



CHAMPLAIN VALLEY AREA
HEALTH EDUCATION CENTER

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ANNUAL REPORT
2002-2003

CHAMPLAIN
VALLEY
AREA
HEALTH
EDUCATION
CENTER


*Putting people
into public health*



Serving the Vermont counties
of Addison, Chittenden,
Franklin, and Grand Isle

Our mission

By supporting the recruitment, retention, and continuing education of healthcare professionals in the Champlain Valley, the Champlain Valley Area Health Education Center improves access to quality healthcare for underserved populations.



2003: Grounded in our Mission



Robert M. Trachtenberg
Executive Director

Dear Friends,

“Mission driven” is another way of saying firmly grounded. With slim funds — \$660,000 plus change, to be exact — CVAHEC is charged with improving access to quality healthcare for underserved populations in Vermont. Every effort must serve this obligation, or we simply cannot afford to undertake it.

More than words on a page, our mission statement serves as our touchstone. Our board of directors polishes it into life by setting the sights, and our skilled staff daily mark progress toward quantifiable goals.

Fortunately, our funding streams have increased threefold — a reflection of both increased partnerships and diversification in our work. Our staff has doubled. In the face of this growth, our mission statement ensures that we stay the course, and remain effective amidst many crossing currents.

Another indicator of growth is more personal. During 2003 I was elected and have begun to serve on the Center Directors Constituency Group, which liaises with the National AHEC Board of Directors. Having a voice on the national level

2003: Grounded in our Mission

provides me with a tremendous opportunity to contribute, to learn, and to share information with the staff here, the state AHEC office, and colleagues at the University of Vermont.


Lastly, no matter how much we achieve, there is always more to do — one more healthcare issue, one more underserved population to consider. Even so, we continually strive to be the best organization we possibly can for those in the Champlain Valley who benefit from our work.

Sincerely,
Robert M. Trachtenberg
Executive Director





360 degrees of evaluation



Starting at our mission statement and traversing 360 degrees back home to it is quite a journey. It takes us through our board, staff, deliverables, healthcare students and professionals, and, ultimately, the Vermonters we serve.

We have begun to ask ourselves, “How can we objectively assess our successes and blind spots?” An answer begins with help from outside, and self-reflection from within.

In 2002, CVAHEC was selected to participate in a Congressionally mandated study of AHECs nationwide.* Participation entailed a site visit, interviews with staff, and a full organizational assessment.

“As a result,” says Executive Director Rob Trachtenberg, “evaluation showed up on the radar screen of the staff and board. This past year marks the commitment of CVAHEC to proper, comprehensive evaluation at all levels.”

While the national evaluation provided organizational insights, most of which were positive, CVAHEC needed to address

**An Evaluative Study of the Area Health Education Centers Program, prepared by the Cecil G. Sheps Center for Health Services Research at the University of North Carolina, Chapel Hill. August 2002.*

360 degrees of evaluation

program efficacy. During 2003, we enlisted the support of Karen Richardson-Nassif, director of research at the UVM College of Medicine and a specialist in the effectiveness of healthcare organizations.

“Rob and his staff needed a system to acquire baseline data,” says Richardson-Nassif. “And so through a series of meetings, each program area was reviewed and strategies for evaluation were implemented.” With this foundation, CVAHEC can begin trend analysis in the years to come.

Finally, we have met among ourselves and sorted through our leadership skills, how we communicate with our partners, and our performance. By surveying our partners, we have learned how we can better serve those with whom we work most closely.





A complete continuum
of healthcare education — K through adult

The national shortage of healthcare providers is dire, and costly to all of us.

Aiming to be part of the solution, CVAHEC has helped fund the recently formed Health Careers Consortium,* which is applying for a 2004 Health Careers Opportunity Program (HCOP) grant. This grant would help individuals from disadvantaged backgrounds pursue education and training in healthcare professions, particularly those facing critical shortages.

Partnering with local agencies, we have also hosted a Health Careers Showcase. A free community event, the showcase enabled close to 100 adult participants to explore health careers.



Program Coordinator Jenney Samuelson chats with a participant at the Champlain Valley Health Careers Showcase, an event co-sponsored by CVAHEC.

*Partners in the Health Careers Consortium include the Burlington School District; Community College of Vermont; CVAHEC; Fletcher Allen Health Care; UVM Office of Nursing Workforce Research, Planning, and Development; UVM College of Medicine; UVM College of Nursing and Health Sciences; and Vermont Technical College.

QUICK STATS

Health Career Directories distributed: 273

Students served by CVAHEC-donated
microscopes and dissection kits: 780

CVAHEC-facilitated career presentations: 6

Adults and youth reached: 261

CVAHEC health booths at health and
career fairs: 13

Adults and youth reached: 7,295

MedQuest camp: 1

Youth attended: 20

Advanced MedQuest camp: 1

Youth attended: 25

For both MedQuest camps

Donated mentor hours: 456

Shadowing experiences: 155

Shadowing sites: 74

aka Science sites: 1

A complete continuum of healthcare education – K through adult

Healthcare employers, educators, and providers were on hand for panel discussions and to answer questions.

aka Science reaches kindergarteners through sixth graders to ignite a curiosity in science, a prerequisite of all healthcare professions. During the past year, CVAHEC has earned certification to host **aka Science** regionally. A Hands On Science Outreach curriculum, **aka Science** is consistent with national science standards. As of late 2003, the program has been implemented in Fairfield Elementary School.



Children in the K-1 level of **aka Science** at Fairfield Center School test out their "wings."

Building on the success of MedQuest, the new Advanced MedQuest helps interested students focus on a specific area of interest and develop the skills to apply for college admission and scholarships in the healthcare field.

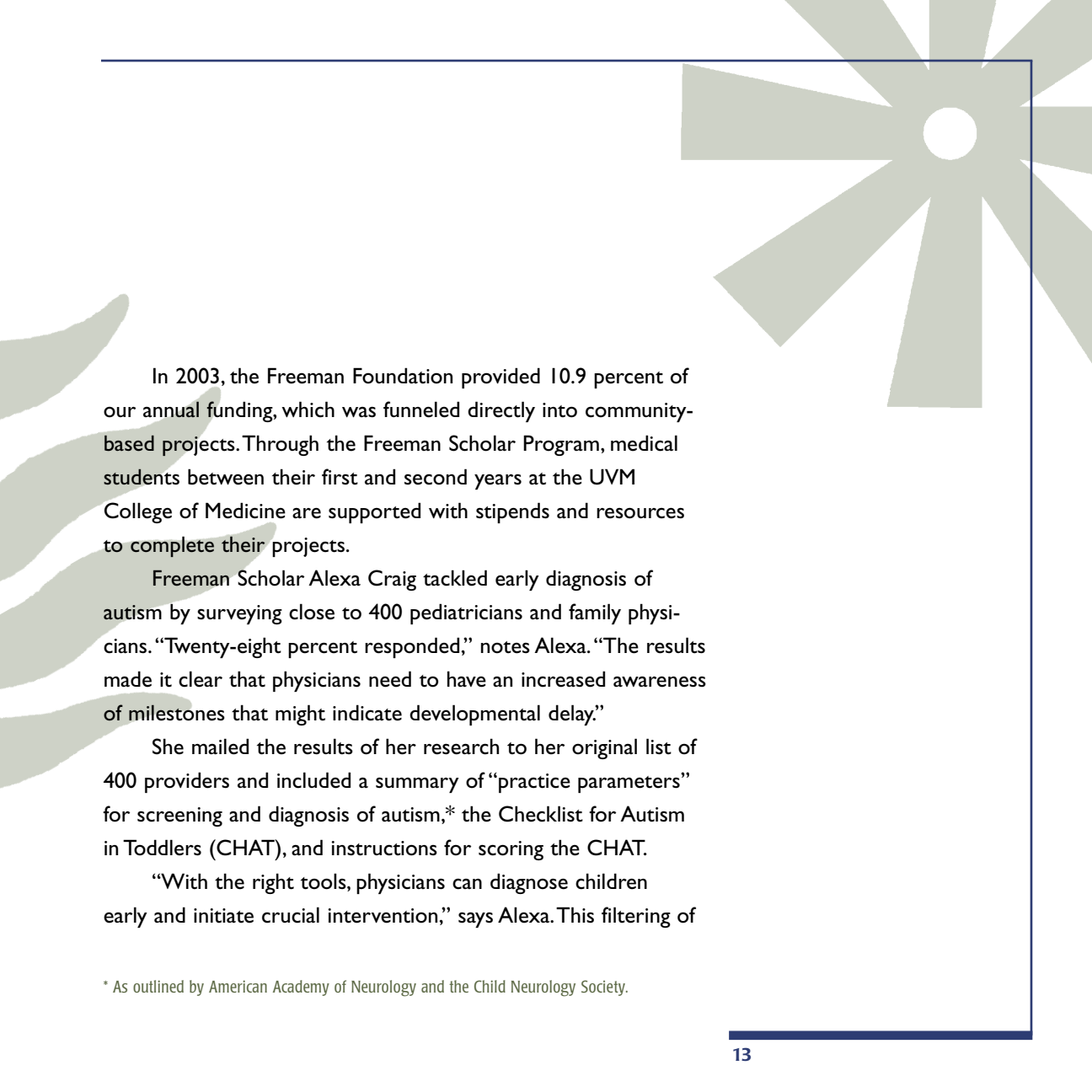
Will Guthrie, a senior at Essex High School, has attended both MedQuests, which has helped him narrow his focus to surgery. He has witnessed a live open-heart surgery and has worked with organs during the gross anatomy lab in Advanced MedQuest. His favorite part was teasing a tumor from a real brain.

“I have a number of pictures of me with hearts and brains,” Will says. “I’m really proud of that.”



A 2003 Advanced MedQuest participant gets hands-on experience in the UVM Anatomy lab.

One Freeman Scholar,
one provider, one result at a time



In 2003, the Freeman Foundation provided 10.9 percent of our annual funding, which was funneled directly into community-based projects. Through the Freeman Scholar Program, medical students between their first and second years at the UVM College of Medicine are supported with stipends and resources to complete their projects.

Freeman Scholar Alexa Craig tackled early diagnosis of autism by surveying close to 400 pediatricians and family physicians. “Twenty-eight percent responded,” notes Alexa. “The results made it clear that physicians need to have an increased awareness of milestones that might indicate developmental delay.”

She mailed the results of her research to her original list of 400 providers and included a summary of “practice parameters” for screening and diagnosis of autism,* the Checklist for Autism in Toddlers (CHAT), and instructions for scoring the CHAT.

“With the right tools, physicians can diagnose children early and initiate crucial intervention,” says Alexa. This filtering of

* As outlined by American Academy of Neurology and the Child Neurology Society.

QUICK STATS

Student projects supported through Freeman Foundation funds: 15

Nursing students supported through CVAHEC funds: 35

Medical students and nurses supported for MedQuest and Advanced MedQuest: 8

Medical students supported via the technical and logistical aid of beepers, laptops, mileage reimbursement, and housing placements: 76

Preceptors supported: 80

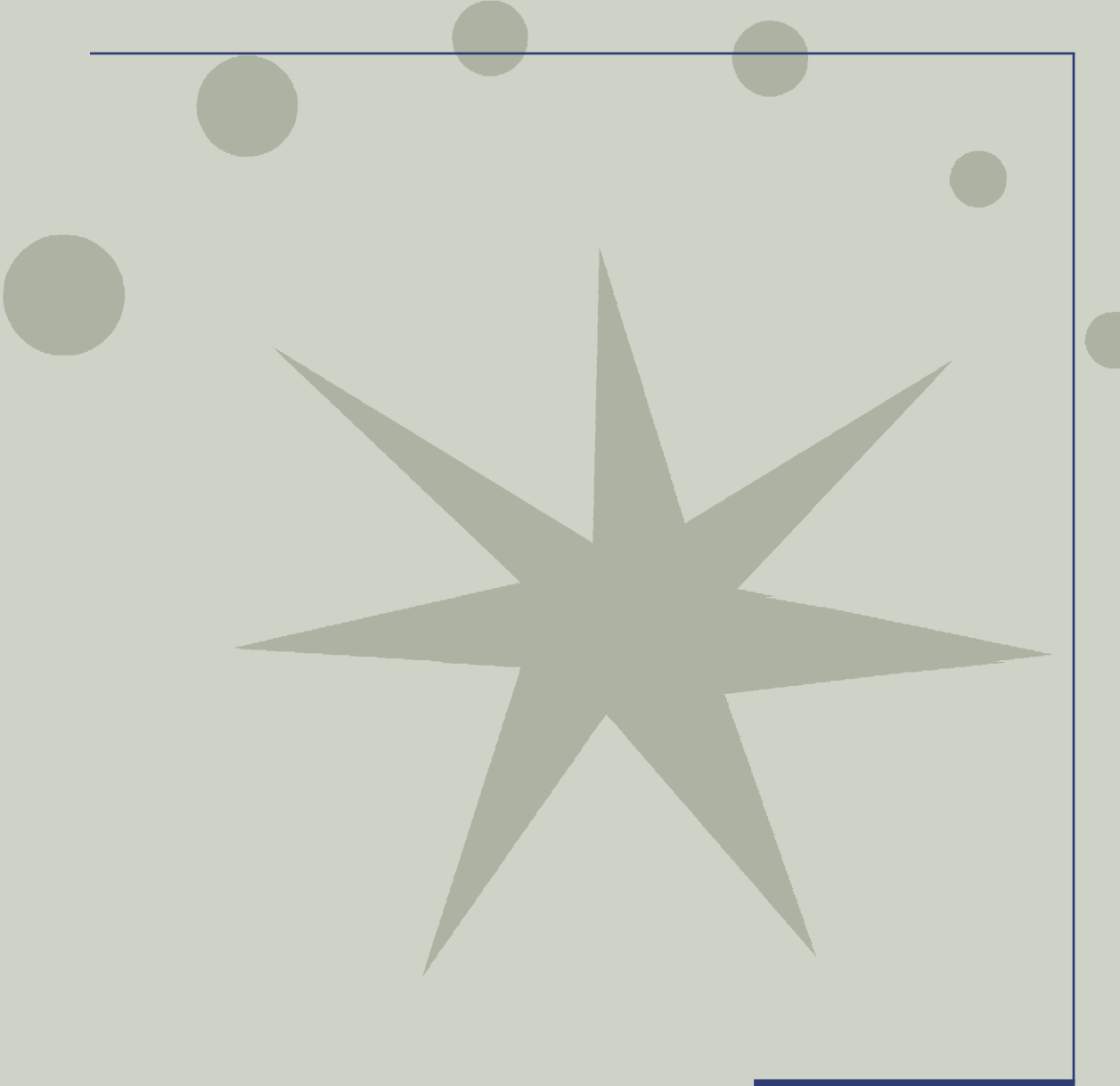
current knowledge back to overburdened rural providers is a key role of a Freeman Scholar.

Additional support of existing healthcare providers comes through loan repayment. During 2003, CVAHEC distributed \$110,000 to fourteen primary care providers, \$20,750 to five dentists, and \$20,387 to five nurses.

Over the past seven years, CVAHEC has distributed approximately a half-million dollars in loan repayments. More than dollars, those funds mean that forty healthcare providers have remained in the Champlain Valley to practice.

“It’s allowed me and my family to live in an area we have grown to love,” says Dr. Lowrey Sullivan, a physician practicing in St. Albans.


For more Freeman Scholar stories, visit www.cvahec.org.



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info.com –

available fresh and hot at www.cvahec.org



With an overhaul of our website design and format, CVAHEC has become a health education center fit for the dot.com age.

The cvahec.org homepage now features the current and dynamic “News & Notes” — in November, for example, find up-to-date information and links on Great American Smokeout and Diabetes Awareness Month. A “This page updated on...” indicator, prominently displayed in red, lets the viewer know the freshness of the content.

The new site serves as a live office as well, enabling students and professionals to download signup and reimbursement forms, grant applications, and all CVAHEC publications as Adobe Acrobat PDFs. Considering the area of the region we serve and our small staff, a central online office location is a boon to efficiency.

Education Resource Coordinator Deborah Eckert joined CVAHEC in 2003 and has also shaped the site. Her “Health Resources Online” provides a virtual library on subjects ranging



Deborah Eckert
Education Resource Coordinator

QUICK STATS

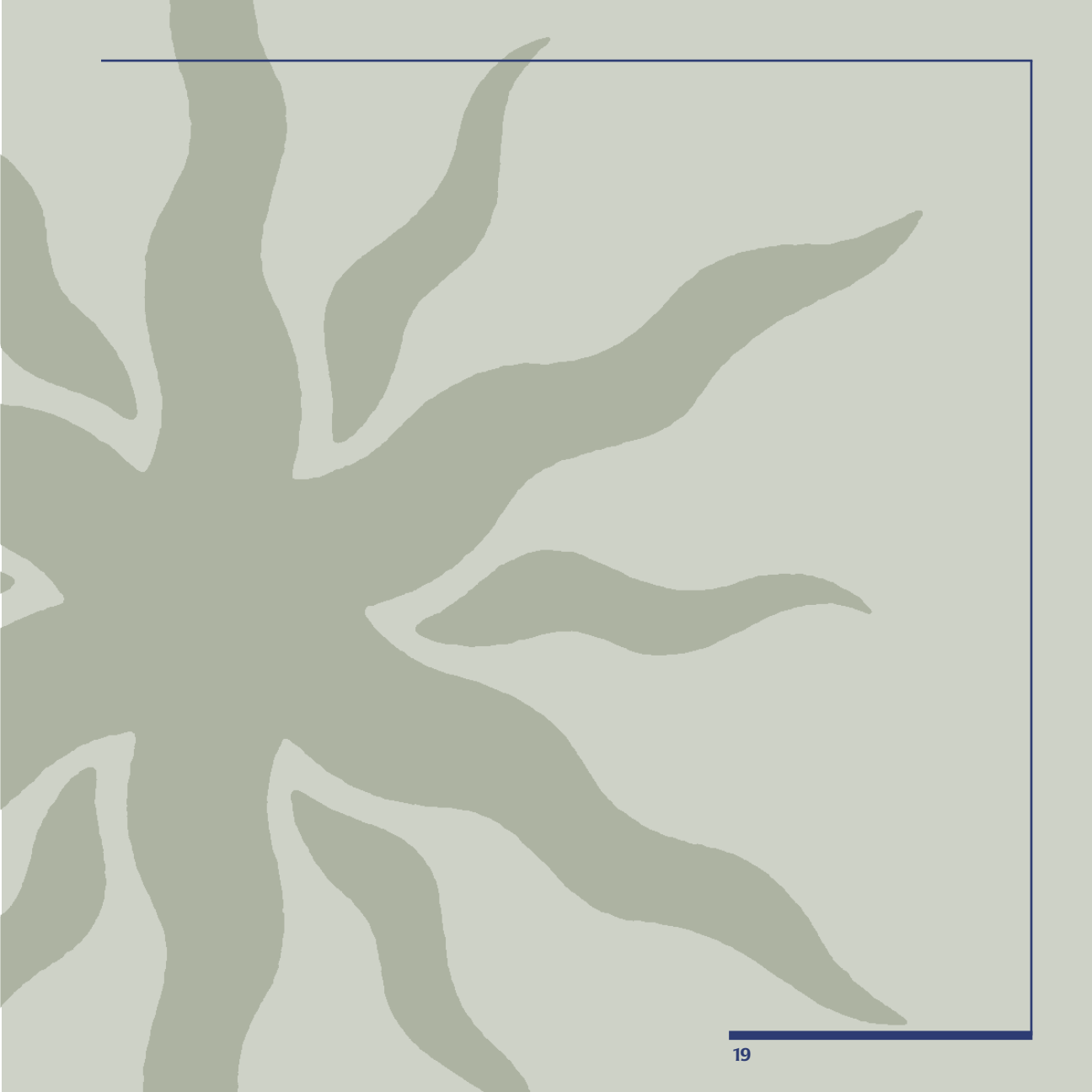
- Student projects supported through Freeman Foundation funds: 17
- Nursing students supported through CVAHEC funds: 10
- Medical students supported for MedQuest: 3
- Medical students supported via the technical and logistical aid of beepers, laptops, mileage reimbursement, and housing placements: 90
- Nursing Grand Rounds: 2
 - Participating nurses: 104
 - Continuing education credits (CEUs) awarded: 82
- Providers participating in education opportunities: 226
- Preceptors supported: 42

The Ann & Frank Smallwood Health Education Library at the Community Health Center in Burlington.

from bioterrorism to consumer health information. Deb has a master's degree in Library and Information Science from Simmons College in Boston.

The 2003–04 AHEC Scholar Susan Norton has already begun to contribute as well in a critical area of information flow. She provides cultural competency training at the Community Health Center in Burlington through the multimedia Ann & Frank Smallwood Health Education Library.







Community Grants 2003

Every year, CVAHEC awards grants to community agencies, programs, and individuals for community health-related initiatives.

Major funding allocated during 2003 included:

- \$6,000 Grand Isle Supervisory Union: *Grand Isle Dental Program*
- \$5,000 Center for Health & Wellness: *Cardiovascular Health Improvement Program*
- \$5,000 KidSafe Collaborative: *KidSafe Training Toolkits*
- \$2,250 Mousetrap Pediatrics, St. Albans: *“Whatever It Takes”*
- \$2,033 “Caring Communities”: *“Preparing for the Drug-Free Years” Training*
- \$1,200 Vermont Refugee Resettlement Program: *New England Refugee Mental Health Conference*
- \$1,000 Northwestern Medical Center: *Get Moving!*
- \$1,000 Visiting Nurse Association: *Research in Effective Clinical Learning—Phase II*
- \$723 Visiting Nurse Association: *Advanced Nursing Practice Excellence Conference*
- \$550 VT Department of Health: *Lactation Training Program*
- \$500 Community Economic Development Office: *Community of Cultures Event*
- \$500 VT State School Nurses Association: *School Nursing Conference*
- \$338 Vermont Ethics Network: *“End of Life” Conference*

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Financials, Income & Expense Summaries

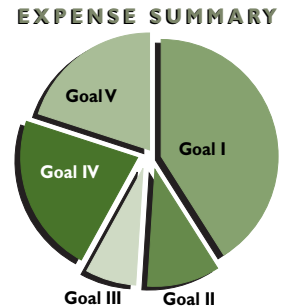
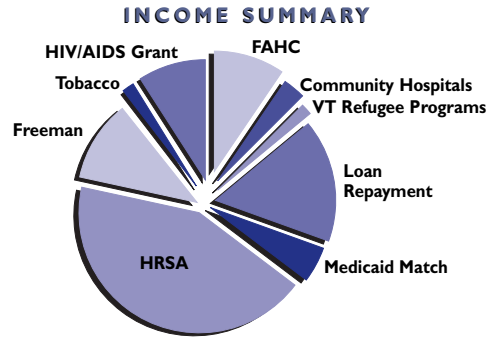
September 2002 through August 2003

Income Summary

FAHC	\$63,785	9.5%
Community Hospitals	\$20,000	3.0%
VT Refugee Programs	\$11,000	1.5%
Loan Repayment (incl. match)	\$110,000	16.5%
Medicaid Match	\$31,500	4.8%
HRSA	\$282,150	43.1%
Freeman Foundation	\$72,000	10.9%
Tobacco	\$10,000	1.6%
HIV/AIDS Grant	\$60,000	9.1%
Total Income	\$660,435	

Expense Summary

Goal I	Develop and sustain the health infrastructure	\$221,857.66	41%
Goal II	Recruitment, retention, and health career development	\$50,857.00	10%
Goal III	Improve access to a diverse and culturally competent healthcare workforce	\$37,886.02	7%
Goal IV	Ensure excellence in the quality of health professionals	\$116,542.11	22%
Goal V	Improve community health	\$105,373.11	20%



Notes to Financial Statements

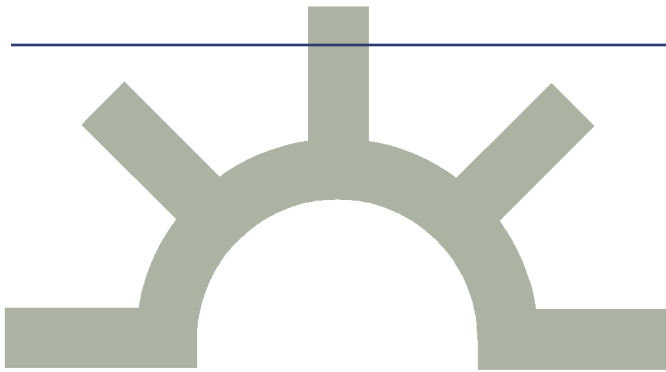
During FY03, the Champlain Valley Area Health Education Center continued in the vein of what is emblematic of an evolving and growing organization: expansion of programs, initiatives, and services to medical providers, health professions students, and those interested in pursuing a healthcare career. Grants, revenue, and financial systems increased as well.

Since its inception in 1998, CVAHEC has grown from an organization reliant on three primary funding sources to our current reliance on twelve. As a result, more complex financial systems are required. Through an increasing number of contracts and grants, and through the ongoing relationship with the UVM College of Medicine, CVAHEC has once again demonstrated a capacity to manage more sophisticated financial processes and engage in a wide range of programs that forward the CVAHEC mission. To assist us with proper management of our increasing revenue sources, we have hired JMM & Associates of Burlington as our organizational auditors.

Health Resources and Services Administration (HRSA) funding, traditionally our primary source of funding, began to decline in FY03. However, through careful planning and a visionary strategic plan set forth by the board of directors, CVAHEC is well positioned to meet its program and fiscal challenges for the near future and, to that end, has annually increased its operating budget and revenue sources.

Beginning in FY04, we will receive no HRSA dollars. In FY05, we will move to model funding, which means CVAHEC will receive only a portion of what it received from HRSA during the six-year organizational startup phase. We must have a practical plan for ensuring long-term fiscal health in place; all means are being established so that may occur.

Robert Trachtenberg
Executive Director



The Champlain Valley Area Health Education Center (CVAHEC) helps improve public health in Addison, Chittenden, Franklin, and Grand Isle Counties.

Linked to the resources of the University of Vermont (UVM) and its teaching hospital, CVAHEC facilitates the flow of information and people into underserved areas. We support emerging and established practitioners, assess community needs, and assist in the design and funding of interdisciplinary educational and service programs to address those needs.

Funding support for the Champlain Valley Area Health Education Center is provided by the University of Vermont College of Medicine through contributions from the Health Resources and Services Administration, Fletcher Allen Health Care, the University of Vermont, the State of Vermont, and local communities.

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