



Brattleboro Retreat CHNA Implementation Update

(December 31, 2018)

For CHNA-related activities from June 1, 2018 to December 31, 2018

- **Community Need #1—Enhance Care Coordination activities between medical and mental health providers:**
 - Continued to staff an office of mental health professionals within the main facility of Blue Cross Blue Shield Vermont (BCBSVT) in Barre, VT. The individuals who staff this office (called Vermont Collaborative Care or VCC) help BCNSVT subscribers integrate mental health care and medical health care.
 - Continued to provide collaborative office rounds with area pediatric and family practices to facilitate problem solving on psychiatric and addiction cases.
 - Established tele-psychiatry services in collaboration with Brattleboro Memorial Hospital's emergency department (ED) to facilitate real time consultations between Retreat psychiatrists and ED physicians concerning patients with acute psychiatric complaints.
 - Added a Referral Resource page (with referral forms) to the Retreat's newly-designed website.

- **Community Need #2—Increase accessibility to Retreat programs and services to historically under-served populations:**
 - Offered one continuing education workshop focused on culturally diverse patient populations: on 11/2/2018, entitled "Understanding the Impact of Racial Trauma on Black Families' Relational Bonds," with speaker Christiana Awosan, Ph.D.
 - Offered one continuing education workshop focused on gender diversity in patient population on 11/16/2018 with speaker Irwin Krieger, LCSW titled "Transgender Teens and Adults: Evaluation and Transition."
 - Continued to provide on-site clinical services at Groundworks Collaborative, Brattleboro's temporary shelter for homeless men, women, and children. This is a service that began in 2015.
 - Further refined and expanded the scope of the hospital's cultural competency online training module and assigned it to all newly-hired staff during orientation and annually for all Retreat staff.
 - Continued to provide short-term, on-site childcare services at The Welcoming Place for clients who are receiving treatment for opioid addiction through the Retreat's HUB clinic.

- **Community Need #3—Increase Educational Initiatives/Offerings for both providers and the general public to increase understanding of and treatment for mental illness and addiction:**
 - Continued to support our *Stand Up to Stigma* community awareness campaign through community events, advertising, website, promotional items, etc.
 - Offered 12 all-day and one half-day continuing education workshops in the fall of 2018. Combined with 12 all-day continuing education workshops in the spring of 2018 for a total of 24.5 for the year season.
 - Offered two free community workshops between June and December 2018. One was in the evening on September 17, 2018 led by Jenny Karstad, MA, LADC, LCMHC, titled “Coping Strategies for Anxiety. The second community health workshop was held in the evening on November 13, 2018 led by Paul Rodrigue, MA, LMFT titled “The Path Toward Self-Compassion.”
 - Continued hosting and participating in a Consumer Advocacy Group that meets on a monthly basis with Retreat clinicians and administrators. Goal is to ensure that Retreat programs and services are meeting the needs of consumers and are being delivered in ways that accommodate the perspectives and experiences of patients.
 - Partnered with BMAC, Turning Point, Groundworks Collaborative, and other organizations in the community, to honor the courage of those in recovery through Michael Poster’s “If she has a pulse, she has a chance” documentary photography exhibit (October 5, 2018- January 7, 2019).
 - Brattleboro Retreat enters partnership with America Works in June 2018 with the goal to provide clients in recovery from opioid addiction with critical workforce development services.
 - Brattleboro Retreat marched in the Strolling of the Heifers parade with NAMI Vermont in June 2018 with staff and community volunteers sharing the Stand Up to Stigma campaign message.
 - Produced one additional new “Keep Talking” video Broadcasts on Brattleboro Community Television during the second half of 2018 (total of four for the entire year:
 - “Sleep and Good News for Those Who Can’t”
 - Published four Op-Eds and/or educational pieces in local and regional newspapers:
 - “We can prevent further loss in the wake of high-profile suicides,” by Kirk Woodring, LICSW, previous Chief Clinical Officer with the Brattleboro Retreat, *Bennington Banner*, June 10, 2018; *Milton Independent* June 13, 2018; and on the *VTDigger* website
 - “Safe, Quality Patient Care at the Brattleboro Retreat is a Shared Goal,” by Meghan Baston, MSN, RN, Op-Ed was published in the *Brattleboro Reformer*, *the Commons*, and the *Vermont Business Magazine* on July 3, 2018. It was published in the *VTDigger* on July 4, 2018
 - “Connection as a Protective Factor Against Suicide,” by Kirk Woodring, LICSW, *The Couch* podcast aired on July 8, 2018
 - “Media spotlight on mental health provides opportunity,” by Louis Josephson, Ph.D., *opinion piece was published in the Brattleboro Reformer* on 12/7/2018; *Vermont Biz* 12/7/2018