

## Springfield Medical Care Systems 2016 Community Health Needs Assessment - Update 6-1-18

### MENTAL HEALTH / SUBSTANCE ABUSE

- An AIMS grant was received; Dr. Miller of The Windham Center is visiting office practice locations to educate staff on mental health, addiction, treatment options, June-July 2018.
- SMCS participated in awareness events including “The Importance of Hope” in Rockingham and is planning a similar event with stakeholders in Springfield.
- SCMS continues to facilitate the Collective Impact group on Initiation and Engagement in treatment.
- SMCS continues to host weekly syringe exchange services that includes screening for HIV and HCV and outreach for enrollment in substance use treatment.
- Since 10/1/17, SMCS has held 3 tobacco cessation courses (4 classes in each)
- SMCS participates in the collective impact "Project Action" initiative with representatives on its Prevention, Treatment and Recovery subcommittee.
- Information on VDH safe storage and disposal of unused medication is displayed and available at all SMCS practice sites
- SMCS promotes participation in WRAP and a full menu of self-management programs through social media, mailings and community meeting promotions.
- The Director of The Windham Center for Psychiatric Care offers an outreach program to help reduce stigma around behavioral health services.
- SMCS and HCRS participate and collaborate on the ACO core team.
- SMCS and HCRS share a "behavioral health care coordinator" position since 10/2017.
- Community Collaborative workgroup on access to behavioral health is convened and is identifying focus areas to target interventions to improve Behavioral Health access.
- SMCS secured approval from HRSA to add Springfield schools as FQHC access points where behavioral health, primary care and dental services will be provided.

- Our PA-C at Ludlow Health Center is now DEA certified for Suboxone Therapy (MAT). A workgroup has been formed to develop an expansion plan for MAT services.
- Expedited treatment for pregnant women is now in practice. Upon visit to The Women's Health Center, they are immediately connected to behavioral health services.
- As part of a SAMHSA grant shared by HCRS and SMCS BH and Primary Care Services are being integrated across organizations including outreach to Springfield schools.
- SMCS is working with local providers on improved follow up care post ED visits related to mental health.
- SMCS convenes and facilitates area Adverse Childhood Experiences (ACEs) group. Work is ongoing for public awareness and events.

## OBESITY

- Our Lifestyle Medicine Program is now operational with patients being accepted in Ludlow and Springfield health center locations.
- As part of our Lifestyle Medicine Program, an 8-week Employee Health Improvement Program is being pilot tested at SMCS, with plans to develop the program and offer to area employers. Begins July 2018.
- Health Coaching is also now available, in collaboration with the Edgar May Health & Recreation Center, using RX for Exercise and to support our Lifestyle Medicine Program.
- "Move to Improve", in collaboration with SMCS Community Health Team and Edgar May Health & Recreation Center offers weekly classes in two locations.
- Continuous quality improvement work for obesity and co-morbid conditions of diabetes and heart disease is ongoing. Plan, Do, Study, Act (PDSA) cycle pilot at Springfield Health Center is in process to determine readiness for change as part of standard screening, and then refer patients to appropriate resources.
- Walk With a Doc program implemented early in 2018 with monthly walks in the community and doctors and health topics for discussion varying by month.

## ORAL HEALTH

- A mobile dental unit is not financially feasible at this time.
- A regional dental center is being developed in Chester and expected to be operational by no later than December 2018.
- All SMCS hygienists are trained for sealants and silver diamine.
- Guide to Fluoride Levels in Public Water Systems distributed to health center locations.
- Dental hygienist in area school systems has been implemented and highly successful. A total of 16 schools visited to date, and will expand to day care centers in the summer 2018.
- Grant funding opportunities are being explored on an ongoing basis. Stratton Foundation funded Wardsboro, VT and New Brook School hygienist program in Newfane, VT.
- Fluoride varnish offered in Pediatrics and Family Medicine location. Further rollout is ongoing.
- Financial assistance program brochures produced and placed at every point of entry. Information also distributed in welcome kits and advertised.
- SMCS participates in monthly regional oral health meetings.