

**SASH**<sup>®</sup>

SUPPORT AND SERVICES  
AT HOME

*a caring partnership*

**Blueprint  
November 2024**

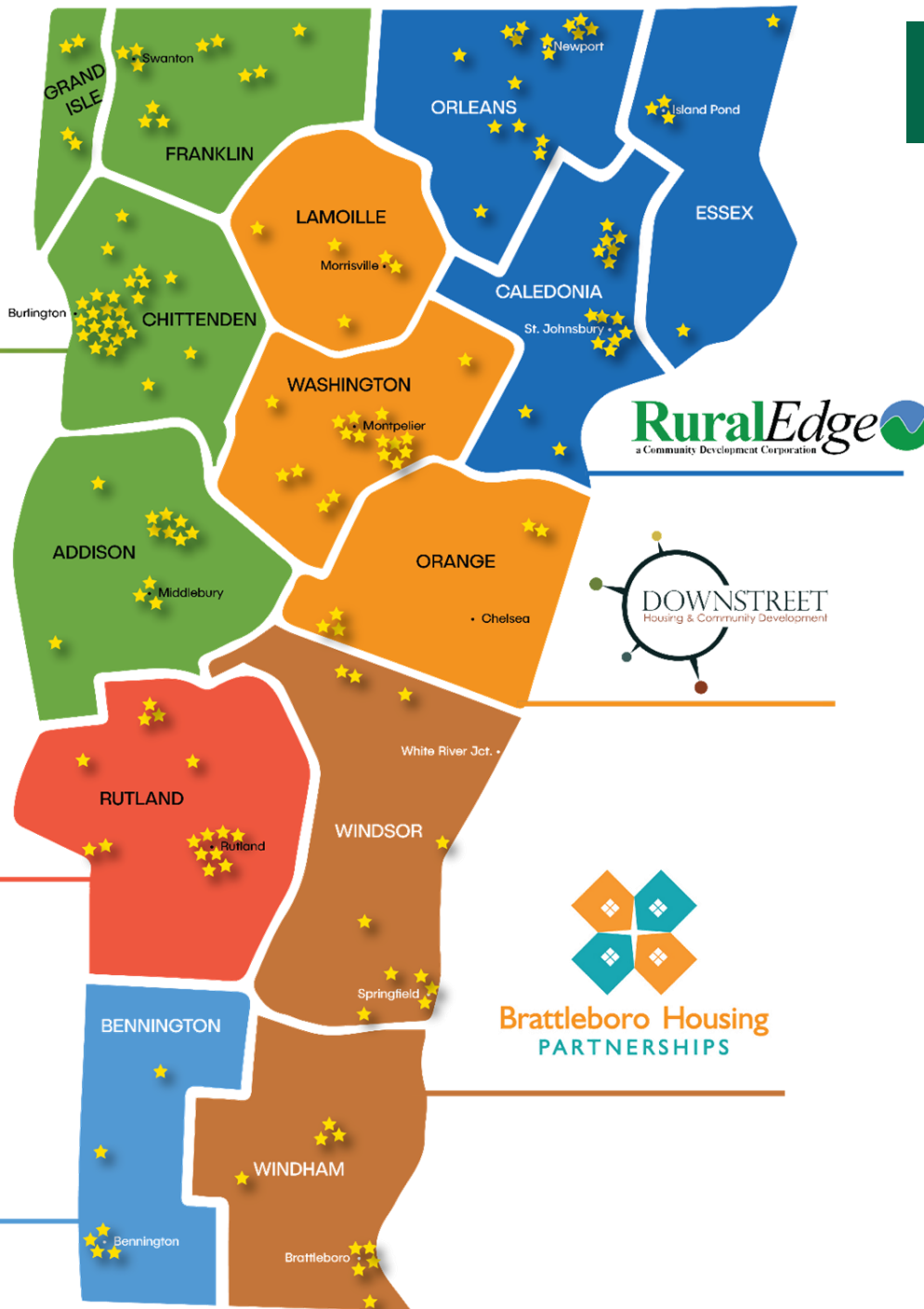
[sashvt.org](https://sashvt.org)

Better Care.  
Healthier People.  
Smarter Spending.

# ORIGIN OF 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

# Improving Health, Saving Money

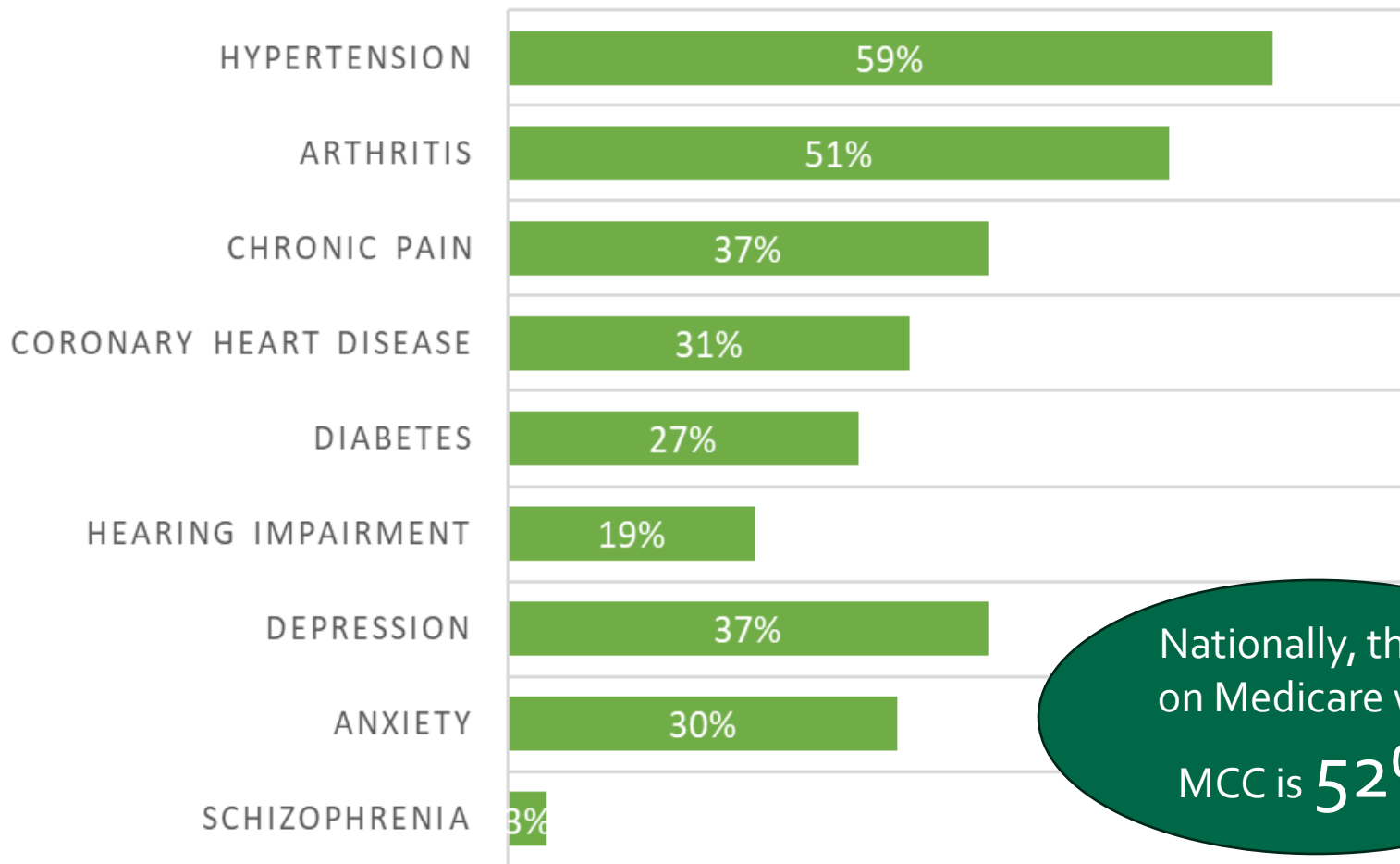


- A partnership among community organizations and agencies in housing and health care

- Based in nonprofit affordable housing but also serve those in the community
- Able to target high-cost and high-risk populations
- Focused on evidence-based wellness and prevention **to serve whole population**
- Annual assessments and healthy living plans



# Health of SASH Participants Statewide CY 2023



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

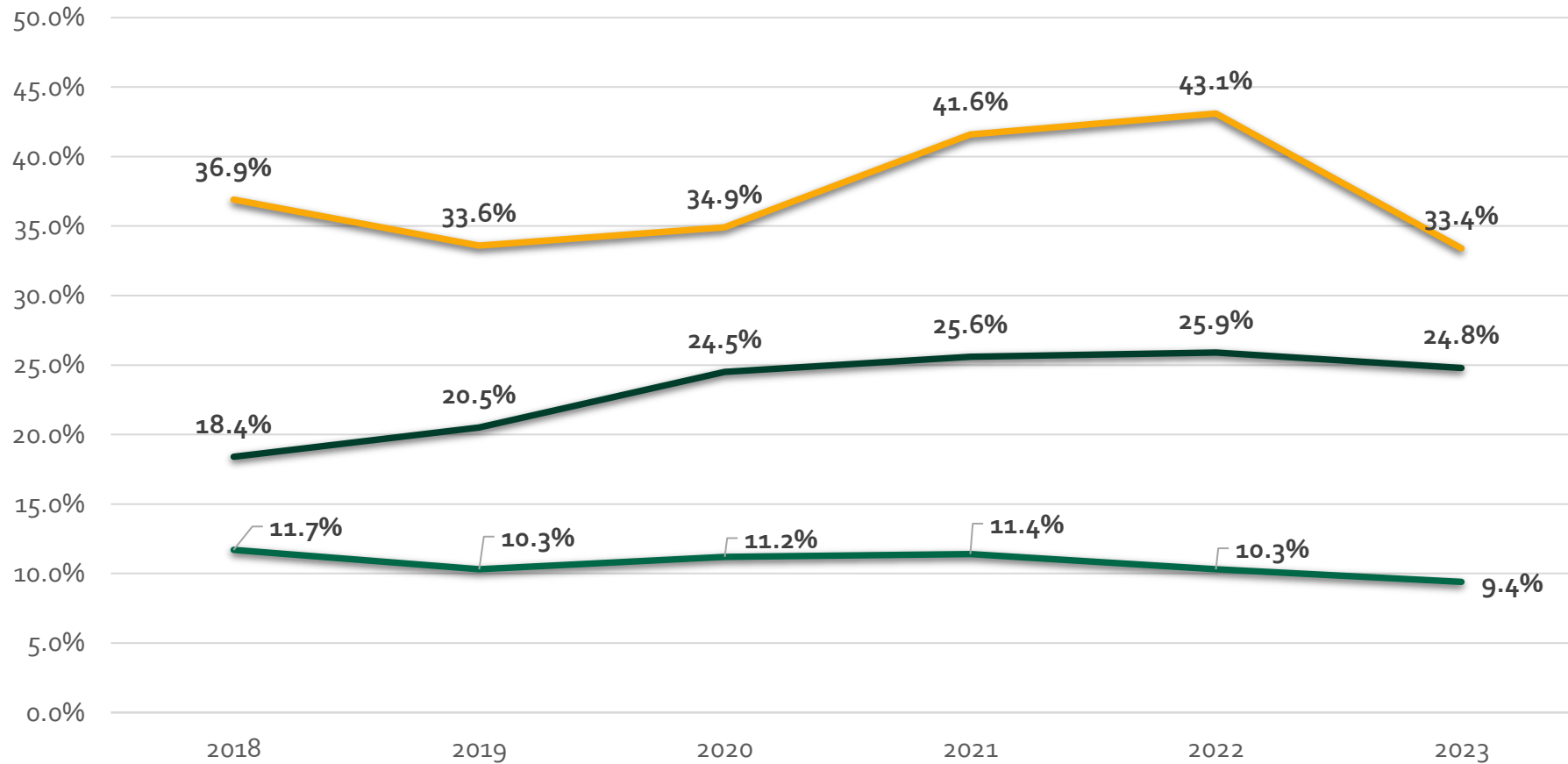
**85%** of SASH participants have multiple chronic conditions (MCC)

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

<https://www.americashealthrankings.org/learn/reports/2023-senior-report>



# Sample of Health Screening Risks SASH Participants Statewide 2018-2023



Screen	2023
Lubben	33.4%
UCLA	24.8%
PHQ2	9.4%

# SASH Embedded Mental Health Pilot to Expansion



2017 collaboration between **One Care, Cathedral Square** and the **Howard Center**

The "SASH Clinician" began offering group programs and 1-1 services with a focus on promoting emotional health and wellness.

## RESULTS

- Increased and expedited access to and utilization of mental health support.
- High level of participant satisfaction with services.
- Decreased Emergency Department visits.
- Stabilization/reduction in mental health symptoms.
- Reduction in the stigma associated with seeking mental health support.
- Support with housing retention, including prevention of evictions

# SASH Embedded Mental Health Clinician Program

## *SASH Emotional Wellness Clinician (SEWC)*

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.





# SASH Embedded Mental Health Program

## At a Glance – Impact on Access 2 Burlington Sites

	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/>

# Congressional Directed Spending- funds 20 SASH Panels

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8

8 SASH panels embedded a SEWC. Burlington, Essex, Montpelier, Waitsfield/Waterbury, & St. Johnsbury!

10

D.A.'s are looking to hire and embed SEWC in 10 SASH panels selected in Barre, Bennington, Middlebury, Newport, Rutland, St. Albans and Winooski.

2

Engagement and interest in Bradford- it has been most *difficult to gain momentum in Windham/Windsor counties*

# **Group: Coping Through the Holidays with SASH Emotional Wellness Clinician**

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**Monday November 25<sup>th</sup>**

**11:00-12:00**

**Media Room**

The holidays can be a fun and exciting time of the year. They can also bring up feelings of loneliness, guilt, sadness, and grief. Please join us for a group focused on coping through the holidays. This group will provide tips and resources for managing negative thoughts and emotions that can arise during this time of the year.



# OneCare grant – Medicare Annual Wellness Visits

only 24% of eligible  
beneficiaries  
complete AWW\*



\*According to the American Journal of Accountable Care



Cathedral  
Square

LIZ GENGE, SASH DIRECTOR CATHEDRAL SQUARE  
KIM FITZGERALD, CEO CATHEDRAL SQUARE

Thank  
you!

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