

Fiscal Year 2018

# Progress report to our community

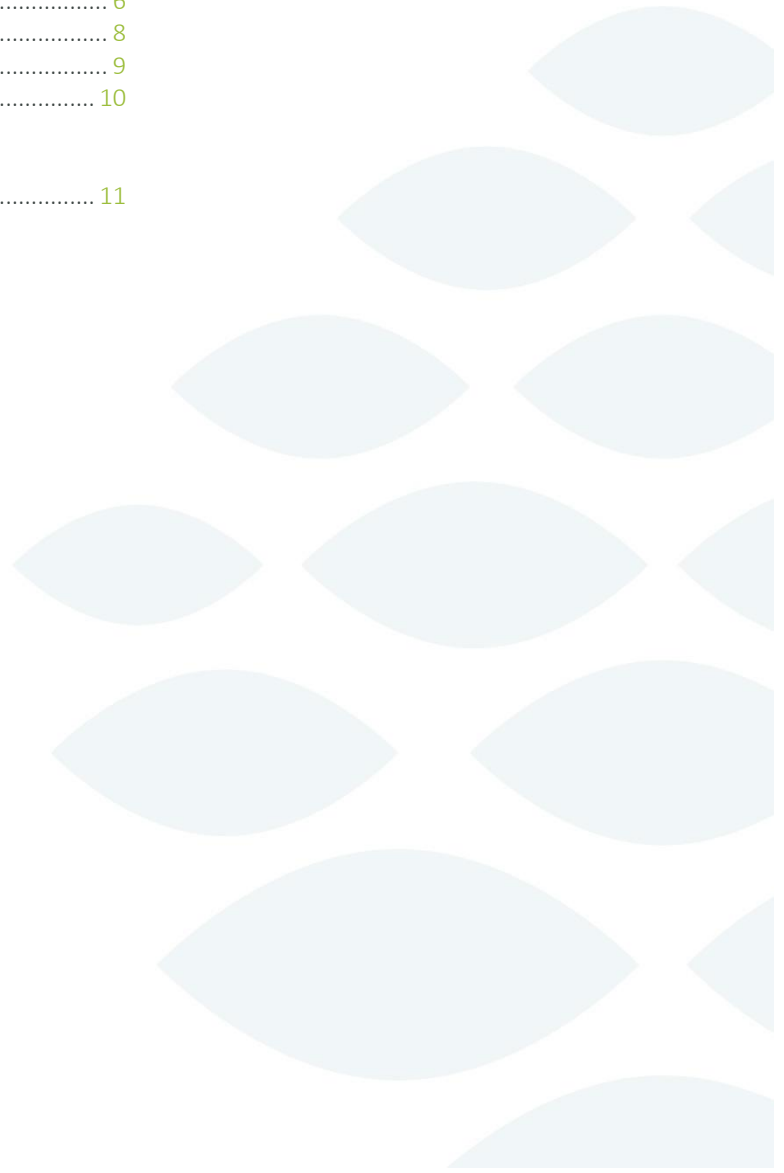
Addressing community health needs



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

# Table of Contents

Progress Report to Our Community	
Introduction.....	3
Progress Report Update	
Priority #1: Hunger/Food insecurity.....	4
Priority #2: Substance abuse .....	6
Priority #3: Mental health.....	8
Systemwide Priority: Opioid harm reduction .....	9
Systemwide Priority: Healthy food access .....	10
Conclusion .....	11





Teresa Vieira, MHA, FACHE  
President

**Northern Light C.A. Dean  
Hospital and Northern Light  
Sebasticook Valley Hospital**

We are proud to announce that EMHS has become Northern Light Health! As Northern Light Sebasticook Valley 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 Sebasticook Valley Hospital have our own unique set of priorities that we are addressing including:

- Hunger, food insecurity
- Substance abuse
- Mental health

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 access to health services, care for our patients, and 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,



Terri Vieira, FACHE  
President, Northern Light Sebasticook 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 Sebecook 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 Sebecook Valley Hospital partnered with the following entities on this priority:

- Healthy SV Coalition staff members

**Highlights:** In FY18, Northern Light Sebecook 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 Sebecook 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 Sebecook 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 Seabasticook 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 Seabasticook Valley Hospital partnered with the following entities on this priority:

- Good Shepard Food Bank
- Kohls Cares

**Highlights:** In FY18, Northern Light Seabasticook 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 Seabasticook 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 Seabasticook Valley Hospital plans to continue its food insecurity screening efforts.

## Conclusion

Northern Light Sebecook 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.

**Northern Light**  
**Sebastiack Valley Hospital**  
447 N. Main Street  
Pittsfield, ME 04967

[northernlighthealth.org](http://northernlighthealth.org)