

# COMMUNITY CONTRIBUTIONS

## Sample of Gifford's Outreach Activities

### Skin Screening Clinics

We offered 15 free clinics in 6 locations over the course of a year, serving 240 patients. Often patients are not able to screen their entire body and these clinics offer a full body screening to detect melanoma or other skin cancers.

### Free Foot Health Screenings

These screenings helped detect early onset diabetes or ulcers of the feet and were held in 5 convenient locations.

### "Dose of Reality" 6-part series on drug addiction prevention

This free series aimed to raise awareness and knowledge about the drug epidemic and helpful local resources. Topics included:

- How to effectively talk with your children about alcohol and substance use (including detecting early signs and symptoms)
- The science behind the drugs
- The impact of addiction on the community and prevention efforts taking place
- The path to recovery
- How you can help your community

### RUHS/RTCC Partnership

We supported the HELP Program (Heroin Epidemic Learning Program) in the high school. This was an 8-week

course that brought in professional film experts, law enforcement, EMTs, and an individual recovering from opiate dependency. Students made their own PSA's to educate about addiction.

We coordinated talks between the Vermont Department of Health and the Vocational Center on e-cigarettes and smokeless tobacco use. This also provided training for teachers on how to recognize the use of these products.

Currently, we're designing a program with RUHS and local elementary schools on bullying. The anti-bullying program aims to adjust attitudes and provide children with tools to respond to the pressures that they face. The program also provides teachers with discussion points and activities they can lead with students between our visits, as well as topics for discussion at home with parents. Our goal is to bring this program to various age groups in the supervisory union, with adjusted content for each age group. We intend to sponsor a parent's night with a forum where parents can learn, voice their opinions and concerns, ask questions, and perhaps gain new tools to work with their children at home.

### LEAD Support

The Law Enforcement Against Drugs Program works with grades 5 and 6 in all local elementary schools. It focuses on teaching kids how to say no, how to

be a good friend, and the dangers of drugs. This program also helps to build a great relationship between local law enforcement and the children. We purchased curriculum materials for the elementary school program and the junior high school so they can expand offerings into grades 7-9.

### First Aid Kits for Local Organizations

We supplied the Orange County Sheriff's Department with 15 first aid kits for their cruisers. In addition, we also provided extra supplies for the K9 officers.

We also presented first aid kits to all of the Randolph Recreation Department's basketball teams.

### Accessible Dental Care

To increase the opportunity for both pediatric and adult residents to receive free or reduced cost dental care we installed a hook-up at our main campus to allow for the Health HUB dental van to setup.

### Drug Take-Back Kiosk

We installed a secure drug disposal kiosk at our main campus that is accessible to community members 24-7. Since January 2018 we've collected more than 700 pounds of unwanted and expired medication.



Gifford

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