

Fiscal Year 2018

Progress report to our community

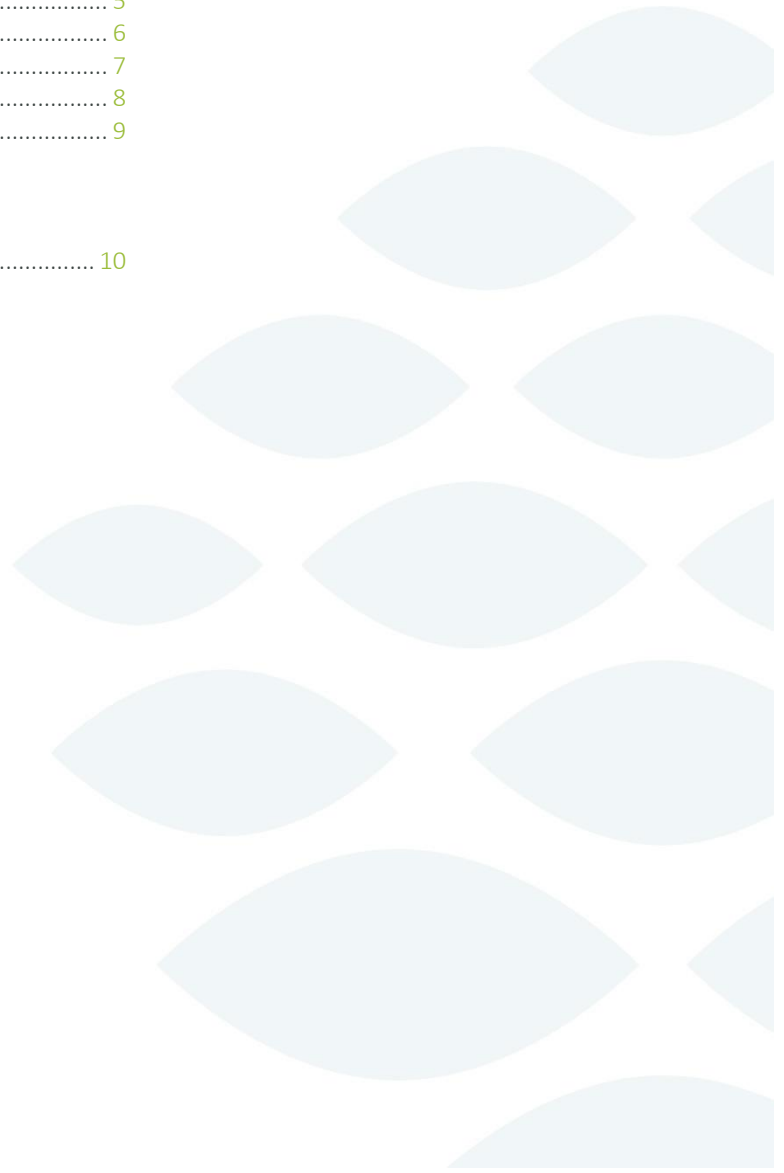
Addressing community health needs



Northern LightSM
Inland Hospital

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John Dalton
President

**Northern Light
Inland Hospital**

We are proud to announce that EMHS has become Northern Light Health! As Northern Light Inland Hospital, we're still the same passionate, hard-working folks our communities have come to trust for their healthcare needs. More than a name change, our new brand conveys our promise to lead Maine on a path to better health. We have come together to move healthcare in a new direction, creating a system that works for our patients, our people, and our communities.

In 2016, EMHS partnered with [three other Maine healthcare systems](#) and the Maine Center for Disease Control and Prevention to create a [Community Health Needs Assessment](#). We used that assessment and public input to develop a three-year strategy to improve the health and well-being of the communities that we serve.

The following is an update on the progress of that community health improvement plan for our fiscal year 2018. As a member organization of Northern Light Health, we at Northern Light Inland Hospital have our own unique set of priorities that we are addressing including:

- Obesity, physical activity and nutrition
- Substance abuse
- Mental health, depression
- Poverty

We are also working together with other Northern Light Health members throughout the state to prevent and treat opioid addiction and to improve access to healthy food for patients, families and communities.

We are striving for better: better access to health services, better care for our patients, and better ways to address the health issues that affect our communities. With the strength of our system and the relationships built with our communities, we know that together we'll create a healthier Maine.

Sincerely,



John Dalton
President, Northern Light Inland Hospital

Progress report update

FY 2018 Progress Report

Priority #1: Obesity (Physical activity/nutrition)

Objective: Increase number of registered Let's Go! school, out of school, and childcare sites in northern Kennebec County from 21 to 23 by March 9, 2018.

Status: Completed

Approaches taken and resources used: In fiscal year 2018 (FY18), Northern Light Inland Hospital exceeded our goal of registering 23 Let's Go! sites (schools, out-of-school and childcare). We registered 24 sites in fiscal quarter one, reaching 5,737 students and 900 staff.

Northern Light Inland Hospital's full-time community health coordinator for the Let's Go! program provided support, trainings, and education to students, staff, and families within the Let's Go! registered sites.

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

AOS 92 (Waterville, Winslow, and Vassalboro), RSU 18 (Oakland, Sidney, Rome, China & Belgrade), Mt. Merici School (Waterville), Snow Pond Arts Academy (Sidney), Alford Youth Center (Waterville), Educare (Waterville), The Children's Place (Waterville) Southern Kennebec Child Development Corporation (China and Vassalboro), Let's Go! home office

Highlights: In FY18, Northern Light Inland Hospital's second year of having a full-time Let's Go! coordinator has been successful in expanding the Let's Go! reach throughout schools, childcare, and out-of-school programs as evidenced by exceeding our goal of 23 registered and engaged Let's Go! sites.

Outcome Measure: In FY18, Northern Light Inland Hospital exceeded its goal by registering 24 school, childcare, and out-of-school sites with the Let's Go! 5210 program, reaching 5,737 students and 900 staff. Let's Go!'s evidence-based 5210 healthy eating and active living daily habits are: Five or more fruits and vegetables, two hours or less of recreations screen time, one hour or less of recreational screen time, and zero sugary drinks. Our community health coordinator creates Let's Go! Action Plans with individual sites for ongoing sustainability of the healthy messages and plans policy development and implementation to support the messages.

Project Lead: Baylee Doughty, community health coordinator

Next Steps: In fiscal year 2019 (FY19), Northern Light Inland Hospital will maintain 26 registered Let's Go! school, out-of-school, and childcare sites in Northern Kennebec County.

FY 2018 Progress Report

Priority #2: Substance Abuse

Objective: Increase integrated behavioral health services in primary care settings from 1 to 5 by September 30, 2018.

Status: In Progress

Approaches taken and resources used: In FY18, Northern Light Inland Hospital collaborated with Northern Light Acadia Hospital to hire new behavioral health workers who support patients suffering from substance abuse issues.

Partners engaged: In FY18, Northern Light Inland Hospital partnered with the following entities on this priority:

Northern Light Acadia Hospital

Highlights: In FY18, Northern Light Inland Hospital successfully integrated behavioral health services into four of our five primary care offices.

Outcome Measure: In FY18, Northern Light Inland Hospital hired additional staff (two licensed clinical social workers) which allowed us to offer behavioral health services in four of our five primary care offices. Part of the new support includes tele-mental health services. Integrating behavioral health services into the primary care setting helps increase access to specific and further care that a person facing substance abuse may need for support and healing.

Project Lead: Belinda Fletcher, practice administrator and Gavin Ducker, MD, senior executive physician and vice president of Medical Affairs

Next Steps: In fiscal year 2019 (FY19), Northern Light Inland Hospital plans to expand behavioral health services into our fifth primary care office.

FY 2018 Progress Report

Priority #3: Mental Health/Depression

Objective: Increase by one the number of Mental Health First Aid classes (youth) offered in Greater Waterville by September 30, 2018.

Status: Completed

Approaches taken and resources used: In FY18, Northern Light Inland Hospital provided the community with one Mental Health First Aid Class focused on youth.

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

NAMI Maine, Waterville Public Schools, Winslow Public Schools and Vassalboro Community Schoolstaff, RSU 18 staff, Alford Youth Center, and local churches.

Highlights: In FY18, Northern Light Inland Hospital partnered with NAMI Maine to train 28 professionals in Mental Health First Aid (Youth).

Outcome Measure: In FY18, Northern Light Inland Hospital achieved our goal by providing one Mental Health First Aid class to 28 professionals, focused on youth. The training is designed to help everyday people identify, understand, and respond to signs of addiction and mental illnesses.

Project Lead: Baylee Doughty, community health coordinator

Next Steps: In FY19, Northern Light Inland Hospital will host one Mental Health First Aid class in Greater Waterville.

FY 2018 Progress Report

Priority #4: Poverty

Objective: Increase Community Benefit Program KVCAP annual partner funding support for public transportation in Northern Light Inland Hospital's service area.

Status: Completed

Approaches taken and resources used: In fiscal year 2018 (FY18), Northern Light Inland Hospital decided to commit funds to KVCAP Transportation through our Community Benefit Grant Program.

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

KVCAP Transportation staff; Community Benefit Advisory Group (membership comprised of Northern Light Inland Hospital staff, leadership, board of trustees, and community volunteers)

Highlights: In FY18, Northern Light Inland Hospital contributed \$2,000 to KVCAP Transportation to enhance local ride service for low income and other residents.

Outcome Measure: In FY18, Northern Light Inland Hospital contributed \$2,000 to KVCAP Transportation, matching last year's donation from our Community Benefit Grant Program. The transportation program provided 19,929 rides in Northern Kennebec and 4,296 rides in Somerset County during the fiscal year that ended June 30, 2018. The service is used for rides to medical appointments and other basic needs, such as grocery shopping.

Project Lead: Sara Barry, director, Community Relations

Next Steps: In FY19, Northern Light Inland Hospital plans to increase Community Benefit Grant funding to KVCAP to support public transportation in Northern Light Inland Hospital's service area.

FY 2018 Progress Report

Systemwide priority: Opioid harm reduction – patient education

Objective: By September 30, 2018, increase by four the number of provider sites providing patient education materials surrounding prescription drug safety.

Status: Completed

Approaches taken and resources used: In fiscal year 2018 (FY18), Northern Light Inland Hospital worked with our member organizations within Northern Light Health and the “Choosing Wisely” program to create and distribute opioid awareness materials for reception areas in all our medical practices. Choosing Wisely is an initiative of the American Society of Anesthesiologists that encourages patients to discuss all options for pain relief with their provider, and points out that opioids are not always the best choice.

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

Northern Light Eastern Maine Medical Center, Northern Light Mercy Hospital, and Choosing Wisely

Highlights: In FY18, Northern Light Inland Hospital received input on the materials from our Patient and Family Advisory Council to ensure readability and public interest level.

Outcome Measure: In FY18, Northern Light Inland Hospital provided “Choosing Wisely” patient education materials on prescription drug safety to 12 medical practice reception areas. Choosing Wisely is an initiative of the American Society of Anesthesiologists that encourages patients to discuss all options for pain relief with their provider, and points out that opioids are not always the best choice.

Project Lead: Sara Barry, director, Community Relations; Gavin Ducker, MD, senior physician executive and vice president of Medical Affairs

Next Steps: In FY19, Northern Light Inland Hospital will increase from 0 to 5 the number of provider sites offering patient education materials on prescription drug safety that are embedded in the electronic health record (EHR) to be available for patient clinical visit summaries.

FY 2018 Progress Report

Systemwide priority1: Healthy food access – healthy hospital food

Objective: Reformulate three recipes to improve the nutritional content of food options offered at foodservice venues (cafeteria, vending, catering) using U.S. DHHS and CDC’s Health and Sustainability Guidelines for Federal Concessions and Vending Operations Guidelines by September 30, 2018.

Status: Completed

Approaches taken and resources used: In FY18, Northern Light Inland Hospital foodservice team reformulated at least three recipe/menu items to reduce sodium content. The recipes included taco seasoning, tortilla wraps, and chicken tortilla soup.

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

Northern Light Health Food Service Council

Highlights: In FY18, Northern Light Inland Hospital achieved the goal of reformulating three new recipes.

Outcome Measure: In FY18, Northern Light Inland Hospital reformulated three recipe/menu items with the assistance of a new dietetic software tool (Computrition). The software helps staff to create healthier options for patients, employees and visitors. We focused on lowering sodium amounts in some of the most popular menu items. For example, the tortilla wrap was changed to a whole wheat wrap, lowering the sodium from 950mg to 510mg. In addition, the type of salsa in the chicken tortilla soup was changed, resulting in a sodium reduction from 605mg to 368mg.

Project Lead: Scott Pearl, Food & Nutrition Services director and Dan Booth, vice president of Operations

Next Steps: In FY19, Northern Light Inland Hospital plans to reformulate three more recipe/menu items to improve the nutritional content of food options offered at our foodservice venues (cafeteria, vending, catering).

Conclusion

Northern Light Inland Hospital continues work on identified priorities through the Community Health Strategy and is thankful for the participation and support of our community members and many area organizations for contributing their knowledge of local community health needs related to our priorities of action. Through existing and future partnerships, collaborative efforts are essential in addressing the identified community health strategies prioritized within.

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