Annual update of progress: Fiscal Year 2017
LincolnHealth

The following report outlines progress on the LincolnHealth Implementation Strategy on key health priorities identified in the 2016 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 2016 Community Needs Assessment reports, visit: https://mainehealth.org/healthy-communities/community-health-needs-assessment.

A member of the MaineHealth system, LincolnHealth has a set of health priorities including:
- Mental health services/Youth mental health
- Substance use
- Opioid addiction treatment
- Healthy eating and active living

About LincolnHealth
With campuses in the coastal communities of Boothbay Harbor and Damariscotta, Maine, LincolnHealth is a full-service healthcare system with more than 1,000 full and part-time employees. LincolnHealth is the largest employer in Lincoln County.

LincolnHealth – Miles Campus
In the Damariscotta area, the LincolnHealth – Miles Campus includes a 25-bed community hospital; Lincoln Medical Partners, a multi-specialty physician practice; Miles & St. Andrews Home Health & Hospice; Cove’s Edge, a skilled rehabilitation and long-term care facility; and Chase Point, an assisted living facility which includes Riverside, a residence for people living with Alzheimer’s and related dementia. The Miles campus is also home to Schooner Cove, an independent retirement community.

LincolnHealth – St. Andrews Campus
In Boothbay Harbor, the LincolnHealth – St. Andrews Campus provides Urgent Care, a Wound Care Center and outpatient hospital services. Also located on the campus is LincolnHealth Medical Partner’s Family Care Center and Maine Behavioral Healthcare’s WISE program. St. Andrews Villages provides assisted living, independent living, long-term nursing care, skilled rehabilitation and Safe Havens Memory Care.

The MaineHealth System
MaineHealth is a not-for-profit integrated health system consisting of eight local hospital systems, a comprehensive behavioral healthcare network, diagnostic services, home health agencies, and more than 1,500 employed and independent physicians working together through an Accountable Care Organization. With close to 19,000 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 its vision and mission, MaineHealth and its member 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 2016, the MaineHealth system provided more than $403 million in community health programs or services without reimbursement or other compensation, including over $41 million in uncompensated care.
Community Health Needs Assessment 2016-2018 Annual Implementation Plan Update FY17

Please highlight progress made from **October 1, 2016 – September 30, 2017** for strategies and actions taken to address the priority areas your organization selected as part of the 2016 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:** LincolnHealth  
**Date:** October 1, 2016 – September 30, 2017

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| Decrease RX Drug Use & Addiction | Training & education related to Maine Behavioral Healthcare IMAT strategy | • LincolnHealth Medical Partners and LincolnHealth have a team of staff participating in the MaineHealth iMAT initiative to implement services. The Team attended the MaineHealth iMAT Collaborative training and receives periodic guidance with the iMAT consultant.  
• LincolnHealth currently has 3 physicians providing iMAT services to 75 patients with plans to add another physician in 2018. | |
| Participate in Substance Abuse Task Force | | • Vice President of LincolnHealth Medical Partners (LMP) Physician Practices is a member of the MaineHealth Steering Committee developing strategies related to substance misuse.  
• LincolnHealth staff are members of the Lincoln County Recover Collaborative (LCRC), a coalition of concerned citizens including law enforcement, community resource organizations, addiction specialists and medical professionals. They collectively seek to reduce the impact of heroin, opiate and other drug misuse in Lincoln County while encouraging those who suffer from addiction to seek and experience recovery. Through the efforts of the Collaborative, 5 community volunteers were trained as Angels who support those seeking substance abuse treatment; and 55 officers from all 5 Lincoln County law enforcement agencies were trained on proper administration of Naloxone. | |
| Participate w/ community partners to identify strategies | | • LincolnHealth Community Health staff collaborate with Healthy Lincoln County (a local community health non-profit agency) by serving on its Advisory Board and Drug-Free Community Subcommittee focused on implementing proven prevention strategies that decrease youth substance use including tobacco use prevention. LH is also working with Healthy Lincoln County staff to identify education and intervention needs for pregnant women regarding substance use during pregnancy.  
• In collaboration with the Boothbay Region Community Council, a non-profit organization providing support to residents in the Boothbay region, LincolnHealth’s Coulombe Center Program Manager worked on creating the “Addiction Outreach Program” which included fundraising, setting up the program and hiring a Coordinator. The Coordinator has worked with 97 referrals since program inception some of whom were referred for iMAT services. LH provides the office space for the Addiction outreach Program on its St. Andrews campus. | |
### 2016 CHNA Priority Selected | 2016 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
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**Decrease RX Drug Use & Addiction**
Inform/train physicians on prescribing guidelines
Action Implemented? | Yes | No |
Continuing in FY18? | Yes | No |
- Participated in Maine Quality Counts’ “Caring for Me—Complying with Maine Opioid Prescribing Laws” training via live videoconference. Physicians have also participated in Maine Quality Counts’ “Improving Opioid Prescribing and Patient Safety” online series. Currently 62% of regularly scheduled LMP physicians have participated in at least one training session. Additionally 83% of LMP Nurse Practitioners and Physician’s Assistants have completed at least one session.
- 100% of LMP Physicians and Mid-Level Providers are following the new prescribing guidelines
**Other: Expand iMAT services for opioid addiction treatment.**
Action Implemented? | Yes | No |
Continuing in FY18? | Yes | No |
- In 2017, LincolnHealth received a MeHAF planning grant to expand iMAT services in Lincoln County. A Planning Committee of LH staff and consumers in recovery have begun work over the past year to assess level of need, collect data, develop a plan for marketing services, and host consumer focus groups to assess gaps in services/resources. Data collection has been done in collaboration with the Muskie School of Public Service with survey/focus group results due by March 2018. The survey/focus group results will guide the Planning Committee in Year 2 planning and implementation phases. The Committee has received education and consultation on iMAT evidence-based practice through MeHAF. Additionally, LincolnHealth has an Advisory Council made up of representatives from law enforcement, local non-profit organizations, Midcoast Hospital’s Addiction Resource Center, community members, consumers of iMAT and others. The Council has identified key areas where there are gaps in services and resources needed. The Planning Committee is working with the Advisory Council to prioritize initiatives for 2018.
- Currently 75 patients are receiving iMAT therapy provided by 3 LMP Physicians. In 2018, the plan is to expand iMAT with the addition of at least one physician qualified to provide treatment.

### Mental Health Integration
Implement practice guidelines to integrate MH in primary care practices
Action Implemented? | Yes | No |
Continuing in FY18? | Yes | No |
- 100% (5 of 5) of the LMP Primary Care Practices including LMP’s Boothbay Region School Health Center have a Maine Behavioral Health social worker integrated into their practices to connect adult and youth patients with mental health services and social service resources. The services at the LMP Boothbay Region School Health Center were expanded in 2017 to meet the growing need. With the addition of a second part-time social worker, an additional 13 high school and elementary school students had 60 visits.
| Mental Health Integration | Connect children, adults, families to mental health services | LMP Physician Practices and the Boothbay Region School Based Health Center refer patients of all ages directly to the Maine Behavioral Health social worker based within the Practice. The Maine Behavioral Health social worker provides on-site counseling and also connects patients with additional services such as psychiatric care, substance abuse services, and other social service-related resources. Seven hundred sixty patients with a total of over 3,500 visits received mental health services through these integrated services in 2017.  
- LincolnHealth Coulombe Program Manager is a member of The Hope and Resiliency Coalition which works to support persons in the community who are survivors of suicide and struggle with mental health issues. The Coalition worked with the National Alliance of Mental Illness (NAMI) in Maine to co-host Mental Health First Aid training for 20 community members, World Suicide Prevention Day with 12 attendees and “A Gathering to Support Suicide Prevention” with 26 attendees. They also co-hosted the NAMI event “Three Stories” which had 60 attendees.  
- LincolnHealth co-hosted with Healthy Lincoln County (a local community health non-profit organization) a film screening of “Resilience”, a film on adverse childhood events and its impact as children grow into adults. This screening was attended by 20 Lincoln County local school staff/administration and youth-serving organization leaders. |
| Decrease Obesity/HEAL | Implement evidence-based practices for diabetes/pre-diabetes | The Boothbay Region and Central Lincoln County YMCAs began offering its national Diabetes Prevention program in January 2016. This small-group program helps people with prediabetes eat healthier, increase their physical activity and lose weight, which can delay or even prevent the onset of type 2 diabetes. LincolnHealth (LH) Wellness/Rehab staff and Physician Practices work collaboratively with the YMCA on this program through identifying and referring patients to the program. Twenty-six community members and employees attended the program. LincolnHealth employees attended at no charge with grant funds provided by LincolnHealth.  
- In addition to patient appointments with the Diabetes Educator and Dietitians, LH Wellness/Rehab staff provided 2 free Diabetes Education classes and one free Nutrition education class to 23 patients diagnosed with Diabetes and his/her family members |
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| Decrease Obesity/HEAL     | Work with Let’s Go champions to implement action plans                   | • The LincolnHealth Let’s Go! Program Coordinator provided technical support and training to the following:  
  ○ One School Administrative Unit (SAU) which implemented all the key milestones to meet or exceed the Healthy Hunger Free Kids Act in 2017, and 2 SAU’s working towards meeting or exceeding the standards in 2018 (100% achieved Let’s Go! recognition for goals achieved)  
  ○ Thirteen Early Care and Education (ECE) Let’s Go! sites in assessing current goals and setting goals in the areas of nutrition promotion, nutrition education, physical activity and other wellness activities. Seventy percent of the ECE Let’s Go! sites achieved goals that met criteria for recognition levels of those 23% received Gold level;  
  ○ Two after school programs with 100% receiving recognition levels for achieving Let’s Go! goals; and  
  ○ Nine healthcare sites of which 100% achieved recognition for implementing Let’s Go! healthcare goals |
|                           | Action Implemented?  Yes  No                                           | Continuing in FY18?  Yes  No |
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| **Decrease Obesity/HEAL**   | *Connect community and employees w/ healthy food & lifestyle options*       | - LincolnHealth offered programs promoting healthy food and lifestyle options for employees and community. Healthy food/eating programs provided were:  
  o “What’s Cooking Doc?” a healthy cooking class series taught by LincolnHealth physicians with menu/nutrition advise provided by LincolnHealth Dietitians. The classes were held in the FARMS Kitchen and Learning Center; FARMS is a local non-profit promoting healthy eating and cooking for all ages, primarily school-aged children. Five sessions were held with 55 attendees.  
  o LincolnHealth staff collaborated with FARMS in at least 3 cooking classes for elementary school students, teaching the students about food and nutrition  
  o A 3 class Diabetes Cooking series was developed and taught by the Let’s Go! Program Manager and the LincolnHealth Dietitian to 17 people how to prepare budget friendly, easy to prepare dishes  
  o LincolnHealth provided materials/supplies and consulting for 4 families to build raised bed organic gardens at their homes. A LincolnHealth employee, who is also a master gardener, provided support in building the raised beds and teaching the families how to grow the vegetables.  
  o LincolnHealth has raised bed organic gardens on the Miles campus. The produce from these gardens is used in healthy meals for LincolnHealth facilities residents and in the Miles Café which serves food to employees, visitors and the general public.  
  o The Let’s Go! Program Coordinator gave technical support and training regarding the "Smarter Lunchroom" program for many of the Lincoln County Food Service Directors and staff |

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| **Educate key staff in Motivational Interviewing** | *Training priorities and time were primarily focused on the substance abuse initiatives and other focused initiatives which did not allow for time to include motivational interviewing training. LH still supports staff interested in attending sessions for this evidence-based training.** |

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