

# Community Health Strategy

Addressing Community Health Needs Fiscal Year 2020-2022

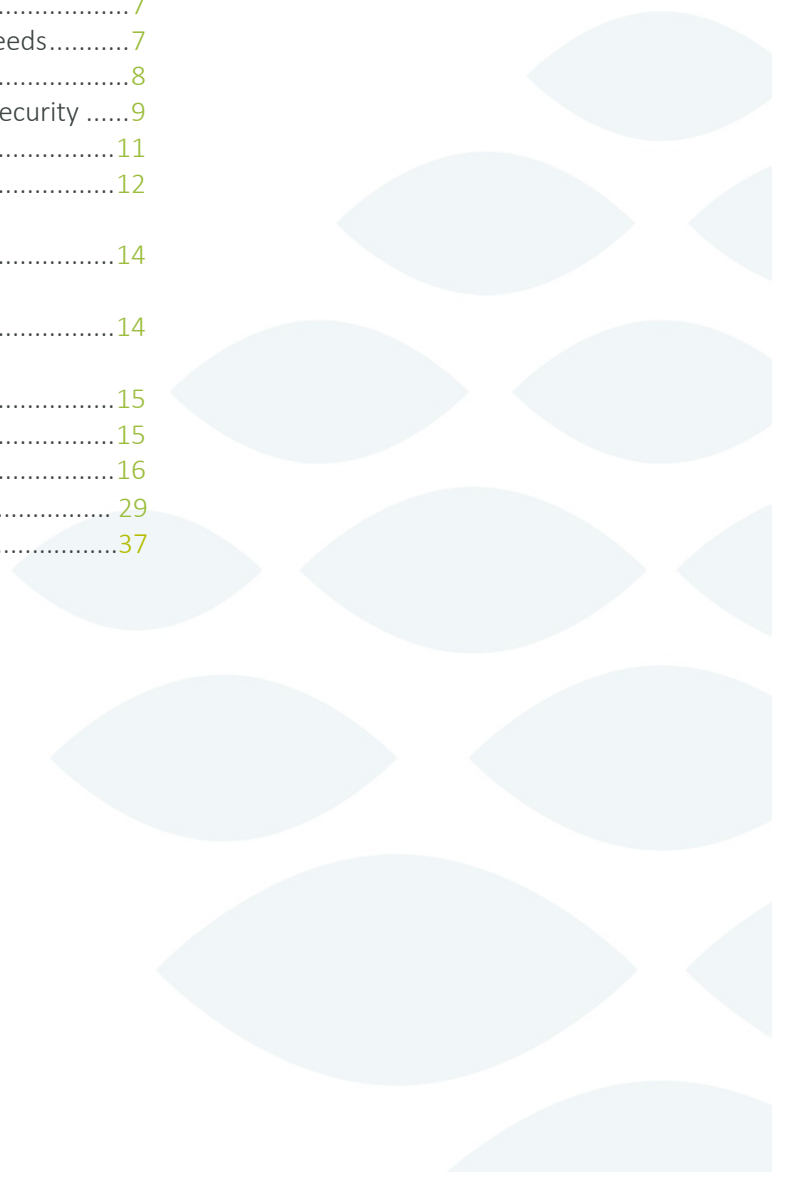
**Northern Light  
Sebasticook Valley  
Hospital**



**Northern Light  
Health<sup>SM</sup>**

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## Introduction

Northern Light Health and our more than 12,000 employees care deeply about our neighbors and communities. Northern Light Health member organizations work hard to understand and address priority needs. We meet regularly with community partners to plan and implement local solutions that make it possible for people in our communities to lead healthier lives. By working together, we promote a culture of stewardship and foster vibrant communities.

Northern Light Sebasticook Valley Hospital is committed to shaping health improvement efforts in its service area based on sound data, personal and professional experience, and community need. Through collaborative efforts, Northern Light Sebasticook Valley Hospital creates healthier communities through the provision of services, resources, and programs within and beyond the walls of the hospital.

## About Northern Light Health

At Northern Light Health, we're building a better approach to healthcare because we believe people deserve access to care that works for them. As an integrated health delivery system serving Maine, we're raising the bar with no-nonsense solutions that are leading the way to a healthier future for our state.

As a statewide integrated healthcare system serving Maine, we provide care to people from Portland to Presque Isle and from Blue Hill to Greenville. We are comprised of nine member hospitals with 584 long-term beds, a single physician-led medical group, eight nursing homes, five emergency transport members, 37 primary care locations, and we employ more than 12,000 people in Maine.

## About Northern Light Sebasticook Valley Hospital

Northern Light Sebasticook Valley Hospital is a 25-bed critical access hospital in Pittsfield, Maine. Our hospital was created from community interest and need and continues to move ahead based on the needs of our region.

A group of community leaders established the hospital in 1963. Today, the hospital serves an area encompassing a population of approximately 40,000 people in central Maine and is accredited by The Joint Commission as a critical-access hospital and a laboratory.

## Definition of Community Served

Located in Pittsfield, Maine, Northern Light Sebasticook Valley Hospital has a service area comprised of both primary and secondary service areas, together referred to as the total service area. Total service areas (TSA's) are developed by the Northern Light Health Planning department based on neighboring zip codes from which a majority of a hospital's inpatient admissions originate. TSA's can sometimes overlap due to hospital locations or because of the specialty services provided by the hospitals.



# Addressing Community Health Needs

## Shared Community Health Needs Assessment

In 2019, Maine's four largest healthcare systems – Northern Light Health, Central Maine Health Care, MaineGeneral Health, and MaineHealth – as well as the Maine Center for Disease Control and Prevention, an office of the Maine Department of Health and Human Services (DHHS) partnered to research and publish a shared Community Health Needs Assessment (Shared CHNA). The Shared CHNA provides a comprehensive review of health data and community stakeholder input on a broad set of health issues in Maine. The Shared CHNA data were made widely available to the public, as community engagement forums were held across the state, gathering additional feedback on priority issues and opportunities for community health improvement. These reports and the community input received are fundamental to achieving our goal of partnering with community, public health entities, and accountable care networks to improve the health and well-being of the communities we serve.

Results of the 2019 Shared CHNA along with community input were used to inform the development of this three-year Community Health Strategy by Northern Light Sebecook Valley Hospital. The efforts identified within help demonstrate our commitment to our community, as we provide benefits reflective of our mission and tax-exempt status. These benefits include a focus on the clinical, social, and environmental factors that influence the ability of people to lead healthier lives.

## Community Health Strategy

This Community Health Strategy was developed with input from community stakeholders including those who serve priority populations, local Public Health District Liaisons, local business leaders, and community advocates.

Priorities were selected after weighing the severity of each priority area, availability of known and effective interventions, determination that the priority area was un-addressed or under-addressed, and community collaborations underway with Northern Light Sebecook Valley Hospital.

Northern Light Sebecook Valley Hospital reserves the right to amend this Community Health Strategy as circumstances warrant. For example, certain community health needs may become more pronounced and require enhancements or a refocus to the selected priorities of focus.

## Process and Methods for Priority Selection

The community health strategy was developed by a planning team consisting of members both internal and external to our organization. The planning team included representatives with knowledge and insight of the communities served. Northern Light Sebecook Valley Hospital selected key priorities and strategies based on the county CHNA report, which includes quantitative health profile indicators and qualitative prioritization if need derived from a community engagement process. In addition, shared systemwide priorities were identified in the areas of Substance Use and Social Determinants of Health for all Northern Light Health members. These priorities were identified as shared priorities based on a selection process which considered a review of county level priorities across the state as well as local readiness and capacity to address these needs in partnership with local communities.

Members of Northern Light Sebecook Valley Hospital's Community Health Strategy team included individuals representing the following positions:

- Sebecook Valley Hospital Patient Navigator (2)
- Sebecook Valley Hospital, Health and Wellness Education Coordinator
- Town of Pittsfield, Chief of Police
- MSAD #53, School Resource Officer
- MSAD #53, Superintendent

- MSAD #53, Principal
- Seabasticook Valley Hospital, Community Health Specialist
- Seabasticook Valley Hospital, Grant Assistant
- Seabasticook Valley Hospital, Drug Free Communities Project Coordinator
- Seabasticook Valley Hospital, Vice President of Primary Care and Specialty Practices
- Seabasticook Valley Hospital, Director of Business Development
- Seabasticook Valley Hospital, Associate Vice President of Support Services

The following criteria were used for the health need selection process:

- Shared CHNA prioritization: How the health priority ranks in the Shared CHNA
- Systemwide priority areas of work as determined by the Community Health Council
- Ability to leverage local community assets: Identification of potential community partnerships to engage in order to address the priority need, or to build on current programs, emerging opportunities, or other community assets
- Expertise: Northern Light Seabasticook Valley Hospital experts and local partnership experts in various priority areas
- Feasibility: Northern Light Seabasticook Valley Hospital has the ability to have an impact given the community benefit resources available

Annually, our internal team will convene to determine if changes need to be considered in order to best address the priority health needs of our community.

NOTE: There were no written comments received related to the most recently conducted CHNA and Community Health Strategy for inclusion in this report.

## Evaluation Efforts

Northern Light Seabasticook Valley Hospital will monitor and evaluate the strategies related to this priority area of work for the purpose of tracking the implementation of those strategies as well as to document the anticipated impact. Through internal quarterly reporting practices we plan to document and track measures, approaches and resources used, partners engaged, and highlights related to this priority area of work. These quarterly reports will inform our fiscal year-end Progress Report to Our Community that will be made publicly available on our community health strategy web page.

## Feedback Opportunity

Contact [communitybenefits@northernlight.org](mailto:communitybenefits@northernlight.org) with feedback on this report.

## Approval from Governing Board

Northern Light Seabasticook Valley Hospital's Community Health Strategy and Community Health Needs Assessment (CHNA) were reviewed by the hospital's governing board and a resolution was made to approve and adopt both the Shared CHNA and the Implementation Strategy on May 20, 2019.

# Selected Priorities of Focus

## Priority #1: Social Determinants of Health (Social Needs)

### Rationale

A community's health can be determined in part by access to social and economic opportunities, the safety and cleanliness of environments, and the resources available in homes, neighborhoods, and communities. These social determinants of health are the conditions in which people are born, live, work, and play, and affect a wide range of health and quality of life outcomes. Examples of social determinants include socioeconomic status, availability of safe housing, education, access to health care services, and food insecurity. Over the past two decades, a large and compelling body of evidence has revealed that these factors play a powerful role in shaping health. This has resulted in a greater understanding that medical care is not the only influence on health and suggests that traditional health care models may not be enough to adequately improve health outcomes or reduce health disparities without also addressing how people live.

The Northern Light Sebecook Valley Hospital's Community Health Strategy team has identified Social Determinants of Health as a priority need for our community. There are substantial local community assets and Northern Light Sebecook Valley Hospital has assets available to be leveraged in support of this need. Also, there are many evidence-based or promising approaches to address the need for interventions on the many facets of Social Determinants of Health. Finally, Social Determinants of Health rated as a high priority to the community and Northern Light Health.

### Intended action to address the need

- Provide staff training on health-related social needs, use of screening tool, and guidance on discussing social needs with patients.
- Develop a system for organizing/maintaining available resources and process for connecting patients with these supports (e.g. Health Literacy Universal Precautions Toolkit: Link Patients to Non-Medical Support)
- Engage in and/or provide leadership for community initiatives to increase availability of housing, transportation, and other resources.

### Anticipated impact of these actions/expected outcomes

- Increase provider and clinical trainings on health-related social needs, use of screening tool, and guidance on discussing social needs with patients to improve provider awareness of protocols and resource opportunities for referrals
- Increase available resources and process for connecting patients with supports for health-related social needs to improve health outcomes in our community members
- Increase community initiatives in collaboration with other organizations to improve the availability of housing, transportation, and other resources.

### Programs and resource allocation

- Staff Time
- Community Health Programming
- Kohl's Grant

### Planned collaborations

Northern Light Sebecook Valley Hospital will coordinate with community health staff to provide leadership for community initiatives focused on improving the availability of housing, transportation, and other resources within our community. Northern Light Sebecook Valley Hospital will increase staff trainings to educate providers and clinicians on health-related social needs and provide guidance on discussing social needs with patients.



## Plan for measuring impact

Northern Light Sebecook Valley Hospital will monitor and evaluate the strategies related to this priority area of work for the purpose of tracking the implementation of those strategies as well as to document the anticipated impact. Through internal quarterly reporting practices, we plan to document, and track measures, approaches and resources used, partners engaged, and highlights related to this priority area of work. These quarterly reports will inform our fiscal year-end Progress Report to Our Community that will be made publicly available on our community health strategy webpage.

Priority specific measurements include:

- Increase the number of providers and clinicians trained on health-related social needs as measured by trainings offered to providers
- Increase patients connected with resources as measured by educational materials dispersed
- Increase the number of community initiatives that provide available opportunities and resources for community members experiencing health-related social needs as measured by community events being held in Sebecook Valley

## Population of focus

Sebecook Valley residents

## Priority #2: Substance Use

### Rationale

Substance Use, including alcohol, tobacco, and other drugs, have a major effect on individuals, families, and communities. Alcohol use, smoking and tobacco use cause or increase risk of many diseases, such as cancer, heart disease, diabetes, and respiratory conditions. The effects of substance use often result in social, physical, mental, and public health problems, including domestic violence, child abuse, accidents, crime, and suicide. Substance use is now understood to be a complex disease of the brain and body, requiring long-term attention and treatment just like any other chronic illness. There are many effective evidence-based strategies that communities, including healthcare organizations and providers, may employ to prevent, identify, and treat substance use disorders.

The Northern Light Sebecook Valley Hospital's Community Health Strategy team determined it was feasible to address this need. There are substantial local community assets and Northern Light Sebecook Valley Hospital has assets available to be leveraged in support of this need. Also, there are many evidence-based or promising approaches to address the need for substance misuse interventions. Finally, substance use rated as a high priority to the community and Northern Light Health.

### Intended action to address the need

- Participate in local Drug Free Communities (DFC) coalition to support and strengthen collaboration for prevention and reduction of substance use among youth
- Support and promote local/regional Maine Prevention Services Substance Use Prevention program efforts (e.g. safe storage education, drug take-backs, etc.)
- Partner with local community organizations and schools to secure grants and expand substance use prevention efforts.
- Partner with law enforcement and community groups to promote prescription drug take-back initiatives.

### Anticipated impact of these actions/expected outcomes

- Increase Drug Free Communities (DFC) Coalition support and strengthen collaboration for prevention and reduction on substance use among youth
- Increase community education surrounding safe storage of prescription drugs to reduce inadvertent use by minors



- Expand upon substance use prevention efforts by securing grants with local community organizations and schools
- Increase community involvement with prescription drug take-back initiatives to improve proper disposal of prescription drugs while minimizing unintended use

### Programs and resource allocation

- Drug Free Communities Grant
- Staff time
- Safe storage and disposal educational materials to be developed and produced by HealthySV in partnership with Northern Light Sebecook Valley Hospital

### Planned collaborations

Northern Light Sebecook Valley Hospital will collaborate with HealthySV to secure patient education materials and coordinate community education sessions. HealthySV coalition members, local law enforcement officials, and local school departments will disseminate educational materials and promote community education sessions.

### Plan for measuring impact

Northern Light Sebecook Valley Hospital will monitor and evaluate the strategies related to this priority area of work for the purpose of tracking the implementation of those strategies as well as to document the anticipated impact. Through internal quarterly reporting practices, we plan to document, and track measures, approaches and resources used, partners engaged, and highlights related to this priority area of work. These quarterly reports will inform our fiscal year-end Progress Report to Our Community that will be made publicly available on our community health strategy webpage.

Priority specific measurements include:

- Increase support and partnership with Drug Free Communities coalition to prevent and reduce youth substance use as measured by the Maine Integrated Youth Health Survey results
- Increase community education on prescription drug safety as measured by disseminated educational materials
- Increase the number of secured grant funding for prevention efforts as measured by number of acquired grants
- Increase community involvement in prescription drug take back initiatives as measured by number of participants

### Population of focus

Sebecook Valley Residents

## Priority #3: Social Determinants of Health (Food Insecurity)

### Rationale

A community's health can be determined in part by access to social and economic opportunities, the safety and cleanliness of environments, and the resources available in homes, neighborhoods, and communities. These social determinants of health are the conditions in which people are born, live, work and play, and affect a wide range of health and quality of life outcomes. Examples of social determinants include socioeconomic status, availability of safe housing, education, access to health care services, and food insecurity. Over the past two decades, a large and compelling body of evidence has revealed that these factors play a powerful role in shaping health. This has resulted in a greater understanding that medical care is not the only influence on health and suggests that traditional healthcare models may not be enough to adequately improve health outcomes or reduce health disparities without also addressing how people live.

The Northern Light Seabasticook Valley Hospital’s Community Health Strategy team has identified Social Determinants of Health as a priority need for our community. There are substantial local community assets and Northern Light Seabasticook Valley Hospital has assets available to be leveraged in support of this need. Also, there are many evidence-based or promising approaches to address the need for interventions on the many facets of Social Determinants of Health. Finally, Social Determinants of Health rated as a high priority to the community and Northern Light Health.

### Intended action to address the need

- Collaborate with community partners/farmers to offer “The Farmer’s Table” and “Welcome Table” programs for grandparent caregiving to children in the local area
- Sustain and/or expand the physician bag program to provide access to food insecurity resources within the community
- Maintain and/or develop school food pantries to increase access to and promote healthy eating for students and their families

### Anticipated impact of these actions/expected outcomes

- Increase community participation in “The Farmer’s Table” and “Welcome Table” programs in the local area to increase access to healthy food for grandparents acting as caregivers
- Increase access and resources distributed by providers to patients through the physician bag program
- Increase access and promote healthy eating within local school departments through the school food pantry program

### Programs and resource allocation

- Staff Time
- Kohl’s Grant
- HealthySV

### Planned collaborations

Northern Light Seabasticook Valley Hospital in partnership with HealthySV will maintain and/or develop school food pantries within the local school departments. Community partners/farmers will join Northern Light Seabasticook Valley Hospital to offer “The Farmer’s Table” and “Welcome Table” to increase access to healthy food for grandparents acting as caregivers. The community health department of Northern Light Seabasticook Valley Hospital will work with providers to increase access to and resources distributed to patients.

### Plan for measuring impact

Northern Light Seabasticook Valley Hospital will monitor and evaluate the strategies related to this priority area of work for the purpose of tracking the implementation of those strategies as well as to document the anticipated impact. Through internal quarterly reporting practices, we plan to document, and track measures, approaches and resources used, partners engaged, and highlights related to this priority area of work. These quarterly reports will inform our fiscal year-end Progress Report to Our Community that will be made publicly available on our community health strategy web page.

Priority specific measurements include:

- Increase the number of grandparent caregivers that have access to healthy food as measured by participation at “The Farmer’s Table” and “Welcome Table”
- Expand access and resources given out through the physician bag program as measured by data collection from providers
- Increase healthy food options in school food pantries as measured by school department contact

### Population of focus

Food insecure Seabasticook Valley residents

## Priority #4: Mental Health

### Rationale

Mental health conditions, including depression, are leading causes of injury, illness, and disability in the United States and around the world. These illnesses are common and are caused by a complex combination of biological, psychological, and environmental factors. Untreated mental illness can result in severe health problems, including but not limited to heart disease and other chronic conditions, weakened immunity, social isolation, legal and financial problems, self-harm and harm to others, poverty, and homelessness. There is also a strong connection between mental illness and substance use, with more than one in four adults experiencing these co-occurring disorders. Limited healthcare options, lack of support, and fear of stigma may prevent individuals from seeking help, indicating an ongoing need to increase mental health awareness and address barriers to accessing mental health care and resources.

The Northern Light Sebasticook Valley Hospital Community Health Strategy team recognizes that addressing mental health needs is a priority for our community. There are substantial local community assets and Northern Light Sebasticook Valley Hospital has resources available to be leveraged in support of this need. Furthermore, there are many options for evidence-based mental health interventions and services that promote appropriate and effective prevention, identification, and treatment for mental illnesses.

### Intended action to address the need

- Implement and/or support community efforts to increase suicide awareness and promote availability of appropriate health resources (e.g. Suicide Prevention Resource Center, promote Acadia CARES videos, National Alliance of Mental Illness Maine Gatekeeper Training, Beacon Health Videos etc.)
- Develop and/or implement Mental Health First Aid training to increase community awareness and understanding of mental health illness
- Provide education/other tools to increase provider and clinical staff confidence and comfort with discussing mental health issues and referring patients to resources
- Develop and/or implement Youth Adverse Childhood Experience training to providers, clinical staff members, local school staff, and law enforcement officials to increase awareness of traumas and the link to mental health illness

### Anticipated impact of these actions/expected outcomes

- Increase community education of suicide awareness and promote availability of appropriate health resources
- Increase number of Mental Health First Aid trained community members to improve the identification and response to mental health illness and substance use signs
- Increase provider and clinical staff confidence with discussing mental health illness to reduce stigma surrounding mental health illness
- Increase the number of providers, clinical staff members, local school staff, and law enforcement officials that are trained with Adverse Childhood Experiences to raise awareness of the impact trauma has on mental health

### Programs and resource allocation

- Staff time
- National Alliance of Mental Illness Maine
- Drug Free Communities Grant
- Suicide Prevention Resource Center
- Northern Light Acadia Hospital

### Planned collaborations

Northern Light Sebasticook Valley Hospital will collaborate with HealthySV to implement community trainings on

Gatekeepers along with Mental Health First Aid training. HealthySV coalition members will coordinate trainings for provider and clinical staff members focused on building confidence and comfort when discussing mental health illness with patients.

### Plan for measuring impact

Northern Light Sebecook Valley Hospital will monitor and evaluate the strategies related to this priority area of work for the purpose of tracking the implementation of those strategies as well as to document the anticipated impact. Through internal quarterly reporting practices, we plan to document, and track measures, approaches and resources used, partners engaged, and highlights related to this priority area of work. These quarterly reports will inform our fiscal year-end Progress Report to Our Community that will be made publicly available on our community health strategy webpage.

Priority specific measurements include:

- Increase the number of community members educated on suicide awareness and available resources as measured by the number of materials distributed within the community
- Increase the number of community members trained as a Mental Health First Aid respondent as measured by the participation in offered trainings
- Increase the number of trainings offered to providers and clinical staff that focus on communication techniques to discuss mental health illness with patients as measured by trainings offered
- Increase community education surrounding Adverse Childhood Experience and the effect on mental health as measured by the number of trainings offered to community members

### Population of focus

Sebecook Valley residents

## Priority #5: Older Adult Health/Healthy Aging

### Rationale

The aging population in Maine and throughout the United States is increasing rapidly, which will contribute to higher demands for healthcare, in-home caregiving, and assisted living facilities, resulting in increased costs for these services. Older adults experience higher rates of chronic disease, including heart disease, cancer, diabetes, and Alzheimer's disease, with many managing two or more of these conditions. Additionally, many seniors experience disability, transportation challenges, social isolation, and unsafe housing, creating additional barriers to good health and quality of life. Research has shown that disability and decline are not always inevitable consequences of aging, and that health may be preserved through promotion of healthy lifestyles and appropriate preventive care. Older adults, particularly those in rural communities, may also be supported through aging in place strategies that integrate health and social services.

The Northern Light Sebecook Valley Hospital Community Health Strategy team has identified elder care and healthy aging as a priority need within our community. In addition to an established and capable network of community partners, Northern Light Sebecook Valley Hospital has resources available to be leveraged in support of this need. There are many options for evidence-based approaches for integration of healthcare and community services that will keep seniors healthy and safe in their homes for as long as possible.

### Intended action to address the need

- Ensure advance care planning and completion of advance directives are completed and included in patient's electronic health records (EHR)
- Develop and/or implement patient education to increase awareness and understanding of palliative and/or end-of-life care and options

- Develop and/or implement provider education to increase awareness of palliative and/or end-of-life care options and increase skill with communicating options to patients

### Anticipated impact of these actions/expected outcomes

- Increase the number of patients using advance care planning and directives through EHR in order to ensure the patients intended wishes are carried out if they are unable to communicate them to the healthcare professional
- Increase patient education on palliative and/or end-of-life care to encourage empowerment and awareness of available options
- Increase the number of providers and clinicians trained in palliative and/or end-of-life care to increase skills and awareness

### Programs and resource allocation

- Staff time
- Home health
- Case managers
- Medical group

### Planned collaborations

Northern Light Seabasticook Valley Hospital will collaborate with specialty physicians to increase the number of providers and clinicians trained with skills and knowledge about palliative and/or end-of-life care. Northern Light Seabasticook Valley Hospital will create and implement educational materials regarding palliative and/or end-of-life care to increase awareness and understanding of available options.

### Plan for measuring impact

Northern Light Seabasticook Valley Hospital will monitor and evaluate the strategies related to this priority area of work for the purpose of tracking the implementation of those strategies as well as to document the anticipated impact. Through internal quarterly reporting practices, we plan to document, and track measures, approaches and resources used, partners engaged, and highlights related to this priority area of work. These quarterly reports will inform our fiscal year-end Progress Report to Our Community that will be made publicly available on our community health strategy webpage.

Priority specific measurements include:

- Increase community awareness and education on palliative and/or end-of-life care as measured by community education events
- Increase provider and clinician trainings on available options for patients in regard to palliative and/or end-of-life care as measured by participation in offered trainings
- Increase the community education and raise awareness surrounding palliative and/or end-of-life care options as measured by distributed educational materials to patients.

### Population of focus

Seabasticook Valley residents

## Health Priorities Not Address

Northern Light Sebasticook Valley Hospital considered all priorities identified in the Shared CHNA, as well as other sources, through an extensive review process. While the full spectrum of needs is important, Northern Light Sebasticook Valley Hospital is currently poised to focus only on the highest priorities at this time. Priorities not selected, due to a variety of reasons, are listed below:

- Access to Care - This identified health need is not being addressed directly as a strategy born out of our community health needs assessment as our hospital has current initiatives focused on improving access to care such as provider recruitment, community health navigators (to link vulnerable populations with needed resources), and other efforts that are ongoing and part of our continual mission to improve access to care.

## Conclusion

Northern Light Sebasticook Valley Hospital is thankful for the participation and support of our community members and many area organizations in the Shared CHNA process and for contributing their knowledge of local community health needs. Through existing and future partnerships, collaborative efforts will be essential in addressing the identified community health strategies prioritized within.

Northern Light Sebasticook Valley Hospital will engage in another Shared CHNA in 2022 and looks forward to ongoing community participation in these important efforts.

# Appendix

## Evaluation of Impact

Progress report on selected priorities from Northern Light Seabasticook Valley Hospital's last (2016) Community Health Needs Assessment.

Northern Light Health and Northern Light Seabasticook Valley Hospital are committed to promoting a culture of community stewardship, and partnering together with community stakeholders to address high priority health issues. In order to do so effectively, we regularly monitor the impact of our community health efforts, and make this information widely available to our communities in the form of annual Community Benefit statements, and this triennial Community Health Strategy report. The following annual Progress Report to Our Community provides a summary evaluation of impact of the actions taken by Northern Light Seabasticook Valley Hospital to address community health priorities adopted in 2016.

Measuring and reporting on progress is critical to making a difference in the communities we serve, and in the lives of those we care for. The following annual Progress Reports to Our Community are provided for:

- Progress Report to Our Community FY17
- Progress Report to Our Community FY18
- Progress Report to Our Community FY19

For additional information, visit <https://northernlighthealth.org/Community-Health-Needs-Assessment/2016-CHNA-Reports/Community-Health-Strategy>



# Progress Report to Our Community

Addressing Community Health Needs

Fiscal Year 2017



2019



2018



2017



Sebasticook Valley Health

<b>FY 2017 Progress Report</b> <b>Priority 1: Hunger/Food Insecurity - Food Security Screening</b>	
<b>Objective</b>	Increase the number of SVH Family Care and Seabasticook Family Doctors locations that implement a food security screening from 0 to 5 by 09/30/2017.
<b>Status</b>	Completed
<b>Approaches taken and resources used</b>	In fiscal year 2017 (FY17), SVH worked with six family practice locations (three SVH and three Hometown Health Practice locations) to implement food security screening at patient visits. Patients were asked two food insecurity questions during intake. Results were recorded in the electronic medical records (EMR) and flagged for provider to follow up with the patient and provide a referral to care management for follow-up. In addition, food resource guides were given to the patient by their provider.
<b>Partners engaged</b>	SVH partnered with the following entities on this priority: <ul style="list-style-type: none"> <li>• Seabasticook Valley Family Care (SVH Clinton, SVH Newport, SVH Pittsfield)</li> <li>• Hometown Health Practices, formerly Seabasticook Family Doctors (Hometown Health CCL, Hometown Health Canaan, Hometown Health Pittsfield, Hometown Health Newport)</li> <li>• Good Shepard Food Bank</li> </ul>
<b>Highlights</b>	<p>SVH successfully trained clinicians in six practice offices to incorporate the food insecurity screenings at patient visits and update the EMR accordingly. Data was collected to identify trends within the offices.</p> <p>We successfully implemented availability of emergency food boxes at all three SVH Family Care locations to families identified as food insecure.</p> <p>Through a partnership with Good Shepherd Food Bank, SVH received a grant to ensure food boxes were made available at the SVH Family Care offices. The food boxes contained enough food for two people for three days. Providers gave the food box to patients screened as insecure, along with the food resource guide. The food box provided the patient with food while they worked with the care manager to connect with food resources in their community.</p>
<b>Outcome Measure</b>	Six SVH Family Care and Seabasticook Family Doctors locations implemented the food security screening
<b>Project lead</b>	Stacy Hubel, Practice Director, SVH Family Care Pittsfield Sherry Tardy, Director, Business Development
<b>Next Steps</b>	In fiscal year 2018 (FY18), SVH plans to continue screening patients for food insecurity focusing on increasing the number of screened patients .

<b>FY 2017 Progress Report</b> <b>Priority 1: Hunger/Food Insecurity - Resource Guide</b>	
<b>Objective</b>	Increase the number of SVH Family Care and Hometown Health locations that provide the food resource guide to patients who are identified as food insecure from 0 to 5 by 09/30/2017 by developing a food resource guide and providing to primary care locations.
<b>Status</b>	Completed
<b>Approaches taken and resources used</b>	In FY17, SVH developed and distributed food resource guides. These guides contained information about local food pantries, community meals, nutrition tips, and more. 2,864 resource guides were distributed to 12 sites.
<b>Partners engaged</b>	SVH partnered with the following entities on this priority: <ul style="list-style-type: none"> <li>• SVH Family Practice (Pittsfield, Newport, Clinton locations)</li> <li>• Hometown Health (Newport, Pittsfield)</li> <li>• Newport Family Practice</li> <li>• Pittsfield Food Pantry</li> <li>• Palmyra Baptist Food Pantry</li> <li>• Clinton Community Food Bank</li> <li>• Patient Navigator</li> <li>• River Run Church of the Nazarene</li> <li>• Corinna Food Bank</li> </ul>
<b>Highlights</b>	The community received the resource guides listing food resources in the area. Feedback from partners was, and continues to be positive. Individuals and organizations have reached out to SVH asking for additional guides.
<b>Outcome Measure</b>	Food resource guide developed and 12 locations have provided the food resource guide to patients identified as food insecure
<b>Project lead</b>	Sherry Tardy, Director, Business Development
<b>Next Steps</b>	In FY18, SVH will not continue working on the resource guide as it has been made available in a number of locations. SVH will continue to focus on screening patients for food insecurity and providing appropriate referrals and food boxes at all locations.

<b>FY 2017 Progress Report</b> <b>Priority 1: Hunger/Food Insecurity - Community Gardens</b>	
<b>Objective</b>	Increase the number of school and community gardens from 5 to 8 by 09/30/2017.
<b>Status</b>	Completed
<b>Approaches taken and resources used</b>	<p>In FY17, SVH set out to establish eight gardens. We exceeded our goal and ultimately established 11 gardens within our service area. Through grant support from Kohl's Cares, Bangor Public Health (Penquis District Coordinating Council), and Partnerships to Improve Community Health we were able to work with food pantries and soup kitchens to forge new partnerships as well as establish green houses. Through guidance and support from SVH, the following entities were engaged to establish gardens:</p> <ul style="list-style-type: none"> <li>• Palmyra Baptist Worship Center - established a garden for the food pantry and soup kitchen. They produced over 4000 pounds of produce and reached over 200 individuals through donations. The soup kitchen serves 100 people weekly (5000 meals annually)</li> <li>• Pittsfield Library Garden of Kindness - established a handicap accessible raised table garden. SVH provided educational sessions to over 50 gardeners ages 2-6</li> <li>• Sebecook Valley Middle School - established three 12'x32' green houses constructed and planted by the middle school students. They produced 235 pounds of vegetables that were used in the school cafeteria. Plans are to continue the use of the greenhouse for fresh produce</li> <li>• Harmony Elementary School - established two 4'x8' raised beds planted with asparagus, beginning to establish a perennial permaculture approach to their gardens and plans to develop a permanent garden structure</li> <li>• Shared Earthly Blessings - established one 12' x 32' green house that enabled Shared Earthly Blessings to increase their vegetable offerings</li> <li>• Caravel Middle School – established one 12'x20' green house that provided an opportunity for students to grow their own food</li> </ul>
<b>Partners engaged</b>	<p>SVH partnered with the following entities on this priority:</p> <ul style="list-style-type: none"> <li>• Palmyra Baptist Worship Center Soup Kitchen/Food Pantry</li> <li>• Sebecook Valley Middle School</li> <li>• Pittsfield Public Library</li> <li>• Harmony Elementary School</li> <li>• Shared Earthly Blessings Community Garden</li> <li>• Caravel Middle School</li> </ul>
<b>Highlights</b>	See "Approaches taken and resources used" section
<b>Outcome Measure</b>	11 community and school gardens established
<b>Project lead</b>	Sharon Kimball, Community Health Project Specialist
<b>Next Steps</b>	In FY 18, SVH will continue working with schools and community groups to establish community gardens that will enable the donation of food to various partners.

<b>FY 2017 Progress Report</b>	
<b>Priority 1: Hunger/Food Insecurity - Food Donations</b>	
<b>Objective</b>	Increase the number of school and community gardens that donate to food partners from 0 to 4 by 09/30/2017.
<b>Status</b>	Completed
<b>Approaches taken and resources used</b>	In FY17, SVH partnered with several school/community gardens to increase fruit and vegetable availability at local food pantries and soup kitchens. We engaged local farmers as well as our school/community gardens which are supported by SVH grants. Not only did the school and community gardens donate excess to the food pantries, they also utilized the produce in house by using the fruits and vegetables in the school cafeterias and soup kitchens.
<b>Partners engaged</b>	<p>SVH partnered with the following entities on this priority:</p> <p>The following schools provided produce to families and the cafeteria:</p> <ul style="list-style-type: none"> <li>Nokomis High School, Warsaw Middle, Etna/Dixmont, Nokomis Alternative Education, MCI</li> </ul> <p>The following community gardens donated to the food insecure:</p> <ul style="list-style-type: none"> <li>Outland Farm Community Garden, River Run Church, Hometown Health Care, Shared Earthly Blessings, Palmyra Baptist Soup Kitchen Garden</li> </ul> <p>The pantries/soup kitchens who received donations were:</p> <ul style="list-style-type: none"> <li>Welcome Table, Hartland Baptist, Palmyra Baptist Worship Center Soup Kitchen/Food Pantry, River Run Community Dinners, Hometown Health patrons, Clinton Soup Kitchen/Food Pantry, Tri-Town Food Pantry, Soup and Biscuit (Newport).</li> </ul>
<b>Highlights</b>	The number of partners who were engaged in the process of increasing the availability of fruit and vegetables to individuals who were food insecure. Gardens exceeded last year's donation numbers. Through grant support (Kohl's Cares, Penquis District Coordinating Council, and Partnerships to Improve Community Health (PICH)) we were able to engage more partners that enabled our reach to span across three counties.
<b>Outcome Measure</b>	10 school and community gardens donated food to partners
<b>Project lead</b>	Sharon Kimball, Community Health Project Specialist
<b>Next Steps</b>	In FY18, SVH will continue to work with school and community gardens to increase the number of food partners donating food.

<b>FY 2017 Progress Report</b> <b>Priority 2: Substance Abuse - Community Education</b>	
<b>Objective</b>	Increase the number of community education sessions that present and discuss substance abuse data for Sebasticook Valley residents from 4 to 6 by 09/30/2017.
<b>Status</b>	Completed
<b>Approaches taken and resources used</b>	In FY17, SVH engaged the community through presentations and trainings specific to substance abuse. Presentations were offered at a variety of school settings that focused on the Maine Integrated Youth Health Survey (MIYHS) data and tobacco cessation information for attendees to discuss, reflect upon, and connect with others.
<b>Partners engaged</b>	SVH partnered with the following entities on this priority: <ul style="list-style-type: none"> <li>• SVH Emergency Medical Staff</li> <li>• Pittsfield Police Department</li> <li>• Somerset County Sheriff Department</li> <li>• RSU 19 school district</li> <li>• MSAD 53 school district</li> </ul>
<b>Highlights</b>	Through the use of the Maine Integrated Youth Health Survey, interest amongst community members increased along with the need for advocacy for prevention efforts related to substance misuse in our service area.
<b>Outcome Measure</b>	14 community education sessions presented and discussed substance abuse data for Sebasticook Valley residents
<b>Project lead</b>	Shawna Melanson, Drug Free Community Project Coordinator
<b>Next Steps</b>	In FY18, SVH plans to continue engaging the communication in efforts to present and discuss substance abuse data for the Sebasticook Valley area.

<b>FY 2017 Progress Report</b> <b>Priority 2: Substance Abuse - Education and Trending</b>	
<b>Objective</b>	Increase the educational opportunities for local primary care providers to decrease prescription drug abuse and misuse from 0 to 2 by 09/30/2017.
<b>Status</b>	Completed
<b>Approaches taken and resources used</b>	<p>In FY17, SVH engaged local primary care providers in educational sessions related to opioid prescribing laws and standards.</p> <ul style="list-style-type: none"> <li>• The Maine Independent Clinical Information Service (MICIS) 2017 Provider Education on Evidence Based Opioid Prescribing presented by Maine Medical Association on May 18, 2017. The Program provided CME credit and networking for 31 Physician and Family Nurse Practitioners. These providers were from Sebecook Valley Health's service area, nine were from SVH</li> <li>• Four Family Nurse Practitioners from SVH Family Care attended the 2017 Annual Spring Conference on April 26-28, 2017 with the keynote "Overtreated: Why too Much Medicine is Make Us Sicker and Poorer" by Shannon Brownlee.</li> </ul>
<b>Partners engaged</b>	<p>SVH partnered with the following entities on this priority:</p> <ul style="list-style-type: none"> <li>• CA Dean Hospital</li> <li>• Inland Hospital</li> <li>• Newport Family Practice</li> <li>• Hometown Health</li> <li>• Family Circles Healthcare</li> </ul>
<b>Highlights</b>	See "Approaches taken and resources used" section
<b>Outcome Measure</b>	Two educational opportunities were offered for local primary care providers to decrease prescription drug abuse and misuse
<b>Project lead</b>	Shawna Melanson, Drug Free Community Project Coordinator
<b>Next Steps</b>	In FY18, SVH plans to continue offering educational opportunities to local providers specific to Maine's opioid prescribing law.



<b>FY 2017 Progress Report</b> <b>Priority 2: Substance Abuse - Safe Storage and Disposal</b>	
<b>Objective</b>	Increase the amount of community organizations, healthcare partners, and local pharmacies that provide safe drug storage and disposal education information from 16 to 24 by 09/30/2017.
<b>Status</b>	Completed
<b>Approaches taken and resources used</b>	In FY17, SVH ensured that Prescription Drug Safe Storage and Disposal Brochures were made available at a number of locations throughout our service area. Location included local Rite Aids, Wal-Mart, Community Pharmacy, SVH Family Care locations, libraries, cultural centers, schools, town offices, and the Chamber of Commerce.
<b>Partners engaged</b>	SVH partnered with the following entities on this priority: <ul style="list-style-type: none"> <li>• Pittsfield Police Department</li> <li>• Somerset County Sheriff Department</li> <li>• Maine State Police Troop C</li> </ul>
<b>Highlights</b>	HealthySV, a local coalition designed to support and promote healthy lifestyles to reduce chronic disease and increase quality of life in the Sebecooc Valley Region, through policy and environmental change, worked with Pittsfield Police, Newport Police, and Somerset County Sheriff Department to implement and promote Prescription Drug Take-Back events two times in FY17 year; October, 2016 and April 2017.
<b>Outcome Measure</b>	32 sites received safe drug storage and disposal education information
<b>Project lead</b>	Shawna Melanson, Drug Free Communities Project Coordinator
<b>Next Steps</b>	In FY18, SVH plans to increase the amount of community organizations, healthcare partners, and local pharmacies that provide safe drug storage and disposal education information.

<b>FY 2017 Progress Report</b> <b>Priority 3: Mental Health - Education Partnerships</b>	
<b>Objective</b>	Increase the number of educational and partnership opportunities with local providers from 0 to 2 by 09/30/2017.
<b>Status</b>	Completed
<b>Approaches taken and resources used</b>	<p>In FY17, SVH engaged in the following activities:</p> <ul style="list-style-type: none"> <li>• Identified gaps and barriers to mental health in schools by creating focus groups</li> <li>• Implemented monthly lunch and learn programs at Nokomis Regional High, Seabcook Valley Middle School, and Maine Central Institute (MCI) to create awareness and reduce stigma of Mental Health issues</li> <li>• Implemented Tobacco Training/Treatment Class</li> <li>• Facilitated with NAMI, MCI Challenge Day at Maine Central Institute; Worked with MCI Sophomore class and community volunteers</li> </ul>
<b>Partners engaged</b>	<p>SVH partnered with the following entities on this priority:</p> <ul style="list-style-type: none"> <li>• Nokomis Regional High</li> <li>• Seabcook Valley Middle School</li> <li>• Maine Central Institute</li> <li>• NAMI</li> </ul>
<b>Highlights</b>	<p>A number of lunch and learn programs were offered to reduce the stigma of mental health issues:</p> <ul style="list-style-type: none"> <li>• Power of Positivity (Nokomis Regional High and MCI)</li> <li>• Stress, Anxiety and Sleep (Seabcook Valley Middle School)</li> <li>• Underage Drinking Effects for Teens (Nokomis Regional High)</li> <li>• Community education sessions “Overcoming the Stigma Concerning People with Mental Health Issues” May 17, 2017 presented by Catholic Charities of Maine</li> </ul>
<b>Outcome Measure</b>	Four educational and partnership opportunities with local providers engaged
<b>Project lead</b>	<p>Paul Arsenault, VP, Primary Care and Specialty Practices                      Donna Huff, NP, Family Psychology/Mental Health</p>
<b>Next Steps</b>	In FY18, SVH plans to continue to increase the number of educational and partnership opportunities with SVH employees and community members.

<b>FY 2017 Progress Report</b> <b>Priority 3: Mental Health - Referral Pathways</b>	
<b>Objective</b>	Increase the number of appropriate referral pathways for mental health services/ providers listed in the resource guide from 0 to 2 by 09/30/2017.
<b>Status</b>	Completed
<b>Approaches taken and resources used</b>	In FY17, SVH created a referral guide to include local, regional and statewide resources. Educational classes targeting anxiety and positive thinking were facilitated to the whole student body and staff at Nokomis and MCI as well as two smaller classes of 50 students and staff on addictions to include referral sources and numbers. SVH also created a regional resource guide for distribution.
<b>Partners engaged</b>	SVH partnered with the following entities on this priority: <ul style="list-style-type: none"> <li>• Nokomis</li> <li>• MCI</li> <li>• Seabasticook Valley Middle School</li> </ul>
<b>Highlights</b>	See “Approaches taken and resources used” section
<b>Outcome Measure</b>	18 classes with referral to resources
<b>Project lead</b>	Paul Arsenault, VP, Primary Care and Specialty Practices Donna Huff, NP, Family Psychology/Mental Health
<b>Next Steps</b>	In FY18, SVH will not continue with this objective for mental health. Instead, we will focus on increasing the number of mental health educational and partnership opportunities with SVH employees and community members.

<b>FY 2017 Progress Report</b> <b>Priority 3: Mental Health - Resource Guide</b>	
<b>Objective</b>	Increase the number of local resource guides identifying mental health services/providers from 0 to 1 by 09/30/2017.
<b>Status</b>	Completed
<b>Approaches taken and resources used</b>	In FY17, SVH Community Health increased education on and access to behavioral health resources by creating a behavioral health resource guide for our service area. Strategic Planning was completed with partners to identify the best formatting for the resource guide. The community health coordinator collected updated behavioral health contacts and collaborated with EMHS staff to layout the guide. We applied for a Penquis District Coordinating Council grant and was awarded funds to produce 4500 copies for regional distribution to 28 Healthcare Facilities, 11 local Town Offices, 16 Schools, 31 local locations: Rite Aids, Cultural Center and Police Department's, etc. We collaborated with partners to coordinate Community Education sessions and presented brief lunch and learn programs on reducing the stigma of mental health issues and offering resources for support and distribution of the guides at these sessions.
<b>Partners engaged</b>	SVH partnered with the following entities on this priority: <ul style="list-style-type: none"> <li>• NAMI</li> <li>• SVH</li> <li>• EMHS</li> <li>• Other regional/local contacts/agencies</li> </ul>
<b>Highlights</b>	We continue to disseminate the guides at Lunch and Learns and Community Events.
<b>Outcome Measure</b>	1 guide (1500 printed)
<b>Project lead</b>	Sherry Tardy, Director, Business Development
<b>Next Steps</b>	In FY18, SVH plans to continue providing the resource guides through regional dissemination efforts as well as at various Lunch and Learn events and community engagements.

<b>FY 2017 Progress Report</b> <b>Systemwide Priority: Opioid Harm Reduction - Provider Education</b>	
<b>Objective</b>	By 9/30/2017, Increase the number of SVH providers receiving education on Maine's new opioid prescribing law (LD 1646, An Act to Prevent Opiate Abuse by Strengthening the Controlled Substances Prescription Monitoring Program )
<b>Status</b>	Completed
<b>Approaches taken and resources used</b>	<p>In FY17, SVH engaged local primary care providers in educational sessions related to opioid prescribing laws and standards.</p> <ul style="list-style-type: none"> <li>• The Maine Independent Clinical Information Service (MICIS) 2017 Provider Education on Evidence Based Opioid Prescribing presented by Maine Medical Association on May 18, 2017. The Program provided CME credit and networking for 31 Physician and Family Nurse Practitioners. These providers were from Sebecook Valley Health's service area, nine were from SVH.</li> </ul>
<b>Partners engaged</b>	<p>SVH partnered with the following entities on this priority:</p> <ul style="list-style-type: none"> <li>• Maine Medical Association</li> <li>• Department of Health and Human Services – Office of Maine Care Services</li> <li>• Maine Medical Association</li> </ul>
<b>Highlights</b>	See “ Approaches taken and resourced used” section
<b>Outcome Measure</b>	31 providers received education on implementing Maine's new opioid prescribing laws being tracked in inventory database
<b>Project lead</b>	Sherry Tardy, Director, Business Development
<b>Next Steps</b>	In FY18, SVH plans to continue offering educational opportunities to local providers specific to Maine's opioid prescribing law.

<b>FY 2017 Progress Report</b> <b>Systemwide Priority: Healthy Food Access - Food Insecurity Screen and Intervene</b>	
<b>Objective</b>	Increase the number of patients screened for food insecurity from 750 to 800 per month by 9/30/2017.
<b>Status</b>	Completed
<b>Approaches taken and resources used</b>	In FY17, SVH worked with three family practice locations to implement food security screening at patient visits. Patients were asked two food insecurity questions during intake. Results were recorded in the electronic medical records (EMR) and flagged for provider to follow up with the patient and provide a referral to care management for follow-up. In addition, food resource guides were given to the patient by their provider.
<b>Partners engaged</b>	SVH partnered with the following entities on this priority: <ul style="list-style-type: none"> <li>• SVH Family Care offices located in Newport, Pittsfield, and Clinton</li> </ul>
<b>Highlights</b>	See “Approaches taken and resources used” section
<b>Outcome Measure</b>	10,880 patients screened for food insecurity
<b>Project lead</b>	Sherry Tardy, Director, Business Development
<b>Next Steps</b>	In FY18, SVH plans to continue screening patients for food insecurity focusing on increasing the number of screened patients.

Fiscal Year 2018

# Progress report to our community

Addressing community health needs



**Northern Light**<sup>SM</sup>  
Seabrook Valley Hospital



# Progress report update

## FY 2018 Progress Report

### Priority #1: Hunger/Food Insecurity – community pantries

**Objective:** Increase number of school pantries in Somerset and Penobscot counties from zero to three by September 30, 2018.

**Status:** Completed

**Approaches taken and resources used:** In fiscal year 2018 (FY18), Northern Light Sebecook Valley Hospital partnered with three schools to establish food pantries within the school building. The schools, Warsaw Middle, Sebecook Valley Middle, and Nokomis High School all received financial support (via a grant from Kohl's) to fund the pantries. All pantries were stocked and running prior to the end of school. Northern Light Sebecook Valley Hospital also partnered with four schools to implement a backpack program. The schools were Warsaw Middle, Nokomis High School, Somerset Middle, and Sebecook Middle. Four hundred backpacks total were distributed among the schools, prior to vacations (Thanksgiving, Christmas, February and April breaks).

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

- Nokomis High School
- Sebecook Valley Middle School
- Warsaw Middle School with support from our community partners; Palmyra Baptist Worship Center Food Pantry, Tri-Town Food Pantry, River Run Church of the Nazarene

**Highlights:** In FY18, the highlights of this objective were to hear how appreciative the students and families were to receive the food and participate in the food pantry. The excitement that was generated at the schools by administration, community, staff, and students further affirmed the need for school food pantries and backpacks. One administrator reported that one of the students had tears when receiving their backpack.

**Outcome Measure:** In FY18, the outcome measure for this objective achieved by Northern Light Sebecook Valley Hospital was establishment of three school pantries in Somerset and Penobscot counties.

**Project Lead:** Sharon Kimball, Community Health project specialist

**Next Steps:** In fiscal year 2019, Northern Light Sebecook Valley Hospital will continue the partnerships with the schools to further develop the pantries and backpack programs. Funding has been allocated for year two. Northern Light Sebecook Valley Hospital will continue to engage local food pantries in the procurement and continuation of these projects to help with sustainability.

## FY 2018 Progress Report

### Priority #1: Hunger/Food Insecurity – food donations

**Objective:** Increase the number of school and community gardens that donate to food partners from eight to 12 by September 30, 2018.

**Status:** Completed

**Approaches taken and resources used:** In fiscal year 2018 (FY18), Northern Light Seabasticook Valley Hospital partnered with area schools and community food pantries to continue to improve and develop area gardens and food streams that could contribute to area food insecure population. Funding from Kohl's Cares helped to support this endeavor.

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

- Warsaw Middle School
- Nokomis High School
- Seabasticook Valley Middle School
- RSA19 Alt. Education
- Caravel Middle School
- Hometown Health Center Newport
- Hometown Health Center Pittsfield
- Hometown Health Center Dover
- Outland Farm Community Garden
- Palmyra Baptist Worship Center Community Garden
- River Run Community Garden
- Etna/Dixmont School
- Christie's Campground
- Harmony School
- Pittsfield Public Library

**Highlights:** In FY18, Northern Light Seabasticook Valley Hospital continued to work with area groups to build their gardens and produce more fresh produce for the food insecure of the area. This year, donated produce exceeded 8,543 pounds.

**Outcome Measure:** In FY18, the outcome measure for this objective achieved by Northern Light Seabasticook Valley Hospital was six community partners donating to food pantries.

**Project Lead:** Sharon Kimball, Community Health project specialist

**Next Steps:** In fiscal year 2019, Northern Light Seabasticook Valley Hospital will continue to work with area gardens to promote donating to the food insecure.

## FY 2018 Progress Report

### Priority #2: Substance abuse – community education

**Objective:** Increase the number of community education sessions that present and discuss substance abuse data for Sebasticook Valley residents from six to nine by September 30, 2018.

**Status:** Completed

**Approaches taken and resources used:** In fiscal year 2018 (FY18), Northern Light Sebasticook Valley Hospital conducted presentations of Maine Integrated Health Survey (MIYHS) data trends to Substance Abuse Prevention Team, Healthy SV Coalition, local school administrations, community organizations, and other community members.

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

- Healthy SV Coalition
- Local school departments (Somerset Valley Middle School, Sebasticook Valley Middle School, Warsaw Middle School, Maine Central Institute)
- MSAD 53 Superintendent
- RSU 19 Superintendent
- Pittsfield Police Department
- Maine State Police Troop C

**Highlights:** In FY18, Northern Light Sebasticook Valley Hospital intended to expand upon community educational sessions within the community from six sessions to nine sessions and with new data being presented in April 2018 it was difficult to reach community organizations with the new MIYHS data trends.

**Outcome Measure:** In FY18, the outcome measure for this objective achieved by Northern Light Sebasticook Valley Hospital was five community educational sessions that reached over 90 individuals.

**Project Lead:** Shawna Melanson, Drug Free Communities Project Coordinator; Jessica Ouellette, Drug Free Communities Project Coordinator

**Next Steps:** In fiscal year 2019, Northern Light Sebasticook Valley Hospital will continue offering community education sessions that present and discuss the Maine Integrated Youth Health Survey (MIYHS) for Sebasticook Valley residents.

## FY 2018 Progress Report

### Priority #2: Substance abuse – safe storage disposal

**Objective:** Increase the amount of community organizations, healthcare partners, and local pharmacies that provide safe drug storage and disposal education information from 24 to 35 by September 30, 2018.

**Status:** Completed

**Approaches taken and resources used:** In fiscal year 2018 (FY18), Northern Light Seabasticook Valley Hospital distributed magnets, brochures, and pamphlets to area pharmacies, town offices, local schools, and other area businesses about safe storage and disposal of prescription drugs.

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

- Healthy SV Coalition staff members

**Highlights:** In FY18, Northern Light Seabasticook Valley Hospital exceeded the goal by delivered prescription drug magnets, brochures, and pamphlets to 36 different area businesses, pharmacies, town offices, and schools.

**Outcome Measure:** In FY18, the outcome measure for this objective achieved by Northern Light Seabasticook Valley Hospital was for 36 area pharmacies, schools, town offices, and other local businesses to have information onsite for community members about the proper storage and disposal methods of prescription drugs.

**Project Lead:** Shawna Melanson, Drug Free Communities project coordinator; Jessica Ouellette, Drug Free Communities project coordinator

**Next Steps:** In fiscal year 2019, Northern Light Seabasticook Valley Hospital will maintain these 36 local entities by continuing to offer them informational materials on safe storage and disposal of prescription drugs.

## FY 2018 Progress Report

### Priority #3: Mental health

**Objective:** Increase the number of educational and partnership opportunities with SVH employees and community members from six to eight by September 30, 2018.

**Status:** Completed

**Approaches taken and resources used:** In fiscal year 2018 (FY18), Northern Light Sebecook Valley Hospital partnered with NAMI and Redington-Fairview General Hospital (RFGH) to provide trainings to community and school faculty. NAMI presented Youth Mental Health First Aid to community members and local school faculty. RFGH presented Adverse Childhood Experiences ACES to local High School Administrators and faculty. HealthySV provided lunch and learn programs to local middle and high school students at Caravel, Warsaw Sebecook Valley Middle School, and Nokomis on the following topics: Stress and anxiety, bullying prevention, and sleep hygiene.

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

- NAMI
- Somerset Valley Middle School
- Sebecook Valley Middle School
- RSU 19 Superintendent
- Maine Central Institute
- Warsaw Middle School
- MSAD 53 Superintendent
- Pittsfield Police Department
- Maine State Police: Troop C
- Redington-Fairview General Hospital

**Highlights:** In FY18, Northern Light Sebecook Valley Hospital partnered with NAMI and RFGH to provide trainings to community and school faculty. NAMI presented Youth Mental Health First Aid to community members and local school faculty. RFGH presented ACES to local High School Administrators and faculty.

**Outcome Measure:** In FY18, the outcome measure for this objective achieved by Northern Light Sebecook Valley Hospital was partnering with NAMI to provide the Youth Mental Health First Aid training in our community, RFGH to provide ACES training to our local high school administrators and faculty. Community Health staff provided mental health related education on the following topics: stress, anxiety, bullying prevention, and sleep hygiene to youth in our community by offering lunch and learn sessions. The reach for these educational sessions was more than 400 community members.

**Project Lead:** Sherry Tardy, Director Community Health; Shawna Melanson, Drug Free Communities Project Coordinator

**Next Steps:** In fiscal year 2019, Northern Light Sebecook Valley Hospital will continue to partner with these organizations to bring mental health education and awareness.

## FY 2018 Progress Report

### Systemwide Priority: Opioid harm reduction – provider education

**Objective:** By September 30, 2018, increase by five the number of providers receiving education required by Maine’s opioid prescribing law (LD 1646, An Act to Prevent Opiate Abuse by Strengthening the Controlled Substances Prescription Monitoring Program). **Status:** Completed

**Approaches taken and resources used:** In fiscal year 2018 (FY18), Northern Light Sebasticook Valley Hospital provided education required by Maine’s opioid prescribing law (LD 1646, An Act to Prevent Opiate Abuse by Strengthening the Controlled Substances Prescription Monitoring Program) to 40 providers from Sebasticook Valley Hospital, Inland Hospital, CA Dean Hospital and Hometown Health. The educational session was presented by Peter Michaud, JD, RN, associate general counsel of Maine Medical Association.

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

- Northern Light Inland Hospital
- Northern Light CA Dean Hospital
- Hometown Health

**Highlights:** In FY18, the outcome measure for this objective achieved by Northern Light Sebasticook Valley Hospital was a CME event for local primary and specialty care providers entitled *New Aspects of Maine’s Opioid Laws* presented by Peter Michaud, JD, RN, associate general counsel of Maine Medical Association. We had 40 providers and administrators attend from Northern Light Sebasticook Valley Hospital, Northern Light Inland Hospital, Northern Light CA Dean Hospital, and Hometown Health.

**Outcome Measure:** In FY18, the outcome measure for this objective achieved by Northern Light Sebasticook Valley Hospital was a CME event for local primary and specialty care providers entitled *New Aspects of Maine’s Opioid Laws* presented by Peter Michaud, JD, RN, associate general counsel of Maine Medical Association. We had 40 providers and administrators attend from Northern Light Sebasticook Valley Hospital, Northern Light Inland Hospital, Northern Light CA Dean Hospital, and Hometown Health.

**Project Lead:** Sherry Tardy, Director, Business Development

**Next Steps:** In fiscal year 2019, Northern Light Sebasticook Valley Hospital plans to identify and provide education materials that provider sites may offer to patients related to prescription drug safety.

## FY 2018 Progress Report

### Systemwide Priority: Healthy food access – food insecurity screen and intervene)

**Objective:** Increase the number of screenings for food insecurity from 12,900 to 14,190 by 9/30/2018.

**Status:** In progress

**Approaches taken and resources used:** In fiscal year 2018 (FY18), Northern Light Seabrook Valley Hospital continued to address food insecurity among our primary care patients by asking the 2 food insecurity questions during all visits at SVH Family Care. We offered our food brochures and food box program as resources for patients in our community who were screened as food insecure.

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

- Good Shepard Food Bank
- Kohls Cares

**Highlights:** In FY18, Northern Light Seabrook Valley Hospital continued screening our primary care patients for food insecurity and provided resources to those who have been screened food insecure.

**Outcome Measure:** In FY18, Northern Light Seabrook Valley Hospital did not reach the goal of increasing our number of patients screened for food insecurity. Our overall SVH Family Care visits were down by 5% for the year.

**Project Lead:** Stacy Hubel, Director

**Next Steps:** In fiscal year 2019, Northern Light Seabrook Valley Hospital plans to continue its food insecurity screening efforts.



Fiscal Year 2019

# Progress report to our community

Addressing community health needs



**Northern Light**<sup>SM</sup>  
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 Seabrook Valley Hospital partnered with Healthy SV to provide patient education materials surrounding prescription drug safety.

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

Healthy SV

**Highlights:** In FY19, Northern Light Seabrook 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 Seabrook 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 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 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 Seabrook 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 Seabrook 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 Seabrook 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 Seabrook 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 Seabrook Valley Hospital will increase their number of food insecurity screens from 13,000 to 15,000.

## Conclusion

Northern Light Seabrook 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.