

SASH<sup>®</sup>

SUPPORT AND SERVICES  
AT HOME

*a caring partnership*

House Committee on  
Human Services

2.14.25

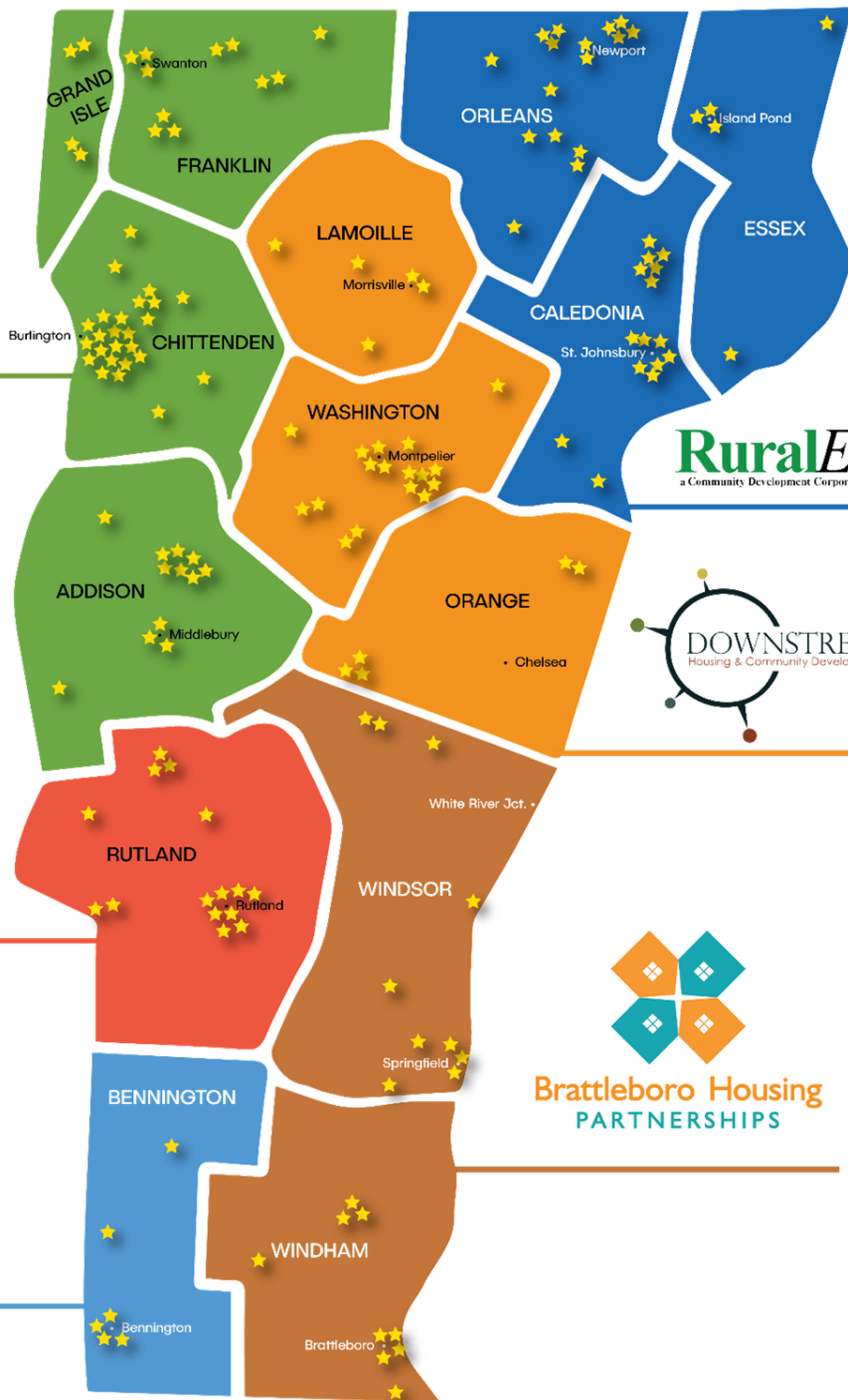
[sashvt.org](http://sashvt.org)

Better Care.  
Healthier People.  
Smarter Spending.

# ORIGIN OF SASH



# 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

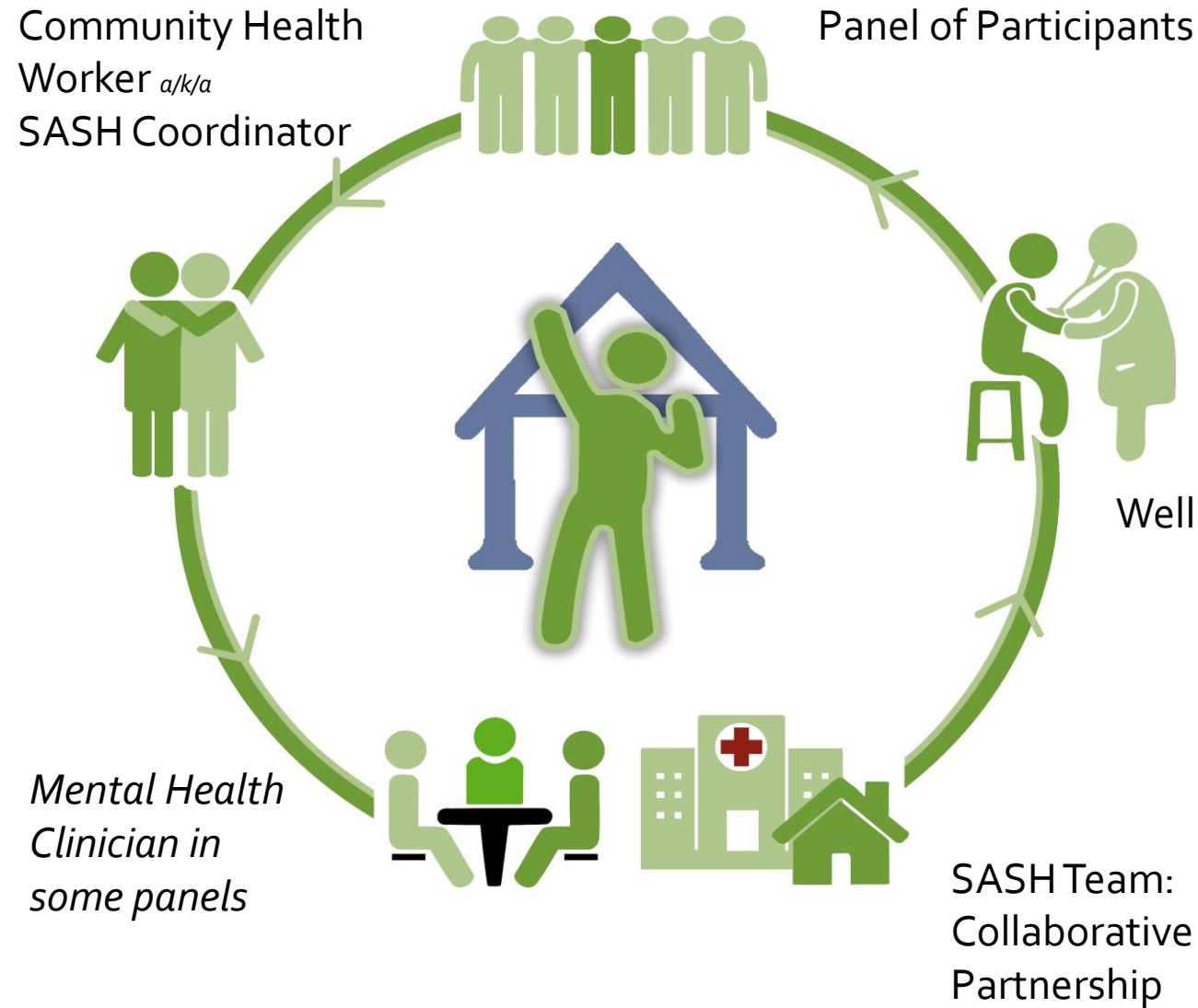
Clara Martin Center  
 Counseling Service of Addison County  
 Health Care & Rehabilitation Services  
 Howard Center  
 Lamoille County Mental Health  
 Northeast Kingdom Human Services  
 Northwestern Counseling & Support Services  
 Rutland Mental Health Services  
 United Counseling Service  
 Washington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



# 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.



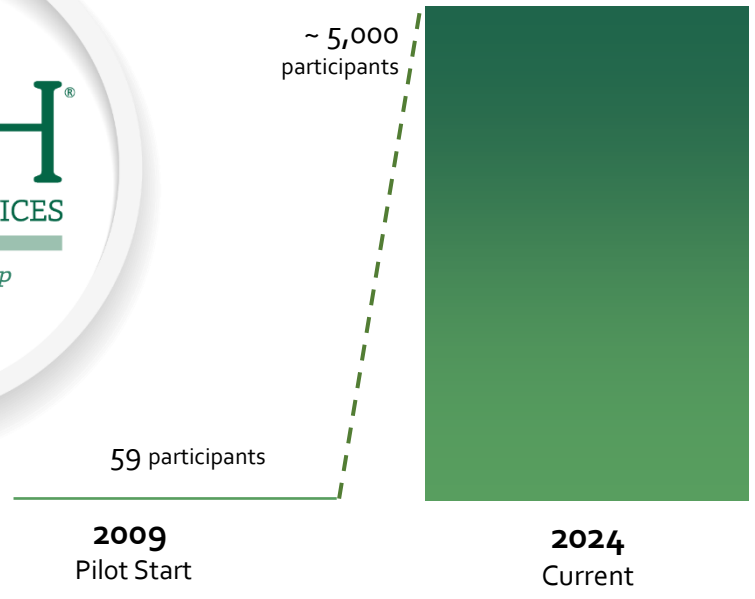
SASH participants showed a statistically significant reduction in growth in **Medicaid spending for nursing-home care\*\***

\*\* 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.

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\*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

High Blood Pressure

56%

Osteoarthritis

45%

High Cholesterol

39%



Nationally, the %  
on Medicare with  
MCC is **52%**

**85%** of SASH participants  
have 3 or more  
chronic conditions

**8** median number of  
chronic conditions for  
SASH participants

22

AGE



73

104

# UNDIAGNOSED HYPERTENSION



SASH® Finds Hypertension Hiding in Plain Sight



## HOW'S YOUR BLOOD PRESSURE?



Approximately 11 million U.S. adults have undiagnosed hypertension, or high blood pressure, and nearly one in eight patients with hypertension might not have a diagnosis.

## THE SASH APPROACH:

894

SASH participants entered the program with blood pressure in stage 1 or 2 and no hypertension diagnosis

**IDENTIFY:** SASH staff identify participants with high blood pressure

**EDUCATE & REFER:** SASH staff support participants to get diagnosed & treated

**MANAGE:** SASH staff support participants to better manage blood pressure

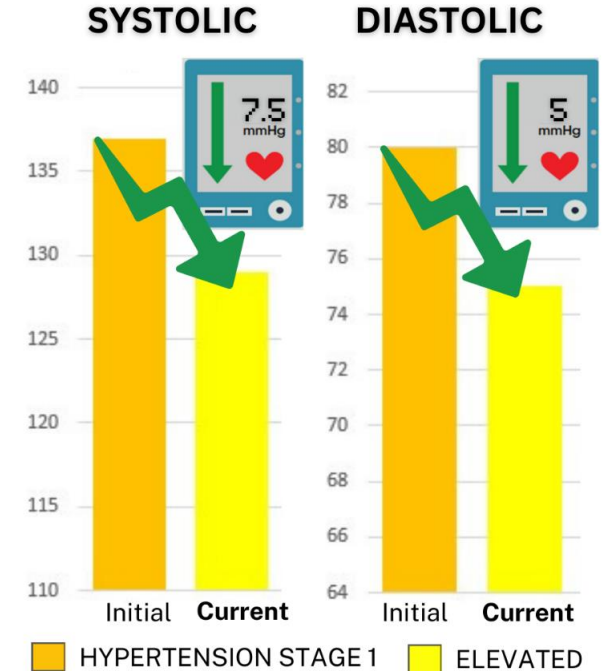
## OUR RESULTS

Over time, the average systolic blood pressure of these SASH participants decreased by 7.5 mm HG!



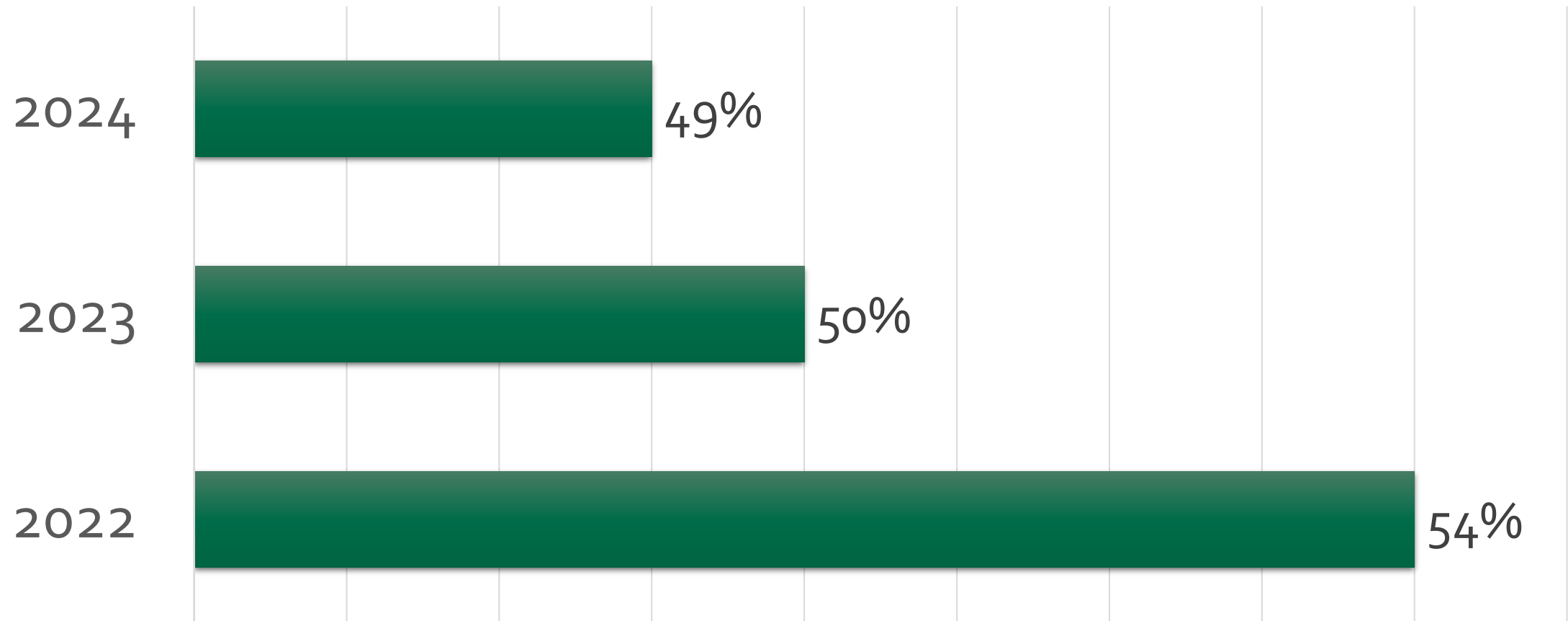
## SASH Participants Lower Their Blood Pressure

Average 3.3 years in SASH





# Percent of SASH participants at risk for falling, who fell in the last year



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



# Reduce Health Disparities



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

**12 dental clinics hosted in 4 counties!**

**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

**102 cleanings performed!**

# SASH Embedded Mental Health Clinician Program



Pilot began in Burlington 2017





Flexible hours  
for clinician or  
coach across  
sites.



Access =  
scheduled  
appointments,  
office hours,  
group programs,  
phone, telehealth  
and informal  
encounters



## KEYS TO SUCCESS



No billing requirements

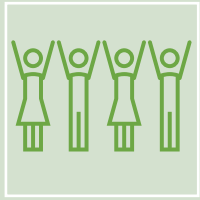


Clinician joins existing inter-  
professional SASH teams at  
housing sites



Multi-agency collaboration &  
participant consent already in  
place

# Congressional Directed Spending funds 20 SASH Panels



Eight SASH panels with an embedded a clinician or coach: Burlington, Essex, Montpelier, Waitsfield, Waterbury, Cabot, Rutland & St. Johnsbury



Six Designated Agencies have posted the SASH position in Barre, Vergennes, Bradford, Lyndonville, St. Albans and Winooski.

# SASH Embedded Mental Health Clinician Program Expansion

## Participant Self-Reported Reasons for Not Getting Mental Health Support

| Excerpt from pre implementation <u>survey 2023</u>  | Reason For Not Seeking Support (n=119) |
|---|--|
| There are long wait times to see someone.           | 42.9%                                  |
| I do not know what help is out there.               | 29.4%                                  |
| I do not have a way to get to appointments.         | 26.1%                                  |
| It costs too much/my insurance does not pay for it. | 19.3%                                  |
| I am worried about what others might think of me.   | 15.1%                                  |

# SASH Embedded Mental Health Clinician Program YEAR 1 Expansion

- ✓ **31%** of participants engaged (1:1 and group  $n=145$ )
- ✓ **87%** of participants connected within 3 business days of referral!
- ✓ **1,365 clinician** visits logged with participants (1:1 and group)!
- ✓ **89%** agree there is acceptance and support for emotional health needs within their SASH buildings up **from 52 %** \* (based

on surveys of participants at 2 panels after 1 year with a SEWC  $n=28$  )



# Selected Group Topics from Washington County with SASH Emotional Wellness Clinician

- Grief and Loss
- Reminiscence and Reflection
- Living Through the Pandemic
- Adapting to Change
- Managing Worry, Anxiety and Fear
- Benefits of Gratitude and Kindness
- Mental Health and Aging
- Emotional Wellness
- Preventing the Blues and Increasing Connection in Winter and the Holiday Season
- Understanding and Overcoming Negative and Unhelpful Thoughts





# Success Story

**JANNA CLAR, MSW**  
SASH Emotional Wellness Clinician  
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**KIM FITZGERALD**  
Chief Executive Officer  
[Fitzgerald@cathedralsquare.org](mailto:Fitzgerald@cathedralsquare.org)

# Thank you!



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# WCMHS

*Washington County Mental Health Services, Inc.*  
*Where Hope and Support Come Together*