



# Community Health Implementation Plan (CHIP)

October 1, 2025 -  
September 30, 2028

Maine Medical  
Center BIDSAN

Community/  
MaineHealth

Maine Medical  
Center

Biddeford/Sanford



# Implementation Plan for Community Health Needs Assessment FY2025-FY2028

**MaineHealth Hospital:** MaineHealth Medical Center Biddeford/Sanford

**County:** York

**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
<b>Strategy 1:</b> Increase key age-appropriate social drivers of health (SDOH) screening for inpatient and outpatient.	<ul style="list-style-type: none"> <li>• % of appropriate patients screened for SDOH – inpatient</li> <li>• % of appropriate patients screened for SDOH - outpatient</li> </ul>	<ul style="list-style-type: none"> <li>• MaineHealth CMS SDOH Rules Compliance Committee, Population Health Group</li> </ul>
<b>Strategy 2:</b> Increase the number of referrals to resources supporting patients with positive SDOH screens.	<ul style="list-style-type: none"> <li>• % of care team members who used findhelp</li> <li>• # of connections made using findhelp</li> <li>• Years 2 &amp; 3: % of patients referred to social worker or case manager</li> </ul>	<ul style="list-style-type: none"> <li>• findhelp Community Engagement Workgroup, MaineHealth Access to Care, Lend a Hand, Population Health and local care management teams</li> </ul>
<b>Strategy 3:</b> Standardize a community-based community health worker (CHW) model and disseminate throughout the MaineHealth service areas.	<ul style="list-style-type: none"> <li>• Year 1: Standard community-based CHW model developed</li> <li>• # of CHW FTEs</li> <li>• # of local hospital communities with CHW FTE</li> <li>• % of CHWs that completed core competency training</li> </ul>	<ul style="list-style-type: none"> <li>• MaineHealth CHW Workgroup, Maine CHW Initiative (including external CHW programs), MaineHealth Medical Group, MaineHealth Maine Medical Center Biddeford/Sanford Leadership team, care management team, Lend a Hand, MaineHealth Access to Care</li> </ul>
<b>Strategy 4:</b> Increase connections to coverage and care through Access to Care programs.	<ul style="list-style-type: none"> <li>• # of MaineCare enrollments for people under 21 years old</li> <li>• # of Medicare Savings Program applications submitted</li> </ul>	<ul style="list-style-type: none"> <li>• MaineHealth Access to Care, schools, coalition members</li> </ul>



# Implementation Plan for Community Health Needs Assessment FY2025-FY2028

**MaineHealth Hospital:** MaineHealth Medical Center Biddeford/Sanford

**County:** York

**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
<b>Strategy 1:</b> Increase implementation of evidence-based healthy eating active living (HEAL) environmental and policy change strategies.	<ul style="list-style-type: none"><li>• % of Let's Go! enrolled sites that complete the Let's Go! self-assessment</li><li>• # agencies improving policies or practices</li></ul>	<ul style="list-style-type: none"><li>• MaineHealth HEAL Workgroup, local early care and education sites and schools</li></ul>
<b>Strategy 2:</b> Increase participation in the Matter of Balance program across the system.	<ul style="list-style-type: none"><li>• # of referrals to Matter of Balance</li><li>• # of participants in Matter of Balance – Virtual</li><li>• # of participants in Matter of Balance – in person</li></ul>	<ul style="list-style-type: none"><li>• MaineHealth Healthy Aging, Southern Maine Agency on Aging, MaineHealth Maine Medical Center Biddeford/Sanford WOW program, local senior centers</li></ul>
<b>Strategy 3:</b> MaineHealth Food Service Directors will explore and identify strategies that will have an impact on climate change.	<ul style="list-style-type: none"><li>• Year 1: Develop strategy to reduce meat purchasing</li><li>• Years 2 &amp; 3: \$ spent on animal products</li></ul>	<ul style="list-style-type: none"><li>• Hospital Food Service Director Workgroup, local Food Service Director, Food &amp; Nutrition Services Operating Model 2.0 Workgroup</li></ul>
<b>Strategy 4:</b> Increase implementation of Food is Medicine (FIM) interventions.	<ul style="list-style-type: none"><li>• # of FIM treatment interventions per local hospital community</li></ul>	<ul style="list-style-type: none"><li>• Food Is Medicine Workgroup</li></ul>

# Implementation Plan for Community Health Needs Assessment FY2025-FY2028

**MaineHealth Hospital:** MaineHealth Medical Center Biddeford/Sanford

**County:** York

**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
<b>Youth Mental Health</b>		
<b>Strategy 1:</b> 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).	<ul style="list-style-type: none"> <li>• # of trainings conducted</li> <li>• # of people trained</li> </ul>	<ul style="list-style-type: none"> <li>• Youth Mental Health Workgroup, youth serving agencies (e.g. youth centers, Parks and Recreation Departments, YMCAs), schools</li> </ul>
<b>Strategy 2:</b> Increase the number of referrals to resources supporting patients with positive trauma screens.	<ul style="list-style-type: none"> <li>• Year 1: # of local programs serving ages 19 and under on MaineHealth findhelp</li> <li>• Years 2 &amp; 3: % of pediatric patients with a positive trauma screening and symptomology with a referral action</li> <li>• Years 2 &amp; 3: # of connections to youth serving programs via findhelp</li> </ul>	<ul style="list-style-type: none"> <li>• Agencies offering trauma resources; findhelp Community Engagement Workgroup; MaineHealth Medical Group; MaineHealth CHI Trauma, Resilience, and Innovation; local youth serving agencies; schools; agencies offering behavioral health to youth; Nason Health Care</li> </ul>
<b>Strategy 3:</b> Increase the number of strategies / positive youth experiences that increase feelings of mattering being implemented / supported by MaineHealth.	<ul style="list-style-type: none"> <li>• # experiences supported/offered</li> </ul>	<ul style="list-style-type: none"> <li>• Youth serving agencies (e.g. youth centers, Parks and Recreation Departments, YMCAs), schools, municipalities, local coalition</li> </ul>

# Implementation Plan for Community Health Needs Assessment FY2025-FY2028

Strategies	Proposed Measures	Partners / External Organizations
<b>Strategy 4:</b> Identify impact of social media and cell phone use on youth mental health and promote best practices locally to address the issue.	<ul style="list-style-type: none"> <li>Year 1: % of schools offered assistance with developing personal electronic device policies</li> <li>Year 1: Tip sheets on personal electronic device and social media use created and disseminated</li> <li>Years 2 &amp; 3: % of schools offered assistance with communicating and implementing personal electronic device policies"</li> </ul>	<ul style="list-style-type: none"> <li>Youth Mental Health Workgroup, youth serving agencies (e.g. youth centers, Parks and Recreation Departments, YMCAs), youth mental health experts, schools</li> </ul>
<b>Adult Mental Health</b>		
<b>Strategy 5:</b> 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.	<ul style="list-style-type: none"> <li>% of non-clinical staff trained and recertified in Question, Persuade, Refer model</li> </ul>	<ul style="list-style-type: none"> <li>Zero Suicide grant team, MaineHealth Behavioral Health Ambulatory Services, local leadership team and care management teams, National Alliance on Mental Illness (NAMI) Maine</li> </ul>
<b>Strategy 6:</b> Increase community awareness and number of adult mental health best practice strategies being implemented / supported by MaineHealth, to include vulnerable populations	<ul style="list-style-type: none"> <li># of trainings conducted</li> <li># people trained</li> <li>Years 2 &amp; 3: # higher risk populations reached</li> </ul>	<ul style="list-style-type: none"> <li>Youth Mental Health Workgroup, National Alliance on Mental Illness (NAMI) Maine, Southern Maine Agency on Aging, local municipalities, local senior centers</li> </ul>
<b>Strategy 7:</b> Meet and/or maintain the MaineHealth target for % of adults screened for depression.	<ul style="list-style-type: none"> <li>% of patients 12+ screened for depression in the last year and, if positive, had a follow-up plan documented within 2 days</li> </ul>	<ul style="list-style-type: none"> <li>MaineHealth Medical Group, Population Health Management team</li> </ul>

# Implementation Plan for Community Health Needs Assessment FY2025-FY2028

**MaineHealth Hospital:** MaineHealth Medical Center Biddeford/Sanford

**County:** York

**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
<b>Strategy 1:</b> Increase referrals to substance use disorder (SUD) treatment (including ambulatory alcohol withdrawal management (AWM), medication for opioid use disorder (MOUD), contingency management, MaineMom, etc.).	<ul style="list-style-type: none"> <li>Year 1: Plan developed to disseminate stigma training to care team members</li> <li># of patients receiving buprenorphine</li> </ul>	<ul style="list-style-type: none"> <li>MaineHealth Addiction Specialty Council</li> </ul>
<b>Strategy 2:</b> 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).	<ul style="list-style-type: none"> <li># of safer drug supplies distributed to patients / community members</li> <li># of community members that participated in stigma trainings</li> <li>Years 2 &amp; 3: # of patient encounters with Peer Recovery Partners</li> </ul>	<ul style="list-style-type: none"> <li>MaineHealth Behavioral Health Peer Support Program, hospital emergency departments, Options Coordinator, local law enforcement, Nasson Health Care</li> </ul>
<b>Strategy 3:</b> Increase the number of schools working on substance use prevention initiatives, including tobacco (such as Student Intervention Reintegration Program (SIRP), Lifeskills, vaping prevention).	<ul style="list-style-type: none"> <li># of schools implementing evidence-based substance use prevention programs</li> <li># of students who completed substance use prevention education</li> <li>% of high school students who vaped in the past 30 days</li> </ul>	<ul style="list-style-type: none"> <li>Schools</li> </ul>
<b>Strategy 4:</b> Increase referrals to evidence-based tobacco treatment services to meet and/or maintain the MaineHealth target.	<ul style="list-style-type: none"> <li>% of patients 18+ who were screened for tobacco use within the last 2 years and, if a smoker, received cessation counseling</li> <li># MaineHealth Medical Group Clinical Orientations at which Brief Intervention &amp; Referral training was provided</li> <li>Years 2 &amp; 3: # of provider referrals to Maine QuitLink per 1,000 patients using tobacco</li> </ul>	<ul style="list-style-type: none"> <li>MaineHealth Center for Tobacco Independence, MaineHealth Medical Group</li> </ul>

## Implementation Plan for Community Health Needs Assessment FY2025-FY2028

Strategies	Proposed Measures	Partners / External Organizations
<b>Strategy 5:</b> Assess and develop a plan for youth intervention and treatment for SUD.	<ul style="list-style-type: none"><li>Year 1: Assess current state of youth treatment for SUD at MaineHealth</li></ul>	<ul style="list-style-type: none"><li>CHI teams, Programmatic Steering Committee (youth/adolescents), Certified Community Behavioral Health Clinic (CCBHC) workgroup, community-based organizations and schools</li></ul>

# Implementation Plan for Community Health Needs Assessment FY2025-FY2028

**MaineHealth Hospital:** MaineHealth Medical Center Biddeford/Sanford

**County:** York

**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
<b>Cancer</b>		
<b>Strategy 1:</b> Maintain or increase human papilloma virus (HPV) vaccination rate.	<ul style="list-style-type: none"> <li>% patients 13 years old who have completed their HPV vaccinations by age 13</li> </ul>	<ul style="list-style-type: none"> <li>MaineHealth Medical Group</li> </ul>
<b>Strategy 2:</b> Increase rates for lung, breast, and colorectal cancer screenings.	<ul style="list-style-type: none"> <li>% of female patients 50-74 seen in the last year who had a mammogram within the last 27 months</li> <li>% of patients 45-75 seen in the last year who had appropriate screening for colorectal cancer</li> </ul>	<ul style="list-style-type: none"> <li>MaineHealth Medical Group</li> </ul>
<b>Diabetes</b>		
<b>Strategy 3:</b> Increase the annual number of eligible individuals systemwide that are referred to the Living Well with Diabetes Self-Management Program.	<ul style="list-style-type: none"> <li># of eligible individuals that are referred to Living Well with Diabetes Self-Management Program</li> </ul>	<ul style="list-style-type: none"> <li>MaineHealth Diabetes Prevention and Control Program, MaineHealth Medical Group</li> </ul>
<b>Strategy 4:</b> Increase the annual number of eligible individuals systemwide that are referred to the National Diabetes Prevention Program.	<ul style="list-style-type: none"> <li># of eligible individuals that are referred to National Diabetes Prevention Program</li> </ul>	<ul style="list-style-type: none"> <li>MaineHealth Diabetes Prevention and Control Program, MaineHealth Medical Group</li> </ul>



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Strategies	Proposed Measures	Partners / External Organizations
<b>Dementia</b>		
<b>Strategy 5:</b> Train care team members in every local health system to provide care for people with dementia.	<ul style="list-style-type: none"> <li># of participants in dementia education trainings</li> <li># of local hospital communities represented at dementia education trainings</li> </ul>	<ul style="list-style-type: none"> <li>MaineHealth Healthy Aging, local Senior Centers, Southern Maine Agency on Aging</li> </ul>
<b>Obesity / Overweight</b>		
<b>Strategy 6:</b> Increase pediatric provider adherence to childhood obesity clinical practice guidelines.	<ul style="list-style-type: none"> <li>Years 2 &amp; 3: % of patients ages 10-17 with obesity class I, II, or III with an HbA1C ever ordered</li> </ul>	<ul style="list-style-type: none"> <li>MaineHealth Pediatric Quality Improvement group, MaineHealth HEAL, Nason Health Care, local providers in MaineHealth Maine Medical Center Biddeford/Sanford area</li> </ul>
<b>Other</b>		
<b>Strategy 7:</b> Implement an educational intervention that demonstrates the impact that climate change and pollution have on overall health.	<ul style="list-style-type: none"> <li># of educational strategies implemented</li> </ul>	<ul style="list-style-type: none"> <li>MaineHealth Cardiology Department, local WOW committee</li> </ul>
<b>Strategy 8:</b> 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.	<ul style="list-style-type: none"> <li># of local hospital communities with at least one practice implementing SDF</li> <li># of SDF trainings</li> <li>Years 2 &amp; 3: # of providers trained on SDF</li> </ul>	<ul style="list-style-type: none"> <li>MaineHealth From the First Tooth, local dental practices, Nason Health Care</li> </ul>