

Fiscal Year 2019

Progress report to our community

Addressing community health needs



Northern LightSM

Acadia Hospital

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Scott A. Oxley, MBA, CPA
President

**Northern Light
Acadia Hospital**

Our new brand, Northern Light Health, is now in its second year of existence and the changes are evident at Northern Light Acadia Hospital. From innovative programming, to increased integration of our services throughout Northern Light Health, we are making strides to lead Maine on a path to better health.

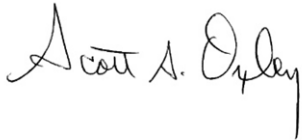
In 2016, EMHS partnered with three other Maine healthcare systems and the Maine Center for Disease Control and Prevention to create a Community Health Needs Assessment (CHNA). We used that assessment along with public input to develop a three-year strategy to improve the health and well-being of the communities that we serve.

This report is an update on the progress of that community health improvement plan for fiscal year 2019, which is the final year of our three-year plan. Northern Light Acadia Hospital has its own unique set of priorities that we are addressing, including:

- Drug and alcohol abuse
- Mental health, and access to behavioral care and mental healthcare

We are also working together with other Northern Light Health members throughout the state to prevent and treat opioid addiction and to improve access to healthy food for patients, families, and communities. As Northern Light Acadia Hospital, we are inspired by the resiliency of the people we serve, and we look forward to helping them, and the community at large, become healthier and more productive in the year ahead. We will do that by constantly imagining new ways to provide care and advocate for a better understanding of mental health and wellness.

Sincerely,



Scott Oxley
President, Northern Light Acadia Hospital

Progress report update

FY 2019 Progress Report

Priority #1: Drug and alcohol abuse: Access to Medication-Assisted Treatment

Objective: By September 30, 2019, Northern Light Acadia Hospital will increase the number of patients served in Suboxone Daily Dosing Program. Suboxone Daily Dosing is an innovative, grant-funded pilot which allows Suboxone access to patients who would otherwise be too acute to treat in a prescription-to-home Suboxone approach that is successfully utilized with less acute patients. With the grant being limited to fifty slots at a time, increasing access to these slots relies upon efficient processes combined with clinical acumen that moves patients to less intensive forms of Suboxone treatment as their acuity diminishes or other forms of treatment when Suboxone Daily Dosing proves to not be the best course for a particular patient.

Status: Completed

Approaches taken and resources used: In fiscal year 2019 (FY19), Northern Light Acadia Hospital, with the advent of a new program out of Maine Department of Health and Human Services, was able to convert its daily suboxone dosing program to an Opioid Health Home which wraps more services and structure around the person receiving daily dosing.

Partners engaged: Northern Light Acadia Hospital's Medication-Assisted Treatment program refers out to primary care all over the region, as long as they have their X waiver and openings, once the patient is stabilized and can move to a structure less intensive than daily dosing

Highlights: In FY19, Northern Light Acadia Hospital established an Opioid Health Home.

Outcome Measure: In FY19, the outcome measure for this priority achieved by Northern Light Acadia Hospital was surpassed by serving 86 individuals compared to a target of 70.

Project Leads: Doug Townsend, AVP, Adult Services and Nicole Wimberger, Service Medical Director

Next Steps: In fiscal year 2020 (FY20), Northern Light Acadia Hospital will continue to serve individuals needing more intensive forms of Medication-Assisted Treatment via its Opioid Health Home.

FY 2019 Progress Report

Priority #2: Mental health and access to behavioral care and mental healthcare

Objective: Access to behavioral/mental healthcare: Increase the number of people who receive behavioral health and substance abuse services in Maine by providing 1,400 tele-psychiatry appointments and 12,000 behavioral health integrated encounters and 200 tele-mental health encounters at Restorative Health for a total of 13,600 by September 30, 2019.

Status: Completed

Approaches taken and resources used: In FY19, Northern Light Acadia Hospital expanded partnerships to a few more primary care practices and emergency departments. There was a heavy reliance on televideo engagement with an improved platform. Acadia Hospital was able to increase tele-therapy to home.

Partners engaged: Northern Light Acadia Hospital partnered with the following entities on this priority:

17 emergency department's inside and outside of Northern Light Health member organizations. In addition, 40 primary and specialty care practices were engaged both inside and outside of Northern Light Health on this priority.

Highlights: In FY19, Northern Light Acadia Hospital increased the volume of emergency department consultations as some emergency departments began recognizing the value of bringing psychiatry to the bedside 24/7. Acadia Hospital increased tele-therapy to home as the platform allowed for easier access to care and commercial payers began allowing for this service more readily.

Outcome Measure: In FY19, the outcome measure for this priority achieved by Northern Light Acadia Hospital exceeded the target goal; providing over 25,000 psychiatric encounters in targeted areas to an estimated 13,000 unique individuals at rural primary care practices, emergency departments, and to people in their homes.

Project Lead: Rick Redmond, AVP, Community Partnerships and Service Line Development

Next Steps: In FY20, Northern Light Acadia Hospital will focus its community health objectives in more newly developing areas that warrant further attention. This current measure that will be discontinued as a community health improvement plan is well established and continues to have much momentum.

FY 2019 Progress Report

Systemwide priority: Healthy food access – healthy hospital food

Objective: Reformulate three recipes to improve the nutritional content of food options offered at foodservice venues (cafeteria, vending, catering), using U.S. DHHS and CDC's Health and Sustainability Guidelines for Federal Concessions and Vending Operations Guidelines by September 30, 2019.

Status: Completed

Approaches taken and resources used: In FY19, Northern Light Acadia Hospital used evidence based nutritional practices.

Highlights: In FY19, Northern Light Acadia Hospital changed ingredients in two recipes to offer lower sodium content: Nacho pie reduced from 833mg per serving to 584mg. Chili reduced from 549mg per serving to 441mg. In addition, by reducing sodium in its gravy mix, Acadia Hospital was able to reduce sodium in its pork tenderloin with gravy offering from 564mg per serving to 304mg. Finally, Acadia Hospital added a new soup to the menu, Chipotle Sweet Potato Soup which was low in calories (150 calories per 8 ounces) and a good source of fiber (3gm per 8 ounces). Consumer feedback was excellent.

Outcome Measure: In FY19, the outcome measure for this priority achieved by Northern Light Acadia Hospital was implementation of four new healthier menu offerings in its cafeteria serving patients, families, and staff.

Project Lead: Colleen Dahl, co-director of Nutrition Services

Next Steps: In FY20, Northern Light Acadia Hospital will continue to explore and implement new, healthier menu options while moving its community health improvement focus to measuring patients' food insecurity by implementing a screening tool in at least one department.

Conclusion

Northern Light Acadia Hospital continues work on identified priorities through the Community Health Strategy and is thankful for the participation and support of our community members and many area organizations for contributing their knowledge of local community health needs related to our priorities of action. Through existing and future partnerships, collaborative efforts are essential in addressing the identified community health strategies prioritized within.

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