



Progress report on
*Community Health
Needs Assessment
Implementation Strategy*

fiscal year

2019

2020

2021

(October 1, 2019 – September 30, 2020)

MidCoast Hospital



**MID COAST-PARKVIEW
HEALTH**

CHNA Implementation Plan 2019-2021

Mid Coast Hospital

The following report outlines progress on Mid Coast 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://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 2019, the MaineHealth system provided over \$487.5 million in community health programs or services without reimbursement or other compensation.

Community Health Needs Assessment 2019-2021 Annual Implementation Plan Update FY20

Please highlight progress made from **October 1, 2019 - September 30, 2020** 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, 2019- September 30, 2020

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	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 FY21? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Although paused during COVID, some Parkinson support and other free community health classes were offered at our Center for Community Health & Wellness. In addition to knowledge and skills, participants are able to interact with others.
	Expanding # of providers involved in coordinated Perinatal Substance Use Disorder care (Access) Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY21? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Participating in ME MOMS program.
	Meet annual SAMHSA Mental Health Training grant goals Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY21? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Trainings included Youth Mental Health First Aid, Social Emotional Learning for school leaders, Sources of Strength peer resiliency, and several trainings for our New Mainers & the community serving them. Impact is more community members with resiliency skills and the capacity to recognize signs of mental health distress and how to respond.
	Provide representation on Youth Mental Health community and school workgroups Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY21? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Several staff serve on Midcoast Youth Center Board (includes MH) and continue to convene Midcoast Community Mental Health Group
	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 FY21? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Continue our partnership with People Plus and local senior centers to promote programming. Serve on Sagadahoc County Board of Health with and support Age Friendly Communities of the Lower Kennebec.
	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 FY21? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No

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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 FY21? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Programming paused due to COVID, but recently began seeing patients again
	Increase referrals to Prescription for Health (free program, reviews available programming and resources) Action Implemented? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Continuing in FY21? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
	Investigate medical obesity programming best practices, create recommendation Action Implemented? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Continuing in FY21? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
	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 FY21? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Met SNAP Ed program goals, increasing community knowledge and skills for cooking and shopping on a budget
	Meet annual Let's Go! implementation targets (Youth & Adult) Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY21? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Met or exceeded all LG! goals.
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 FY21? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Although COVID prevented further assessment, we continue to support OASIS free health clinics, which increased capacity to offer adult dental care, and coordinate with the Merrymeeting Dental Association to provide emergency free care to local youth.
	Support community partnerships currently addressing SDOH: transportation, homelessness, hunger, poverty Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY21? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Staff serve on Southern Midcoast Housing Collaborative, support and partner with Tedford Housing, participate in local transportation discussions, serve on food security workgroups

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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 FY21? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Met with community partners and internal staff to identify needs, stigma reduction plans being created
	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 FY21? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Continued promotion of BeFree, Mid Coast’s Tobacco Treatment program. Included focused outreach to women’s health, addiction resource center, Tedford Housing, and all middle and high schools.
	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 FY21? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Met Goals, including supporting a new tobacco ordinance in Brunswick, including Maine's first tobacco free Maine Street!
	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 FY21? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Met Drug Free Community and Maine Prevention Partner SUP goals, including parental monitoring, youth furnishing, retail trainings, safe prescribing/storage/disposal, and other EB strategies