

Fiscal Year 2021

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

As 2021 nears an end, we approach 2022 with renewed hope, more resilience, and stronger community partnerships. Those partnerships have proven vital as the pandemic encumbered the gains we had made in Maine and nationally to address the opioid epidemic. Unemployment and food insecurity remain higher than pre-pandemic levels too.

The pandemic taught us to become even better at working together. We have renewed commitment to improving the social determinants of health, and we have better ways to reach people than ever before.

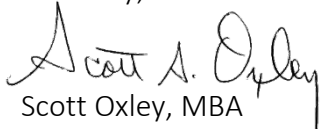
In 2019, Northern Light Health partnered with three healthcare systems and the Maine Center for Disease Control and Prevention to create a Community Health Needs Assessment (CHNA). We used that assessment and public input to develop a three-year strategy to improve the health and well-being of the communities that we serve.

This report is an update on the progress of our community health strategy for fiscal year 2021, representing the second year of our three-year health improvement plan. In addition to the extraordinary outreach and collaborative efforts during the coronavirus pandemic, Northern Light Acadia continues to engage in priority areas of work, including:

- Social determinants of health
- Substance use
- Mental health

At Acadia, we know that our neighbors are looking for trusted places where they can go for personalized care that is exceptional—and we want them to choose us. We are determined to be the best option for them while continuing to collaborate with our community partners. I look forward to what we can accomplish in the months ahead.

Sincerely,



Scott Oxley, MBA
President, Northern Light Acadia Hospital

Progress report update

FY 2021 Progress Report

Priority #1: Social Determinants of Health

Objective: Increase the number of patients screened for food insecurity and referred to community resources from 568 to 1500 by 9/30/21.

Status: Completed

Strategy (approaches taken, and resources used) and highlights from this effort: In fiscal year 2021 (FY21), Northern Light Acadia Hospital continued to use the food insecurity screening with patients admitted for Acadia services. Positive responses were recorded, and community services discussed based on needs. A total of 99 food bags were distributed and 59 referrals made.

Partners engaged: Northern Light Acadia Hospital partnered with the following entities on this priority: Good Shepherd Food Bank

Outcome measure: In FY21, Northern Light Acadia Hospital Screened 4,022 individuals for food insecurity as of 9/30/21.

Project lead: Brent Scobie, VP, Clinician Services and Quality

Next steps: In fiscal year 2022 (FY22), Northern Light Acadia Hospital will distribute 324 food bags to those identified as in need.

Priority #2: Substance Use

Objective: Increase the number of community members able to access an existing Medication-Assisted Treatment (MAT) option for Opioid use through Acadia's Opioid Health Home Program 34 to 50 by 9/30/21.

Status: Completed

Strategy (approaches taken, and resources used) and highlights from this effort: In FY21, Northern Light Acadia Hospital worked to continue building and deepening connections as well as working relationships with Integrated Behavioral Health programs, Northern Light Eastern Maine Medical Center's emergency department, and other primary care providers.

Partners engaged: Northern Light Acadia Hospital partnered with the following entities on this priority:
Northern Light Eastern Maine Medical Center's emergency department
Integrated Behavioral Health

Outcome measure: In FY21, Northern Light Acadia Hospital exceeded its goal to increase support for those community members working on recovery, reaching 76 individuals in need of substance use services.

Project lead: Ann Soule, LCPC, clinical director, Adult Services

Next steps: In FY22, Northern Light Acadia Hospital will continue to strengthen our Opioid Health Home program, continue working on strengthening collaborative relationships and working on education. Focus is also on raising understanding of treatment, recovery, relapse prevention, and general expectations of patients.

Priority #3: Mental Health

Objective: Acadia Hospital will increase the number of CARES (Child-Adolescent Resource and Educational Series) packages distributed from 267 to 500 by 9/30/21.

Status: In progress

Strategy (approaches taken, and resources used) and highlights from this effort: In FY21, Northern Light Acadia Hospital worked to get education and resources out to community stakeholders and partner organizations. In addition to the promotion of CARES and youth behavioral health and wellness topics, Acadia provided training and professional development around issues of COVID, grief/loss, leadership, and self-care/resiliency. We were able to give our CARES Package thumb drive to all participants at the NASW Maine annual conference at the end of September. We also distributed thousands of CARES calendars to staff at Acadia as well as to our school-based clinical services partners in eight districts in Maine.

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

- Healthy SV
- Northern Light Community Health and Grants
- Northern Light Health Foundation
- Northern Light Inland Hospital
- Northern Light Mayo Hospital
- School-based clinicians in Piscataquis County
- Sebasticook Valley school/community outreach and education

Outcome measure: In FY21, Northern Light Acadia Hospital distributed 450 CARES packages to 401 individuals/sites. We estimate that 3,281 individuals received this mental health education.

Project lead: Chris McLaughlin, LCSW – Assoc VP, Community and Pediatric Services

Next steps: In FY22, Northern Light Acadia Hospital is expanding on this goal to be more comprehensive in our community outreach.

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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