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A Pamphlet on Housing and Food Insecurity Resources in Burlington

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A Pamphlet to Aid the Unhoused in Burlington Find
Housing and Food Resources, as well as Deal with
Sharps Safely
Thomas Chittenden Health Center

Zach Kramer
January 2024

Slide Two - Problem Identification and AHEC Focus Area

From the people that I talked to at my clinic and the unhoused members of the community that were kind enough to speak to me, there is a lack of accessible printed information to inform the unhoused and financially insecure members of the Burlington community on what resources are available to them. As well, one person mentioned that information on how to deal with sharps and needles safely would be useful.

AHEC Focus Area - Social Determinants of Health

Slide Three - Public Health Cost and Community Cost

The public health cost is felt in the suffering of the members of the Burlington community. Additionally, sharps being handled unsafely on the streets of Burlington causes increased health spending. I have also heard anecdotally and from reading news articles that the unhoused population in Burlington has expanded rapidly recently, increasing drug use as well. Finally, I have seen the costs of homelessness in the emergency department at UVMMC and how the ED often acts as the safety net for unsafe conditions and increasing mental health problems as a result.

“Vermont has the second-highest per-capita rate of homelessness in the country, behind only California. “

“Based on a nationwide tally taken last January, the federal government estimates that 43.1 out of every 10,000 Vermonters are unhoused. “

<https://vtdigger.org/2023/02/07/vermonts-rates-of-homelessness-are-almost-the-worst-in-the-country>

<https://www.wcax.com/2023/09/28/wcax-investigates-burlingtons-intractable-homeless-crisis/>

Slide Four - Community Perspective on Issue

Lisa Anderson - Social Worker at Thomas Chittenden Health Center who told me about the resources that she most frequently connects people to, the resources she has most success connecting people to, and someone who will hopefully distribute the pamphlets.

Ernest - Former member of the Burlington unhoused community who had to leave for Arizona due to the lack of resources and told me all of the problems that he faced in Burlington.

Slide Five - Intervention and Methodology

I created a pamphlet of the current housing and food insecurity resources that are available to Burlington residents in need, as well as including information on how to dispose of sharps safely on the street. I spoke to Lisa Anderson and Ernest, who told me which resources would be most valuable to include in the pamphlet, as well as a physician at the community health center of Burlington, who told me that information on how to deal with sharps would be helpful as he had seen an increase in sharps related injuries. I called all of the resources on the list to make sure that they were operational and to confirm their hours, and researched information on several different department of health websites to find a consensus on how to safely deal with sharps.

Slide Six - Result

I have created the pamphlet, which I hope to distribute at my clinic and around Burlington, so that people can easily access it or give it to someone they know in need. It is attached as the next two slides.

Food Security

- **Feeding Chittenden (802) 658-7939**
228 North Winooski Ave
Hot meals M-F 8:30-2:30
Groceries M-F 10-3:30
- **COTS Daystation (802) 862-5418**
95 North Avenue
Hot meals at 12:30 PM 7 days a week
- **3 Squares, Call 1-800-479-6151 to request an application for Food Stamps**
- **Spectrum Youth and Family Services (802) 864-7423 177 Pearl St**
Hot meals at 12 PM and 5 PM 7 days a week
- **Salvation Army (802) 864-6691**

Housing

- **CVOEO (802) 862-2771**
255 S Champlain St, Burlington VT
Contact here first!!!
- **ANew Place (802) 540-1095**
89 North St or 165 Shelburne Rd
6 PM- 8 AM Daily
- **COTS Waystation and Family Shelter (802) 862-5418**
Intake at 187 Church St. or 95 North Ave for families
24 hours a day / 7 days a week
- **Spectrum Youth and Family Services (802) 864-7423**
177 Pearl St., Burlington VT
24 hours a day/ 7 days a week
- **Steps to End Domestic Violence (802) 658-1996**
294 North Winooski Ave
24 hours a day/ 7 days a week

2024 guide to Chittenden County

Burlington Resources for Those in Need

If you think you or someone else you know is in need of support, please call Vermont 2-1-1 or look inside this pamphlet for a list of resources.

Safe Needle Disposal Sites

- 1) **HOWARD CENTER SAFE RECOVERY**
45 Clark Street, Burlington, VT 05401
- 2) **VERMONT DEPARTMENT OF HEALTH**
108 Cherry Street, Burlington, VT 05401

How to Deal with Sharps Safely



- 1) **Look for an official sharps disposal container**
- 2) **If one is not available, find a hard glass or plastic bottle**
- 3) **Pick it up with tongs or heavy gloves, keeping the sharp end away from you at all times**
- 4) **Set the bottle on the ground and drop the sharp into it**
- 5) **Seal the container and gently place it into a dumpster or trash can**

Slide Seven - Evaluation of Effectiveness

I hope to contact my clinic in monthly intervals to see if they are distributing the pamphlets and if they are useful, as well as monitor how many of them are taken from public places that I distribute them (such as grocery stores, the Howard Center, etc.). It will be difficult to measure if people actually use the information or the pamphlets, but I hope that their rate of disappearance will be an acceptable proxy.

Slide Eight - Recommendations for Future Projects

I think that more pamphlets focusing on other resources that people need, such as transportation, legal help, and health care would be useful. Additionally, a project conducting more widespread interviews and finding out what is the most pressing need in Burlington at future times would be very helpful.

Slide Nine - References

<https://vtdigger.org/2023/02/07/vermonts-rates-of-homelessness-are-almost-the-worst-in-the-country>

<https://www.wcax.com/2023/09/28/wcax-investigates-burlingtons-intractable-homeless-crisis/>

<https://www.healthvermont.gov/alcohol-drugs/programs-services/safe-needle-disposal-vermont>

COTS List of Resources 2022.