

SASH[®]

SUPPORT AND SERVICES
AT HOME

a caring partnership

House General and
Housing Committee

1.22.25

sashvt.org

Better Care.
Healthier People.
Smarter Spending.

Cathedral Square Is:

- A developer of affordable housing.
- A property manager specializing in services.
- A licensed long-term care provider.
- A technical assistance resource for community-based organizations.
- An information resource for policy makers and Vermonters.
- Creator of the Support and Services at Home (SASH) initiative – Systems change for long term services and supports.





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BURLINGTON		Total # of apts.
1	Cathedral Square Assisted Living	29
2	Cathedral Square Senior Living	78
3	Heineberg Senior Housing	82
4	Independence Place <i>(for ANEW Place participants)</i>	8
5	Juniper House	70
6	McAuley Square	55
7	Monroe Place <i>(for Howard Center participants)</i>	16
8	Ruggles House	15
9	Scholars House <i>(priority for parents continuing their education)</i>	12
10	Thayer House	69
COLCHESTER		
11	Holy Cross Senior Housing	40
ESSEX & ESSEX JUNCTION		
12	Town Meadow Senior Housing	48
13	Whitcomb Terrace <i>(barrier free)</i>	19
14	Whitcomb Woods	65
HINESBURG		
15	Kelley's Field I	24
16	Kelley's Field II <i>(coming soon)</i>	24
JERICO		
17	Jeri Hill	24
MILTON		
18	Elm Place	30
RICHMOND		
19	Richmond Terrace	16
SOUTH BURLINGTON		
20	Allard Square	39
21	Grand Way Commons	91
22	South Burlington Community Housing	10
SOUTH HERO		
23	Bayview Crossing	30
ST. ALBANS		
24	Four Winds	44
25	Reid Commons <i>(coming soon)</i>	33
SHELBURNE		
26	Wright House	36
WILLISTON		
27	Memory Care at Allen Brook <i>(dementia care)</i>	14
28	Whitney Hill Homestead	44
29	Williston Woods <i>(home ownership co-op)</i>	112



15-16



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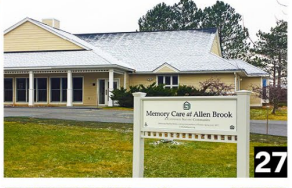
24



25



26



27



28



29

LEARN MORE: CathedralSquare.org/housing



BAYVIEW CROSSING

South Hero

Total # of homes: 30

KELLEY'S FIELD II

Hinesburg

Total # of homes: 24





REID COMMONS
St. Albans
Total # of homes: 33



Village Core Masterplan Major Attributes

- Creation of 7,300 sq ft of potential commercial space footprints
- Location of proposed 30 Apartments of Affordable Senior Housing
- Creation of 67 new village core parking spaces, 21 of which are located under the Senior Housing Building
- Potential to save the historic Stinehour Hotel if desired
- New 5,000 sq ft Library / Community building with close relationship to school and existing tree grove
- Improved pedestrian sidewalks with significant connections to the existing village green and Historical Society museum
- Retain and improve existing grove of trees off of Gore Road
- Creation of traffic calming attributes at Rte 78 and Gore Road

HIGHGATE VILLAGE HOUSING
 Highgate
 Total # of homes: 30



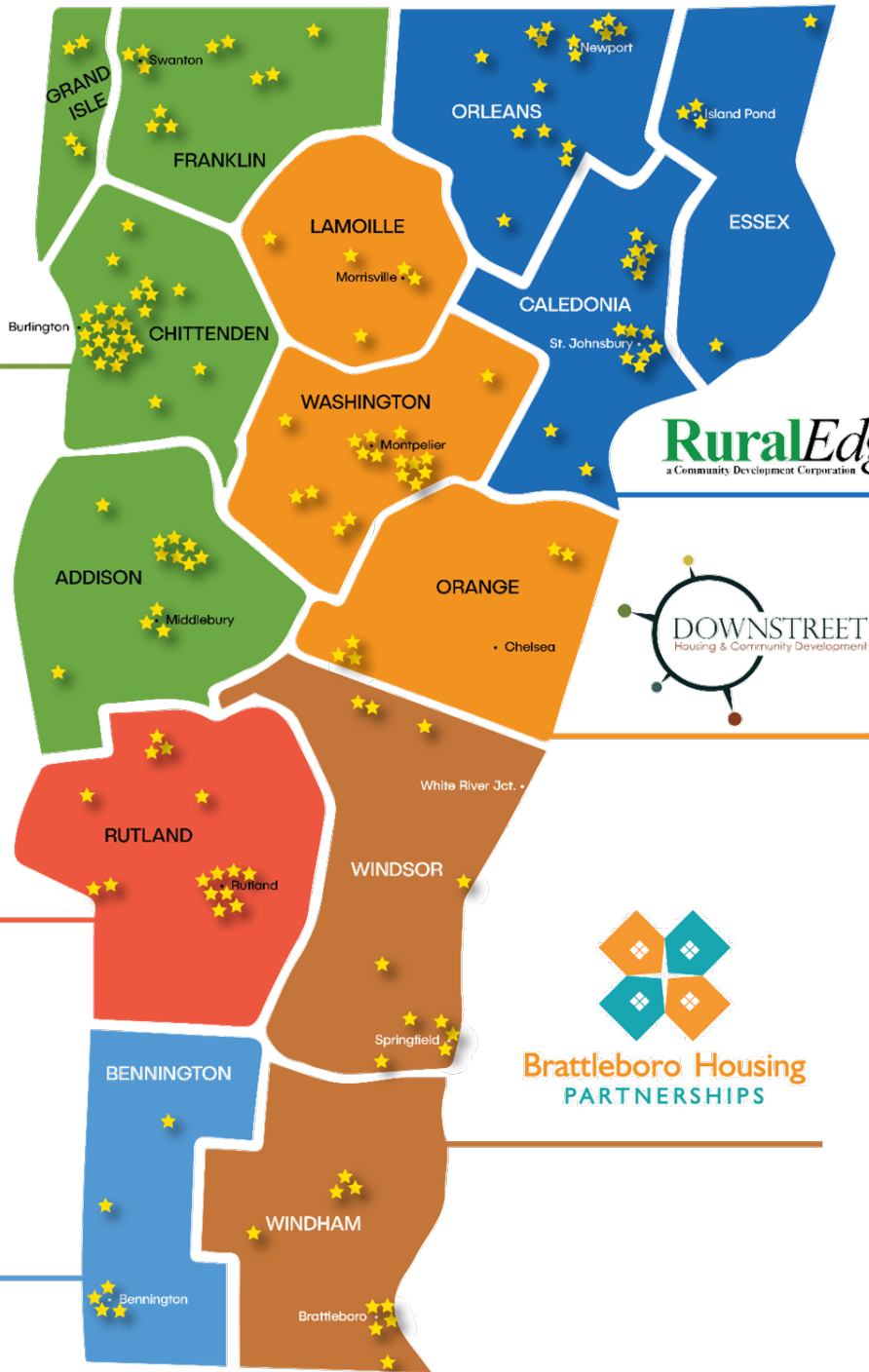
WHITCOMB WOODS

Essex Junction

Total # of homes: 65



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)

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

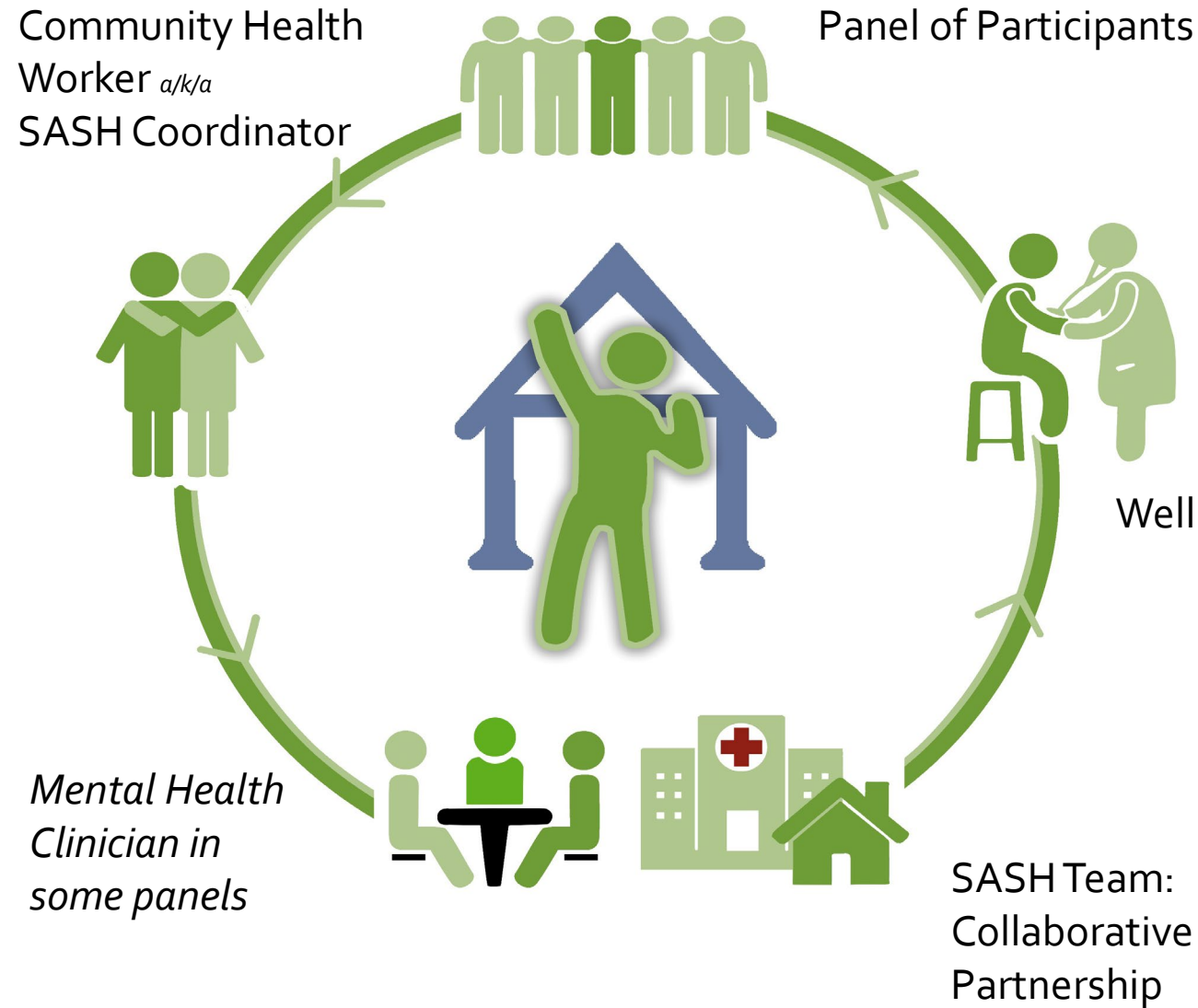
Clara Martin Center
 Counseling Service of Addison County
 Health Care & Rehabilitation Services
 Howard Center
 Lamoille County Mental Health
 Northeast Kingdom Human Services
 Northwestern Counseling & Support Services
 Rutland Mental Health Services
 United Counseling Service
 Washington County Mental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

Based in affordable housing



Improving Health, Saving Money



1. Access to Healthcare and Services
2. Provides a culture of health and social well-being
3. SASH proven to reduce growth in healthcare expenditures
4. Funded by Vermont's All-Payer Model & planned to continue with AHEAD



Outcome: Health-Care Savings

A federal evaluation released in 2019 found **statistically significant Medicare savings** of \$1,100* to \$1,400* per person per year.

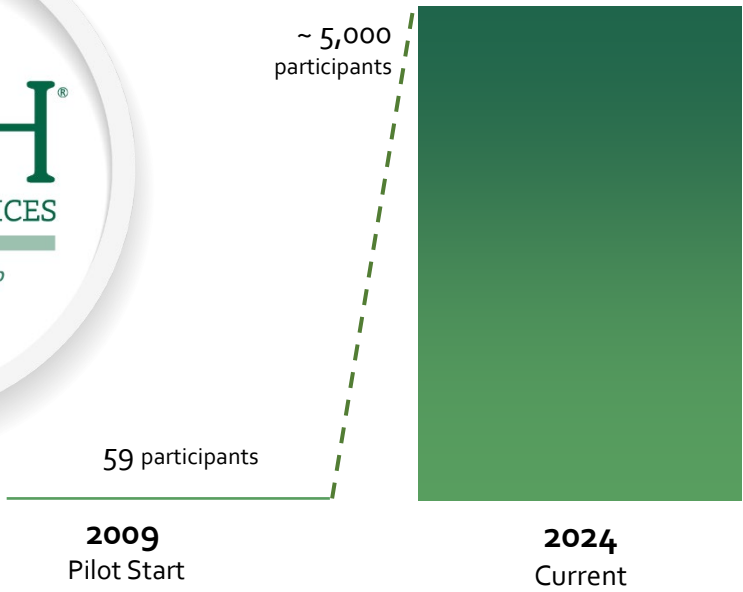


SASH participants showed a statistically significant reduction in growth in **Medicaid spending for nursing-home care****

** SASH participants living in affordable-housing communities where SASH is based AND participants in all **rural panels** (i.e., outside Chittenden County)

Annual Medicaid savings = \$400 per participant - SASH helps participants remain living at home as they age vs. moving to long-term care settings.

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



Participant Profile:

- 70% women; 30% men
- 81% are 65 +
- 88% on Medicare
- >31% Dually eligible
- 8% Medicaid only
- >12,000 unique participants since inception



SASH Participants



Top 3 chronic conditions among SASH participants



85%

of SASH participants have 3 or more chronic conditions

8

median number of chronic conditions for SASH participants

22

AGE



73

104

Creating **cultures of health and well-being** where people live, throughout Vermont.



Reducing Health Disparities



SASH® recipient of a 2024 IPRO Quality Award
in recognition for
Improving Healthcare Quality

Dental Clinic
For Medicaid Insurance Holders

Professional Care
for Your Teeth

On-site
dental services

**Services Provided for
Medicaid Insurance Holders**

- Dental Cleanings
- Sealants
- Silver Diamine Fluoride

Date:
Location:
To reserve your spot call:

Brought to you by:
SASH® a caring
partnership
SUPPORT AND SERVICES AT HOME

The flyer features a large image of a person's mouth being examined with dental tools, and a smaller circular image of a smiling family. The background has a blue and white patterned design.

SASH Embedded Mental Health Clinician Program



- 87% of participants connected with clinician within 3 business days of referral in 2024
- Average of 50% of male participants engage in services in Burlington panels, compared to 17% of men that seek mental health support nationally in 2023
- SASH clinicians hired or in contract so far:



SASH for All

Effective in preventing homelessness, improving health, and fostering connected communities for residents in affordable housing.



SASH[®] *for All*
SUPPORT AND SERVICES AT HOME

a caring partnership





Program Structure

Community-Based Staff embedded where people live.

- Full-time Community Health Worker *a/k/a* SASH for All Coordinator
- Part-time Wellness Nurse
- Part-time Emotional Wellness Clinician
- Collaborative Partners





SASH[®] *for All*
SUPPORT AND SERVICES AT HOME

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Focus Areas

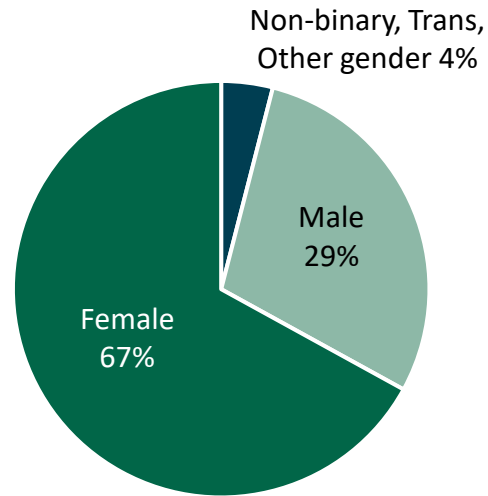
1. Preventing Homelessness
2. Access to Healthcare
3. Breaking Down Barriers to Access Services
4. Fostering Healthy Neighbor Relations

SASH for All Participant Demographics

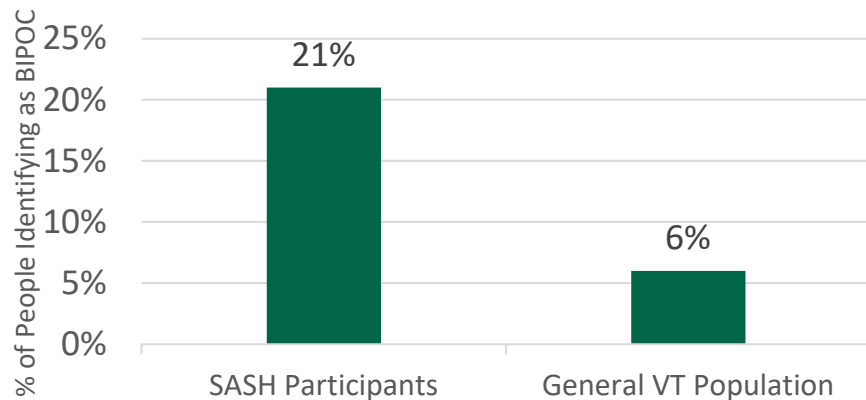
Gender of Enrolled Adults

Enrolled adults*:
Mean age: **43**
Median age: **41**
Age range: **20-65**

*Adults who have completed intake requirements



% SASH Participants Identifying as BIPOC Compared to VT Population



235 residents participating

119 adults
85 Full Participants

116 children

Participants at a Glance Oct. 2023-Oct. 2024

- ☑ 87% qualify for Medicaid
- 🛒 87% are experiencing food insecurity
- 🚗 78% report missing appointments due to lack of transportation
- ⊕ 53% have presented to the emergency department in the last 12 months, with 26% having 4 or more visits
- ❤️ 50% say that their health is “poor” or “fair”

Program Outcomes: Oct 2023 – Oct 2024

9 evictions prevented
(19 prevented since 9/2022)

“[My SASH coordinator] has helped me with some back rent [assistance], then just other ideas around things like how to budget and that has been helpful. [He] is pretty easy to contact and he's always gotten right back to me. I've gotten better at managing my money and got [caught up] on my rent.”

154 referrals made

- ✓ Financial assistance
- ✓ Mental health
- ✓ Food assistance

We were able to get three participants approved from the HelpFund to assist with housekeeping concerns.

167 social connection activities and group events



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**Thank
you!**