

Fiscal Year 2022

# PROGRESS REPORT TO OUR COMMUNITY

Addressing community health needs



Northern Light<sup>SM</sup>

Inland Hospital

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**Tricia Costigan, MBA, FACHE**

President,  
Northern Light Inland Hospital

Senior Vice President,  
Northern Light Health

This past year, we not only continued our ongoing work to safeguard our communities from the COVID-19 pandemic, but we set our sights towards the future. We looked to build and improve upon the delivery of healthcare in Maine, and partnership is essential to this work; coming together to ensure our families, friends, and neighbors have access to the very best resources for generations to come.

While the pandemic still looms and may for quite a while, we will never stop looking forward and thinking strategically about addressing the most critical community health needs. 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 2022, representing the third year of our three-year health improvement plan. In addition to the extraordinary ongoing outreach and collaborative efforts during the coronavirus pandemic, Northern Light Inland Hospital continues to engage in priority areas of work, including:

- Physical activity, nutrition, weight
- Mental health
- Substance use
- Social determinants of health

I hope you find the update contained in this report informative. If you ever have any questions, please don't hesitate to reach out to [communitybenefits@northernlight.org](mailto:communitybenefits@northernlight.org). Lastly, we know our community trusts us to provide exceptional healthcare and resources that complement a healthy, enriched life, and we are dedicated to maintaining that trust through hard work and commitment to doing what's right for Maine. We look forward to our continued services in the months ahead.

Sincerely,

Tricia Costigan, MBA, FACHE  
President, Northern Light Inland Hospital

# Progress report update

## FY 2022 Progress Report

### Priority #1: Physical Activity, Nutrition, Weight

**Objective:** Maintain the number of evidence-based programs focused on increasing access to and availability of physical activity at one through 9/30/22.

**Status:** Completed

**Strategy (approaches taken, and resources used) and highlights from this effort:** In fiscal year 2022 (FY22), Northern Light Inland Hospital was able to maintain the number of evidence-based programs focused on increasing access to and availability of physical activity at one by maintaining the Let's Go! 5-2-1-0 program for the northern Kennebec County region. Inland's Community Health coordinator served as the local county coordinator for Let's Go! and brought programming and activities to schools and childcare centers across northern Kennebec County. The FY22 school year still posed challenges due to local schools and centers being short-staffed and not always allowing visitors inside their buildings because of the COVID-19 pandemic. However, throughout the year our coordinator was able to disseminate information to registered sites to distribute to families, spreading the word about healthy living, physical activity, and healthy choices. Our coordinator was also able to offer professional development trainings to center/school staff, along with activities promoting healthy choices and increasing physical activity, such as Story Walks, sugary beverage displays, policy reviews, and healthy eating games. In addition, we planned community activities to increase physical activity, including family fun outdoor events on local trail systems, and maintained our own trail system at the hospital to bring more free physical activity opportunities to the community.

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

- Happy Days Childcare
- Educare Central Maine
- George J. Mitchell Before/After School Program
- Lake Region Head Start, SKCDC
- American Basics Childcare
- Little Angel's Family Childcare
- Alfond Youth and Community Center
- The Neighborhood, Vassalboro and Winslow
- Centerpoint Daycare
- Belgrade Central School
- China Middle School
- China Primary School
- James H. Bean School
- Messalonskee High School
- Messalonskee Middle School
- Albert S. Hall School
- Atwood Primary School
- Williams Elementary School
- Vassalboro Community School
- Maine Arts Academy

Winslow Elementary School  
Winslow High School  
Winslow Junior High School  
Winslow, Waterville, and Vassalboro School Nutrition Programs  
Healthy Communities of the Capital Area

**Outcome measure:** In FY22, Northern Light Inland Hospital was able to engage 29 local sites to deliver active living and healthy eating programming, reaching approximately 5,000 children through the outreach, along with 7,000 individuals including families, staff, and other individuals reached through programming.

**Project lead:** Hanna Bouchard, Community Health/Let's Go! Northern Kennebec coordinator

**Next steps:** In fiscal year 2023 (FY23), Northern Light Inland Hospital will not be pursuing physical activity, nutrition, and weight as a formalized community health improvement plan as other priority strategies have been identified through our community health needs assessment process that will be pursued as part of our mission to improve our communities' health and access to care. We will continue to promote healthy living, eating, and physical activity through the foundational work laid out by this effort.

## Priority #2: Mental Health

**Objective:** Increase the number of sites receiving educational programs to raise awareness, readiness, and access to mental health services from one to two by 9/30/22.

**Status:** Completed

**Strategy (approaches taken, and resources used) and highlights from this effort:** In FY22, Northern Light Inland Hospital provided interested local schools with Acadia CARES (Child Adolescent Resource and Education Series) toolkits to increase awareness of suicide prevention and mental health resources in the community. We also promoted other educational programs to raise awareness, readiness, and access to mental health services, including promoting Healthy Life Resources from Northern Light Acadia Hospital, mental health first aid training from National Alliance of Mental Illness Maine, and trauma-informed practice and adverse childhood experiences (ACES) training from Maine Resilience Build Network. Stress less suggestions were provided to partnered schools and childcare sites, as well as suggestions and assistance with promoting staff mental health and wellbeing.

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

Vassalboro Community School  
Madison Elementary, Junior High, and High School (MSAD 59)  
Let's Go! 5210 registered sites in Northern Kennebec County  
Northern Light Acadia Hospital

**Outcome measure:** In FY22, Northern Light Inland Hospital was able to increase the number of sites with access to mental health training programs from one to four. Overall, approximately 11 staff were reached through the educational trainings on the Acadia CARES program, and approximately 29 individuals were reached through the promotion of other educational trainings and available resources. These individuals provided additional outreach to community members as they passed along information to other site staff, parents and families, and the children in their programs.

**Project lead:** Sherry Tardy, director, Community Health

**Next steps:** In FY23, Northern Light Inland Hospital will again focus on mental health as a priority area, as it was identified through our community health needs assessment. Our objective is to educate and empower others to recognize, support, and respond to mental and behavioral health needs of children. Our goal is to provide children and families with the mental and behavioral health resources they need to thrive, and our strategy to achieve this will be to partner with schools and other community organizations to ensure children and their families have improved access to mental health prevention, early intervention, and treatment services. Our shared objective includes increasing the number of individuals trained to support the mental health needs of children and youth by training 20 individuals in youth mental health identification and referral.

### Priority #3: Substance Use

**Objective:** Increase the number of Medication-Assisted Treatment options for opioid use readily available in local communities from three to six by 9/30/22.

**Status:** In progress

**Strategy (approaches taken, and resources used) and highlights from this effort:** In FY22, Northern Light Inland Hospital aimed to train and certify providers in Medication-Assisted Treatment options to provide increased access to treatments and resources for individuals in the community with substance use disorder.

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

- Northern Light Primary Care Unity
- Northern Light Primary Care Waterville
- Northern Light Primary Care Madison

**Outcome measure:** In FY22, Northern Light Inland Hospital engaged three sites and five providers in offering Medication-Assisted Treatment.

**Project leads:** Beth Held-Dobos, PA-C, lead provider, Primary Care; Tim Lecrone, director, Physician Practices

**Next steps:** In FY23, Northern Light Inland Hospital will continue to implement efforts surrounding substance use as a priority area. With the new objective of improving pathways to prevention, treatment, and recovery for individuals with substance use disorder, we aim to improve distribution and preventive access to the state-sponsored Naloxone kits, increase the number of primary care practice teams trained in trauma informed care, and engage in meaningful, trusted partnerships with other community organizations.

### Priority #4: Social Determinants of Health

**Objective:** Maintain the number of patients screened for food insecurity and referred to community resources at 34,715 by 9/30/22.

**Status:** Completed

**Strategy (approaches taken, and resources used) and highlights from this effort:** In FY22, Northern Light Inland Hospital screened patients at their appointments for food insecurity and related challenges at 18 different sites. Key to our success was reaching out to all primary care and specialty sites to ensure that we had many sites using our screening question to identify needs. Food bags were given to patients if they had a positive response to the screening, along with additional resources on food access in the area.

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

- Good Shepherd Food Bank
- Northern Light Diabetes and Endocrinology Nutrition/Education
- Northern Light Neurology Waterville
- Northern Light Orthopedics Waterville
- Northern Light Osteopathic Care Waterville
- Northern Light Podiatry Waterville
- Northern Light Primary Care Madison
- Northern Light Primary Care Oakland
- Northern Light Primary Care Unity
- Northern Light Primary Care Waterville
- Northern Light Rheumatology Waterville
- Northern Light Surgery Waterville
- Northern Light Walk-In Care Waterville
- Northern Light Women's Health Waterville
- Northern Light Physical Medicine Waterville
- Northern Light Primary Care Concourse West
- Northern Light Primary Care KMD

**Outcome measure:** In FY22, Northern Light Inland Hospital had 18 different sites conduct 40,846 screenings, resulting in 601 positive screens.

**Project leads:** Beth Held-Dobos, PA-C, Medical director, Primary Care; Tim Lecrone, director, Physician Practices

**Next steps:** In FY23, Northern Light Inland Hospital will pursue social determinants of health as a priority area, working to connect patients with community resources they need to improve health and well-being by partnering with community organizations to improve equitable access to social supports, community resources, and healthcare services. This will include increasing community partner engagement with findhelp.org.

## Conclusion

Northern Light Inland 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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