



Progress report on *Community Health Needs Assessment Implementation Strategy*

fiscal year

2019

2020

2021

(October 1, 2020 – September 30, 2021)



Mid Coast–Parkview Health
MaineHealth

CHNA Implementation Plan 2019-2021

Mid Coast Hospital

The following report outlines progress on the Maine Behavioral Healthcare/Spring Harbor Hospital Implementation Strategy on key health priorities identified in the **2018 Maine Shared Community Health Needs Assessment**.

The vision of the Maine Shared Community Health Needs Assessment is to help to turn data into action so that Maine will become the healthiest state in the United States. Its mission is a dynamic public/private partnership that creates Shared Community Health Needs Assessment Reports, engages and activates communities and supports data-driven health improvements for Maine people. To access the MaineHealth 2019 Community Needs Assessment reports, visit: <https://www.mainehealth.org/Healthy-Communities/Community-Health-Needs-Assessment>.

A member of the MaineHealth system, Mid Coast Hospital has a set of health priorities including:

- Mental Health and Adverse Childhood Experiences (ACEs)
- Substance Use (Including Tobacco)
- Social Determinants of Health
- Healthy Weight, Physical Activity, and Healthy Eating

About Mid Coast Hospital

Mid Coast Hospital is a full-service community hospital located in Brunswick, Maine. Our 93-bed facility is an independent, not-for-profit hospital governed by a community Board of Directors. It has an active medical staff, a multispecialty medical group including primary care and specialty practices, and provides a range of senior care services through Mid Coast Senior Health and home health and hospice care through CHANS Home Health & Hospice.

Mid Coast Hospital is committed to promoting wellness and preventing illness throughout the community. Partnering with local school systems, Mid Coast has taken a leadership role in preventing childhood obesity, lead poisoning, tobacco use, and substance abuse. Mid Coast also provides a variety of educational events, workshops, screenings, seminars, and policy support to help individuals and the community continually improve their health and wellness.

MaineHealth System Overview

MaineHealth is a not-for-profit integrated health system consisting of nine local hospital systems, a comprehensive behavioral healthcare network, diagnostic services, home health agencies, and more than 1,700 employed and independent physicians working together through an Accountable Care Organization. With more than 22,000 employees, MaineHealth is the largest health system in northern New England and provides preventive care, diagnosis and treatment to 1.1 million residents in Maine and New Hampshire.

In keeping with the health system's vision and mission, MaineHealth organizations work together to offer a wide range of community programs focused on disease management, prevention and population health, free of charge, and no one is ever denied care because of inability to pay. In 2020, the MaineHealth system provided over \$662 million in community health programs or services without reimbursement or other compensation.

Community Health Needs Assessment 2019-2021 Annual Implementation Plan Update FY21

Please highlight progress made from **October 1, 2020 - September 30, 2021** for strategies and actions taken to address the priority areas your organization selected as part of the 2018 Community Health Needs Assessment (CHNA) process. The strategies that your organization recorded in the 3-year Implementation Strategy section of your CHNA report are listed below. In addition, you are encouraged to include progress made for any additional strategies you implemented.

MaineHealth Member Organization: MidCoast Hospital

Date: October 1, 2020- September 30, 2021

2019 CHNA Priority Selected	2019 Implementation Strategy / Planned Actions to Address Priority of Focus	If Action Implemented - Describe actions taken, impact from those actions, and collaborating partners If NO - Provide a reason why no action was taken
ACEs/Mental Health	Provide representation on Youth Mental Health community and school workgroups Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY22? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> MidCoast Hospital representation on SAD 75 District Mental Health Task Force and Midcoast Youth Center, supporting initiatives.
	Support community healthy aging initiatives, including those addressing social isolation (Healthy Aging) Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY22? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Continue to serve on Board of Health, Healthy Aging is priority. Continuing work of Harpswell Aging at Home and People Plus.
	Increase # of maternal depression/stress screenings pre and post delivery Action Implemented? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Continuing in FY22? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> Not implemented .
	Support community initiatives that ensure a healthy start and set the foundation for lifelong health (Early Childhood) Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY22? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Supported efforts of United Way and local HeadStart, serving on boards and supporting initiatives.
	Assess capacity to implement pediatric trauma/ACES screenings Action Implemented? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Continuing in FY22? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Moved to FY22 to examine use of EPIC screening, access team, and Findhelp with all provider groups -
	Continue offering Community Health programs for seniors to decrease social isolation, e.g. programming for patients and caregivers for Parkinson's, Heart, Cancer, & Lung Diseases (Healthy Aging) Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY22? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Continued regular program and worked with groups to offer virtual support.

Community Health Needs Assessment 2019-2021 Annual Implementation Plan Update FY21

2019 CHNA Priority Selected	2019 Implementation Strategy / Planned Actions to Address Priority of Focus	If Action Implemented - Describe actions taken, impact from those actions, and collaborating partners If NO - Provide a reason why no action was taken
Social Determinants of Health (including access to care)	Assess dental health prevention and care resources, identify advocacy and support opportunities (Access) Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY22? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Continue to support Oasis Free Health Clinics expanding dental services. Continue to identify resources for uninsured New Mainers.
	Support community partnerships currently addressing SDOH: transportation, homelessness, hunger, poverty Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY22? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Staff serving on boards of Southern Midcoast Housing Collaborative, Midcoast Hunger Prevention, Tedford Housing, HeadStart, United Way, Midcoast Youth Center, as well as assisting with gleaning efforts and keeping local food resource guide updated and promoted.
	Support community initiatives that ensure a healthy start & set the foundation for lifelong health (Early Childhood) Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY22? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Continue to support United Way of Midcoast Maine, who continues to identify projects to support healthy start. Continue Maternal Opioid Model to support pregnant people and parents in recovery.
	Investigate models and develop plan to prioritize local/MaineHealth SDOHs Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY22? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> In collaboration with Southern Midcoast Housing Collaborative, investigating housing needs and models. With Addiction Resource Center, investigating Recovery Housing models. Continue food insecurity work. Serving on Community Health Improvement Council to explore system approaches.
Healthy Eating Active Living (HEAL) / Obesity Prevention	Increase # patients screened for food insecurity through Hunger Vital Signs (Access) Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY22? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> This program stayed active, but did not expand during COVID. We look forward to focusing on this initiative in FY2222, with new provider leadership.
	Support environmental and culture changes that remove barriers to healthy eating & physical activity representation on workgroups/coalitions; support initiatives through sponsorships & mini-grants (Access, Healthy Aging) Action Implemented? <input type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY22? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Continued to partner with local groups and agencies offering free or low cost access to physical activity. Promoted local activity guides and "bingo."
	Meet annual Let's Go! implementation targets (Youth & Adult) Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY22? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Although activity was diminished due to COVID impact on school capacity, annual targets were met, new early childhood centers added.

Community Health Needs Assessment 2019-2021 Annual Implementation Plan Update FY21

2019 CHNA Priority Selected	2019 Implementation Strategy / Planned Actions to Address Priority of Focus	If Action Implemented - Describe actions taken, impact from those actions, and collaborating partners If NO - Provide a reason why no action was taken
Healthy Eating Active Living (HEAL) / Obesity Prevention	Increase # seniors referred to Medical Exercise & Running Start Programs (Healthy Aging) Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY22? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> This program continued during COVID, and we look forward to increasing participation FY22.
	Meet annual healthy eating program targets (SNAP education for low income sites & Community Health classes open to all) (Access, Healthy Aging) Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY22? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> SNAP targets met. Community health classes on hold due to COVID restrictions and redeployment.
Substance Use Disorder (including tobacco)	Assess potential causes of opioid use disorder stigma at all staffing levels, create training plan if needed (Access) Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY22? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Stigma training offered to MOM team staff sponsored by coalition and plan to continue with community stigma displays and social media messaging and additional trainings in 2022.
	Increase referrals to tobacco treatment services via primary care, women's health, behavioral health and inpatient Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY22? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Referrals continued, although may not have increased during COVID.
	Increase use of Substance Use Disorder (SUD) screening tools (SBIRT) Action Implemented? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Continuing in FY22? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Work delayed due to COVID, will explore in FY22.
	Meet annual Maine Tobacco Prevention Partner targets; including efforts to promote smoke free places, encourage cessation, and prevent use - including electronic vaping devices Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY22? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> 8 trainings held, 4 policies passed, 4 partners recognized as Gold Star Standards of Excellence.
	Support community coalition led efforts to decrease youth substance use through evidence based, community driven strategies and policies, including decreased access, increased belief of harm and increased parental monitoring Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY22? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> New federal grant secured to support Southern Midcoast Communities for Prevention, which supported compliance checks through positive recognition, parental monitoring campaign, focus groups for parents and youth, marijuana/vaping dangers messaging, awareness messaging to adults working with youth via schools and other partners.

Community Health Needs Assessment 2019-2021 Annual Implementation Plan Update FY21

2019 CHNA Priority Selected	2019 Implementation Strategy / Planned Actions to Address Priority of Focus	If Action Implemented - Describe actions taken, impact from those actions, and collaborating partners If NO - Provide a reason why no action was taken
Substance Use Disorder (including tobacco)	Assess alternate therapies available for pain management in a multidisciplinary approach Action Implemented? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Continuing in FY22? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> • Work to resume in FY22 .
	Expand providers involved in coordinated Healthy Generations Perinatal Substance Use Disorder care (Access) Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY22? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> • Began early with MOM project.