

Fiscal Year 2019

# Progress report to our community

Addressing community health needs



**Northern Light**<sup>SM</sup>  
C.A. Dean Hospital

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Teresa Vieira, MHA, FACHE  
President

**Northern Light**  
**CA Dean Hospital**

Our new brand, Northern Light Health, is now in its second year of existence and the changes are evident at Northern Light CA Dean Hospital. With increased clinical connections to our fellow Northern Light Health organizations, 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.

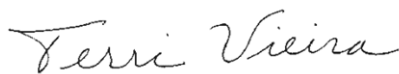
This report is an update on the progress of that community health improvement plan for fiscal year 2019, which is the final year of our three-year plan. Northern Light CA Dean Hospital has its own unique set of priorities that we are addressing, including:

- Drug and alcohol abuse
- Employment
- Depression

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 CA Dean 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 continuing to engage our communities in health and wellness outreach.

Sincerely,



Teresa Vieira  
President, Northern Light CA Dean Hospital

# Progress report update

## FY 2019 Progress Report

### Priority #1: Drug and alcohol abuse

**Objective:** By September 30, 2019, 9th and 10th grade students at School Union 60 will have engaged in and completed “Prime for Life” substance abuse education coordinated by Northern Light CA Dean Hospital’s contracted school nurse.

**Status:** Completed

**Approaches taken and resources used:** In fiscal year 2019 (FY19), Northern Light CA Dean Hospital partnered with Mayo Regional’s Community Outreach to provide the Prime for Life substance abuse education program for high school students. Additionally, CA Dean partnered with Mayo Regional to provide a Vaping Education in-service for all staff at Greenville Consolidated School.

**Partners engaged:** Northern Light CA Dean Hospital partnered with the following entities on this priority:

Mayo Regional Hospital’s Community Outreach, Dover-Foxcroft

**Highlights:** In FY19, Northern Light CA Dean Hospital continued to provide the “Prime for Life” substance abuse prevention program for high school students at Greenville Consolidated School.

**Outcome Measure:** In FY19, Northern Light CA Dean Hospital was able to reach all 10-12th grade students at Greenville Consolidated School who completed the “Prime for Life” program in collaboration with Mayo Regional Hospital.

**Project Lead:** Jennifer Caiazzo, RN (School Nurse)

**Next Steps:** In fiscal year 2020 (FY20), Northern Light CA Dean Hospital will continue to educate students with “Prime for Life” and will add a vaping education for students and parents.

## FY 2019 Progress Report

### Priority #2: Employment

**Objective:** Northern Light CA Dean Hospital will serve as a satellite site for Eastern Maine Community College's "Grow Your Own" nursing program. By September 30, 2019, the number of students enrolled in the program for an associate's degree in nursing will increase from 0 to 3.

**Status:** In progress

**Approaches taken and resources used:** In FY19, Northern Light CA Dean Hospital continued to work with Eastern Maine Community College to deliver the "Grow Your Own" program to our enrolled students. The three students are expected to graduate in May of 2020. Another program will begin in September of 2020.

**Partners engaged:** Northern Light CA Dean Hospital partnered with the following entities on this priority:

Eastern Maine Community College

**Highlights:** In FY19, Northern Light CA Dean Hospital offered guidance and oversight for the program with special instruction from precepting nurses and the pharmacist. All three students remain in good standing with an anticipated graduation date of May of 2020.

**Outcome Measure:** In FY19, the outcome measure for this priority achieved by Northern Light CA Dean Hospital was the utilization of one site to reach 3 students.

**Project Lead:** Brittany Gould, Director of Clinical Services

**Next Steps:** In FY20, Northern Light CA Dean Hospital will continue working with Eastern Maine Community College. The three student nurses will graduate in May of 2020 and a new satellite program will begin in September 2020.

## FY 2019 Progress Report

### Priority #3: Depression

**Objective:** By September 30, 2019, Northern Light CA Dean Hospital will increase the number of referrals to behavioral medicine (via telepsych) from 38 to 60.

**Status:** In progress

**Approaches taken and resources used:** In FY19, Northern Light CA Dean Hospital collaborated with Northern Light Acadia Hospital to provide both integrated medication management and counseling services via telepsych in both our Greenville and Sangerville practices.

**Partners engaged:** Northern Light CA Dean Hospital partnered with the following entities on this priority:

Northern Light Acadia Hospital

**Highlights:** In FY19, Northern Light CA Dean Hospital was able to provide behavioral health resources in a timely manner and in a comfortable and familiar clinic to patients in Piscataquis County and abroad.

**Outcome Measure:** In FY19, Northern Light CA Dean Hospital was able to provide behavioral health services at two outpatient clinics and integrate this care. In 2019, we were able to refer 207 patients to behavioral health whether getting them in counseling and/or medication management.

**Project Lead:** Megan Ryder, Director of Practice Management

**Next Steps:** In FY20, Northern Light CA Dean Hospital will continue to grow this service line with plans to offer this service in our expanded clinic in Monson.

## FY 2019 Progress Report

### Systemwide priority: Healthy food Access – Food insecurity screen and intervene

**Objective:** Increase the number of screenings for food insecurity from 2200 to 3000 by 9/30/2019.

**Status:** Completed

**Approaches taken and resources used:** In FY19, Northern Light CA Dean Hospital screened all patients for food insecurity and partnered with Good Shepard Food Bank to provide food bags for those who screened positive.

**Partners engaged:** Northern Light CA Dean Hospital partnered with the following entities on this priority:

Good Shepherd Food Bank

**Highlights:** In FY19, Northern Light CA Dean Hospital increased the amount of food insecurity screening by screening all primary care patients, as well as specialty care patients. We developed a great working relationship with Good Shepherd Food Bank and have been able to assist in the wellbeing of our community members by providing food and resources to those in need.

**Outcome Measure:** In FY19, Northern Light CA Dean Hospital screened 5,021 patients for food insecurity in two of our clinics.

**Project Lead:** Megan Ryder, Director of Practice Management

**Next Steps:** In FY20, Northern Light CA Dean Hospital we will continue using the screen and intervene tool with plans to expand this to our Monson Clinic.

## Conclusion

Northern Light CA Dean 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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