

Community Benefit 2023



Northern Light
HealthSM

ARE YOU OK TODAY?

Psychological First Aid Training: A Resource for our Communities

It's a warm morning in August and as the sun rises over the lake at Camp Jordan in Ellsworth; campers and counselors begin their day with a quick swim. While memories of summer camp can be some of the best, it's important to be prepared if a child needs extra support. Children are facing an increasing amount of stress and emotional challenges; providing psychological first aid (PFA) training is one way we're helping community organizations in our region prepare to provide support. Northern Light Acadia Hospital, in collaboration with other Northern Light Health members, provides training sessions to community partners including camp counselors, hospitals, and local schools.

Jennifer Laferte-Carlson, community health manager, Northern Light Acadia Hospital, together with a team of colleagues offer the training at no cost to organizations and leaders throughout Maine.

“This training allows there to be a bridge to keep people safe until they can be connected with resources,” says Laferte-Carlson. “Training includes providing skills to identify and respond to those who have experienced trauma, being able to connect those individuals to resources and provide them with skills for self-care.”

“This training allows there to be a bridge to keep people safe until they can be connected with resources.”

- Jennifer Laferte-Carlson

Camp counselor Blair Hudson (left) talks with camper Lily Carlson (right).



Acadia Hospital

Community Health Improvement Services	\$133,601
Health Professions Education	\$787,087
Cash and In-Kind Contributions	\$1,437
Community Benefit Operations	\$23,093
Traditional Charity Care	\$9,987,326
Unpaid Cost of Public Programs:	
Medicare	\$4,223,237

Total \$15,155,781

northernlighthouse.org/Acadia-Hospital

AR Gould Hospital

Community Health Improvement Services	\$39,676
Health Professions Education	\$847,913
Cash and In-Kind Contributions	\$25,046
Community Building Activities	\$66,603
Community Benefit Operations	\$34,732
Traditional Charity Care	\$93,624
Unpaid Cost of Public Programs:	
Medicaid	\$6,251,232
Medicare	\$13,842,558

Total \$21,201,384

northernlighthouse.org/A-R-Gould-Hospital

Blue Hill Hospital

Community Health Improvement Services	\$18,266
Health Professions Education	\$24,166
Cash and In-Kind Contributions	\$45,854
Community Building Activities	\$1,377
Community Benefit Operations	\$63,542
Traditional Charity Care	\$45,104
Unpaid Cost of Public Programs:	
Medicare	\$2,509,841

Total \$2,708,150

northernlighthouse.org/Blue-Hill-Hospital

CA Dean Hospital

Health Professions Education	\$38,767
Community Benefit Operations	\$48,311
Traditional Charity Care	\$24,535
Unpaid Cost of Public Programs:	
Medicare	\$125,626

Total \$237,239

northernlighthouse.org/C-A-Dean-Hospital

Eastern Maine Medical Center

Community Health Improvement Services	\$47,767
Health Professions Education	\$2,018,810
Research	\$1,996,124
Cash and In-Kind Contributions	\$50,525
Community Building Activities	\$11,360
Community Benefit Operations	\$1,268,909
Traditional Charity Care	\$1,788,550
Unpaid Cost of Public Programs:	
Medicaid	\$72,843,914
Medicare	\$130,786,522

Total \$210,812,481

northernlighthouse.org/Eastern-Maine-Medical-Center

Home Care & Hospice

Community Health Improvement Services	\$10,828
Health Professions Education	\$67,337
Cash and In-Kind Contributions	\$4,343
Community Benefit Operations	\$205,466
Traditional Charity Care	\$13,175
Unpaid Cost of Public Programs:	
Medicaid	\$521,315

Total \$822,464

northernlighthouse.org/Homecare-Hospice



Inland Hospital

Community Health Improvement Services	\$95,643
Health Professions Education	\$48,876
Cash and In-Kind Contributions	\$7,250
Community Building Activities	\$10,000
Community Benefit Operations	\$266,054
Traditional Charity Care	\$49,262
Unpaid Cost of Public Programs:	
Medicaid	\$7,052,916
Medicare	\$6,466,972

Total \$13,996,973

northernlighthouse.org/Inland-Hospital

Maine Coast Hospital

Community Health Improvement Services	\$16,613
Health Professions Education	\$35,391
Cash and In-Kind Contributions	\$26,598
Community Benefit Operations	\$83,538
Traditional Charity Care	\$151,184
Unpaid Cost of Public Programs:	
Medicaid	\$4,234,073
Medicare	\$7,157,588

Total \$11,704,985

northernlighthouse.org/Maine-Coast-Hospital

Mayo Hospital

Community Health Improvement Services	\$2,216
Health Professions Education	\$100,600
Community Building Activities	\$2,056
Community Benefit Operations	\$32,162
Traditional Charity Care	\$172,903
Unpaid Cost of Public Programs:	
Medicare	\$1,125,434

Total \$1,435,371

northernlighthouse.org/Mayo

Mercy Hospital

Community Health Improvement Services	\$1,944,395
Cash and In-Kind Contributions	\$60,313
Community Building Activities	\$862,593
Community Benefit Operations	\$685,239
Traditional Charity Care	\$221,318
Unpaid Cost of Public Programs:	
Medicaid	\$13,288,838
Medicare	\$37,339,875

Total \$54,402,571

northernlighthouse.org/Mercy-Hospital

Northern Light Health Home Office

Community Health Improvement Services	\$76,328
Cash and In-Kind Contributions	\$148,731
Community Benefit Operations	\$516,962

Total \$742,021

northernlighthouse.org

Sebasticook Valley Hospital

Community Health Improvement Services	\$105,226
Health Professions Education	\$53,282
Cash and In-Kind Contributions	\$1,024
Community Building Activities	\$2,403
Community Benefit Operations	\$20,518
Traditional Charity Care	\$77,526
Unpaid Cost of Public Programs:	
Medicare	\$1,720,294

Total \$1,980,273

northernlighthouse.org/Sebasticook-Valley-Hospital



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Among the counselors to receive training at Camp Jordan in Ellsworth was Blair Hudson, the arts and culture director at the camp. Hudson, who is in her seventh year as a camp counselor, says the training has allowed her to be more proactive in identifying early signs of emotional distress in campers. The newfound skills help her create a safer and more supportive environment for the kids and teens under her care.

“I had never had any type of training in mental health or psychological first aid, so this was a great addition to my skill set,” says Hudson. “I came out of the training with a lot more confidence to handle certain situations on my own, and I’ve been able to use it on a couple occasions over the course of the summer, specifically with children having panic attacks or experiencing other signs of trauma.”

“Now more than ever, this training is essential for members of our communities to be equipped with the skills to recognize and address emotional distress,” adds Laferte-Carlson.

In a time of crisis, PFA training empowers community members to feel confident and capable in supporting others emotional well-being. It plays a significant role in reducing the stigma around seeking mental health support and enabling early intervention.



For more information about psychological first aid training call the Northern Light Acadia Hospital Behavioral Health Resource Center at 207.973.6100.



To learn more go to:
northernlighthealth.org/Community-Health-Needs-Assessment/Community-Benefit-Reports

Total Community Investment by Category

Community Health Improvement Services	\$2,490,559
Health Professions Education	\$4,022,229
Research	\$1,996,124
Cash and In-Kind Contributions	\$371,121
Community Building Activities	\$956,392
Community Benefit Operations	\$3,248,526
Traditional Charity Care	\$12,624,507
Unpaid Cost of Public Programs:	
Medicaid	\$104,192,288
Medicare	\$205,297,947
Total Systemwide	\$335,199,693

Northern Light Health Member Community Benefit

Acadia Hospital	\$15,155,781
AR Gould Hospital	\$21,201,384
Blue Hill Hospital.....	\$2,708,150
CA Dean Hospital	\$237,239
Eastern Maine Medical Center	\$210,812,481
Home Care & Hospice	\$822,464
Inland Hospital	\$13,996,973
Maine Coast Hospital.....	\$11,704,985
Mayo Hospital	\$1,435,371
Mercy Hospital	\$54,402,571
Northern Light Health Home Office	\$742,021
Sebasticook Valley Hospital	\$1,980,273



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