



Futures Brief

Overview of Futures Plan: Proposed Capacities

System Transformation

The Futures Plan calls for the continued transformation of our service system towards a consumer-directed, trauma-informed, and recovery-oriented system of mental health care. The core of the plan is proposed new investments in the essential community capacities, along with reconfiguration of the existing 54-bed inpatient capacity at the Vermont State Hospital into a new array of inpatient, rehabilitation, and residential services for adults. The fundamental goal is to support recovery for Vermonters with mental illnesses in the least restrictive and most integrated settings.

Inpatient Programs

The Futures plan proposes new inpatient capacity of 50 beds providing two new levels of inpatient care, “intensive care” and “specialized care.” This new capacity would offer more intensive programming than currently exists at Vermont State Hospital or in Designated Hospital¹ psychiatric inpatient programs. Preliminary VDH planning assessments suggest the new inpatient programs should be created in three locations: Fletcher Allen Health Care in Burlington and two other community hospitals.

Community Residential Recovery

The Futures plan adds 22 to 24 intensively staffed community residential recovery beds to replace the long-term care function of the Vermont State Hospital. Treatment, rehabilitation, and intensive staffing will support recovery, enabling residents to succeed in more traditional community settings. The first of these programs, Second Spring will open this spring.

Crisis Beds for Stabilization and Inpatient Diversion

Up to 10 new crisis beds are proposed to help divert inpatient admissions and reduce inpatient length of stay. These programs will help to reduce pressures on the voluntary and involuntary inpatient programs, including the Vermont State Hospital and designated community hospitals. The first new crisis beds are under development.

¹ A Designated Hospital is a general hospital with psychiatric inpatient services that is designated by the Commissioner of Health to provide treatment to individuals involuntarily committed to the Commissioner’s care and custody. Currently there are 5 Designated Hospitals in VT: Fletcher Allen Health Care, Central Vermont Hospital, Rutland Regional Medical Center, Springfield Hospital at Windham Center and Retreat Health Care.

Peer Services, Supportive Housing and Transportation

The Futures plan expands *peer support programs* that are an integral part of building a recovery-oriented system of care. *Affordable, appropriate housing* is essential to meet the needs of Vermont's citizens with mental illness. The Futures plan supports flexible, safe and supportive housing options. The Futures plan also provides resources to create secure, *alternative transportation* options to the current system of using sheriffs.

Coordination of Care

The Futures plan will create a care management network that coordinates admissions and discharges across a system of care that includes inpatient psychiatric beds, residential treatment beds, and crisis stabilization and inpatient diversion beds.