To ensure access to quality health care in Vermont regardless of ability to pay.

PO Box 655, Bellows Falls, Vermont  05101
Telephone: 802-289-2454
Website: www.vccu.net
Email: vccu@myfairpoint.net
# THE VERMONT COALITION OF CLINICS FOR THE UNINSURED

## 2008 ANNUAL REPORT

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXECUTIVE SUMMARY</td>
<td>5</td>
</tr>
<tr>
<td>THE VCCU</td>
<td>6</td>
</tr>
<tr>
<td>Organization</td>
<td>6</td>
</tr>
<tr>
<td>History and Growth</td>
<td>7</td>
</tr>
<tr>
<td>Activities</td>
<td>8</td>
</tr>
<tr>
<td>Membership</td>
<td>8</td>
</tr>
<tr>
<td>Program Models</td>
<td>9</td>
</tr>
<tr>
<td>THE VCCU Referral Programs</td>
<td>10</td>
</tr>
<tr>
<td>Program Utilization</td>
<td>10</td>
</tr>
<tr>
<td>Referral Program Profile: The Health Assistance Program at Fletcher Allen Health Care</td>
<td>11</td>
</tr>
<tr>
<td>THE VCCU Freestanding Clinics</td>
<td>13</td>
</tr>
<tr>
<td>Freestanding Clinics: Program Utilization</td>
<td>13</td>
</tr>
<tr>
<td>Freestanding Program Profile: Open Door Clinic</td>
<td>17</td>
</tr>
<tr>
<td>Patient Population in 2008</td>
<td>19</td>
</tr>
<tr>
<td>Poverty Level</td>
<td>20</td>
</tr>
<tr>
<td>Employment Status</td>
<td>21</td>
</tr>
<tr>
<td>Insurance</td>
<td>21</td>
</tr>
<tr>
<td>Age</td>
<td>22</td>
</tr>
<tr>
<td>Diversity</td>
<td>23</td>
</tr>
<tr>
<td>Program Funding and Support</td>
<td>25</td>
</tr>
<tr>
<td>In memoriam—Dr. Timothy Wargo</td>
<td>27</td>
</tr>
<tr>
<td>VCCU Partners</td>
<td>28</td>
</tr>
<tr>
<td>Program Staff and Volunteers</td>
<td>29</td>
</tr>
<tr>
<td>Financial Report for Calendar Year 2008</td>
<td>ATTACHED</td>
</tr>
</tbody>
</table>
"The Clinic makes me feel like I value, they really care about me."

"Even though you don't know me you took time out to help me and for that I am grateful. I just want to let you know your help has not gone unnoticed. Thanks a million."

Quotes from VCCU Patients

"The Clinic is a much-needed place."
A VCCU patient
# Vermont Coalition of Clinics for the Uninsured

## Member Programs

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>People’s Health and Wellness Clinic</td>
<td>Barre</td>
<td>802-479-1229&lt;br&gt;<a href="mailto:philcw@sover.net">philcw@sover.net</a></td>
</tr>
<tr>
<td>Health Assistance Program at Fletcher Allen Health Care</td>
<td>Burlington</td>
<td>802-847-6985&lt;br&gt;<a href="mailto:Ann.slattery@vtmednet.org">Ann.slattery@vtmednet.org</a>&lt;br&gt;<a href="mailto:Amanda.biggs@vtmednet.org">Amanda.biggs@vtmednet.org</a></td>
</tr>
<tr>
<td>Community Health Services of Addison County - Open Door Clinic</td>
<td>Middlebury and Vergennes</td>
<td>802-388-0137&lt;br&gt;<a href="mailto:opendoorclinic1@myfairpoint.net">opendoorclinic1@myfairpoint.net</a></td>
</tr>
<tr>
<td>Putney Walk-In Clinic</td>
<td>Putney</td>
<td>802-387-2120&lt;br&gt;<a href="mailto:putfams@sover.net">putfams@sover.net</a></td>
</tr>
<tr>
<td>Health Connections at Gifford Medical Center (GMC)</td>
<td>Randolph</td>
<td>802-728-2323&lt;br&gt;<a href="mailto:mpackard@giffordmed.org">mpackard@giffordmed.org</a></td>
</tr>
<tr>
<td>Park Street HealthShare Medical and Dental Clinic</td>
<td>Rutland</td>
<td>802-775-1360&lt;br&gt;<a href="mailto:pksthealthshare@yahoo.com">pksthealthshare@yahoo.com</a></td>
</tr>
<tr>
<td>Valley Health Connections</td>
<td>Springfield</td>
<td>802-885-1616&lt;br&gt;<a href="mailto:pvfcclinic@vermontel.net">pvfcclinic@vermontel.net</a></td>
</tr>
<tr>
<td>Good Neighbor Health Clinic and Red Logan Dental Clinic</td>
<td>White River Junction</td>
<td>802-295-1868&lt;br&gt;<a href="mailto:hildegard.z.ojibway@hitchcock.org">hildegard.z.ojibway@hitchcock.org</a></td>
</tr>
<tr>
<td>Windsor Community Health Clinic at Mt. Ascutney Hospital</td>
<td>Windsor</td>
<td>802-674-7213&lt;br&gt;<a href="mailto:kathleen.m.castellini@hitchcock.org">kathleen.m.castellini@hitchcock.org</a></td>
</tr>
<tr>
<td>Bennington Free Clinic Opening January 15, 2009</td>
<td>Bennington</td>
<td>802-447-3700&lt;br&gt;<a href="mailto:bennfreeclinic@gmail.com">bennfreeclinic@gmail.com</a></td>
</tr>
</tbody>
</table>
Executive Summary

Formed in 1995, the Vermont Coalition of Clinics for the Uninsured (VCCU) is now a group of ten free primary health care clinics and two dental clinics dedicated to providing access to health care for uninsured and underinsured Vermont residents. We offer:

- Assistance with enrollment in Green Mountain Care programs, including Vermont Health Access Program (VHAP), Medicaid, Dr. Dynasaur, Catamount and Ladies First.

- Access to health care, either through referral or direct services for acute, preventative and chronic care services based on qualification guidelines.

- Referrals for ancillary and diagnostic testing, specialized care, complementary health services, and social services.

- Case management to deliver personalized services to patients to improve their care.

- Access to free or low-cost medications through samples, prescription vouchers, and pharmaceutical company programs.

In 2008, VCCU member clinics served 6,188 patients with 5,733 patient visits; 12,435 services and received in-kind support of $2 million dollars in medications, services, labs and hospital support.
VCCU clinics and programs are sustained through an annual grant from the state of Vermont, local fund raising, private and patient donations, volunteer work by local health care providers and the support of community hospitals. For more information, or to make a donation, please contact: Lynn Raymond-Empey, Executive Director, VCCU, PO Box 655, Bellows Falls, Vermont, 05101, 802-289-2454 or vccu@myfairpoint.net.

The VCCU

"The Clinic probably saved my life. I found out I had high cholesterol and sugar - now I'm on meds and my labs are normal."

~A VCCU Clinic Patient

The Vermont Coalition of Clinics for the Uninsured (VCCU) is an association of ten programs serving the needs of Vermonters who are unable to pay for health care services. Our patients include those who have no insurance, are inadequately insured, or have low incomes.

The VCCU programs are crucial to the health, well-being, and the medical decision-making of our patients. In 2008, 76% of our patients said that if not for VCCU services, they would have delayed care because they could not afford standard medical services. Forgoing care of acute and chronic conditions often results in an increased cost of treatment, severe disability and even loss of life. While the VCCU is helping to meet this need, there is growing need for accessible, affordable health care in our state.

The VCCU has identified access to primary health care, dental and mental health services, and affordable prescription drugs for those with chronic illness as the most pressing needs for its patients. The VCCU member programs work strategically to address these needs with their partners around the state.

Organization

The VCCU is an incorporated 501(c)(3) organization. Its ten clinic programs are located throughout the state. The board employs an Executive Director who provides technical assistance to the clinics and support to individual programs. A community-based board of
directors, comprised of representatives of member organizations, oversees the coalition. In the spring of 2008 longtime Executive Director, Sonja Olson, retired from the VCCU. We wish her a long, happy retirement and we welcomed Lynn Raymond-Empey into this position.

**History and Growth**

The VCCU was formed in 1995 as an informal coordination mechanism among five free clinics. Since then, five health care programs and two dental programs joined the coalition, and a VCCU coordinating office was established. Over the past nine years, the number of people served annually by the VCCU has almost tripled from 2,418 to 6,188.

![Figure 1 VCCU Growth 1999-2008](image)

Nearly all of our patients come from the state of Vermont and are therefore screened for eligibility in the Green Mountain Care programs. The chart in Figure 2 shows the growth trend line for Vermont Patients between 2006 and 2008 and has a modest projection for our expected patient growth in 2009. The economic difficulties being experienced by so many families in the state of Vermont are reflected by the 22% increase in our unduplicated Vermont patient count between 2007 and 2008.
A modest trend line with 20% growth for 2009 is depicted in this chart; however, recent numbers for the end of 2008 seem to indicate that the growth rate could actually be closer to 30%.

Figure 2 VCCU Vermont Patient Growth 2006 to 2008 and 2009 Projection

VCCU Vermont Patient Growth

<table>
<thead>
<tr>
<th>Year</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>3672</td>
</tr>
<tr>
<td>2007</td>
<td>4138</td>
</tr>
<tr>
<td>2008</td>
<td>5058</td>
</tr>
<tr>
<td>Projected 2009</td>
<td>6069</td>
</tr>
</tbody>
</table>

Activities

The VCCU holds quarterly meetings to plan and coordinate the following activities:

**Networking**

The VCCU quarterly meetings are an opportunity to meet with representatives of state programs and agencies whose services are provided to VCCU patients. At the meetings, clinic staff and board members meet with representatives from the Vermont Agency of Human Services and Department of Health, the Vermont Health Access Plan, Dr. Dynasaur, Area Health Education Centers, Bi-State Primary Care, Ladies First, Vermont Legal Aid, the Department of Corrections, Rural Health and Community Health Centers and various advocacy groups.

**Data Collection and Analysis**

The clinics collect a core set of demographic and medical visit data for use by the VCCU and state policy makers. New software was developed and installed in 2005 to facilitate uniform data collection, efficient maintenance of patient charts, and effective case management. The clinics also track applications to pharmaceutical patient assistance programs and the dollar value of donated medications. Continued efforts to improve the database system are currently underway and will be completed by the beginning of FY10.
Program Development

New programmatic initiatives are collaboratively designed with input and information from all our coalition members.

Program Evaluation

Standardized evaluation criteria are established for the clinics through the VCCU meetings.

Membership

VCCU members must:

- Be a private nonprofit corporation that has 501(c)(3) tax-exempt status or have applied for such status, or be a program component of a larger 501(c)(3) tax-exempt organization.
- Be an organization that provides free health care to the uninsured or underinsured who are income-eligible.

Members must also:

- Demonstrate a commitment to the VCCU by regularly attending quarterly meetings and actively participating in the activities of the VCCU.
- Collect aggregate data as required by the VCCU and respond to all requests for information required by the VCCU in a timely manner.
- Abide by the by-laws of the VCCU.

Program Models

The VCCU clinics operate as either Referral programs or Freestanding health and dental care facilities. As is described in detail in the sections that follow, the Referral programs screen patients for eligibility for healthcare programs, and make referrals to partner agencies for care. The Freestanding programs also screen patients for eligibility for healthcare programs and offer direct health care services for patients.
The VCCU Referral Programs

There are four VCCU Referral programs (Table 1). These programs screen patients for eligibility for assistance programs, such as the subsidized care programs at specific hospitals and Green Mountain Care programs (such as the Vermont Health Access Plan (VHAP), Dr. Dynasaur, Catamount and Ladies First). Patients are then referred to partnering care organizations like local hospitals and medical care practices where medical services are provided at either no charge or on a sliding scale. Doctors volunteer their services, but provide their services within their office practices. In this way, patients are incorporated into mainstream health care services. The types of referrals that are made include all levels of care, including primary care, episodic care, specialty care, social services, dental, and mental health services.

Table 1 The VCCU Referral Programs

<table>
<thead>
<tr>
<th>Clinic Name</th>
<th>Year Founded</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Assistance Program at Fletcher Allen Health Care</td>
<td>1993 (as Freestanding)</td>
</tr>
<tr>
<td></td>
<td>Converted to Referral 2001</td>
</tr>
<tr>
<td>Health Connections at Gifford Medical Center</td>
<td>1993 (as Freestanding)</td>
</tr>
<tr>
<td></td>
<td>Converted to Referral 1997</td>
</tr>
<tr>
<td>Windsor Community Health Center at Mt. Ascutney Hospital</td>
<td>1997</td>
</tr>
<tr>
<td>Valley Health Connections</td>
<td>1999 (as Freestanding)</td>
</tr>
<tr>
<td></td>
<td>Converted to Referral 2005</td>
</tr>
</tbody>
</table>

Program Utilization

In 2008, there were 2,256 people who received 5,616 services at the VCCU Referral programs. A service is defined as an instance where a patient received care, pharmaceuticals or screening for benefits. Figure 3 illustrates the number of services provided at each clinic.

Typically, the Referral programs have contact with patients multiple times in the form of follow-up on referrals, application assistance for Green Mountain Care programs, as well as patients
returning for services. In 2008, the average number of contacts per patient with our Referral programs was 2.5 which is down .6 from 2007. This means that the referral clinics are successfully integrating patients into a medical home more quickly than last year.

Figure 3 Total Number of Services in Referral Programs in 2006 to 2008

Referral Program Profile:

The Health Assistance Program at Fletcher Allen Health Care

The Health Assistance Program (HAP) at Fletcher Allen Health Care is credited as an excellent and compassionate customer service for patients struggling to afford and access health care in Vermont. Patients have repeatedly explained that HAP has made it possible for them to obtain life saving medications, access the care they need, and improve their overall health and quality of life.

HAP offers access to a wide range of community services and resources to our clients, but we focus primarily on assisting the uninsured and underinsured population to access insurance and affordable medical services. We access medications for our clients through an array of services including: medications through our Affordable Meds program, Pharmaceutical programs, and free samples from drug manufacture representatives.
Below you will find a snapshot of our 2008 data statistics:

- Served a total of 835 patients
- Assisted 411 patients with the VHAP/Catamount application processes
- Secured state insurance for over 200 patients
- Spent $25,749 for medications through our Affordable Medication Program
- Accessed $47,594 of “free” meds from pharmaceutical companies via Samples and Indigent Med Programs

HAP also conducts a six month follow-up survey with their patients which tracks the following outcomes and found on average for 2008 that there was a:

- 32% increase of patients assisted now taking meds regularly
- 24% increase of patients assisted now receiving regular check ups
- 27% increase of patients assisted now enrolled in Health Care

Providers and out-patient practice staff have expressed appreciation for Health Access Program and how having this service improves the quality of care that they are able to provide, which in turn increases their productivity and ability to serve all their patients equally.

"I have nothing but praise for the Health Assistance Program. They always treat me kindly and the medication assistance they provide helps me stretch my money a little further, allowing me to pay for heating, food and other necessities. I'm so glad I saw their poster at my doctor's office and decided to call!"

A VCCU Patient
The VCCU Freestanding Clinics

There are six VCCU Freestanding programs (Table 2). These clinics screen patients for eligibility for Green Mountain and charity care programs, just like the Referral programs, and provide direct services to patients. Clinic hours are held at designated times in donated or reduced-cost office space and are staffed by volunteer physicians, nurses, physical therapists and other health professionals. The Freestanding clinic hours are especially important to those uninsured individuals who do not qualify for other assistance programs, but are urgently in need of medical attention.

Table 2 VCCU Freestanding Programs

<table>
<thead>
<tr>
<th>Program Type</th>
<th>Clinic Name</th>
<th>Location</th>
<th>Year Founded</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free Standing Medical</td>
<td>Putney Walk-In Clinic</td>
<td>Putney</td>
<td>1991</td>
</tr>
<tr>
<td>Free Standing Medical</td>
<td>Good Neighbor Health Clinic and the Red Logan Dental Clinic</td>
<td>White River Junction</td>
<td>1992</td>
</tr>
<tr>
<td>Free Standing Dental</td>
<td>Community Health Services of Addison County- Open Door Clinic</td>
<td>Middlebury and Vergennes</td>
<td>1993</td>
</tr>
<tr>
<td>Free Standing Medical</td>
<td>Park Street HealthShare</td>
<td>Rutland</td>
<td>1993</td>
</tr>
<tr>
<td>Free Standing Medical</td>
<td>People’s Health and Wellness Clinic</td>
<td>Barre</td>
<td>1993</td>
</tr>
<tr>
<td>Free Standing Medical</td>
<td>Bennington Free Clinic</td>
<td>Bennington</td>
<td>January 15, 2009</td>
</tr>
</tbody>
</table>
The VCCU Freestanding clinics offer access to the following array of services:

**Primary and Preventive Health Care**

All levels of medical problems are attended to through the VCCU clinics. Services range from therapeutic care of acute and immediate problems such as ear infections and cough, to preventive and prophylactic interventions such as immunizations, pap smears, and blood pressure regulation.

**Referrals for Specialized Care**

Through special arrangements with our clinics, specialists around the state accept referrals from the VCCU clinics, in a similar partnership with the VCCU Referral programs. Some provide services at no charge and others offer care on a sliding scale. Referrals are commonly made for imaging, foot care, dental, and mental health services.

**Case Management and Coordination**

Case management is the backbone of our work. Understanding that patients may move frequently or prioritize other issues above health, case managers are the consistent link for maintaining the health of people who live with chronic disease. Case managers in all clinics are responsible for reviewing patient charts, coordinating services, consulting with volunteer medical directors and ensuring referrals for testing and specialized care. They also provide assistance with medications and facilitate enrollment in social services.

**Enrollment in Government Insurance Programs**

All VCCU programs serve as an entry point for systematic health care by carefully screening patients and helping to enroll them in Medicaid or Medicaid extension plans such as the Vermont Health Access Plan (VHAP), Dr. Dynasaur and Ladies First, and Catamount/Green Mountain Health Care.
**Dental Care**

On-site dental care is provided in two programs – Good Neighbor Health Clinic and Park Street HealthShares for persons who have no health insurance. At the other clinics, patients receive referrals to address dental needs and patients may be subject to a sliding scale fee depending on their income level.

**Immunization Clinics and Outreach Programs**

The VCCU participates in Vermont’s Department of Health Vaccination for Adults Program. Immunizations are provided in the clinics as well as through mobile outreach programs. Innovative methods of delivering immunizations to difficult to reach and vulnerable populations are developed based on community needs assessments. Health promotion and disease prevention classes are conducted on a regular basis at various venues in the communities.

**Freestanding Clinics: Program Utilization**

In 2008, there were 7,413 visits to the VCCU Freestanding clinics, a 14% percent increase from last year. Figure 4, shows the number of visits per clinic. A visit to the clinic is defined as an instance where a patient received care, pharmaceuticals, screening for benefits, case management or other direct services from our staff or volunteers.

"The Clinic is always there for me and my husband. June helps me get our medications and keeps us on track."

* A VCCU Patient
Typically, patients return to our programs. However, it is important to note that the goal of all the clinics associated with the VCCU is to reduce the number of visits to the free clinic and integrate the patients into a permanent medical home as soon as possible. We do this by connecting them with the Green Mountain Care programs so they can be insured. In 2007, the average number of visits per patient to our Freestanding programs was 2.24. In 2008 the freestanding clinics had almost a 27% increase in patients, but were able to lower their average number of visits to 2. Like the Referral clinics, the Freestanding clinics are working diligently to connect their patients with health care resources and a permanent medical home. They have focused on efficiently using their resources to reduce the number of visits that patients have to make to the Free Clinic, by addressing multiple issues at each visit.
FREE STANDING PROGRAM PROFILE
The Open Door Clinic

Outreach and Enrollment

The Open Door Clinic in Middlebury has been increasing outreach services to residents of the state of Vermont. An example of one outreach project was undertaken at the Addison County Fair and Field Days in August 2008. Fairgoers were screened for cardiovascular risk factors such as; cholesterol, blood glucose, blood pressure, height, weight, body mass index, tobacco use, and diet. Risk factor reduction counseling was provided to each participant by a registered nurse. Screening for eligibility for enrollment in Green Mountain Care programs was completed for all interested persons. Those persons who were interested in quitting smoking were offered free nicotine patches and referred to the smoking cessation program at Porter Medical Center. More than 350 persons participated in this event. Similar events are planned for 2009. The goals of the program are to provide preventative health care services, while screening and enrolling eligible persons in the Green Mountain Care programs.

Another outreach project that has been active is the farm family project. Hispanics are an increasing presence in the Northeast dairy workforce. According to the NYCAMH/NEC Dairy Workforce Study, a population based study of work related injuries in NY, PA and VT dairy workers, Hispanics accounted for close to 20% of the dairy workforce in 2003. Hispanics accounted for 15% of all Open Door Clinic patients in 2008. To reach this hidden population the Open Door Clinic conducts vaccination clinics and educational programs at various venues in the county. The venues may include churches, farms, schools, or migrant educational classes. Farm workers and owners eligible for Green Mountain Care programs were assisted with enrollment
forms. In 2008, more than 90 hours were provided in outreach programs, vaccinating more than 200 for various diseases (tetanus, pneumonia, diphtheria, pertussis, hepatitis B, and human papilloma virus), and six educational programs were provided on the topics of farm safety, human papilloma virus, tetanus, hepatitis B, seasonal affective disorder, and use of over the counter medicines.

*Picture below shows Rob Stein, UVM medical student giving a patient education presentation on the topic of tetanus to immigrant farm workers in Addison County*
VCCU Patient Population in 2008 for all Clinics

In general the VCCU patient is an uninsured adult who works either full- or part-time, but earns less than 250% of the Federal Poverty Limit. However, the patient population is quite diverse in terms of education, age, and employment status. In many ways, the patient population represents the diversity of Vermont as a whole. In 2007, the VCCU clinics served 5,054 patients, and in 2008 the clinics served 6,188 patients. This represents an increase of 22% in one calendar year. Our patient increase is linked to the economic conditions that are stressing so many of our families throughout the United States.

Figure 5  Number of Patients Served by VCCU Clinics
Poverty Level

The following points below provide some information about the changing profile of our patient population in these difficult economic times.

- In 2008, 47% percent of VCCU patients had incomes below 100% of the Federal Poverty Level (FPL). When compared to 2007, this represents a 6% increase.
- In 2008, 88% of VCCU patients had incomes below 200% of the Federal Poverty Level (FPL). In 2007 about 70% of our patients fell into this income bracket.
- And in 2008, 95% of our patients fell below 250% of the FPL. Only 2% of VCCU patients had incomes above 300% of the FPL. This is consistent with our 2007 figures.

![Figure 6 Patient Poverty Levels](image)

Employment Status

In 2008, many of our patients (2,806 or 45%), were employed full-time, part-time, or seasonally. However, even though they are working many of them are still unable to obtain health insurance.
from their employer because of the cost, or simply because their employer cannot afford to offer them a plan. In 2008, we also saw an increase in the number of patients who reported being unemployed.

**Figure 7 VCCU Patient Employment Status**

![Employment Status 2007 vs 2008](image)

**Insurance**

The majority of VCCU patients do not have insurance. For the minority who do, their coverage typically has deductibles they cannot afford and does not provide adequate coverage to meet their health care needs.

**Figure 8 Patient Insurance Sources in 2008**

![Patient Insurance Sources in 2008](image)
Age
Our programs provide important services to patients of different age groups. Our Referral programs are seeing older patients referred by their private physicians so that we can help them access pharmaceutical assistance programs. In 2008, 41% of the patients at the Referral clinics were over age 50 or older. Conversely, our Freestanding clinics are seeing more young adults. In 2008, 30% of the patients at the Freestanding clinics were in the 18-29 age group while the percentage of adults age 50 and older accounted for only 18% of their patients.

Figure 9 Age of VCCU Patients
Education

The distribution in education level of patients at VCCU clinics is similar to that of Vermont residents at the time of the 2000 census, showing that affordable health care access is an issue regardless of education level. It is surprising to many that so much of the uninsured population are not only employed, but most have graduated from high school, and many have attended college. About 23% of our patients have attended college with many holding college degrees at the Associates level or higher.
Diversity

The vast majority of VCCU patients are Caucasian. However, some of our clinics are reporting an increase in the number of minority patients seen at their clinic. For example, Open Door Clinic has seen a dramatic increase in the number of Hispanic patients. This year Hispanic patients represented 15% of the Open Door Clinic’s patient population. Overall the ethnicity profile for the free clinics is similar to that of Vermont as a whole, but it is important to recognize that we do have some diversity in our patient population. Figure 11 provides some detail on this issue.

Figure 11 Diversity of VCCU Patients

![Diverse Ethnicities Served by the VCCU in 2008](image)
Program Funding and Support

The VCCU programs are supported through a network of donors, hospitals, institutions, and individuals. Typically, clinic directors work with advocacy groups, business partnerships, schools, health departments, mental health agencies, dental providers, home health agencies, community action groups, and numerous other organizations. These relationships strengthen our clinics’ community ties and ensure the sustainability of our services.

Figure 12 2008 VCCU Revenue Sources

*Please note that because much of this funding is done on a July to June fiscal year the revenue for some of these sources may be over or understated. For Example: The VDH State Grant is $640,000 for the fiscal year. The VDH tobacco cessation grant is $27,000 for the fiscal year.

In calendar year 2008, the VCCU and its ten member clinics were supported by $1.7 million in direct funding and over $2 million in volunteer support and in-kind contributions. Cash income includes support from the State of Vermont through Department of Health grants, and donations or grants from hospitals, private foundations, municipalities, local service groups, faith based
organizations, and individuals.

In-kind support includes donations of:

- Time and expertise from medical professionals, including doctors, nurses, and ancillary health professionals;
- Pharmaceuticals and medical supplies;
- Laboratory and ancillary testing; and
- The use of physician office space for clinic sessions

The in-kind support received by the clinics is essential to keeping down their operating costs and allowing them to serve all the patients that come through their doors. Different clinics receive generous in-kind support that can take many different forms including: a portion of the personnel costs; the occupancy costs (office space, exam rooms, utilities, etc.); contracted/volunteer medical services (doctors, nurses, dentists and other health professionals); and program expenses (pharmaceuticals, testing, medical supplies). Without the ongoing support of our dedicated partners the VCCU would not have been able to survive the 20% patient increase that we experienced during 2008.

**Figure 13 2008 Expenses for all Clinics**
In Memoriam

Dr. Timothy J. Wargo, M.D.
People’s Health & Wellness Clinic Volunteer, 1994 -2008

Tim Wargo died suddenly and unexpectedly this past fall, collapsing while kayaking with his family. Dr. Wargo actively enjoyed the outdoors, and brought his love of nature, exercise, and health to his practice of medicine.

Tim was one of the original volunteer doctors at the People's Health & Wellness Clinic in Barre. Dr. Wargo had a private practice in Waitsfield, and was on staff at the Central Vermont Medical Center. He was an ardent practitioner of integrative medicine, and brought that approach to all the patients with whom he worked. Tim’s nights at the Clinic were eagerly anticipated by staff, patients, and other volunteers. On one of his recent visits, he gave the Clinic a copy of David Rakel’s “Integrative Medicine,” a comprehensive guide to complementary therapies.

At various times Dr. Wargo held memberships in the Vermont Medical Society, American Academy of Family Practice, Vermont Massage Guild, National Association of Disability Examiners, and the American Holistic Medical Association. In the community, Tim was actively involved as liturgist and youth minister for his Catholic church, assistant scoutmaster with the Boy Scouts of America, worked with the Abenaki in New Hampshire and Vermont for the past 18 years, sang in nursing homes, and lectured on integrative medicine.

Tim inspired all of us, and we are eternally grateful for having had the benefit of his love and caring while he was with us. Even in passing, Dr. Wargo continued to help the uninsured of Vermont, as his family requested that donations in his memory be made to the Vermont Coalition of Clinics for the Uninsured.

The People's Health & Wellness Clinic is dedicating one of their exam rooms in memory of Dr. Wargo, in honor of his service to their patients. With this Memoriam, the VCCU says, “Thank you, Dr. Wargo. We miss you.”

Peter Youngbaer, Director
People's Health & Wellness Clinic, Barre, Vermont
VCCU Partners

The following is a representative list of the institutions and organizations that partner with and support the VCCU.

**State Government**
- Vermont Department of Health
- Vermont Health Access Program
- VDH Tobacco Cessation
- State Ombudsman

**Hospitals**
- Alice Peck Day Hospital
- Brattleboro Hospital
- Central Vermont Medical Hospital
- Dartmouth-Hitchcock Medical Center
- Fletcher Allen Health Care
- Gifford Medical Center
- Mt. Ascutney Hospital
- Porter Medical Center
- Rutland Regional Medical Center
- Springfield Hospital
- Windsor Community Health Center
- Southwestern Vermont Medical Center

**Colleges and Universities**
- Castleton State College
- Dartmouth College
- Middlebury College
- Norwich University
- University of Vermont
- UVM Extension Service
- Vermont Law School

**State and Regional Organizations**
- Area Health Education Centers
- Bi-State Primary Care Association
- Lion's Clubs
- New England Rural Health Roundtable
- Planned Parenthood
- Regional Partnerships
- Salvation Army
- Vermont Alliance of Non-Profit Organizations
- Vermont Ecumenical Council
- Vermont Lung Association
- Vermont Safe Kids

**Foundations**
- James T. Bowse Community Health Trust
- United Way
- Vermont Community Foundation
- Volunteers in Healthcare (a Robert Wood Johnson program in Rhode Island)
- Patient assistance programs from the major pharmaceutical companies

**National Organizations**
- National Association of Free Clinics

**Private**
- Vermont State Employees Credit Union (VSECU)
- Family and Friends of Dr. Tim Wargo
- Gay and Lesbian Fund
- Individual Donors
- Individual health care providers
- Local pharmacies and laboratories
Program Staff and Volunteers

The VCCU and its 10 member programs are run with a minimum of paid staff. As was described above, patient health and medical services are primarily obtained through donations from area hospitals and private health care providers. In addition to the medical service that some of the staff members provide, they are all essential in screening patients for eligibility for the Green Mountain Care programs. They not only assist in the application process, but follow the application through the system to make sure that the patient gets enrolled and finds an appropriate medical home. The staff also provides case management for the patients and helps them to address other needs that may be affecting their health like smoking, getting needed screening tests like a mammogram (Ladies First) and immunizations like flu shots and Hepatitis B vaccinations. The clinics are the final safety net for most of these patients.

<table>
<thead>
<tr>
<th>Table 3 VCCU Paid Staff/Full Time Equivalents (FTEs)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Director/Coordinator</strong></td>
</tr>
<tr>
<td>Health Access Program at Fletcher Allen Health Care</td>
</tr>
<tr>
<td>Health Connections at Gifford Medical Center</td>
</tr>
<tr>
<td>Valley Health Connections</td>
</tr>
<tr>
<td>Windsor Community Health Center</td>
</tr>
<tr>
<td>Good Neighbor Health Center</td>
</tr>
<tr>
<td>Open Door Clinic</td>
</tr>
<tr>
<td>Park Street HealthShare</td>
</tr>
<tr>
<td>Peoples Health and Wellness Clinics</td>
</tr>
<tr>
<td>Putney Walk-In Clinic</td>
</tr>
<tr>
<td>Bennington Free Clinic</td>
</tr>
<tr>
<td>VCCU Office</td>
</tr>
<tr>
<td><strong>TOTAL FTEs</strong></td>
</tr>
</tbody>
</table>