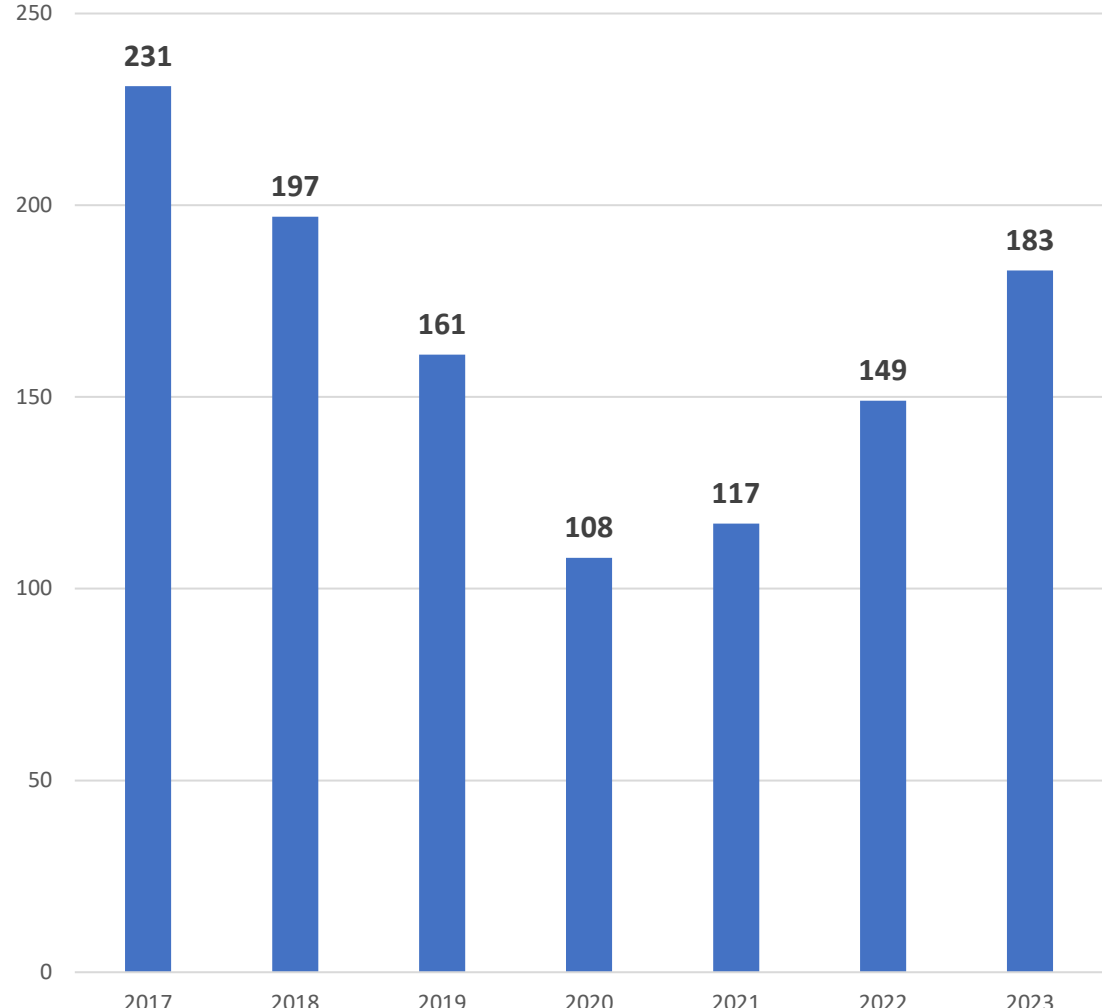


Emergency Department Utilization: 2 EMHP Panels

ED Presentations 2017-2023



Total ED Presentations



SASH Embedded Mental Health Program

At a Glance – Impact on Access

	2022 Data	2023 Data
Participants Served	102	108
Median Visit Count Range	9 visits Range: 1 to 54	6 visits Range: 1 to 70
% Male	41% Males at sites seen by SEWC	63% Males at sites seen by SEWC

* Compared to 12% that seek mental health treatment nationally in 2021

<https://www.statista.com/statistics/673172/mental-health-treatment-counseling-past-year-us-men/>

Embedded Mental Health Support in SASH Housing STATEWIDE EXPANSION

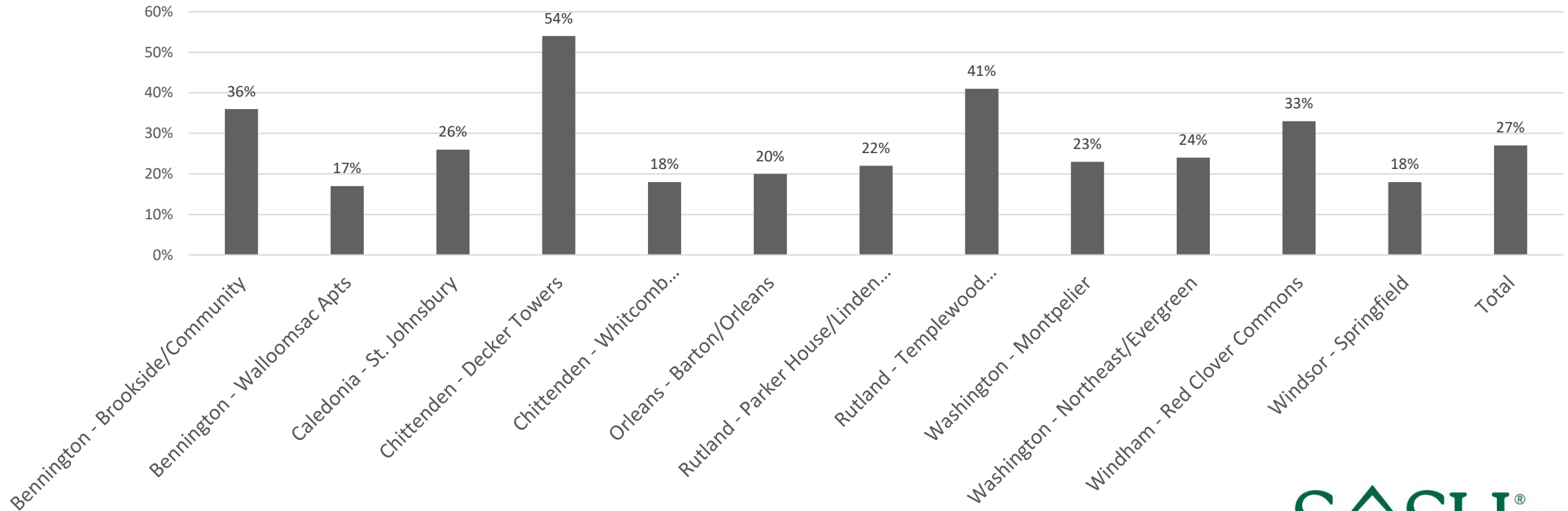
Six new SASH Emotional Wellness Clinicians in 2024

1. [Shires Housing & United Counseling Services](#) Bennington - Brookside/Community & Walloomsac Apts
2. [Rural Edge & Northeast Kingdom Human Services](#) St. Johnsbury/Barton scattered sites
3. [Cathedral Square & Howard Center](#) Chittenden County Decker Towers & Whitcomb Woods/Terrace
4. [Rutland Housing Authority & Rutland Mental Health](#) - Parker House/Linden Terrace/Templewood Court/Sheldon Towers
5. [Downstreet & Washington County Mental Health](#) Washington – Montpelier/ Evergreen in Waitsfield
6. [Brattleboro Housing Partnerships & HCRS](#) Windham - Red Clover Commons & Windsor – Springfield Housing Authority



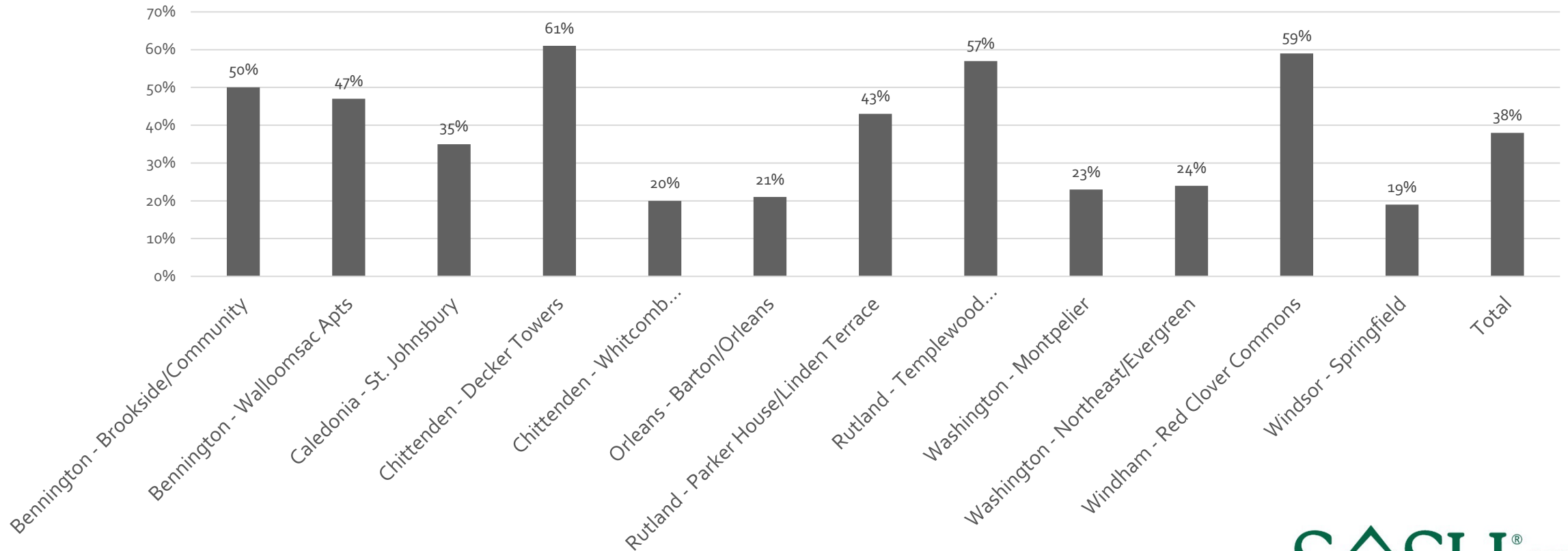
EMHP Baseline Data 10.1.2023

% Lonely per UCLA Screen



EMHP Baseline Data 10.1.2023

% Social Isolation Risk Lubben Screen



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.



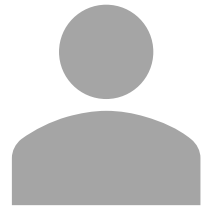


What is SASH for All?

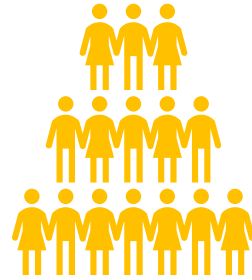
Five Core Elements of SASH for All



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 Partners

MOU PARTNERS 2022-2023



- Brattleboro Memorial Hospital
- Health Care Rehabilitation Services (Mental Health)
- Winston Prouty Center (Child & Family Development)
- Turning Point (Recovery Center)
- Cathedral Square
- In 2024 Brattleboro Retreat & SEVCA (South Eastern VT Community Action)



Funding

- **\$395K** 2023 Agency of Children & Families (Sen. Sanders congressionally directed spending)
- **\$450K** 2024 State of Vermont Dep. Disabilities Aging Independent Living (DAIL) via Legislative Appropriation
- **\$50K** Private Foundation funded Evaluation activities 2023
- **\$450K** private bank foundation 2024

**SASH for All
Pilot Funding**



Program Evaluation Progress



Maggie
Foley
Consulting



Orientation to project



Planning and operation teams retreat to develop theory of change and program outcomes



Articulate outcomes and indicators



Map indicators to data source




Identify system limitations in current data collection systems



Create recommendations for shifts in new data collection methods and system adjustments



Map assessment questions to key use (data indicator, program response, individual service)



SASH FOR ALL MODEL

How much are we doing?

How well are we using our strategies?

STAFF TEAM

- ❖ # of FTEs

Our team is supported to do good work.

Residents are seen, heard, and valued.

- ❖ Internal survey indicators
- ❖ % of events led or initiated by participants
- ❖ Consistent participation

KEY STRATEGIES AND EVIDENCE BASED PRACTICES

Support and Services at Home (SASH)

Motivational Interviewing

Strengthening Families

Partnerships

- ❖ # of enrollments
- ❖ # of engagements
- ❖ % of eligible people enrolled
- ❖ # of events
- ❖ # of visits
- ❖ # of referrals

We stick to the model.

- ❖ % of panel completing tasks in HLPs
- ❖ % of panel with completed assessments

- ❖ % of panel with active Health Living Plans

- ❖ Strengthening Families self-inventory

- ❖ # of co-hosted events
- ❖ # of completed referrals
- ❖ # of partner meetings

Are we making a difference?

INDIVIDUAL

STABLE HOUSING

Residents are secure in their tenancy.

- ❖ Selected housing stability indicators

BETTER HEALTH

Basic needs are met.

- ❖ Selected basic needs indicators

Participants have reduced risk from mental health and substance use challenges.

- ❖ Mental health and SUD screenings

Physical health risks are lowered.

- ❖ Selected physical health indicators

CONNECTED COMMUNITY

Residents have reduced risk for social isolation and loneliness.

- ❖ Loneliness and social isolation scales

NEIGHBORHOODS

Residents have pride in place.

- ❖ Volunteerism
- ❖ Complaints

Families have social support networks.

- ❖ Trusted adults in the community
- ❖ Complaints

ORGANIZATIONS

Housing partners use resources proactively.

- ❖ Eviction notices
- ❖ Lease violations
- ❖ Overdue rent

Housing partners have improved org. credibility.

- ❖ Focus groups
- ❖ Survey



SASH for All Community Events

Making Valentines Day Cards



SASH For All Demographics

January 12, 2024



80 adults
+73 dependents

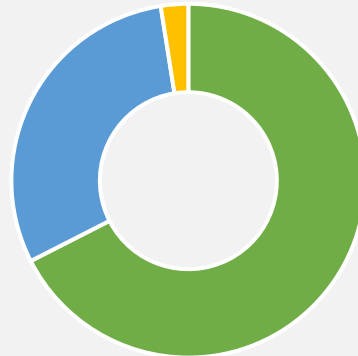
153 total participants

Average Age: 43
Median Age: 41
Age Range: 19-65

AGE DEMOGRAPHICS

2.5% Non-binary /
trans

30%
Male



67.5%
Female

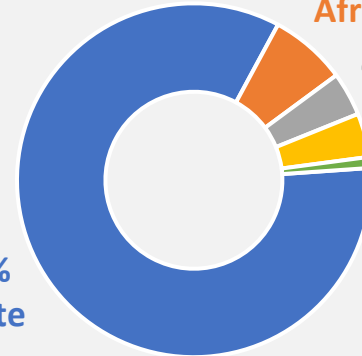
GENDER DEMOGRAPHICS

7% Black or
African American

4% Latinx / Hispanic

4% Two or more races

1% Asian



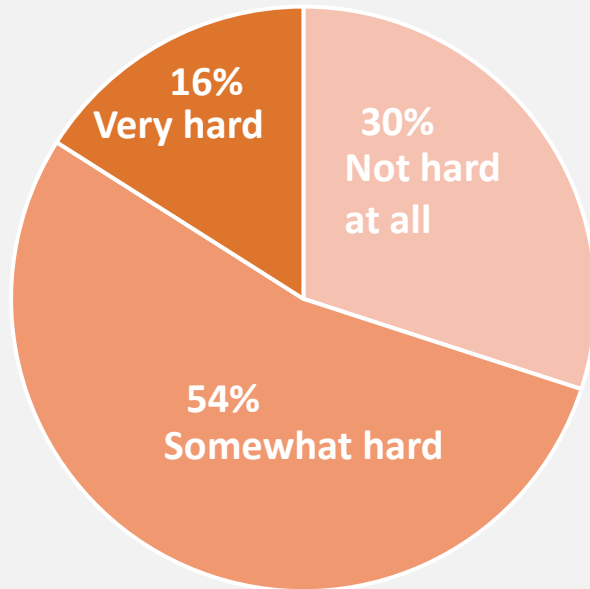
84%
White

RACE DEMOGRAPHICS

Panel Data Profile

FINANCIAL STABILITY / SECURITY

How hard is it for you to pay for the very basics like food, housing, medical care and heating?



FOOD INSECURITY

65%
of adult participants indicated food insecurity

58%
of the families with children in the home indicated food insecurity

HEALTH

Top 3 Chronic Conditions:

PTSD (17)
Anxiety (16)
Depression (15)

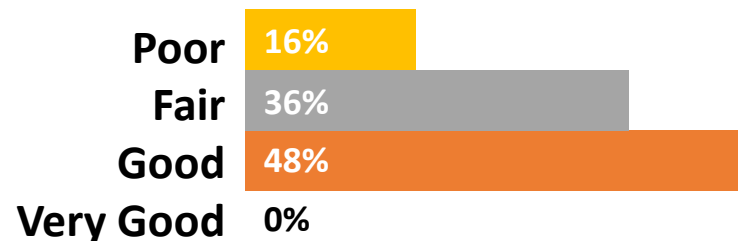
Average BP:
124 / 78

SUPPORT

57 participants received a total of 136 referrals for:

- Financial assistance (50)
- Mental health (31)
- Food assistance (16)
- Housing assistance (8)
- Health education (7)

How would you rate your health?



SASH for All Early Outcomes

- Increased Housing Stability – 10 evictions avoided.
- Community Building - 72 group programs (including evidence-based) delivered with robust resident participation
- Strengthened Partnerships - Monthly Team meetings with partner organizations and participants focusing on meeting self-identified goals.
- Relationship and trust building - large increase in program participation and assessment completion
- Creating baseline data, Reductions in annual Emergency Department visits – 31 to 25



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SASH for All Team Rocks!

Thank you!

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partnership*
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