



We are pleased to submit for your review, an overview of services provided for the three town-funded Island-wide programs: Counseling, Outreach and Referral for Elders (CORE), Healthy Aging Martha’s Vineyard (HAMV), and the Substance Use Disorder (SUD) Coalition. MV Community Services serves as the fiscal agent for HAMV and SUD Coalition and submits this request as the fiscal agent for both.

Town funding for the three requested programs is administered by the Dukes County Manager through a contract with Martha’s Vineyard Community Services (MVCS). As a part of MVCS, the designated programs have access to human resources and associated agency benefits, legal/compliance, marketing and communication, financial audit, insurance coverage, quality management, and administrative and Trustee oversight and support. The designate programs are funded according to the 50/50 formula. The historic funding for these three programs follows.

Summary of Town Funding FY2021 - FY2023 and Request for FY2024

Program	FY2021	FY2022	FY2023	FY 2024 REQUEST
First Stop	\$ 31,300.00	\$ 9,316.00	\$ 9,316.00	N/A
SUD Coalition	--	--	\$ 49,920.00	\$ 48,590.00
CORE	\$ 80,000.00	\$ 101,741.00	\$101,741.00	\$101,741.00
Healthy Aging MV	\$ 111,850.00	\$ 106,452.00	\$106,452.00	\$119,762.00
Total	\$ 223,150.00	\$ 217,509.00	\$ 267,439	\$ 270,093

COUNSELING, OUTREACH, and REFERRAL for ELDERS (CORE)

CORE (Counseling, Outreach, and referral for Elders) is a program developed by the Councils on Aging cooperatively with MVCS Island Counseling Center in 2011. We seek continued funding from the towns to support the CORE program. The CORE program works with at - risk and mostly home-bound elders who are referred to the program by the VNA, Elder Services of the Cape and Island, local Councils on Aging, primary care physicians, first responders, neighbors and family members and the MV Hospital.

CORE addresses the significant inter-related health, behavioral health, social and case management needs of elders’ age 55+ at no cost to the client. Many CORE clients require home visits due to difficulty with mobility, transportation and Medicare restrictions. CORE staff includes a range of professional and paraprofessional staff, including clinical, nursing, care coordination, and case management personnel. This team offers counseling and in-home support, as well as connection to needed services,

community activities, collateral contacts with family member and other service providers, linkages with doctors, food supplies, advanced care planning and encouragement of elders with substance use issues to address that problem. Staff provide services to meet client needs and receive clinical and operational supervision from clinic staff.

CORE services are not covered by insurance and are a vital component of providing effective behavioral health treatment. Assuring that appointments with medical professionals are kept, coordinating treatment with clinicians and medication with psychiatric providers allows elders with medical issues to understand treatment and avoid adverse medication interactions. CORE addresses a wide range of client needs, including:

- Meeting in the homes of clients who struggle with extreme anxiety. These clients would otherwise avoid treatment due to their fears and their inability to travel to the counseling center for treatment.
- Assisting clients to learn about and when appropriate, apply to or access other Island organizations' transportation supports, including MV Center for Living, Vineyard Village at Home, Healthy Aging MV and The Lift.
- Advocating for clients who are facing housing crises by connecting to them to local agencies, including Island Elderly Housing, Healthy Aging MV and Housing Assistance Corp. Staff can attend meetings with elders to help disseminate information and aid in planning the next action steps towards secure housing.
- Food insecurity. CORE helps to connect clients to food resources on the Island including the Island Food Pantry, Serving Hands, MV Food Baskets, MV Vegan Society and SNAP benefits.
- Hospital stays are an unfortunate reality for some of our clients. With the CORE program our staff can continue to meet with the clients in their hospital rooms. This supports continuity of care and it provides the client with additional emotional and mental health support during what can be a stressful and anxiety- ridden experience.
- Strengthen our collaboration with Healthy Aging MV in addressing elder's needs including areas such as advanced care planning and greater access to technology.

One of the most crippling challenges in this population is isolation. Sometimes, the rural beauty that draws visitors to Martha's Vineyard can work against our most vulnerable elderly residents. They may live down long dirt roads, have limited transportation options and go weeks without seeing another person. COVID-19 intensified these challenges as many clients did not want anyone in their homes.

CORE also continues to help Island families make the transition from a loved one living at home to needing to move to a nursing home. This is never an easy transition, but CORE's

involvement has helped elders and their family members to manage this transition with a caring, informed and respectful focus. Staff’s home visits combat isolation and the program’s care coordination further helps to connect the client to critical services and supports.

CORE Service Summary

Service Data	FY 2018	FY 2019	FY 2020	FY 2021	FY 2022
# of Units	1132	1084	1389	1396	1584
# of Individuals	70	65	70	66	83

Service delivery increased by more than 13% from FY 21 to FY 22.



HEALTHY AGING MV

HAMV is a planning, advocacy and community building organization. Our mission is to ensure that the infrastructure and services are in place to serve our Aging Adults and those who care for them. Our fiscal agent is MVCS. It is funded in part by the six towns of Martha’s Vineyard through a contract between the County of Dukes County and MVCS. Other funding sources, which made up over 50% of our budget in FY2023 are grants from local, national and private organizations and foundations, and donations from churches, organizations and individuals. We continue to maintain a lean operation, depending on an active volunteer executive board led by Cindy Doyle (Chair) and one full-time employee, Cindy Trish, Executive Director.

HAMV conducts research and educates the community about Aging Adult needs and their contributions to the island, plans and advocates for new or improved services to meet those needs, and builds community-wide support through engaging stakeholders of all ages to bring these goals into reality. Once service and infrastructure gaps are identified, HAMV and coalition partners create pilot programs to address these needs and identifies funding sources for the pilot phases.

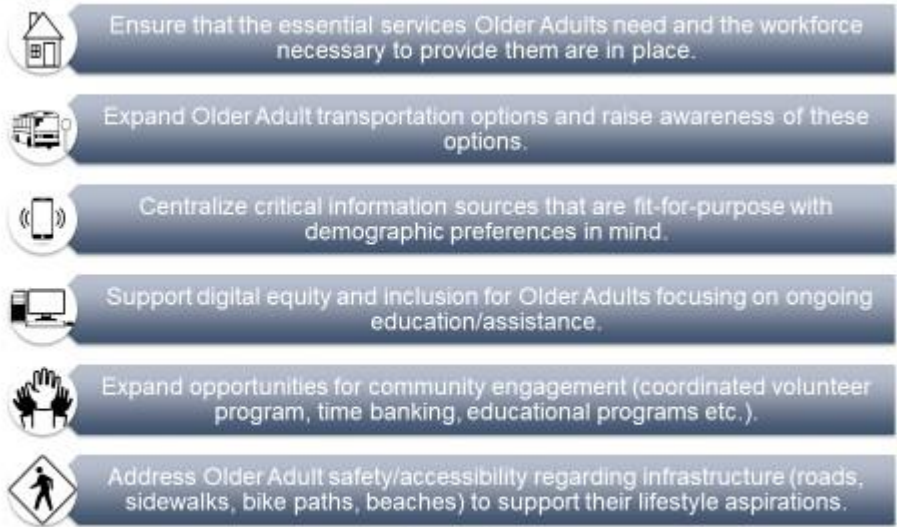
The following graphic illustrates the interconnectedness of HAMV with other on- and off-island organizations serving Aging Adults. As a planning and advocacy organization, we act as catalyst to create collaboration to identify and address the needs of Aging Adults. More information on HAMV can be found at our website <https://www.hamv.org/>

HAMV is part of a broader collaborative ecosystem that focuses on creating an age friendly island

HAMV's appropriation request from the towns for FY24 is slightly increased to . Funding will allow us to maintain our full-time Executive Director role and will cover a portion of the costs associated with running the organization (allocation paid to MVCS, other operating costs and program supplies) as we continue to expand our impact and reach. In FY24 we will;

- Continue to convene and lead island-wide coalitions to make progress on the Community action plans associated with these six key initiatives:

HAMV key priorities for an aging friendly Island



(Dec 2020 HAMV survey)



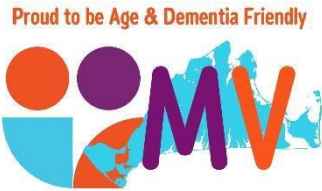
- Deepen our collaboration with on- and off-island Aging Adult service agencies and regulatory organizations so that we work more productively and efficiently island-wide to achieve an outcome of creating greater impact in addressing Aging Adult needs and touching more lives
- Continue and expand our pilot programs (Home Safety Modification, transportation pilots including GoGoGrandparent, Home Sharing, and Matter of Balance) and add 1-2 new pilot programs as needed.
- Opportunistically address Aging Adult needs as identified.
- Advocate for efforts made by other island organizations to strengthen our Aging Adult services and infrastructure (such as supporting the Green House initiative and the Housing Bank)

FY2023, HAMV’s accomplishments have included:

- The completion of a 5 year Community Plan to address the six key priorities with specific action steps, collaborating with community partners, and a timeline for action. Worked with MVC4L to include a dementia inclusive “lens” to our collective actions.



Martha’s Vineyard 5 Year Community Plan for an Aging and Dementia Friendly Island



- Submission of the plan to the World Health Organization/AARP. We received a 5 year age-friendly designation again for all six towns as part of the MA Healthy Aging Collaborative. For the first time, we also obtained dementia-friendly designation as well. In addition to highlighting statewide Martha’s Vineyard commitment to Aging Adults, this designation creates opportunities for partnerships with regional and national organizations as well as access to additional funding sources.

- Completed the 2nd full year of a pilot program for an island-wide Home Safety Modification Program for 65+ homeowners (or those with disabilities), working with Martha’s Vineyard Builders Association and local contractors. The pilot program is referral based (from COAs, MVH, MVD4L, Elder Services etc.) and includes conducting a home assessment for minor home safety renovations (i.e. grab bars, stair railings, improved lighting, pull-out shelves etc.), matching the participant with a willing contractor to conduct the renovations, and providing a post-renovation assessment of the project. Obtained grant funding in excess of \$50,000 from MVH and MVSBCF and private donations to fund this program, exceeding 50 participants. Over 80% of participants qualified to have 100% of the costs covered.

Healthy Aging Martha's Vineyard
Home Safety Modification Pilot Program

What is it?
A pilot program to provide housing modifications to Islander homeowners 65 years and older.

Benefits

- Comprehensive needs assessment to provide solutions
- Low cost, high impact: specializes in one-time minimally disruptive yet high-impact minor home renovations
- Individualized approaches assessment from the homeowner's perspective and provides solutions customized to their daily routines, needs, and preferences

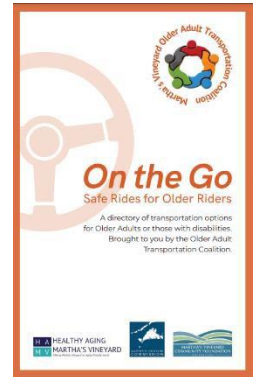


- Continued the 2nd year of the Aging Adult Transportation Coalition and led monthly meeting with the Aging Adult Transportation Coalition, consisting of over 15 service agencies including the VTA and Steamship Authority, to address the needs for alternative transportation options for Aging Adults, both on- and off-island. The coalition implemented 4 pilot programs for alternative transportation options for Aging Adults including:

- GoGoGrandparents on-demand rides (on-island)
- MVC4L adult supportive day program (on-island)
- COA Shopping Shuttle transportation (on-island)
- Shuttle (including escorts) for islanders who are having cataract surgery (off-island)

In FY2022, over 2,600 rides were provided serving over 200 individuals. Over \$40,000 in grants and donations were raised to support these programs in addition to utilizing existing island assets (e.g. VTA vans).

- Conducted the first in-person Aging Adult Transportation Summit in Sept, 2022 at the Martha's Vineyard Film Center with over 100 attendees. The purpose of the summit was to raise awareness of Aging Adult transportation challenges, provide education on the new pilot transportation options and introduce the first curated printed directory which include all on- and off-island transportation options, cost and a contact phone number – the “go-to” information source for Aging Adults and their families. Over 1,000 of these directories have been distributed to Aging Adults so far.



- Hosted bi-monthly meetings with the Falls Prevention Coalition and oversaw island-wide efforts for Falls Prevention Month (Sept), developing a host of print and media assets on awareness, education, and empowerment available to all island service agencies. Sept activities included in-person educational sessions across the island on “Medication and Risks”, “Safety Tips for using a Cane or Walker”, “Everything you wanted (or didn’t want) to know about Fall Risks and Falls Prevention” and “Pain-Free Movement and Balance Screening” as well as dissemination of printed materials.

- Introduced a new evidence based pilot program, Matter of Balance, in collaboration with MVH and the COAs. Secured over \$5,000 in funding to identify and train coaches (COA and MVH staff as well as volunteers) and launched the first 8 week session at the Edgartown Council on Aging. This program is specifically designed to reduce the fear of falling and improve activity levels among Aging Adults and addresses an existing service gap in supporting those who have fallen and are restricting their activities as a result.



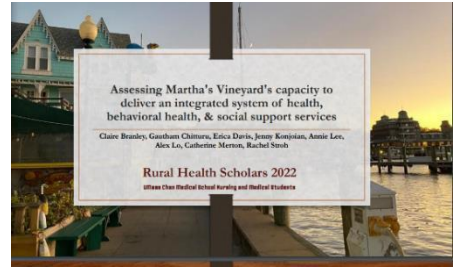
- Designed and introduced a “proof-of-concept” Home Sharing program to pair Aging Adults who live alone (the host) with an employed Islander (the guest) who needs housing. Modelled after nationwide programs, we are in the early stages of getting this program off the ground. Partnering with MV Mediation to provide housing facilitation expertise to insure a quality “match” between participants.

- Partnered with the Howes House Building Committee, conducted 6 focus groups with Aging Adults and service agencies to ensure that Aging Adult perspectives are included in renovation considerations as well as surfacing other opportunities to broaden service utilization.



- Continued to educate and provide educational seminars for Advance Care Planning, strengthening our partnership with MVH and other health care providers, raising the percentage of Aging Adults with PCPs at MVH who have completed Health Care Proxies to 34%. 75% of those who attended educational seminars led by HAMV went on to complete a Health Care proxy.

- Hosted the Rural Scholars (U Mass Chan medical and nursing students) to conduct research on the island and to socialize these findings across the island, informing prioritization and service development around the topic of in-home services.



- Advocated on behalf of other island agencies to raise awareness of Aging Adult needs and to obtain funding and demonstrate legislative support for key initiatives.
- Participated in “Project Happiness 3.0” in partnership with IGI to bring gardening projects to isolated Aging Adults via the COAs.
- Contributing member of numerous regional, statewide and national organizations/committees representing the Vineyard’s perspective on Aging Adult issues (e.g. Dukes County Health Council (DCHC), AARP Rural Labs, MARCH, MA Healthy Aging Collaborative, co-chair of Patient Family Advisory Council at MVH).
- Advocated on behalf of other island agencies to raise awareness of Aging Adult needs and to obtain funding and demonstrate legislative support for key initiatives.
- Supported the development of the Green House model nursing home, working with MVH and Navigator Homes to bring this 10+ year journey to completion, resulting in a 70+ bed skilled nursing home facility on-island that is available to residents at all income levels.

We appreciate the financial support that each town has provided to HAMV in past years. Thank you. We look forward to what we can accomplish together in FY24.



We respectfully request funding to support a part-time SUD Coordinator position. The SUD Coalition requested (and was granted) this funding for FY 23; yet, filling the position was challenging. A new approach where MVCS has combined the ½ SUD Coalition position with another similar MVCS ½ time position has attracted applicants and we are optimistic to fill the role no later than April 2023. This being said, The SUD Coalition requests financial support to fund the position through FY 2024.

The Need/Problem

The prevalence of substance use and substance use disorders on Martha's Vineyard is well known. Known data describe the dimensions and impact of the misuse of alcohol and drugs. Less known is the effort by major island institutions to coordinate, prevent, treat, support recovery and reduce harm due to misuse of alcohol and drugs. Both the MV Hospital Community needs assessment and recent rural scholars report identify substance misuse and addiction as among the top three health problems on the island. The condition has only worsened from the effects of the COVID pandemic. In short:

- Between 1200-1600 Island residents older than 12 years have SUD. 800-100 are affected with alcohol-related issues; 400-535 other drugs. Most use both.
- In the last 6 months of 2020, 96 residents were admitted to detox. This was 100% higher than earlier years.
- At MVH, 12% of Emergency Department cases involved SUD in 2020.
- In the last six months of 2020, 184 Narcan doses were administered.

In response to this health crises, the following major stakeholders have voluntarily met each month for more than five years to identify and address gaps and coordinate services to prevent, treat, and support recovery and reduce harm form SUD: MVHospital; MVCS; IHC; and Vineyard House. Joining this group are law enforcement, schools, clergy and other organizations, people and families in recovery and interested citizens.

A recent five-part assessment of the SUD Coalition noted that its continued effectiveness was dependent on both a more formal structure and staff support for committees work. Identifying and addressing gaps and coordinating existing services requires the attention of a paid professional to provide logistical, communication and technical support to voluntary working committees of the coalition.

Function

The paid SUD Coalition Coordinator, would be employed by MVCS, Inc. (Fiscal agent for the Coalition). Coordinator responsibilities would include:

1. Logistics: Maintaining records, membership status, files, correspondence history, meeting scheduling and notices, minutes and follow up;
2. Communication: Providing relevant information about events and services to the public; maintaining the SUD Coalition web site; and posting relevant information on MVSUD Coalition social media accounts and connecting with local news outlets (Times, Gazette, MVY).
3. Technical Support: Developing and maintaining relationships with statewide and national associations that provide resources to relevant to SUD; Researching and disseminating current knowledge , fiscal, and other resources; preparing technical reports focused on need, development plans, and evaluations; Working with SUD Coalition leadership structure to improve effectiveness.

The most current needs identified by both the rural scholar report as well as the independently conducted SUD Coalition assessment focus on the following topic areas:

- Determining feasibility/need for a residential based, post withdrawal management therapeutic environment (i.e., halfway house; short term residential treatment).
- Community wide prevention effort aimed at delaying youth first use of alcohol and drugs and promoting ‘responsible use’ community standards.
- Young adult activity.
- Improved access to medication for alcohol and opiate-related dependence.

Professional staff support is essential to moving forward on these and related topics that will address the SUD needs on Martha’s Vineyard.