

Community Health Improvement Plan

2025 Annual Report



Central Vermont Medical Center

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A Message From Leadership



Anna Tempesta Noonan

President

University of Vermont Health—
Central Vermont Medical Center

At Central Vermont Medical Center, we are deeply committed to supporting the health and well-being of the people and communities we serve. Every three years, we conduct a Community Health Needs Assessment (CHNA) to listen closely to community members, partner organizations, and local and state agencies. By bringing together these voices with data and community knowledge, we identify the priorities that matter most to our region.

Our Community Health Improvement Plan (CHIP) turns those priorities into action. Guided by strong partnerships with local organizations, this work reflects a shared commitment to improving community health. This annual report helps us reflect on our progress, celebrate what we've accomplished together, and stay accountable to the goals we've set.

We remain committed to ensuring that the voices of those most impacted by health challenges are heard and centered in our work. This report highlights the meaningful work happening every day across our region, work made possible through collaboration, compassion, and a shared vision for healthier communities. We are grateful for our partners and proud to share our 2025 progress and accomplishments with you.

A handwritten signature in black ink that reads "Anna Tempesta Noonan". The signature is fluid and cursive, with a long horizontal line extending from the end.

Anna Tempesta Noonan

Introduction

Annual Report Overview

Adopting an 'Implementation Strategy' and evaluating the impact of our Community Benefit programs is a requirement of our health system's tax-exempt status. This demonstrates our commitment, accountability and effectiveness in addressing our communities' identified health priorities. An annual progress report is best practice for Community Benefit. This report spotlights programmatic highlights, investments made, and collaboration with our key partners to improve the health of our community in 2025.

Prioritization

This is the final annual progress report for Central Vermont Medical Center's 2022-2025 Community Health Improvement Plan cycle. The 2022 Community Health Needs Assessment identified priority areas of need for those who live, work, and seek services in central Vermont. Based on the outcomes of the 2022 Community Health Needs Assessment (CHNA) the following four focus areas were selected:

- ▶ **Chronic Disease Prevention**
- ▶ **Mental Health**
- ▶ **Substance Use Disorders**
- ▶ **Social Drivers of Health**

With 2025 marking the final year of a CHIP and a CHNA cycle year, Central Vermont Medical Center, in partnership with their Accountable Community for Health (ACH) THRIVE, also completed a new CHNA and CHIP to establish strategic direction and collaborative efforts for the coming three years.

Key Focus Areas for 2025-2028 Community Health Improvement Plan (In alphabetical order):

- ▶ **Access to Healthcare**
- ▶ **Housing**
- ▶ **Mental Health & Substance Use**
- ▶ **Rising Cost of Living**

About Us

University of Vermont Health – Central Vermont Medical Center is a patient-focused health care provider serves more than 66,000 residents through a 122-bed community hospital, the 153-bed Woodridge Rehabilitation and Nursing facility and 25 outpatient clinics. We deliver a full spectrum of inpatient, outpatient and long-term care services.

As part of a rural academic health system, we combine the best of community-based care with medical innovation and research – to bring care as close to home as possible. We're addressing the social drivers of health that affect access and affordability. Through our innovative workforce development programs and partnerships focused on housing, childcare and transportation, we're advancing economic stability and helping build a healthier, more equitable future for all Vermonters.

To learn more, visit UVMHealth.org/CHI-CVMC.

Summary of Accomplishments

This annual report for calendar year 2025 details key actions taken to advance population health initiatives and community health priorities.

Highlights

- ▶ **THRIVE receives Public Health Champion Team Award at the 2025 Vermont Public Health Association Annual Meeting** for their leadership in the 2024 Central Vermont Flood Response.
- ▶ THRIVE Emergency Preparedness, Crisis Response Collaborative Action Network: Showcased sustainable and scalable community preparedness and crisis response protocols at the 2025 Health Equity Summit.
- ▶ **The Central Vermont Prevention Coalition (CVPC) achieved major structural, programmatic, and systems-level advances:**
 - ▶ Implemented Year 1 of the FUTURE grant, launching school-to-community pathways for screening, early intervention, and coordinated youth services.
 - ▶ 21 community engagement and/or outreach events in CY25, reaching 677 people.
 - ▶ CVPC appeared on two podcasts a total of 3 times, viewed over 15,000 times. The episode on Living Healthy Together is the best-performing episode of 2025.
 - ▶ Resources and Options for Alcohol Drinking (ROAD) further solidified its role as a statewide thought leader in Alcohol Use Disorder (AUD) care. Served and reached 4,500 community members. 17% of patients who screen positive for AUD in Central Vermont Medical Center Primary Care offices received evidence-based, best-practice medications to treat AUD, compared to 2% nationally.
 - ▶ CVPC's overdose response and prevention program included: 85 community members trained in Narcan use; 172 presentations to the ED for OUD, 80 patients served by RAM in the ED.
- ▶ **Community Rides Program:** Total outpatient rides assisted 95 individuals with a total of 185 individual rides completed.
- ▶ **Sponsored Vermont Foodbank Veggie Van Go:** In FY2025, we served a total 6,378 households from throughout Central Vermont, up from 5,646 households in FY2024 for a ~13.0% increase.
- ▶ **Central Vermont Medical Center Health Care Share program:** Continued longstanding partnership with Vermont Youth Conversation Corps: Estimate reaching 430 household members, up from 419 household members in 2024.
- ▶ **Vermont Team Based Care (VTBC) Learning Collaborative:** 2025 Change Team created a shared ecosystem map and comprehensive guide.
- ▶ **2025 CHNA engagement highlights in partnership with Accountable Community for Health (ACH) THRIVE:**
 - ▶ **Key Stakeholder Survey:** An online survey was completed by 186 individuals representing a wide range of sectors and populations working directly with communities of focus.
 - ▶ **Community Survey:** A total of 1,312 residents participated in a community-wide survey designed to capture lived experiences and perceptions related to health and well-being.
 - ▶ **Community Conversations:** Facilitated discussions were held with local health and human service professionals to review CHNA findings and co-create strategies for health improvement. These conversations fostered shared understanding and alignment around priority areas and actionable solutions.

Partnering to Advance Community Health Priorities

Key Community Partnerships

- ▶ THRIVE: “As THRIVE’s fiscal sponsor, CVMC will continue to support the many initiatives promoting the integration of high-quality health care, mental health and substance use treatment services, and community-wide prevention efforts to reduce disparities in health and wellness.”
– Anna Noonan
- ▶ Family Center of Washington County
- ▶ Vermont Foodbank
- ▶ People's Health and Wellness
- ▶ Central Vermont Chamber of Commerce
- ▶ Good Beginnings of Central Vermont
- ▶ Capstone Community Action
- ▶ Vermont CARES
- ▶ Turning Point Center of Central Vermont
- ▶ BAART/Central Vermont Addiction Medicine (the Hub)
- ▶ Washington County Mental Health Services
- ▶ Montpelier and Barre Community Justice Centers
- ▶ Downstreet Housing & Community Development
- ▶ Elevate Youth
- ▶ Montpelier & Barre Police Departments
- ▶ District 6 EMS
- ▶ VAMHAR
- ▶ Agency of Human Services
- ▶ Vermont Department of Health - Division of Substance Use (DSU), Department of Corrections - Treatment Court, Barre Office of Local Health
- ▶ Montpelier Food Pantry
- ▶ Mosaic
- ▶ Washington County Diversion Program
- ▶ Good Samaritan Haven
- ▶ Green Mountain United Way
- ▶ United Way of Northwestern Vermont
- ▶ The Pride Center
- ▶ Vermont Youth Conservation Corps (VYCC)
- ▶ CVMC Board of Trustees
- ▶ Union School
- ▶ Harwood Union Middle/High Schools

Investments

Central Vermont Prevention Coalition: \$25,000

Funding will support Central Vermont Prevention Coalition's substance use prevention and harm reduction efforts.

To learn more, visit UVMHealth.org/CHI-CVMC or contact:

Justin.Graham@uvmhealth.org or
Constance.Gavin@uvmhealth.org.

Vermont Foodbank – annual donation, \$1,000

Vermont Ride Network – annual operational allocation, \$240,000

Total: \$266,000

Work Underway & Anticipated for 2026

- ▶ **THRIVE to implement the 2025-2028 Community Health Improvement Plan (CHIP).**
- ▶ **Continue partnership with Vermont Foodbank for monthly Veggie Van Go food distribution.**
- ▶ **Resources and Options for Alcohol Drinking (ROAD):**
 - ▶ Continue advocacy for improved screening and treatment of alcohol use disorder using:
 - ▶ High Value Care alcohol pathway in primary care.
 - ▶ ED alcohol treatment pathway.
 - ▶ Facilitate and coordinate the rollout of the Vivitrol Protocol, approved across UVM Health, to all primary care sites.
 - ▶ **Maintain monthly Treatment meetings with:**
 - ▶ Updates on patient numbers seen within ROAD in the ED.
 - ▶ Tracking connections made to outpatient care.
 - ▶ Highlight and review specific patient cases to improve treatment outcomes.
 - ▶ **Strengthen collaboration among treatment partners within Washington County to:**
 - ▶ Improve access to care.
 - ▶ Reduce barriers and care gaps.
 - ▶ Enhance facilitation between treatment providers.
 - ▶ Decrease the number of patients lost to follow-up.
 - ▶ **Enhance addiction services within primary care by:**
 - ▶ Providing addiction medicine support and education for primary care providers.
 - ▶ Promoting the view of substance use disorders as chronic diseases manageable in primary care.
- ▶ **Core Central Vermont Prevention Coalition (CVPC) operations work in CY26:**
 - ▶ Maintain monthly coalition meetings and partner coordination across Central Vermont.
 - ▶ Continue providing monthly written updates to hospital leadership.
 - ▶ Support ongoing recruitment, onboarding, and support for coalition project coordinator (if hired).
 - ▶ Monitor funding opportunities and apply for grants and philanthropic support, especially for cross-sector collaborative work.
 - ▶ Remain proactive and responsive to community needs (e.g. change in drug supply).
 - ▶ Continue implementing CVPC strategies aligned with Central Vermont Medical Center's Community Health Improvement Plan.
 - ▶ Coordinate quarterly/bi-annual check-ins with hospital leadership to align initiatives and identify gaps.

▶ **Core Central Vermont Prevention Coalition (CVPC) operations work in CY26:**

- ▶ Track progress on substance-use related, CHNA-identified priorities.
- ▶ Submit CHIP updates.
- ▶ Continue with ROAD, RAM, prevention, FUTURE, OD response work, and other initiatives.

▶ **Overdose Response and Prevention Program:**

- ▶ Expand Narcan and fentanyl test strip distribution, including through food pantries and nontraditional sites.
- ▶ Support Vermont CARES and community partners in deploying additional harm reduction supplies (e.g., smoke supplies depending on funding).
- ▶ Continue public messaging around overdose risk and safer use.
- ▶ Strengthen EMS–ED–CVPC communication loops regarding overdose.
- ▶ Implement improvement recommendations related to referral pathways, handoffs, and follow-up timing.
- ▶ Monitor trends in local drug supply and issue community alerts when necessary.
- ▶ Continue to operate RAM in collaboration with RCED.
- ▶ Identify opportunities to support PREVENT in Washington County (in-field induction of bup by EMS).

▶ **FUTURE VT:**

- ▶ Continuing Talk, They Hear You communications campaigns and expanding reach through new partnerships including with Central Vermont Medical Center pediatrics and hosting parent education evenings.
- ▶ Continuing the social norms campaigns in Twinfield and Harwood, potentially expanding SNMC to additional schools in the fall, planning and implementing SBIRT at Twinfield and Harwood through pilot programs.
- ▶ Supporting a Getting to Y team at Twinfield.
- ▶ Continuing embedded peer recovery coach work in DCF.
- ▶ Deepening support for workplace-based initiatives for families impacted by substance use, administering caregiver and youth surveys, assessing feasibility of evidence-based prevention education curricula for school-based settings.
- ▶ Expanding reach of HOPE framework through trainings.
- ▶ Enhancing CVPC's communications capacity through website and social media.
- ▶ Hiring a CVPC Project Coordinator.



Calendar Year 2025: Work to Date

Diversity, Equity and Inclusion

Goal: Create a care environment that honors the diversity of our community, continually expands cultural knowledge, and adapts services to meet the culturally unique needs of patients, Woodridge residents, staff and our community.

Objectives:

- ▶ Increase cultural awareness and humility among staff and providers.
- ▶ Reduce disparities in outcomes among vulnerable patient populations.
- ▶ Encourage and seek input to improve health equity.
- ▶ Increase diversity of staff and providers.
- ▶ Support a sustainable and equitable community.

CECH Education & Workforce Reach

- ▶ 91% of Central Vermont Medical Center leaders have completed facilitator-led CECH training on Unconscious Bias and Microaggressions, with sustained reinforcement efforts in place.
- ▶ Nearly 25% of the Central Vermont Medical Center workforce has completed at least one CECH course, including Cultural Humility in Healthcare, Principles of DEI & Unconscious Bias and LGBTQIA+ Healthcare 101.
- ▶ DEI foundations—including Bias, the Diversity Wheel, and identity reflection—were embedded into HEART Chats and team huddles, promoting consistent, everyday inclusion practices.

Microaggressions Policy Implementation & Skill-Building

- ▶ A three-month Microaggressions HEART Chat series helped teams build shared language and confidence in addressing microaggressions.
- ▶ Staff and leaders routinely engaged in microaggression case scenario discussions to strengthen skill application and reinforce expectations.
- ▶ Implementation work included next-step planning, coaching, and opportunities for continued practice.
- ▶ Microaggression Drop-In Sessions offered additional space for learning, reflection, and guidance.

Education, Training & Learning Access

- ▶ CECH provided multiple Culture, Experience & Community Health presentations to ensure alignment with system DEI priorities and to support Central Vermont Medical Center's goals.
- ▶ New training modalities were introduced, including:
 - ▶ In-person Everyday Inclusion training to support interactive learning.
 - ▶ A self-paced Everyday Inclusion module for flexible access across roles and schedules.

Language Access & Health Equity

- ▶ A system-aligned Language Access overview strengthened awareness of interpreter needs, guidance, and expectations for equitable communication.
- ▶ Improving interpreter services and addressing language access gaps remained an active priority throughout the year.

Observances, Cultural Awareness & Inclusive Celebration

- ▶ Central Vermont Medical Center supported inclusive observances and educational opportunities across the year via communication channels and food offerings thanks to our nutrition services team including:
 - ▶ Martin Luther King Jr. Day
 - ▶ Black History Month
 - ▶ Pride Month
 - ▶ Juneteenth
 - ▶ Native American Heritage Month
 - ▶ End-of-year inclusive holiday and observance reflections
 - ▶ Diversity Celebration Week, uplifting cultural diversity, staff voices, and belonging

Community, Culture & Partner Engagement

- ▶ Featured the Hair Equity Project, highlighting inequities in racialized hair care and patient experience.
- ▶ Advanced concepts for community listening sessions to uplift community voice and inform equity work.

Health Equity Summit & System Alignment

- ▶ Central Vermont Medical Center actively participated in system-wide planning for the 2025 Health Equity Summit, including promotion, registration, and follow-up learning.
- ▶ The DEI Committee continued alignment with the THRIVE Health Equity Commitment, including both short- and long-term planning.

Chronic Disease Prevention

Goal: Identify barriers and change processes to ensure equitable access to health care and community-based services.

Objectives:

- ▶ Promote UVM Health population health management strategy through improved clinical communication and coordination of care.
 - ▶ Reduce disparities in chronic disease prevalence and death rates.
- Adopt organizational and institutional practices that advance equity.

Team-Based Care

- ▶ Central Vermont Medical Center strengthened its commitment to team-based care and cross-sector collaboration, through the Vermont Team Based Care (VTBC) initiative led by a Change Team. A key outcome was a shared ecosystem map and comprehensive guide to state and federally funded case management programs outlining eligibility and contract holders in the region.
- ▶ An initiative milestone was the definition of the “lead” case manager role, aimed at improving accountability and communication across agencies.
- ▶ The collaborative established an aspirational community-level goal to ensure that individuals with two or more case managers are supported by a shared care plan. To support this effort, an initial draft of a shared care plan template was developed and circulated.
- ▶ The Change Team transitioned ongoing implementation activities to the Local Interagency Team (LIT) meetings for next steps for sustained progress.

Integrated Care Management Team

- ▶ A partnership between the Blueprint for Health and Central Vermont Medical Center Primary Care, delivers team-based, comprehensive, and coordinated care. This approach emphasizes data-driven, evidence-based, patient-focused strategies to improve outcomes and experience, particularly for individuals managing chronic conditions such as diabetes, hypertension, and Chronic Obstructive Pulmonary Disease (COPD).
- ▶ The ICM team screens and connects patients to community resources, offering brief interventions for mental health and substance use disorders, and providing robust care management for individuals with complex medical and social needs. These services have been critical in bridging gaps between clinical care and social support, ensuring that patients receive holistic, person-centered care.

MyHealthyVT

- ▶ The MyHealthyVT (MHVT) Provider Outreach Specialist completed targeted outreach to primary care practices and Veterans Affairs in Central Vermont including Barre and Randolph HSAs.
- ▶ Represented MHVT at community events and delivered workshops to diverse groups including healthcare providers, community organizations, and employers.
- ▶ Ensured timely participant reporting to the Vermont Department of Health and strengthened program efficiency.



Mental Health

Goal: Strengthen and support community initiatives that promote mental wellness, recovery and resilience.

Objectives:

- ▶ Improve access to mental health services and support the continuum of care.
- ▶ Support access to mental wellness services within the community.

Primary Care Mental Health Integration

- ▶ Central Vermont Medical Center has adopted the model of Primary Care Mental Health Integration (PCMHI) in all its primary care clinics, recognizing conditions like anxiety and depression are common and can impact your overall health.
- ▶ Through this model, primary care providers have access to mental health evaluations and a collaborative care mental health clinician who works with the care team and patient to develop and track progress through an individualized care plan.

By the Numbers

548

Unique patients seen through CVMC PCMHI in 2024.

954

Unique patients seen through CVMC PCMHI in 2025.

74.08%

Increase in number of unique patients seen through CVMC PCMHI from 2024 to 2025.

Social Drivers of Health

Goal: Strengthen and support community initiatives that create social conditions that promote health.

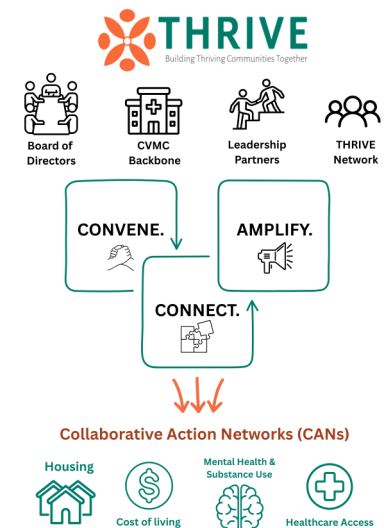
Objective: Support policies and infrastructure that create healthy communities.

Populations of Focus: Individuals who live and work in central Vermont. Patients who are experiencing food insecurity, one or more diet-related illness, or facing other distinct health risks. (Healthcare Shares)

Key Community Partnerships: Vermont Youth Conservation Corp., Vermont Foodbank, Vermont Community Rides

THRIVE

- ▶ Serve as the convener and fiscal sponsor for THRIVE, the regional Accountable Community for Health. Convene multi-sector partners through a monthly Leadership Partner meeting. Amplify priorities for the work conducted by the lead agencies serving Washington and Northern Orange Counties.
- ▶ THRIVE's mission is to optimize the health and wellbeing of our community through informed, collaborative and innovative solutions to achieve its vision to build thriving communities.
- ▶ Recognized at the 2025 Vermont Public Health Association for their leadership in the 2024 Central Vermont Flood Response.
- ▶ THRIVE's work represents a powerful model for how rural communities can build capacity to address health-related social needs during times of crisis—while also laying the foundation for a more equitable and resilient future.
- ▶ Selected to host a panel presentation at the UVM Health - Health Equity Summit to represent the collaborative's Community Preparedness and Response work spotlighting the focus on rural health and climate impacts to social drivers of health.
- ▶ Partnered with Central Vermont Medical Center to conduct the Community Health Needs Assessment (CHNA) and develop the Community Health Improvement Plan (CHIP) which will serve as the focus for THRIVE's work.



Health Care Share Program

- ▶ Partner with Vermont Youth Conservation Corps to continue the Health Care Share program to connect patients with fresh local food.
- ▶ Central Vermont Medical Center transports shares to off-campus locations in Montpelier, Northfield, Waterbury.
- ▶ Special Thanksgiving share included a turkey.

Vermont Foodbank Veggie Van Go

- ▶ Monthly sponsorship of Vermont Foodbank Veggie Van Go: serve as site coordinator, raises awareness and refers individuals who might benefit. We also promote the opportunity to volunteer at the monthly event.
- ▶ In FY2025, we served a total 6,378 households from throughout Central Vermont, up from 5,646 households in FY2024 for a ~13.0% increase.

Vermont Ride Network

- ▶ Contract with Vermont Ride Network for wheelchair van service stationed at Central Vermont Medical Center.
- ▶ Obtain a grant to partner with Community Rides Vermont to provide community members transportation to medical appointments using Gopher, a transportation service with a fleet of zero-emission electric vehicles serving central Vermont.
- ▶ Educate Central Vermont Medical Center providers within our practices around the availability of the Health Care Shares program.
- ▶ Total outpatient rides assisted 95 individuals with a total of 185 individual rides completed.
- ▶ Vermont Ride Network rides—wheelchair van—1407 total rides in 2025.

By the Numbers

430

Individuals served by Health Care Shares program in 2025, up from 419 households members in 2024.

166

Participants participant/households served weekly

6,378

Households served by Veggie Van Go across Central VT

13%

Increase in total households served through Veggie Van Go.



Substance Use Disorders

Goal: Build a seamless network where anyone can access substance use support anytime, preventing initiation and promoting recovery.

Objectives:

- ▶ Improve access to substance use disorder services and supports along a full continuum of care.
- ▶ Promote a “community-wide systems: framework for the prevention and treatment of substance use disorders.
- ▶ Improve access to treatment and services for alcohol use disorders.

Blueprint for Health Spoke Program

- ▶ **Spoke Sites:** Barre Health Services Area, including Central Vermont Medical Center continues to deliver excellence through the Blueprint for Health Spoke program, by providing integrated care and support for individuals receiving medication for opioid use disorder.
- ▶ Spoke teams, embedded in practices across the region, provide counseling, care coordination, and connections to recovery resources—helping patients stabilize and thrive.

Central Vermont Prevention Coalition (CVPC)

- ▶ Central Vermont Prevention Coalition (CVPC) (cvprevention.org), leads with the vision of creating a harmonized network of partners where there is no wrong door to get help for substance use disorders.
- ▶ Coalition represents over 115 partners convenes monthly to discuss current needs, evidence-based practices and implementing initiatives.
- ▶ Successfully navigated a leadership transition while transitioning in October 2025 to a department of Central Vermont Medical Center, solidifying operational alignment with the hospital and advancing a clear strategic plan.
- ▶ Implemented Year 1 of the FUTURE grant, launching school-to-community pathways for screening, early intervention, and coordinated youth services; strengthening cross-system collaboration with DCF-embedded recovery coaches; and laying groundwork for multi-year, evidence-based prevention infrastructure.
- ▶ As the closure of Better Life Partners created major system disruption, CVPC played a stabilizing role—providing clear information to pharmacies and providers, helping partners identify alternative treatment access points, and convening stakeholders to minimize gaps in medication-assisted treatment.

VERSION 1

- ▶ Built and strengthened a robust harm reduction–fire department collaboration, expanding naloxone distribution, safety planning, and community overdose response capacity.
- ▶ Continued monitoring and translating drug supply trends into actionable alerts, while delivering high-impact overdose prevention trainings across multiple sectors.
- ▶ Regionally, CVPC expanded its presence through community engagement and communications opportunities—tabling at events, appearing on local and regional podcasts, and partnering with youth- and family-serving organizations—and deepened collaboration with the Northwest & Central Vermont Prevention Network, THRIVE, the Division of Substance Use, and other partners to align strategies, unify messaging, and advance shared policy goals.
- ▶ Together, these accomplishments positioned CVPC as a central, steadying force advancing coordinated, evidence-based substance use prevention across Central Vermont.

By the Numbers

11 Meetings in CY25 representing...

~30 Organizations across the social service complex including various departments of Central Vermont Medical Center.

21 Community engagement and/or outreach events in CY25, resulting in...

677 People reached.

2 Podcasts that CVPC appeared in a total of 3 times, gathering...

15,000+ Views total.

Our episode on *Living Healthy Together* is the best-performing episode of 2025 (recorded Nov. 25).

Project BEACON:

- ▶ Ensure overdose survivors receive access to patient services regardless of presentation to Emergency Department (ED).
- ▶ Engage high-risk individuals in overdose prevention by expanding Narcan Leave Behind Kit distribution.
- ▶ Strengthen aftercare support through harm reduction, treatment, and recovery services.
- ▶ Integrate harm reduction principles into EMS care through education.
- ▶ **Population:** Overdose survivors in Central Vermont who refuse transport to the Central Vermont Medical Center Emergency Department.

VERSION 2

- ▶ Built and strengthened a robust harm reduction–fire department collaboration, expanding naloxone distribution, safety planning, and community overdose response capacity.
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- ▶ **Population:** Overdose survivors in Central Vermont who refuse transport to the Central Vermont Emergency Department.

Resources and Options for Alcohol Drinking (ROAD):

- ▶ Further solidified its role as a statewide thought leader in Alcohol Use Disorder (AUD) care.
- ▶ Presented at the Vermont Division of Substance Use (DSU) Annual Statewide Conference, sharing key implementation lessons, clinical strategies, and its inclusive rebranding journey with healthcare leaders from across Vermont.
- ▶ In recognition of this leadership, ROAD was also invited to serve as subject matter experts at the Care Transformation Collaborative (CTC) of Rhode Island Think Tank on Alcohol Use Disorder in Primary Care, extending its influence beyond Vermont.
- ▶ Building on system-level impact, the UVM Health High Value Care team adopted the ROAD primary care pathway, standardizing education tools, clinical protocols, medication guidance, and referral resources across the network to improve consistency and quality of AUD care.
- ▶ Approval of the UVM Health Vivitrol Protocol—developed by the Central Vermont Medical Center Nurse Practitioner ROAD champion—marked a major milestone, paving the way for Vivitrol to be offered in all UVM Health primary care practices within the coming year.
- ▶ Undertook a significant rebrand to better reflect community needs and reduce stigma. The program name evolved from Refocus on Alcohol Dependence to Resource and Options for Alcohol Drinking after community feedback indicated that the term “dependence” did not resonate with many individuals.
- ▶ A new, inclusive brochure will be distributed across Central Vermont Medical Center primary care practices, the Emergency Department, Turning Point Recovery Center, the Vermont Department of Health, and partner social service agencies through CVPC.
- ▶ Launched a pilot initiative to address barriers to patient communication by providing cell phones and prepaid minutes to patients without reliable access to a phone.
- ▶ Supports improved engagement through access to MyChart, direct communication with primary care teams, ongoing connection with Turning Point Recovery Coaches via calls and texts, scheduling of treatment services, and access to recovery supports.
- ▶ An accompanying evaluation survey is assessing the program’s impact on patient engagement and retention.
- ▶ Through innovation, community responsiveness, and team-based care, the ROAD program continues to set the standard for AUD treatment—reducing barriers, improving outcomes, and offering a scalable model that can be adapted by communities across the region and beyond.

Screening Metrics

Primary Care, July 2024—June 2025

3,294

Screenings occurred using the AUDIT 10 at Central Vermont Medical Center Primary Care and Pediatric offices (significantly many more (all) should receive the Single Question Alcohol Screen)

17%

Of patients who screen positive for AUD in Central Vermont Medical Center Primary Care offices received evidence-based, best-practice medications to treat AUD, compared to 2% nationally.

Emergency Department

October 2024—September 2025

346 Presentations to the ED for alcohol.

26 Enrolled in ROAD.

Population: Adults ages 18+ in Central Vermont who drink alcohol.

Families Uniting to Understand and Resolve Substance Effects in Vermont (FUTURE VT):

- ▶ Continued to lead a Steering Committee with strong, consistent participation from schools, recovery organizations, mental health providers, evaluators, and state partners. Submitted a community assessment, implementation plan, evaluation plan, and sustainability plan.
- ▶ **Turning Point Center of Central Vermont (TPCCV):**
 - ▶ Delivered classroom-based prevention education and on-site one-on-one student support at Twinfield, reaching more than 60 youth.
 - ▶ Embedded recovery supports into DCF home visits (with consent), schools, worksites, and the public library—an innovative model now being considered for statewide replication.
 - ▶ Twinfield School hosted the region’s first coordinated Social Norms Marketing Campaign at reaching all 6-8th graders. The campaign was shaped by student focus groups and youth input on materials. A similar campaign will launch at Harwood in Year Two.
 - ▶ The Talk. They Hear You. campaign reached an estimated 35,112 caregiver-age adults in the county through a multi-platform communications approach.
 - ▶ Supported youth voices and creative expression through a Writers for Recovery workshop with students at Twinfield.
 - ▶ Piloted the HOPE/Positive Childhood Experiences framework. Delivered an Intro to HOPE training to all coalition members. Certified two local facilitators of the Intro to HOPE training, increasing Vermont’s total number of facilitators to three. Brought the Intro to HOPE training to VAMHAR’s online LMS to reach Vermonters working in substance use statewide in collaboration with Tufts. Scheduled Intro to HOPE trainings for CY26.
- ▶ **FUTURE VT Youth Survey Highlights:** A total of 159 middle school students and 59 high school students at Harwood and Twinfield participated in the 2025 survey.

Key findings include:

- ▶ 28% reported that they have lived with a parent or caregiver who was having a problem with alcohol or drug use
 - ▶ 79% said that they have an adult family member or caregiver they can talk to about how they are feeling
 - ▶ 66% feel valued by adults in my community, however only 46% of LGBTQ+ students reported feeling this way.
- ▶ **2025 Central Vermont Caregiver Survey on Youth Substance Use Highlights:** 61 parents and caregivers of youth in grades 6-12 completed the survey in August and September of 2025.

Key findings include:

- ▶ 84% of caregivers of high school students talked with their child a few or many times (more than three) in the past year about the harms of alcohol and drug use.
- ▶ 74% reported knowing how to get help for their child – or another young person – if they are experiencing problems with alcohol, vaping, marijuana (cannabis), or other drugs.
- ▶ 24% had seen or heard the Talk. They Hear You. Campaign.
- ▶ Both the youth and caregiver surveys will be conducted annually throughout the five-year FUTURE VT PFS grant.

- ▶ These Year One accomplishments demonstrate FUTURE VT's commitment to meeting families where they are, centering youth and caregiver voices, and strengthening coordination across systems.
- ▶ Talk. They Hear You.—Reached 35,112 people through mass communications campaigns.
 - ▶ Community-based prevention and wellness support for youth - served 139 people
 - ▶ Peer recovery coaching and support for families - served 50 people
 - ▶ School-based prevention and wellness support for youth (indirect) - reached 23 people
 - ▶ School-based prevention and wellness support for youth (direct) - served 67 people
 - ▶ Social Norms campaign Harwood - reached 10 people
 - ▶ Social norms campaign Twinfield - reached 43 people
 - ▶ Writers for Recovery - reached 87 people

Population of Focus: Rural youth ages 12-18 and their families, children living with parents with a Substance Use Disorder (SUD), LGBTQ+ youth, and children living in poverty within Washington County plus five towns in Orange County, Vermont.



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Community Health Improvement

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