Since its inception in 1996, the Bowse Health Trust has funded 60 programs. Over $4 million has been granted to programs aimed at improving the health status of residents in the Rutland Region. The programs vary greatly with regard to the health issues targeted, populations served and service areas. However, each program has made a positive impact on the health of program participants. This report summarizes this year’s results of the funded programs.

The Bowse Health Trust was established in 1996 by Rutland Regional Health Services. Its purpose is two-fold:

- Grant funds to projects that make a significant difference in health in one of the three priority areas as determined by the 2015 Community Health Needs Assessment:
  1. Improving access and affordability of health and human services;
  2. Increasing prevention efforts that lead to healthier lifestyles;
  3. Reducing substance abuse
- Act as a catalyst for initiatives that are innovative, collaborative and sustainable

Our Mission:

To fund collaborative, community benefit programs that measurably improves the health of the people in Rutland County.
The goal of Mill River Union is to provide robust out-of-school-hours opportunities to enhance the academic, social, emotional, and mental health needs of students in grades 5-8. The program hopes to re-engage youth with creative endeavors, physical activity, and STEM applications, in order to positively impact the behaviors and emotional concerns faced by middle schoolers. Partners include: Wonderfeet Kids’ Museum, College of St. Joseph, the MINT Maker Space, Vermont State Parks, and Vermont Fish and Wildlife.

Year One Goals

- Hire Program Director
- Design schedule of activities
- Implement program in grades 7-8
Rutland Suicide Safe Care

Rutland Suicide Safe Care
$99,774 over three years

Priority Area: Improving Access

The goal of the Center for Health and Learning is to reduce barriers to mental health services and to decrease the deaths by suicide in Rutland County. By training a multitude of healthcare, mental healthcare, and social service providers in the principles of Zero Suicide, the Rutland region will be ready to respond and provide suicide safe care to all community members. Partners include: Community Health Centers of the Rutland Region, Rutland Mental Health, and Rutland Regional Medical Center.

Year One Goals

- Establish project coordination team
- Conduct Zero Suicide Workforce Development Survey
- Train 500 community members in Zero Suicide
Farm-Based Experiential Learning

Hosted by Vermont Farmers Food Center

$98,000 over three years

Priority Focus: Healthy Lifestyles

The goal of the Vermont Farmers Food Center (VFFC) is to provide ground-to-table experiential learning surrounding local produce for K-12 students in Rutland County. By helping students discover and participate in how their food is made, and the relationship of food and agriculture to their own bodies and health, VFFC is looking to develop a life-long investment in nutrition. Partners include: Rutland City Rotary, Green Mountain College, University of Vermont Extension Program, Come Alive Outside, College of St. Joseph, and Rutland County Schools.

Year One Goals

- Hire Education Coordinator
- Develop outcomes-based evaluation plan
- Serve 200 Rutland County youth
Peer Recovery Support Services for Substance  
Hosted by Turning Point Center of Rutland  
$99,800 over three years – first year of funding completed

Priority Area: Prevention of Substance Use

The goal of the Turning Point Center’s program is to provide pre-release recovery support to individuals at Marble Valley Regional Correctional Facility (MVRCF). Recovery coaches are people in recovery who have experience with substance use. The peer support relationships will be continued after the individual is released, helping the individual with their own recovery. The partners for this program include Sanctuary House, Homeless Prevention Center, Probation and Parole, and Marble Valley Regional Correctional Facility.

Year One Outcomes

- Hired Recovery Coach and Recovery Coach Coordinator
- Averaged 16 people in MVRCF per week seeking coaching
- Identified additional coaching participants
- Have engaged with 59 participants with enrollment ongoing
- Developed weekly schedule with MVRCF, Homeless Prevention Center, and Serenity House
Opioid Family Mentoring Program

Hosted by The Mentor Connector
$99,478 over three years – first year of funding completed

Priority Area: Prevention of Substance Use

The goal of the Opioid Family Mentoring Program is to provide supports for families in which a parent is undergoing treatment for opioid use disorder. The family as a whole and the individual children will receive mentorship services backed by evidence-based practice. The intent of family mentorship is to increase resiliency, improve life skills and self-sufficiency, and decrease the prevalence of generational substance use. The partners for this program include Rutland County Court Diversion and Restorative Justices, Rutland Mental Health, and West Ridge Center.

Year One Outcomes

- Hired part-time Mentor Coordinator
- Developed strong partnership with West Ridge Center
- Three family mentors working with three families, and three additional mentors trained for 2019
- Served four adults and seven children
The objective of the Job Connection program is to provide assistance with finding jobs, comprehensive workforce readiness development, and life navigation to people who have struggled with finding employment due to barriers in their personal lives. The program is designed to help participants find work which provides income and then builds on that to provide stability and independence in an individualized, strengths-based approach. The partners for this program include BROC, Project Vision, the Rutland Regional Workforce Investment Board, and Casella Waste Management.

**Year One Outcomes**

- Hired Life Navigator and Career Advisor
- Developed MOUs with local partners
- Developed matrix of service
Park Rx

Hosted by Rutland Recreation Department, now Come Alive Outside
$158,059 over three years – second year of funding completed

Priority Area: Healthy Lifestyles

The Park Rx program is a national program led by the National Recreation and Park Association. Park Rx programs are designed to strengthen the linkages between public parks and healthcare. The program has moved to Come Alive Outside, and is now able to provide park prescriptions county-wide. Medical professionals participate in the program to encourage patients to increase their physical activity and improve their mental health by getting outside and visiting local parks. A health coach is available to support patients by encouraging visits to parks, coordinating group walks, and providing access to discounted outdoor activities. The partners in this program include area providers, BCBSVT, Vermont State Parks, and Vermont Farms and Food Center’s Health Care Share program.

Year Two Outcomes

- Developed cohort approach
- Partnered with 12 clinics
- Over 158 referrals with 99 participating and completing program
- 86% of completers surveyed reported an increase in physical activity from before program
- 88% of completers surveyed reported positive impact on mental wellbeing
**Three Steps Forward for Men**

*Hosted by Rutland County Workforce Investment Board (WIB)*

$99,998 over three years – second year funding completed

**Priority Area: Healthy Lifestyles**

The Three Steps Forward for Men builds off the success of the ongoing Three Steps Forward for Women Program. The goal is to support young men who are not economically self-sufficient in completing education programs, securing jobs, and obtaining housing. The program will engage a cohort of young men in a curriculum that will assist them in setting goals, building healthy relationships, and leading healthy lifestyles. Mentors will support the participants and provide positive male role models. Partners in the program include multiple state agencies, Vermont Adult Learning, public schools, Mentor Connector, Rutland Young Professionals, Serenity House, and Rutland Mental Health.

**Year Two Outcomes**

- Alignment of other programs with Three Steps Forward
- Two participants able to share their experiences with local legislators
- Preparation for 2019 cohorts underway
Southwestern Vermont Hoarding Task Force

Hosted by BROC
$100,000 over three years – second year funding completed

Priority Area: Healthy Lifestyles

BROC developed a Hoarding Task Force that provides resource support, training and education about hoarding. A national expert provided training to 50 area stakeholders. Presentations have been provided to multiple community organizations to increase the awareness of this health issue. The goal of the second year of the program is to recruit interns and volunteers to assist with de-cluttering. The task force will create a network of supports to address the causes and treatment of hoarding.

Hoarding is both a health and property safety issue for those living in and around a cluttered residence. It is estimated that one in 50 adults has a serious hoarding problem. Partners in this program include Rutland Mental Health, Southwestern Vermont Council on Aging, Vermont Department of Health, Rutland Housing Authority, Housing Trust of Rutland County, and the Vermont Office of Opportunity Weatherization program.

Year Three Outcomes

- 16 clients served by program, some ongoing
- Volunteer database completed
- Six trainings provided in Rutland and Bennington County
- Referral pathways for multi-disciplinary services built
- Developed partnerships with Rutland City Recycling and Rutland County Solid Waste
Marble Valley Grows Farm to School Network
Hosted by Come Alive Outside
$88,400 over three years – third year of funding completed

Priority Area: Healthy Lifestyles

Marble Valley Grows works with Rutland County schools to enhance education and access to healthy food choices. The activities include classroom, community, gardening and food services initiatives. The goal of the program is to impact knowledge and increase use of fresh nutritious local food. Partners include RAFFL, Food Service providers, Proctor Elementary School, Shrewsbury Institute for Agricultural Education, Northeast Primary School, Christ the King School, and Addison County Relocalization Network.

Year Three Outcomes

- Partnered with Castleton University for student volunteers to support programs in the schools
- Monthly “Harvest of the Month” Cooking Workshops and Taste Tests reached over 1100 students at five elementary schools
- Gardening support and education provided to Poulney Elementary, Proctor Elementary, Rutland Middle School, Rutland High School Community Plot, and at Christ the King School
- Spring planting and fall harvest events hosted at Rutland Regional Medical Center with community partners for 400 students
Community Impact Program

Hosted by Wonderfeet Kids’ Museum

$85,616 over three years – third year of funding completed

Priority Area: Healthy Lifestyles

The Wonderfeet Kids’ Museum provides outreach programs to nine organizations that serve young children. The activities promote nurturing parenting, father involvement, improved kindergarten readiness, exposure to STEM (Science, Technology, Engineering and Mathematics), nutrition, and health-related curriculum. The partners of this program include Prevent Child Abuse Vermont, WIC, Head Start, Rutland Free Library, Boys and Girls Club, and the Heritage Family Credit Union.

Year Three Outcomes

- Hosted 105 participants of home school club
- 64 Easter Seals visits with families in foster care
- 60 Rutland Mental Health Visits
- Five fathers attended 13-week program
- 633 free and reduced passes used
2018 Bowse Health Trust Committee Members

Joan Gamble, Chair
Vicky Young, Vice Chair
Claudio Fort, Rutland Regional Medical Center
Judi Fox, Rutland Regional Medical Center
Jeff McKee, PhD, Rutland Regional Medical Center
Nanci Gordon, Vermont 211
Jo Ann Riley, Castleton Community Center
Rick Lovett, MD, Rutland Regional Medical Center
Pam Reed, Rutland City Schools
Renee Bousquet, Vermont Department of Health
Caprice Hover, United Way of Rutland County
2018 Rutland County Partnership for Health Steering Committee

Marlee Mason, VNA & Hospice of the Southwest Region
Brennan Duffy, Rutland Redevelopment Authority
Anne Bannister, RN, Retired School Nurse
Melanie Gaiotti, Vermont Department of Liquor Control
Martha Coulter, Castleton University
Brian Nolan, Porter Medical Center
Sarah Roy, ADAP, Vermont Department of Health
Doug Norford, Rutland Mental Health
Ann Warrell, Vermont Country Store
Lynne Klamm, Retired Vermont State Employee
Peggy Young, RN, Retired Nurse
Matt Prouty, Rutland City Police Department
Randal Smathers, Rutland Free Library
Shannon Kennelly, NeighborWorks of Western Vermont

The Steering Committee advises and assists the Bowse Health Trust proposals, evaluation of funded programs, and prioritizing the health needs of the community.
A resolution by the Rutland Regional Health Services Board of Directors renamed this initiative in memory of James T. Bowse, President/CEO of Rutland Regional Medical Center and RRHS. Jim died unexpectedly on June 17, 1997. He came to Rutland Regional in 1989 and, during his tenure, maintained an active interest in the health and wellness of the community. Jim was instrumental in establishing the Trust in the fall of 1996 to fund programs aimed at creating a healthier community. In naming the Trust after Jim, we recognize the contributions he made to our community. The Bowse Health Trust is working to achieve the goals of the Department of Health’s Healthy Vermonter 2020 program.

To learn more about the Bowse Health Trust and how it is working to create a healthier community, call or write:

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