



BACKGROUND

Since 2017, the SASH Embedded Mental Health Program has placed SASH Emotional Wellness Clinicians and Coaches (SEWCs) in affordable housing communities, removing the barriers of cost, transportation, and long wait times that prevent older adults from accessing mental health care. With support from 2023 and 2024 congressional funding, the program now serves Caledonia, Chittenden, Franklin, Orange, Orleans, Rutland, Washington, and Windham counties.

HOW IT WORKS

On-site care

SEWCs embedded directly in SASH housing communities



No-cost services

1:1 counseling and group programming at no cost



Integrated team

Participants are part of a team with their SEWC, SASH Coordinator, and Wellness Nurse



IMPACT AT A GLANCE (Sept 2024 - Sept 2025)

466

Participants in 2025

287

Group sessions in 2025

90%

of participants referred were contacted within 72 hours

3,516

Total visits

= 2,312 one-on-one and 1,204 group

REDUCING RISK & EMERGENCY DEPARTMENT USAGE

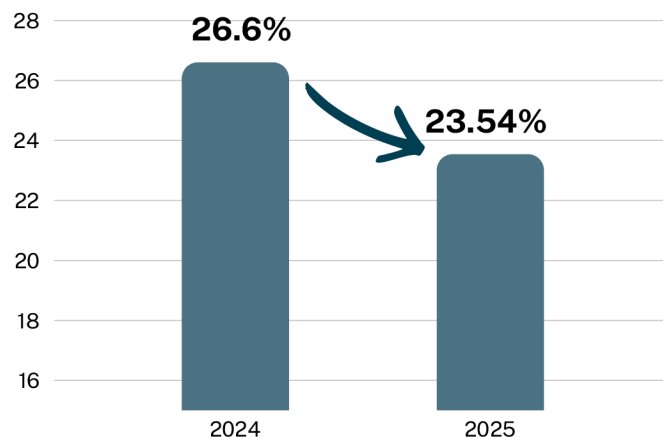
Depression & anxiety

- + 7 of 8 panels saw reduced depression risk
- + 6 of 8 panels saw reduced anxiety risk

High ED utilization decreases

- + Over \$27,000 in savings
- + High ED Utilization = 4+ visits per year

Decrease in High ED Utilization



REDUCING STIGMA & STRENGTHENING COMMUNITIES

55%  21%

Stigma in seeking support for emotional issues dropped

55%  85%

Residents who feel acceptance and support in their building

REACHING UNDERSERVED POPULATIONS

32% male engagement vs. 17% national rate

Nearly double the national rate for men seeking mental health treatment. Embedding care inside housing normalizes support in historically underserved populations.



WHAT PARTICIPANTS ARE SAYING



*"My SEWC is very warm, welcoming, and supportive. I attended my first SASH event the month I moved into this building. She was so friendly. **She made me feel less isolated.** I felt genuinely cared for and respected. I felt as if I now had a valuable new friend."*



*"I have noticed throughout the building, the positiveness that brings to the housing family. **Many residents have mentioned they are feeling better emotionally and mentally, including myself.**"*



Want to learn more? Contact:

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