### Blueprint Goals
- Improve population health
- Improve patient experience
- Reduce healthcare expenditures

### At A Glance
- 28 practices recognized as Patient-Centered Medical Homes
- 160,140 Vermonters seen by Blueprint Practices in the Burlington Health Service Area
- 38.73 FTE Community Health Team Staff Members
- 11 Spoke Staff Members
- 36 Community Self-Management workshops provided
- 19 SASH Teams; 1735 participants

### Funding
- Community Health Team (CHT)
  - CHT payments of $32.40 per patient per year
  - Payments based on 88,517 attributed patients
- Payers:
  - Cigna, MVP, Medicaid, Medicare, BlueCross BlueShield of Vermont

### Resource Allocation

<table>
<thead>
<tr>
<th>Community Partners</th>
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<tbody>
<tr>
<td>University of Vermont Medical Center, Visiting Nurse Association, Community Health Centers of Burlington, Howard Center, OneCare Vermont, Health First, CHAC (Community Health Accountable Care), Champlain Valley Area on Aging, Bayada, Vermont Chronic Care Initiative, Vermont Agency of Human Services, Green Mountain Nursing Home, Planned Parenthood, Burlington Health &amp; Rehab, SASH (Support and Services At Home), Starr Farm Nursing Center, LUND Family Center and others.</td>
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### HSA Initiatives
- **Hospice & Palliative Care** – To increase utilization of hospice services in Chittenden County by 5% in the next year.
- **ED Utilization** – Work collaboratively to reduce potentially avoidable ED visits for UTI, URI, nausea and vomiting.
- **Care Coordination** – Testing team-based shared care management interventions with at risk-populations.
Patient Centered Medical Homes

Alderbrook Family Health
Burlington Primary Care
Champlain Center for Natural Medicine
Charlotte Family Health
Christopher Hebert, MD
Community Health Centers of Burlington
Essex Pediatrics
Evergreen Family Health
Eugene Moore, MD
Frank Landry, MD
Good Health
Hagan, Rinehart & Connolly
Mountain View Natural Medicine
Richmond Family Medicine
Timberlane Pediatrics
Thomas Chittenden Health Center
UVMMC Adult Primary Care Burlington
UVMMC Adult Primary Care S. Burlington
UVMMC Adult Primary Care Williston
UVMMC Adult Primary Care Essex
UVMMC Family Medicine Colchester
UVMMC Family Medicine Hinesburg
UVMMC Family Medicine Milton
UVMMC Family Medicine S. Burlington
UVMMC Pediatrics Primary Care Burlington
UVMMC Pediatrics Primary Care Williston
Winooski Family Health

Community Health Teams

Includes core and embedded staff:
- Care coordinators
- Registered Nurses
- Social Workers
- Dietitians
- Health Coaches

Self-Management Workshops

Nearly half of all adults have one or more chronic health conditions and one in four have two or more. Our Self-Management Programs provide a supportive atmosphere for participants to focus on building skills to manage their own health by sharing experiences and providing mutual support. Programs are offered in the areas of diabetes prevention and management, quitting smoking, emotional wellness, chronic disease management and chronic pain management. All of our programs are evidence-based for excellence in clinical outcomes.

Visit [http://myhealthyvt.org/] for upcoming workshops

Workshop Participation

Total Participants In Self-Management Programs: 2013-14

State-Wide Outcomes

Total Expenditures Per Capita - Commercially Insured Ages 18-64

Total Expenditures Per Capita - Medicaid Ages 18-64

Source: Vermont Blueprint for Health 2014 Annual Report

New Initiatives

Tobacco

Our 4 Tobacco Treatment Specialists provide in person tobacco cessation support in the community. In 2015 we had 87 participants in the Fresh Start group class. New for 2016 the TTS’s will also provide cessation support for tobacco users admitted in the hospital.

Motivational Interviewing

Motivational Interviewing is a goal-oriented, client-centered conversation style for exploring and resolving ambivalence towards behavior change. The CHT has 4 members who completed advanced training in MI and have been working on training our colleagues on the team and across the organization.

Advance Directives

Advance Directive preparation assistance is offered through The Community Health Team. CHT Social Workers and volunteers provide this assistance after receiving training by the VT Ethics Network. Our Volunteers meet with clients needing assistance completing their Advance Directive. Referrals for assistance in completing Advance Directive come by self or providers. Approximately 200 Advance Directive referrals have been received in 2015.

Medication Assisted Therapy (MAT)

A team of Nurses and Mental Health Clinicians work with suboxone prescribers supporting patients wishing to abstain from opioid misuse. The program currently is funded by Medicaid and is available statewide. In Chittenden County we have approximately 450 patients and 4.5 MAT Teams located in primary care, a pain clinic, obstetrics, residential treatment and a program of young pregnant and post-partum women with children.