



Community Health Implementation Plan (CHIP)

October 1, 2025 -
September 30, 2028

**Pen Bay-Waldo
Community/
MaineHealth
Pen Bay and
Waldo
Hospitals**



Implementation Plan for Community Health Needs Assessment FY2025-FY2028

MaineHealth Hospital: MaineHealth Pen Bay Hospital & MaineHealth Waldo Hospital

County: Knox & Waldo Counties

Health Priority: Social Drivers of Health

Goal of Health Priority: Policy and advocacy steps as a health system to support decrease in SDOH impact; addressing social drivers of health, not just individual health-related social needs.

Strategies	Proposed Measures	Partners / External Organizations
Strategy 1: Increase key age-appropriate social drivers of health (SDOH) screening for inpatient and outpatient.	• % of appropriate patients screened for SDOH – inpatient • % of appropriate patients screened for SDOH - outpatient	• MaineHealth CMS SDOH Rules Compliance Committee, MaineHealth Pen Bay & Waldo Hospitals' CHW program
Strategy 2: Increase the number of referrals to resources supporting patients with positive SDOH screens.	• % of care team members who used findhelp • # of connections made using findhelp • Years 2 & 3: % of patients referred to social worker or case manager	• findhelp Community Engagement Workgroup, Waldo Community Action Partners (CAP), MaineHealth Lend a Hand, Penquis CAP, Sweetser, Spurwink, Homeworthy
Strategy 3: Standardize a community-based community health worker (CHW) model and disseminate throughout the MaineHealth service areas.	• Year 1: Standard community-based CHW model developed • # of CHW FTEs • # of local hospital communities with CHW FTE • % of CHWs that completed core competency training	• MaineHealth CHW Workgroup, Maine CHW Initiative (including external CHW programs), MaineHealth Medical Group, MaineHealth Coastal Healthcare Alliance (CHA) Community Health Impact Fund Committee, IMPaCT, MCD Global
Strategy 4: Increase connections to coverage and care through Access to Care programs.	• # of MaineCare enrollments for people under 21 years old • # of Medicare Savings Program applications submitted	• MaineHealth Access to Care

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Health Priority: Healthy Eating Active Living

Goal of Health Priority: Improve healthy eating and active living behaviors across the lifespan.

Strategies	Proposed Measures	Partners / External Organizations
Strategy 1: Increase implementation of evidence-based healthy eating active living (HEAL) environmental and policy change strategies.	• % of Let's Go! enrolled sites that complete the Let's Go! self-assessment • # agencies improving policies or practices	• MaineHealth HEAL Workgroup, Maine State Breastfeeding Coalition, local schools, early care and education sites, WCAP
Strategy 2: Increase participation in the Matter of Balance program across the system.	• # of referrals to Matter of Balance • # of participants in Matter of Balance – Virtual • # of participants in Matter of Balance – in person	• MaineHealth Healthy Aging, Waldo County Sheriff's office, Waldo & Knox County Triads, Rockland Public Library
Strategy 3: MaineHealth Food Service Directors will explore and identify strategies that will have an impact on climate change.	• Year 1: Develop strategy to reduce meat purchasing • Years 2 & 3: \$ spend on animal products	• Hospital Food Service Director Workgroup, MaineHealth Pen Bay & Waldo Hospitals - Nutrition Services, Food & Nutrition Services Operating Model 2.0 Workgroup
Strategy 4: Increase implementation of Food is Medicine (FIM) interventions.	• # of FIM treatment interventions per local hospital community	• Food Is Medicine Workgroup, AIO Food and Energy Assistance, Pen Bay YMCA's Pen Bay Community Health Partnership (CHP), Belfast Soup Kitchen

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Health Priority: Mental Health

Goal of Health Priority: Youth Mental Health - Improve the mental health status of Maine youth

Adult Mental Health - Decrease the prevalence of unmanaged depression and decrease number of suicides and suicide attempts.

Strategies	Proposed Measures	Partners / External Organizations
Youth Mental Health		
Strategy 1: Increase awareness and number of youth mental health best practices strategies being implemented/supported by MaineHealth (e.g. MindUp, SOS, Youth / Teen Mental Health First Aid (MHFA), Trauma-Focused Cognitive Behavioral Therapy, Adolescent Community Reinforcement Approach).	# of trainings conducted # of people trained	Youth Mental Health Workgroup, youth serving agencies (e.g. youth centers, Parks and Recreation Departments, YMCAs), schools
Strategy 2: Increase the number of referrals to resources supporting patients with positive trauma screens.	- Year 1: # of local programs serving ages 19 and under on MaineHealth findhelp - Years 2 & 3: % of pediatric patients with a positive trauma screening and symptomology with a referral action - Years 2 & 3: # of connections to youth serving programs via findhelp	Agencies offering trauma resources; findhelp Community Engagement Workgroup; MaineHealth Medical Group; MaineHealth CHI Trauma, Resilience, and Innovation, local schools, WCAP, MaineHealth Pen Bay & Waldo Hospitals Pediatrics and Family Medicine; local youth serving agencies (Landing Place)
Strategy 3: Increase the number of strategies / positive youth experiences that increase feelings of mattering being implemented / supported by MaineHealth.	# experiences supported/offered	Youth serving agencies (e.g. Landing Place, youth centers, Parks and Recreation Departments, YMCAs), schools, municipalities, WCAP

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Strategies	Proposed Measures	Partners / External Organizations
Strategy 4: Identify impact of social media and cell phone use on youth mental health and promote best practices locally to address the issue.	- Year 1: % of schools offered assistance with developing personal electronic device policies - Year 1: Tip sheets on personal electronic device and social media use created and disseminated - Years 2 & 3: % of schools offered assistance with communicating and implementing personal electronic device policies"	Youth Mental Health Workgroup, youth serving agencies (e.g. Landing Place, youth centers, Parks and Recreation Departments, YMCAs), youth mental health experts, schools, WCAP
Adult Mental Health		
Strategy 5: Provide training to care team members across the healthcare system using Question, Persuade, Refer (QPR) model as part of the Zero Suicide program to effectively address suicidality in patients.	% of non-clinical staff trained and recertified in Question, Persuade, Refer model	Zero Suicide grant team, MaineHealth Behavioral Health Ambulatory Services
Strategy 6: Increase community awareness and number of adult mental health best practice strategies being implemented / supported by MaineHealth, to include vulnerable populations	# of trainings conducted # people trained - Years 2 & 3: # higher risk populations reached	Youth Mental Health Workgroup, National Alliance on Mental Illness (NAMI) Maine, Sheriff's Office, Belfast Public Library
Strategy 7: Meet and/or maintain the MaineHealth target for % of adults screened for depression.	% of patients 12+ screened for depression in the last year and, if positive, had a follow-up plan documented within 2 days	MaineHealth Medical Group

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Health Priority: Substance Use

Goal of Health Priority: Decrease the prevalence of substance use disorders and decrease the number of drug overdose deaths.

Strategies	Proposed Measures	Partners / External Organizations
Strategy 1: Increase referrals to substance use disorder (SUD) treatment (including ambulatory alcohol withdrawal management (AWM), medication for opioid use disorder (MOUD), contingency management, MaineMom, etc.).	- Year 1: Plan developed to disseminate stigma training to care team members # of patients receiving buprenorphine	MaineHealth Addiction Specialty Council, MaineHealth Pen Bay & Waldo Hospitals rapid induction team and CHW program
Strategy 2: Increase access to harm reduction services (e.g. recovery center, recovery coaches, stigma training, MaineHealth peer support services, Syringe Services Programs (SSPs), drug overdose prevention).	# of safer drug supplies distributed to patients / community members # of community members that participated in stigma trainings - Years 2 & 3: # of patient encounters with Peer Recovery Partners	MaineHealth Behavioral Health Peer Support Program, hospital emergency departments, Midcoast Women, Infants, and Children Nutrition (WIC), MaineHealth Pen Bay Hospital Maternity/OB GYN, Pen Bay CHP
Strategy 3: Increase the number of schools working on substance use prevention initiatives, including tobacco (such as Student Intervention Reintegration Program (SIRP), Lifeskills, vaping prevention).	# of schools implementing evidence-based substance use prevention programs # of students who completed substance use prevention education % of high school students who vaped in the past 30 days	Schools, Pen Bay CHP
Strategy 4: Increase referrals to evidence-based tobacco treatment services to meet and/or maintain the MaineHealth target.	% of patients 18+ who were screened for tobacco use within the last 2 years and, if a smoker, received cessation counseling # MaineHealth Medical Group Clinical Orientations at which Brief Intervention & Referral training was provided - Years 2 & 3: # of provider referrals to Maine QuitLink per 1,000 patients using tobacco	MaineHealth Center for Tobacco Independence, MaineHealth Medical Group, Pen Bay CHP

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Strategies	Proposed Measures	Partners / External Organizations
Strategy 5: Assess and develop a plan for youth intervention and treatment for SUD.	Year 1: Assess current state of youth treatment for SUD at MaineHealth	CHI teams, Programmatic Steering Committee (youth/adolescents), Certified Community Behavioral Health Clinic (CCBHC) workgroup, community based organizations and schools

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Health Priority: Chronic Disease

Goal of Health Priority: Cancer – Reduce deaths from cancer

Diabetes – Improve patient health outcomes through the achievement of proven risk reduction measures for patients with and at-risk for type 2 diabetes.

Dementia – Provide better support and care for people living with dementia and their caregivers.

Obesity / Overweight – Increase adherence to current standards of care for prevention, assessment, management, and treatment of metabolic disease.

Strategies	Proposed Measures	Partners / External Organizations
Cancer		
Strategy 1: Maintain or increase human papilloma virus (HPV) vaccination rate.	% patients 13 years old who have completed their HPV vaccinations by age 13	MaineHealth Medical Group, MaineHealth Pen Bay & Waldo Hospitals Family and Pediatric practices
Strategy 2: Increase rates for lung, breast, and colorectal cancer screenings.	% of female patients 50-74 seen in the last year who had a mammogram within the last 27 months % of patients 45-75 seen in the last year who had appropriate screening for colorectal cancer	MaineHealth Medical Group, MaineHealth Pen Bay & Waldo Hospitals Outpatient Services: Family, Pediatric and Internal Medicine, Women's Health/OBGYN, Imaging
Diabetes		
Strategy 3: Increase the annual number of eligible individuals systemwide that are referred to the Living Well with Diabetes Self-Management Program.	# of eligible individuals that are referred to Living Well with Diabetes Self-Management Program	MaineHealth Diabetes Prevention and Control Program, MaineHealth Medical Group
Strategy 4: Increase the annual number of eligible individuals systemwide that are referred to the National Diabetes Prevention Program.	# of eligible individuals that are referred to National Diabetes Prevention Program	MaineHealth Diabetes Prevention and Control Program, MaineHealth Medical Group

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Strategies	Proposed Measures	Partners / External Organizations
Dementia		
Strategy 5: Train care team members in every local health system to provide care for people with dementia.	# of participants in dementia education trainings # of local hospital communities represented at dementia education trainings	MaineHealth Healthy Aging
Obesity / Overweight		
Strategy 6: Increase pediatric provider adherence to childhood obesity clinical practice guidelines.	Years 2 & 3: % of patients ages 10-17 with obesity class I, II, or III with an HbA1C ever ordered	MaineHealth Pediatric Quality Improvement group, MaineHealth HEAL
Other		
Strategy 7: Implement an educational intervention that demonstrates the impact that climate change and pollution have on overall health.	# of educational strategies implemented	MaineHealth Cardiology Department
Strategy 8: At least one practice in each LHS will be applying Silver Diamine Fluoride (SDF) in partnership with and with support from the From the First Tooth program.	# of local hospital communities with at least one practice implementing SDF # of SDF trainings - Years 2 & 3: # of providers trained on SDF	MaineHealth From the First Tooth, MaineHealth Pen Bay & Waldo Hospital Pediatric and Family Medicine practices