Progress Report to Our Community

Addressing Community Health Needs

Fiscal Year 2017





Inland Hospital

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Progress Report to Our Community









John Dalton President, Inland Hospital

Making our communities healthier - it may sound like a simple goal, but doing it right, involves hard work, commitment, and collaboration. Many factors can influence the health of people in our communities including income, poverty, employment, education, and household environment.

In 2016, EMHS partnered with three other large healthcare systems and the Maine Center for Disease Control and Prevention, an office of the Maine Department of Health and Human Services, 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 a progress report for our community health improvement plan for fiscal year 2017. As a member organization of EMHS, we at Inland Hospital have our own unique set of local priorities that we are addressing including:

- Obesity (Physical Activity and Nutrition)
- Substance Abuse
- Mental Health/Depression
- Poverty

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

The information contained in the following pages demonstrates our commitment to our communities and shows the steps we have taken to reach our benchmarks. Thank you for taking the time to review these materials. We appreciate and value your partnership in this endeavor. Together we are achieving success and supporting vibrant and healthy communities across the regions where we work and serve.

Sincerely,

John Dalton

President, Inland Hospital



Progress Report Update

Priority #1: Obesity (Physical Activity/Nutrition)

Rationale:

Collaborative efforts are intended to help lead to a leveling off of increasing obesity rates and ultimate decline in the rates over time.

Intended action to address the need:

Inland will continue work within our organization and as a multi-sector approach with others in the community to foster a local culture and model environment that supports healthy eating and active living as a way of life.

Programs and resource allocation:

- Continued efforts around Let's Go! 5210 multi-sector intervention to address childhood obesity: coordinate annual community Family Fun Series; develop and distribute materials such as an Activity Resource Guide to link families with local resources; and family practice participation as registered healthcare sites
- Beginning in fiscal year 2017, Inland intends to employ a Let's Go! coordinator (primarily) to strengthen and sustain Let's Go! program in school, after-school, and daycare settings
- Inland and EMHS childhood obesity champion Dr. Val O'Hara will collaboratively design a primary care pediatric joint practice protocol to Inland's Diabetes & Nutrition Wellness Department for family education / nutrition prescriptions, and a referral process to the WOW Program (Way to Optimal Weight) medical interventions
- Continue to promote and support breastfeeding with full-time lactation consultant on staff in Inland's Birthing Center
- Staff participate in nutrition education programs including Cooking Matters Grocery Store Tours and community-based physical activity interventions
- Inland will continue support for an active community environment and provide places to be physically active by operationalizing ongoing maintenance and promotion of the hospital's Inland Woods Trails which connect to City of Waterville-owned Pine Ridge Trails
- Inland workforce will be provided with opportunities and financial incentives to participate in worksite wellness programs including Virgin Pulse, Move and Improve, wellness coaching, gym memberships, health risk assessments, etc.
- TeamSTEPPS (Strategies and Tools to Enhance Performance and Patient Safety) Ongoing implementation throughout the organization
- A full-time Community Health Navigator will be added in the EMHS Center for Women's Health and primary care settings to link vulnerable populations with needed resources
- Community Benefit funding will be allocated to support evidence-based initiatives that promote healthy eating and active living in local schools and communities such as trails, parks and playgrounds, community gardens, Walking School Bus, and farm to school programs

Priority #1: Obesity (Physical Activity/Nutrition) continued

Planned collaborations:

Inland will continue collaboration with Let's Go! home office at the Barbara Bush Children's Hospital at Maine Medical Center and explore collaborative opportunities with United Way of Mid-Maine, Colby College, Let's Go! Somerset and other local stakeholders. Also, Inland will foster ongoing and new partnerships to continue popular Family Fun Series.

Inland will continue partnerships with organizations such as Healthy Northern Kennebec, Alfond Youth Center, Friends of Quarry Road, Waterville Creates!, local schools, municipalities, recreation departments, trails organizations, libraries, and others to improve access to and raise awareness of recreational/active transportation and healthy eating resources.

Population of focus:

Families with young children; low income populations; employees

FY 2017 Progress Report Priority 1: Obesity (Physical Activity/Nutrition)	
Objective	Obesity - Maintain/increase reported rates for increased physical activity by families participating in the annual Let's Go! Family Fun Series program at or above 76.92% by September 30, 2017.
Status	Completed
	Inland Hospital's popular Let's Go! Family Fun Series started in September, 2012 and has grown to engage 363 participating families in its fifth program year during fiscal year 2017. The Let's Go! Family Fun Series organizes events each month for children ages 4-12 and their families. These free events are held at recreational and community sites to encourage families to access these resources throughout the year. Importantly, equipment is provided to families at no cost to them, for events that feature biking, skiing, snowshoeing, or kayaking. This has allowed families to try new activities without purchasing expensive equipment and has increased the level of participation of all family members in healthy behaviors.
Approaches taken and resources used	The Let's Go! Family Fun Series supports Inland Hospital and EMHS' mission to care for and serve our community by providing a program focused on community health and instilling healthy habits, starting at a young age. Fostering a culture of wellness in the greater Waterville area not only supports our organization's mission, but will reduce risk factors, chronic disease and other illness associated with obesity, ultimately reducing health care costs.
	363 families (558 adults/646 children) enrolled and participated in the 2016-2017 Let's Go! Family Fun Series (12 events held Sept- Aug). 152 were returning families (who had participated in previous years) and 211 families were new to the program this year. 94 (62%) of 152 returning families in the series answered yes on the physical activity question on program registration cards. ("Has participating in the LET'S GO! Family Fun Series prompted your family to be more active?")
Partners engaged	Inland Hospital partnered with the following entities on this priority: Alfond Youth Center, Waterville Parks & Recreation, Town of Fairfield, Friends of Quarry Road Trails, Central Maine Ski Club, Skowhegan Parks & Recreation, Kennebec Messalonskee Trails, Waterville Creates, Common Street Arts, Colby College, Thomas College, University of Maine Farmington, Snow Pond Community Music School, Waterville Public Library, Somerset Public Health, Move More Kids, Let's Go! Somerset, Hart to Hart Farm, Winterberry Farm, Hannaford, Healthy Communities of the Capital Area, Healthy Northern Kennebec, Kennebec Messalonskee Trails, Nor'easter Kite Club, Snow Pond Center for the Arts, Waterville Pediatrics.

	FY 2017 Progress Report Priority 1: Obesity (Physical Activity/Nutrition) continued
Highlights	Our 5th year-long Let's Go! Family Fun Series has proven to help families in Inland's service area live healthier lifestyles. On an online survey targeting families who participated in two or more of the monthly events, responses indicated that many of the families have adopted the daily 5-2-1-0 healthy habits since joining the program: 59% indicated they eat more fruits and vegetables 53% have reduced or limit recreational screen time 65% have increased physical activity 59% have reduced or limit sugary drinks We achieved our goal to have obesity rates for Inland Family Care patient's ages 2-18 level off below 2014 baseline of 30% with year-end overall rates at 29.3. More than two dozen local organizations partnered in our 2016-2017 Let's Go! Family Fun Series to provide staff support, equipment, and access to their facilities for Family Fun Series events. A new full-time Community Health Program Coordinator was hired to provide Let's Go! support for schools, childcares, and out-of-school programs; relationships were rebuilt
	and new partnerships were formed.
Outcome Measure	62% of families participating in the Family Fun Series reported increased physical activity after joining the program
Project lead	Ellen Wells, Community Wellness Team Leader
Next Steps	We will continue the Let's Go! Family Fun Series with a 6th year-long series of free monthly events in fiscal year 2018; provide ongoing technical assistance for schools, childcares and healthcare sites; set new goal for obesity rate decline.

Priority #2: Substance Abuse

Rationale:

Reduce opioid misuse and diversion.

Intended action to address the need:

Inland will continue primary care focus and interdisciplinary team approach for chronic pain management and safe prescribing practices to reduce opioid misuse and diversion.

Programs and resource allocation:

- Prescription Drug Monitoring Program all providers and Medical Assistants registered and utilizing the system as required by state law
- Cognitive Behavioral Therapy telemedicine initiative pilot in Unity practice in collaboration with Acadia Hospital
- Screening, Brief Intervention, and Referral to Treatment (SBIRT) –training providers and practice staff, building systems and resources for implementation
- Adverse Childhood Experiences (ACE) tool training providers and practice staff, building systems and resources for implementation
- Participation in Maine Quality Counts Chronic Pain Collaborative in Unity practice
- TeamSTEPPS (Strategies and Tools to Enhance Performance and Patient Safety) Ongoing implementation throughout the organization
- A full-time Community Health Navigator will be added in the EMHS Center for Women's Health and primary care settings to link vulnerable populations with needed resources
- Integrate behavioral health to improve access: add two Licensed Clinical Social Workers to work in primary care, women's health, and Inland's Birthing Center; one psychiatric nurse practitioner in family practice and women's health
- Community Benefit funding will be allocated to support local community substance abuse agencies and evidence-based programs

Planned collaborations:

- Between April 2015 and May 2016, Inland Family Care in Unity is one of thirteen Maine primary care
 practices working together in a Maine Quality Counts Chronic Pain Collaborative to improve health
 care delivery, clinical outcomes, and patient quality of life for individuals with chronic pain
- Cognitive Behavioral Therapy telemedicine initiative pilot in Unity practice in collaboration with Acadia Hospital
- Healthy Northern Kennebec provides SBIRT training for Inland providers and staff and online resources to share with patients

Population of focus:

Primarily patients identified as needing chronic pain management; people with substance abuse

FY 2017 Progress Report Priority 2: Substance Abuse	
Objective	Substance Abuse - By September 30, 2017 Inland will increase integrated behavioral health staff in women's health and primary care settings from 1 to 3 (total = two Licensed Clinical Social Workers, one Psychiatric Mental Health Nurse Practitioner)
Status	In Progress
Approaches taken and resources used	The goal of integrating behavioral health into primary care practices is to improve access to mental health expertise for medical providers and their patients. The evidence-based model of collaborative care benefits both provider and patient by supporting management of the complex and persistent needs of patients with behavioral health, substance misuse, and co-occurring medical diagnoses. Integration of behavioral health supports populations at high risk for substance abuse problems that can serve as barriers to improving patient health. Patients also get convenience, minimized stigma and improved continuity of care. Integration helps provide whole-patient care in primary care settings.
	Two licensed clinical social workers were hired in fiscal year 2016 for direct patient care with Inland's primary care and women's health populations. In 2017, a psychiatric mental health nurse practitioner was hired in conjunction with Acadia Hospital to provide telemedicine services to primary care patients. Integrated behavioral health staff provided mental health services for 491 Inland Family Care during fiscal year 2017.
Partners engaged	Inland Hospital partnered with the following entities on this priority: • Acadia Hospital
Highlights	One physician reports that integrating behavioral health services in primary care helps patients set and meet goals, stating "when mental health is being better treated overall, that, in turn, reduces drug and alcohol abuse."
Outcome Measure	One (Number of behavioral health staff integrated into Inland's healthcare settings)
Project lead	Belinda Fletcher, Practice Administrator and Dr. Gavin Ducker, Chief Medical Officer and VP of Medical Affairs
Next Steps	We will continue to recruit for open licensed clinical social worker (LCSW) positions and expand Psychiatric Nurse Practitioner's scope to provide services in Inland's primary care settings through additional marketing and increased awareness among providers.

Priority #3: Mental Health/Depression

Rationale:

Enhance access and patient care.

Intended action to address the need:

Integrate behavioral health services to enhance access and patient care.

Programs and resource allocation:

- Integrate behavioral health to improve access: add two Licensed Clinical Social Workers to work in primary care, women's health, and Inland's Birthing Center; one psychiatric nurse practitioner in family practice and women's health
- Cognitive Behavioral Therapy telemedicine initiative pilot in Unity practice in collaboration with Acadia Hospital
- Mental Health First Aid staff and community trainings
- Suicide prevention trainings presentation by National Alliance of Mental Illness of Maine (NAMI), implemented within the Unity practice
- Provide tools for providers and staff to easily access resources for patient referrals to local services
- TeamSTEPPS (Strategies and Tools to Enhance Performance and Patient Safety) Ongoing implementation throughout the organization
- A full-time Community Health Navigator will be added in the EMHS Center for Women's Health and primary care settings to link vulnerable populations with needed resources
- Employee benefits for mental health services provided through Affiliated EAP
- Community Benefit funding will be allocated to support local community mental health agencies and evidence-based programs

Planned collaborations:

- Will explore partnership opportunities with National Alliance on Mental Illness of Maine (NAMI) to provide Mental Health First Aid trainings for staff and community
- Acadia Hospital telepsych services in primary care, Emergency Dept and Inpatient

Population of focus:

Patient and employee population with mental health needs

	FY 2017 Progress Report Priority 3: Mental Health/Depression
Objective	Mental Health - Increase the number of individuals receiving Mental Health First Aid training from 0 to 40 by September 30, 2017.
Status	Completed
Approaches taken and resources used	Through collaborative efforts of Inland Hospital, NAMI Maine, and other community partners, Adult Mental Health First Aid classes were held in Waterville in October 2016, June and September of 2017, training 44 community members and healthcare workers to learn a five-step action plan to help patients, loved ones, colleagues, neighbors and others cope with mental health problems.
	Mental Health First Aid (MHFA) is a national best-practice, evidenced-based certification course that is eight hours in length and leads to a three-year certification issued by the National Council on Behavioral Health. By design, it is intended to mirror the idea of regular first aid to empower individuals with just enough information to respond and help guide someone with a mental health need to the right kind of help.
Partners engaged	Inland Hospital partnered with the following entities on this priority: NAMI Maine Healthy Northern Kennebec Kennebec Behavioral Health Spectrum Generations
Highlights	Through this training, 44 community members, local social service and healthcare workers were trained to help individuals and family members in our community cope with mental health issues and access resources. Awareness of local resources increased and new partnerships around this issue were established. Class participants reported that the class was engaging, useful and enlightening.
Outcome Measure	44 community members, local social service and healthcare workers trained
Project lead	Ellen Wells, Community Wellness Team Leader
Next Steps	In fiscal year 2018, we intend to partner with NAMI Maine and others to provide at least one Mental Health First Aid for Youth class in the coming year.

Priority #4: Poverty

Rationale:

Strengthen local economy and address social issues linked to poverty.

Intended action to address the need:

Inland will continue collaborative efforts in our service area to stimulate economic growth, expand educational opportunities, and address food insecurity, homelessness, transportation, literacy/education, and domestic violence.

Programs and resource allocation:

- A full-time Community Health Navigator will be added in the EMHS Center for Women's Health and primary care settings to link vulnerable populations with needed resources
- Community Benefit funding and staff time will be dedicated to organizations leading efforts to improve economic outlook and address priority social concerns in our local communities

Planned collaborations:

Inland partner with and staff will serve as board/committee members/volunteers for organizations including: Central Maine Growth Council, Mid-Maine Chamber of Commerce, Waterville Main Street, Waterville Opera House, Kennebec Valley Community College, Quarry Road Recreation Area, Inland/Lakewood Homeless Network, Mid-Maine Homeless Shelter, United Way, Healthy Northern Kennebec (local Healthy Maine Partnership), and local food banks. Inland supports activities and systems such as payroll deduction to encourage staff participation in annual United Way of Mid-Maine campaign.

Population of focus:

Low-income, medically-underserved, less than a high school education and/or low literacy, very rural and/or geographically isolated people, people with disabilities – physical, mental, or intellectual

	FY 2017 Progress Report Priority 4: Poverty
Objective	Poverty - Designate Community Benefit program funding to support public
	transportation in Somerset County in FY2017.
Status	Completed
Approaches taken and resources used	In FY17, Inland allocated funding to KVCAP to support their public transportation services as one of Inland's Community Benefit partners addressing community health priorities (i.e. poverty) identified in our Community Health Improvement Plan.
	Inland has been a long-time partner with KVCAP in supporting and promoting public transportation services provided via the Kennebec Explorer and Somerset Explorer bus systems. Inland Hospital and our family practice in downtown Waterville are regular stops on the bus route and many of our patients take advantage of the service to access healthcare and other local services.
	The Somerset Explorer public bus system helped people get to work, medical appointments, retail and grocery stores, community events, and more. Public transit service is provided by KVCAP across Southern Kennebec County and in these Northern Kennebec cities and towns: Waterville, Fairfield, Skowhegan, Madison, Anson, Norridgewock, Jackman, Bingham and Moscow.
Partners engaged	Inland Hospital partnered with the following entities on this priority: • Kennebec Valley Community Action Program (KVCAP)
Highlights	Kennebec and Somerset Explorer public transit services provide flex-route, accessible public transportation services throughout the Greater Waterville-Augusta region with additional service in the greater Skowhegan-Madison area. The service provided 103,313 during the past year, including 12,832 people who boarded
	using the vehicle wheelchair ramps or lifts. The service was expanded to include the communities of Manchester, Jackman and
	Bingham during the past year.
	This year, Inland's Community Benefit program provided \$1,000, in addition to previously committed funding, to KVCAP in May, 2017 to support public transportation in Kennebec and Somerset counties, bringing the total for FY2017 to \$3,000 to help address the increasing demand for public transportation services in our region. Because of the higher rates of poverty and related issues in Somerset County, we specified that a minimum of \$1,000 of our annual contribution be designated to support public transportation in that region.

FY 2017 Progress Report Priority 4: Poverty	
Highlights continued	 The Explorer public bus service provided a total of 103,313 rides during the past year. 78,671 passengers boarded in the Greater Augusta area 19,797 passengers boarded in the Greater Waterville area 4,905 passengers boarded in the Greater Skowhegan Area including 19 in Jackman 12,832 passengers, included in the above totals, boarded the vehicles using the accessible mobility systems (lifts or ramps) to board the vehicles.
Outcome Measure	\$1,000 community benefit dollars designated to support public transportation in Somerset County
Project lead	Sara Barry, Director, Community Relations
Next Steps	Inland will continue to support KVCAP's transportation services through our Community Benefit program.

Progress Report Update - Systemwide Priority

Priority: Opioid Harm Reduction - Patient Education

Rationale:

The opioid epidemic is a significant public health threat impacting all Maine communities. Primary prevention efforts such as patient education on medication safety, pain management alternatives to opioids, and safe disposal of unused medications are proven strategies to reduce opioid misuse.

Intended action to address the need:

Establish a work-group/sub-committee

Assess current state and gaps/areas of need

Develop an action plan

Establish patient education materials, protocol and time-line

Staff education

Disseminate materials, messages

Track activity

Programs and resource allocation:

Staff time

Educational materials - Choosing Wisely or similar materials

Planned collaborations:

Inland Family Care, Inland Medical Associates, possibly Maine Quality Counts

Population of focus:

Patient population in need of chronic pain management

Progress Report Update - Systemwide Priority continued

FY 2017 Progress Report Systemwide Priority: Opioid Harm Reduction - Patient Education	
Objective	By 9/30/2017, increase the number of Inland provider offices providing patient education materials surrounding prescription opiate drug safety.
Status	Completed
Approaches taken and resources used	In fiscal year 2017, in collaboration with Eastern Maine Medical Center, Inland chose opioid education material for our primary care offices from Choosing Wisely, a national Consumer Reports initiative of the American Society of Anesthesiologists. After review from our EMHS Patient Experience team, the brochure was also adopted by the entire system for use in all primary care offices. The materials mirror what Inland/EMMC healthcare providers are communicating to patients about opioids – that they are not always the best choice for all ongoing pain situations, and that there are other pain management options to discuss with your healthcare provider. Inland's Chief Medical Officer and our Patient and Family Advisory Council reviewed the material and supported its use in offices as a way for patients and family members to start the conversation about pain management and opioid abuse.
Partners engaged	Inland Hospital partnered with the following entities on this priority: • Eastern Maine Medical Center's Community Relations staff • Choosing Wisely • Inland Family Care office managers • Inland's Chief Medical Officer • EMHS Community Health Team Task Force • EMHS System Patient Experience team
Highlights	See approaches taken and resources used
Outcome Measure	Eight - Number of provider offices offering patient education materials on prescription drug safety
Project lead	Dr. Gavin Ducker, Chief Medical Officer Bonnie Roundy, practice manager Sara Barry, Director, Community Relations
Next Steps	Our next steps in FY18 include distributing the Choosing Wisely materials to our Specialty Care offices, and then our hospital/outpatient waiting areas. In addition, we are exploring the process for embedding the material into our electronic medical record so healthcare providers have access to it and can include it in a patient's printed clinical summary.

Progress Report Update - Systemwide Priority continued

Priority: Healthy Hospital Food - Healthier Hospital Foodservice

Rationale:

Inexpensive, calorie-dense, and highly processed foods have become readily available, contributing to the increased incidence rate of obesity and obesity-related diseases. Integration of a Healthier Hospital Foodservice model of excellence, focused on manageable and sustainable changes to foodservice policies, environments, and procurement practices, can make it easier for patients, visitors and staff to improve their diet and health outcomes.

Intended action to address the need:

Establish a sub-committee/work-group Assessment of foodservice operations Develop action plan Implement action plan

Programs and resource allocation:

Staff time
Marketing support
Other resources based on action plan to be determined

Planned collaborations:

EMHS Partnerships to Improve Community Health, grant staff, food vendors

Population of focus:

Hospital cafeteria consumers (employees, patients, community members)

Progress Report Update - Systemwide Priority continued

FY 2017 Progress Report Systemwide Priority: Healthy Food Access - Healthier Hospital Food Service	
Objective	Increase the number of new or improved policies, environments, and systems to improve availability of healthy foods at Inland Hospital from 0 to 3 by 9/30/2017.
Status	Completed
Approaches taken and resources used	In fiscal year 2017, Inland established a Healthy Hospital Food policy to reinforce our ongoing commitment to patients', staff and visitors' health and well-being. The new policy was approved by Administrative leaders in March, 2017 and posted on the policy portal on 4/27/17. The policy includes the exclusion of sugary drinks from the cafeteria menu for patients, consumers, vending machines, meetings and catered events. Sugary drinks have been found to be a leading contributor to the obesity problem. The policy also requires more prominent display of fruits and vegetables in the cafeteria, posting the nutritional information for the "meal of the day", and offering smaller portion options for desserts made in-house. The promotional campaign for the Healthy Hospital Food initiative officially launched on June 1, 2017 with a "Rethink Your Drink" campaign that featured a water bottle give-away for all Inland employees and an educational sugar display. Foodservice staff worked with vendors to ensure availability and exclusion of items per policy.
Partners engaged	 Inland Hospital partnered with the following entities on this priority: A community health improvement plan sub-committee was formed consisting of our Foodservice Director; Diabetes & Nutrition Wellness Director/Chief Dietitian; Employee Health Nurse; and Community Wellness Team Leader Food vendors
Highlights	Progress is being made toward a healthier food environment for our 700+ staff, patients, and visitors! Awareness of sugar content in popular beverages increased among staff, patients, and visitors; we received a (mostly) positive response to the initiative and new policy; and the water bottle give-away was very popular and appreciated.
Outcome Measure	Three - the number of foodservice environment, policy, or procurement activities that improve availability of healthy foods
Project lead	Scott Pearl, Food Service Director and Dan Booth, VP of Operations
Next Steps	In fiscal year 2018, Inland will continue to work in conjunction with EMHS as a new system Healthier Hospital Foodservice initiative was rolled out in October, 2017. The new initiative will integrate and scale best practices across all EMHS foodservice sites, resulting in healthier food choices for patients, staff and visitors; reduced product variation and associated expense; and increased purchasing of local product from Maine food producers. By working together across EMHS sites, we expect to improve recipes, menus, inventory, and production cost while reducing product variation and food waste. The sourcing,
	quality and nutritional value of the foods we serve holds potential to enhance health and strengthen local economies.

Conclusion

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.

Inland Hospital will engage in another Shared Community Health Needs Assessment in 2019 and looks forward to ongoing community participation in these important efforts.



