

Fiscal Year 2019

Progress report to our community

Addressing community health needs



Northern LightSM
Sebasticook Valley Hospital

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Teresa Vieira, MHA, FACHE
President

Northern Light
Sebasticook Valley Hospital

Our new brand, Northern Light Health, is now in its second year of existence and the changes are evident at Northern Light Sebasticook Valley 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.

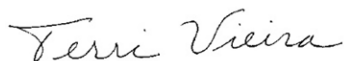
This report is an update on the progress of that community health improvement plan for fiscal year 2019, which is the final year of our three-year plan. Northern Light Sebasticook Valley Hospital has its own unique set of priorities that we are addressing, including:

- Hunger, food insecurity
- Substance abuse
- Mental health

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 Sebasticook Valley 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 Sebasticook Valley Hospital

Progress report update

FY 2019 Progress Report

Priority #1: Hunger/food insecurity – community pantries

Objective: Increase the number of students with improved access to food from school pantries from 100 to 500 by September 30, 2019.

Status: Completed

Approaches taken and resources used: In fiscal year 2019 (FY19), Northern Light Seabasticook Valley Hospital partnered with Seabasticook Valley Middle School, Warsaw Middle School, and Nokomis High School to fund and create food pantries in the schools. Through the Kohl's grant we were able to create the pantries in the individual schools. Different pantry models were used by each school, tailored to their area needs. Seabasticook Valley Middle School created a snack pantry to provide snacks during the day to students who were hungry. Warsaw Middle School created a pantry closet with shelving for students/families to access. Nokomis High School created Warrior Provisions, an open concept where food was presented to the students to take at the end of the day every Thursday, available to all students.

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

RSU19 schools (Seabasticook Middle, Somerset Middle, Nokomis High School) and MSAD53 (Warsaw Middle).

Highlights: In FY19, Northern Light Seabasticook Valley Hospital successfully helped create three food pantries at area schools. Staff, students and families worked together to provide access to food for the members of the community.

Outcome Measure: In FY19, Northern Light Seabasticook Valley Hospital improved access to food from school pantries at three sites, estimated number of people reached at Nokomis High School was 125 per week, Seabasticook Valley Middle School's pantry was accessed over 500 times per quarter, Warsaw Middle School's pantry engaged 40+ students/families weekly. This is difficult to compute total reach, but given this data, approximate number of times the pantries were accessed was 7940. This is not necessarily number of unique individuals. Nokomis alone distributed over 27,000 pounds of food.

Project Lead: Sharon Kimball, Community Health Project Specialist

Next Steps: In fiscal year 2020 (FY20), Northern Light Seabasticook Valley Hospital will not pursue this priority work as we will be shifting our focus to increase our identification of patients identified as food insecure at our practice offices.

FY 2019 Progress Report

Priority #1: Hunger/food insecurity – food donations

Objective: Maintain the number of school and community gardens that donate to food partners by September 30, 2019.

Status: Completed

Approaches taken and resources used: In FY19, Northern Light Seabasticook Valley Hospital worked with several gardens in the area by providing seeds and potatoes donated by FEDCO Seeds. This enabled the gardens to begin their growing season with free seeds/seed potatoes. Several visits to each garden lent moral and sometimes physical support to ensure that crops were growing, and the gardens were donating the produce to the food insecure.

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

Etna/Dixmont School, Warsaw Middle, Joe Sherburne Senior Community, Garden, Carmel Middle School, Clinton School, River Run, Welcome Table, Nokomis Alternative Ed, Palmyra Baptist Soup Kitchen Garden, Outland Farm Community Garden, Hometown Health Garden, Debbie Killam

Highlights: In FY19, Northern Light Seabasticook Valley Hospital was able to secure above mentioned partnerships to maintain fresh fruit and vegetable donations to the food insecure. At the time of this report, we were still in the harvest season, so pounds donated is an estimation. Potatoes and squash are beginning to be harvested due to the late freeze this year. It is estimated that over 1720 pounds of fresh produce has been grown and donated this year thus far.

Outcome Measure: In FY19, Northern Light Seabasticook Valley Hospital worked with 12 gardens/1720 pounds of produce donated. Number of people reached equaled 500.

Project Lead: Sharon Kimball, Community Health Project Specialist

Next Steps: In FY20, Northern Light Seabasticook Valley Hospital will not pursue this priority area of work as we will be shifting our focus to increase our identification of patients identified as food insecure in the area.

FY 2019 Progress Report

Priority #2: Substance abuse – community education

Objective: Maintain the number of community education sessions that present and discuss the Maine Integrated Youth Health Survey (MIYAS) for Sebasticook Valley residents at 8 by September 30, 2019.

Status: Completed

Approaches taken and resources used: In FY19, Northern Light Sebasticook Valley Hospital partnered with Healthy SV Coalition to present and discuss the 2017 Maine Integrated Youth Health Survey (MIYHS) results to Sebasticook Valley residents.

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

Healthy SV Coalition

Highlights: In FY19, Northern Light Sebasticook Valley Hospital partnered with Healthy SV to present data at Nokomis Regional High School Faculty meeting in conjunction with an electronic cigarette presentation. Staff were able to better understand trending data in youth substance use while discussing the consequences of electronic cigarettes usage.

Outcome Measure: In FY19, Northern Light Sebasticook Valley Hospital successfully achieved one MIYHS presentation which reached 65 faculty at Nokomis Regional High School.

Project Lead: Jessica Ouellette, DFC Project Coordinator

Next Steps: In FY20, Northern Light Sebasticook Valley Hospital has operationalized this work and will continue this work outside of this progress reporting. During the next three-years, we plan to focus on our chosen priority areas of work within our 2019 Community Health Strategy, Substance Use Prevention Partners.

FY 2019 Progress Report

Priority #2: Substance abuse – safe storage disposal

Objective: Maintain the amount of community organizations, healthcare partners, and local pharmacies that provide safe drug storage and disposal education information by September 30, 2019.

Status: Completed

Approaches taken and resources used: In FY19, Northern Light Seabrook Valley Hospital partnered with the Healthy SV Coalition to distribute safe drug storage and disposal information to 27 additional community organizations, town offices, and other healthcare partners.

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

Northern Light Seabrook Valley Hospital's Patient Navigator and Healthy SV Coalition

Highlights: In FY19, Northern Light Seabrook Valley Hospital provided safe drug storage and disposal information to local veterinary services. This allowed for great conversation surrounding the safe storage and disposal of pet medications at local drop boxes at town offices and law enforcement agencies.

Outcome Measure: In FY19, Northern Light Seabrook Valley Hospital distributed safe drug storage and disposal information at 27 additional locations such as schools, community organizations, law enforcement agencies and other healthcare partners which reached an estimated number of 270 community members. This exceeded our goal for the year to 36 locations.

Project Lead: Jessica Ouellette, Drug Free Communities Project Coordinator

Next Steps: In FY20, Northern Light Seabrook Valley Hospital has operationalized this work and will continue this work outside of this progress reporting. During the next three-years, we plan to focus our efforts on the chosen priority areas of work on substance use prevention partners within our 2019 Community Health Strategy.

FY 2019 Progress Report

Priority #3: Mental health

Objective: Maintain the number of educational and partnership opportunities with Sebasticook Valley Hospital's employees and community members by September 30, 2019.

Status: Completed

Approaches taken and resources used: In FY19, Northern Light Sebasticook Valley Hospital partnered with the Healthy SV Coalition to revise and update the current Behavioral Health Guides. Healthy SV also provided the National Alliance on Mental Illness (NAMI Maine) training to the new School Resource Officer at MSAD #53 to become a certified Youth Mental Health First Aider.

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

MSAD #53, Healthy SV, and NAMI Maine

Highlights: In FY19, Northern Light Sebasticook Valley Hospital had the opportunity to connect with various behavioral health organizations while updating their brochures. They were able to speak with individuals and get a better understanding of current and future resources within the Sebasticook Valley Region. This new and updated information will allow our organization to better serve its patients.

Outcome Measure: In FY19, Northern Light Sebasticook Valley Hospital offered one educational session, which trained one school resource officer to become a Youth Mental Health First Aider. This resulted in eight educational sessions during FY19 that trained 77 community members.

Project Lead: Jessica Ouellette, Drug Free Communities Project Coordinator

Next Steps: In FY20, Northern Light Sebasticook Valley Hospital will increase educational sessions from 8 to 12 sessions on suicide awareness and promote availability of appropriate resources to community members. Northern Light Sebasticook Valley Hospital will partner with NAMI, Northern Light Acadia Hospital, and Healthy SV to accomplish these community educational sessions.

FY 2019 Progress Report

Systemwide priority: Opioid harm reduction – patient education

Objective: Increase from 0 to 3 the number of provider sites providing patient education materials surrounding prescription drug safety by September 30, 2019.

Status: Completed

Approaches taken and resources used: In FY19, Northern Light Sebecook Valley Hospital partnered with Healthy SV to provide patient education materials surrounding prescription drug safety.

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

Healthy SV

Highlights: In FY19, Northern Light Sebecook Valley Hospital maintained patient educational materials at all of our provider locations during the fourth quarter of this fiscal year to ensure that locations didn't run out of materials.

Outcome Measure: In FY19, Northern Light Sebecook Valley Hospital's three primary care sites requested an additional 30 prescription drug safety brochures and magnets for their patients.

Project Lead: Jessica Ouellette CARA Coordinator

Next Steps: In FY20, Northern Light Sebecook Valley Hospital has operationalized this work and will continue this work outside of this progress reporting. During the next three-years, we plan to focus on our chosen priority areas within our 2019 Community Health Strategy to increase substance use prevention partners.

FY 2019 Progress Report

Systemwide priority: Healthy food access – food insecurity screen and intervene

Objective: Maintain the number of screenings for food insecurity at 12,900 by September 30, 2019.

Status: Completed

Approaches taken and resources used: In FY19, Northern Light Seabasticook Valley Hospital worked with our practices in Clinton, Pittsfield, and Newport as well as our patient navigator to ensure optimum use of the food insecurity screen during patient visits.

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

SVH practice offices in Pittsfield, Clinton, and Newport as well as our patient navigator

Highlights: In FY19, Northern Light Seabasticook Valley Hospital was able to exceed our goal. Our projected number of screens for goal was 12,900. Our final number of patient screens for FY19 was 17,789. We look forward to another successful year implementing the two-question screen and intervene protocol to identify our food insecure population.

Outcome Measure: In FY19, Northern Light Seabasticook Valley Hospital implemented the food insecurity screening at 4 sites engaging in 17,789 screens.

Project Lead: Sherry Tardy, Director Community Health

Next Steps: In FY20, Northern Light Seabasticook Valley Hospital will increase their number of food insecurity screens from 13,000 to 15,000.

Conclusion

Northern Light Seabasticook Valley 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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