

# Progress Report to our Community

Fiscal Year  
**2023**

Addressing community health needs.

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

We used the results of the 2022 [Community Health Needs Assessment](#) along with community input to inform the development of our three-year [Community Health Strategy](#). As a member of Northern Light Health's Community Health Council, Acadia Hospital recognized the value, reach, and influence of aligned engagement efforts with a shared purpose. The following three priority areas were adopted as shared priorities where Northern Light Health member organizations would engage in common strategy to achieve greater statewide impact:

- Mental health
- Social determinants of health
- Substance use

This report is an update on Northern Light Acadia Hospital's progress on our community health strategy for fiscal year 2023 (October 2022 – September 2023), representing the first year of our three-year health improvement plan.



## PRIORITY: Mental Health

### Three-year approach (2023-2025)

Goal	Strategy	Objective
Provide youth and families with the mental and behavioral health resources they need to thrive.	Partner with schools and other community organizations to ensure youth and their families have improved access to mental health prevention, early intervention, and treatment services.	Educate and empower others to recognize, support, and respond to mental and behavioral health needs of youth.

### Shared objective:

Increase the number of individuals trained to support the mental health needs of youth.

Northern Light Acadia Hospital trained staff in Psychological First Aid (PFA), an evidence-informed approach to help anyone — children, adolescents, adults, and families — in the immediate aftermath of a traumatic experience and has proven to be effective when someone is experiencing a mental health crisis at any time. PFA shines a light on the impact of collective trauma, builds resiliency, and assists in self-care action plans by incorporating five evidence-based principles: safety, calming, connectedness, self and community reliance, and hope.

Certified Acadia Hospital staff then engaged schools and/or youth serving organizations to educate and empower individuals to respond to mental and behavioral health needs of youth using the PFA training model. Attendees received training in eight core elements: engagement, safety, stabilization, information gathering, practical assistance, connection to social supports, information on coping, and connecting with collaborative services. Systemwide collective impact of our shared objective resulted in 35 training sessions with 584 individuals trained.

### Fiscal Year 2023 Partners and Community Impact

#### PARTNERS ENGAGED:

Bangor YMCA*	Maine Pediatric & Behavioral Health Partnership
Camp G. Peirce Webber*	Northern Light Acadia Hospital's new employees*
Camp Jordan*	Old Town YMCA*
Northern Light Eastern Maine Medical Center's Emergency Department DEA (Diagnosis, Evaluation, & Assessment)*	Penquis Community Action Program*
Health Equity Alliance*	Regional School Unit #34*
School Administrative Unit (Leeds Central School/ Turner Elementary)*	Mental Health in the School Setting Project ECHO series
	School Based Behavioral Health Rapid Project ECHO series
	Southern Penobscot Regional Program for Children with Exceptionalities (SPRPCE)*

- 12 community organizations\* trained in Psychological First Aid (PFA); 336 individuals trained in PFA.
- Peer to Peer consults between Acadia providers and pediatric primary care providers (internal and external to Northern Light Health)
- 21 peer-to-peer pediatric psychiatry and care coordination consultations done within the Maine Pediatric & Behavioral Health Partnership
- Monthly webinars and Project ECHO sessions
- CARES (Child-Adolescent Resource and Educational Series) surveys distributed statewide to stakeholders, educators, and community organizations. CARES 2.0 updated Maine version and new national version development in process.
- RACES (Responding to Adverse Childhood Experiences) series; filming completed, curriculum in development.

## PRIORITY: Social Determinants of Health

Three-year approach (2023-2025)		
Goal	Strategy	Objective
Improve health outcomes for vulnerable populations.	Partner with community to improve equitable access to social supports, community resources, and healthcare services.	Connect individuals with community resources they need to improve their health and wellbeing.

### Shared objective:

Increase community partner engagement with findhelp.org.

Findhelp.org is the nation's leading social care network, making it easier to connect patients and their families with free or reduced-cost programs from local partners and national support services with dignity and ease, and is one component of Northern Light Health's response to need in the communities we serve. Northern Light findhelp will continue to develop, allowing users to search and connect to community services.

Northern Light Acadia Hospital engaged in meaningful, trusted community partnerships to reach priority populations with equitable access to community resources and social supports and connect individuals with community resources they need to improve their health and well-being through the findhelp.org platform. Acadia Hospital participated in a monthly systemwide workgroup focused on engagement efforts to educate community partners on the availability and uses of findhelp.org. We assisted those community partners with adding their program information to the platform directory and with activating the ability to receive referrals or requests for information through the platform. Systemwide community engagement efforts resulted in 28 partners offering 89 programs that increased engagement with findhelp.

## Fiscal Year 2023 Partners and Community Impact

### PARTNERS ENGAGED:

Aroostook Mental Health Services (AMHC)\*  
 Good Shepherd Food Bank  
 Health Equity Alliance (HEAL)\*

Heart of Maine, United Way  
 Wings for Children & Families\*

- Three community partners\* added nine programs to the findhelp directory:
  - AMHC: County Ride Program
  - HEAL: LGBTQ+ Youth Group, Community Food Pantry, Naloxone Distribution, Needle Exchange Program, Case Management, HIV/HCV Testing, Sexual Health Services
  - Wings: Wraparound Process Case Management
- 231 food bags distributed to individuals with behavioral health conditions in collaboration with Good Shepherd Food Bank
- 44 gallons of milk given to clients in Addiction Care Services
- 166 diapers and 112 Wipes distributed in collaboration with Heart of Maine United Way
- 3153 lbs. of fresh produce to be given to patients/ clients/staff of Northern Light Acadia

## PRIORITY: Substance Use

Three-year approach (2023-2025)		
Goal	Strategy	Objective
Reduce deaths, disability, and suffering associated with substance use disorder.	Leverage community partnerships to reduce barriers and improve access to and availability of substance use prevention, treatment, recovery, and harm reduction services. Optimize relationships with partners who can help us engage effectively with populations in need.	Improve pathways to prevention, treatment, and recovery for individuals with substance use disorder.

### Shared objective:

Improve distribution and preventive access to state sponsored Naloxone kits.

In collaboration with other Northern Light Health member organizations and community-based organizations, trained Northern Light Acadia Hospital staff representing pharmacy and community health departments worked diligently to improve processes and partnerships to reduce barriers and provide equitable access to state-sponsored naloxone (Narcan) kits for priority populations.

Northern Light Acadia Hospital participated in the Maine Naloxone Distribution Initiative<sup>1</sup>, which provides state-purchased naloxone to community organizations, clinical sites, and end-users throughout Maine to distribute free of charge. Through a collaboration with Bangor Public Health & Community Services, Acadia Hospital provided education on the use of these naloxone kits to end-users to facilitate the reversal of private overdoses in the community. Systemwide collective impact of our shared objective resulted in 1,453 naloxone kits distributed throughout Northern Light Health's service area.

### Fiscal Year 2023 Partners and Community Impact

#### PARTNERS ENGAGED:

Maine Pediatric & Behavioral Health Partnership  
 Maine Substance Use Disorder (SUD) Learning Collaborative  
 Reel Recovery Film Festival

The Prevent Prescription Drug/Opioid Overdose-Related Deaths Workgroup  
 TreatMe: Adolescent SUD conference

- 302 state-sponsored naloxone kits distributed
- Addiction Care Clinic clients receive ongoing access to Narcan, access to resources, and individual meetings in groups receive ongoing information regarding pathways to prevention treatment in recovery.
- Provided organizations within Northern Light, training on Trauma Informed Care

<sup>1</sup> [Distribute Naloxone – Maine Drug Data Hub](#)