

Organization: St. Mary's Health System

Date: January 2017-December 2017

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
Access to Care	Assess barriers to care for oncology/ breast health Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No	Mammography offered extended evening hours and Saturday hours to increase access.
	Partner w/community health agencies to address socioeconomic issues related to access Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No	St. Mary's participates in the area Community Health Stakeholders Coalition to address this and other social determinants of health such as lack of transportation.
	Participate in RWJ Culture of Health Learning Collaborative Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input type="radio"/> Yes <input checked="" type="radio"/> No	Attended national meeting in Denver in March 2017. Presented national webinar in August 2017 about our community efforts. http://www.hpoe.org/Reports-HPOE/2017/hospital-community-partnerships-case-study-compendium.pdf (see pages 31-35)
	Partner w/Healthy Androscoggin and Community Clinical Services for New Mainers Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No	Developed video series in multiple languages about chronic health conditions through participation in the REACH grant (for racially and ethnically appropriate health care) http://www.healthyandrosoggin.org/projects/health-reachers/
	Expand financial counseling resources and services Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No	One additional financial counselor was added in 2017. St. Mary's continues to explore ways to offer access to financial assistance to patients, including written notices, in person assessments and on the hospital website.
	Other: Enter text here	Click here to enter details.
Access to Care		

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Chronic Disease Prevention	Expand and sustain "Population Health Specialists" in primary care to connect patients to chronic disease prevention and management Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No	Two additional population health navigators were hired in 2017. One major project has been a colonoscopy project (as a direct response to the colorectal cancer rates in this community.)
	Expand and sustain use of community paramedics for home-based interventions Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No	St. Mary's enrolled 16 patients in the community paramedic program in 2017, with a total of 161 visits. There are plans to expand in 2018: St. Mary's Regional Medical Center's Care Management Program and United Ambulance Service's Community Paramedicine Program are working collaboratively to decrease the number of high utilizer patients and the number of visits to St. Mary's Emergency Department. Through this project an effective evidenced-based, community paramedicine and care management program will be created. The program's primary goal will be to continually improve the quality of patient care and outcomes. This will be accomplished through coordinating the approach to care and providing support services within the home; in concert with primary care providers' oversight.
	Expand palliative care services Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No	St. Mary's contracts with Androscoggin Home Care and Hospice (AHCH) for services of an NP to provide palliative care consults, along with supporting staff from St. Mary's from social work and chaplaincy. In 2017, AHCH expanded the number of providers available for consults. St. Mary's was able to exceed the goal of palliative care consults in 2017; we exceeded national benchmark rates for a comparably sized hospital.
	Other: Enter text here	Click here to enter details.
Improve Lead Screening	Increase lead screening rates for children Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No	The state of Maine changed legislation to lower the rate of actionable lead exposure. St. Mary's now screens all children at their 12 and 24 month visits.
	Partner with Green and Healthy Homes Initiative Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No	Staff participated in monthly meetings of the coalition.

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Improve Lead Screening	Provide education for providers on lead poisoning rates, screening and prevention Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No	St. Mary's staff reviewed guidelines and provided information at several provider meetings in 2017 and providers from our institution were interviewed in the local newspaper during lead prevention week in November 2017.
	Partners w/ Healthy Neighborhood Planning Council to address environmental needs Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No	St. Mary's staff serves on the planning council.
	Other: Enter text here	Click here to enter details.
Mental Health	Continue voluntary and involuntary inpatient programs Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No	St. Mary's provides voluntary and involuntary care on our 24 bed adult psychiatric unit.
	Explore expansion of child intensive outpatient services Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input type="radio"/> Yes <input checked="" type="radio"/> No	Explored expansion but decision was made to focus on new inpatient unit.
	Explore expansion of specialized school for childhood w/ behavioral health issues Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input type="radio"/> Yes <input checked="" type="radio"/> No	The Renaissance School expanded to offer an additional classroom in the fall of 2017 due to demand from area schools. Further expansion is not planned in 2018.

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Mental Health	Expand tele-psychiatry regionally Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No	Established tele-psychiatry with a rural access hospital to provide services for their Emergency Dept. Successfully piloted tele-psychiatry access for a federal qualified health center about 2 hours north of St. Mary's so patients do not have to drive that distance for services.
	Expand geriatric psychiatry Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No	Geriatric psychiatry was expanded to several post-acute facilities in Maine in 2017. The Memory Clinic hours were also expanded.
	Relocate child and adolescent psych services Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No	St. Mary's renovated a hospital unit and is relocating child and adolescent psychiatry services to the new unit. Renovations were initiated in 2017 and the unit will open in early 2018.
	Other: Enter text here	Click here to enter details.
Decrease Obesity	Continue and Track <i>Let's Go!</i> Action Implemented? <input type="radio"/> Yes <input checked="" type="radio"/> No Continuing in FY18? <input type="radio"/> Yes <input checked="" type="radio"/> No	While the official "Let's Go" programming was not as active in this community in 2017, St. Mary's did participate in efforts to address childhood obesity through the Nutrition Center. (see next action item)

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Decrease Obesity	<p>Ensure nutrition, cooking and gardening education to Lewiston Schools</p> <p>Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No</p> <p>Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No</p>	<p>This season Nutrition Center staff gardened and cooked with over 2000 kids in 60+ classrooms and afterschool sites, and plans to increase that number in 2018. Staff continued to work with students and teachers at Longley, Montello, and McMahon Elementary Schools through classroom-based lessons, after school cooking and gardening clubs, and summer school programming. This fall we cultivated an additional partnership with Martel Elementary School. Kids also had the opportunity to garden outside of the classroom at the Knox Street and Hillview Kids Gardens. These neighborhood gardens allow kids to explore and help grow their own food, often right outside their front door. Teens in our fall gardener job training program designed and led hands-on and interactive activities as part of these fun and educational garden times. This opportunity not only paired younger kids with older mentors but allowed the teens to build valuable leadership and teaching skills.</p> <p>We also worked this year to help more teachers and adults work with kids in gardens. This year we engaged 43 area teachers and garden educators in farm to school training opportunities offered by Nutrition Center staff and other state-wide organizations such as the 5-day Maine Agriculture in the Classroom Summer Teachers Institute and Maine School Garden Day.</p>
	<p>Support land access and TA to support low income households access to community garden plots</p> <p>Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No</p> <p>Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No</p>	<p>St. Mary's Nutrition Center provided nearly 130 gardeners with space, seedlings and technical assistance for their gardening plot. This season the Nutrition Center worked alongside organizations, businesses and residents from both Lewiston and Auburn to support the creation of three more neighborhood-centered gardens. As part of its continuing leadership role in the Auburn Community Garden Initiative (ACGI) coordinating team, the Nutrition Center collaborated with other ACGI members to secure a former house lot at 88 Newbury Street for a second community garden in Auburn. A groundbreaking and information gathering session was held on October 24th of 2017. The ACGI will spend the winter planning and continuing to collect input from community members.</p> <p>Another collaboratively-birthered garden on the horizon will be located at 80 Birch Street, on the corner of Birch and Pierce Street in Lewiston. After purchasing the vacant lot next to their headquarters, staff and members of the Raise-Op Housing Cooperative partnered with the Somali Bantu Community Association, the Root Cellar, and the Maine People's Resource Center to talk with over 70 people in the neighborhood. When asked what should happen at 80 Birch Street, a majority of residents said they wanted a community vegetable garden. A Ground-Moving Celebration was held on Thursday, October 26th. The NC is excited to continue to partner by overseeing coordination of garden development, gardener sign up and support.</p>

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	<p>Ensure fresh produce is available at St Mary's Food Pantry</p> <p>Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No</p> <p>Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No</p>	<p>This was a record year for St. Mary's Food Pantry. We provided over 21,000 boxes of food for 60,817 people in 2017. This figure is double the amount served in 2016 and a 378% increase from 2014. We rely very heavily on distributing fresh produce, which we can typically access for free from Good Shepherd Food Bank or local farms. In 2014 we distributed roughly 30,000 pounds of produce, and that has increased each year. In 2017 we distributed nearly 450,000 pounds of produce, a nearly 200% increase over the previous year. We also started adding eggs as a low-cost regular, versatile, low-cost protein source-- from 2,000 pounds of eggs in 2014 to over 13,000 pounds in 2017.</p>
	<p>Provide cooking skills and nutrition education</p> <p>Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No</p> <p>Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No</p>	<p>For the past 10 years, St. Mary's Nutrition Center has hosted an adult cooking class on the last Tuesday evening of every month, and in 2017, we added a new twist. Each month, a guest cook is invited to lead the group in preparing a dish from their native land. This community has a rich and wonderful diversity to celebrate, and the kitchen is the perfect place to meet new faces and share stories. Participants have shared food and recipes from Congo, Angola, Puerto Rico, Cameroon, and Iraq (so far). Since switching to this new format, participation in the class has gone up! Nearly 100 people have joined the Nutrition Center during these classes in 2017 to share in this cuisine together.</p> <p>In addition to the monthly class at the Nutrition Center, we continue to collaborate on a monthly program at the Center for Wisdom's Women and with residents of d'Youville Pavilion. We also hold bi-monthly classes with participants from Creative Work Systems, Personal Onsite Development, Alternative Services, and Tri-County Mental Health.</p> <p>In all, 1150 class seats were filled and 360 adults participated in cooking programs with us in 2017.</p>
	<p>Encourage physical activity through Commit to Get Fit and Healthy Steps</p> <p>Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No</p> <p>Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No</p>	<p>St. Mary's Health System successfully completed its 4th annual Commit to Get Fit Challenge on Saturday, May 6, 2017. More than 360 walkers and runners participated in our 3K, 5K, 10K, and new in 2017, 15K events. Through generous community sponsors and event registrations our Commit to Get Fit Challenge generated over \$25,000 for our St. Marguerite d'Youville Fund for the Needy.</p>
	<p>Other: Enter text here</p>	<p>Click here to enter details.</p>

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Decrease RX Drug Use & Addiction	Continue inpatient detox and rehab-only unit of its type in Maine Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No	St. Mary's provides inpatient alcohol detox and inpatient opiate detox for people with medical issues and for pregnant mothers with addictions.
	Focus IOP on recovery for co-occurring mental health and substance abuse Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No	In 2017 St. Mary's began accepting referrals for medication assisted treatment for opioid addiction and plans to open a formal program in 2018.
	Expand mothers w/ addictions program/services Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No	Since the Perinatal Substance Use Support Group was established here at St. Mary's Regional Medical Center, a total of 37 women have attended the program at various stages of their pregnancy and postpartum experience. This group of women attends a weekly meeting for two hours which includes support from a variety of professionals including an experienced nurse-midwife who is the current medical provider and addresses medication and medical needs of the participants, an experienced counselor who brings her expertise to the team for support and guidance in recovery, and a social worker who assists in coordinating services that are needed for this special population. A nurse works with the patients providing education on healthy pregnancy behaviors and pregnancy education. Although not every pregnant woman with a substance diagnosis is a candidate for this program, this program provides a unique service to those women who are committed to a healthy perinatal experience and recovery guidance.
Decrease RX Drug Use & Addiction	Partners w/ local, regional and state agencies to address opioid crisis Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No	St. Mary's is a partner in a major community grant for the CommUNITY in Recovery program. Its goal is to create a community response and safe pathway to recovery that provides full access, reduces stigma and encourages the possibility of successful overall well-being and participation. Most of 2017 was spent planning the program, including access to medication assisted therapy. To do so, a free training will be held for local providers so they can be certified to provide the medication. (St. Mary's will host the free training for local providers in the first quarter of 2018.) Other aspects of the community responses being planned are a peer recovery community program and a community resource guide.
	Other: Enter text here	Click here to enter details.

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Decrease Tobacco Use	Explore and implement tobacco-free hospital campus Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No	St. Mary's became a smoke free/tobacco free campus effective November 2017.
	Oncology nurse to provide community education Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No	St. Mary's provided community education on tobacco cessation at Trinity Jubilee Center in April 2017.
	Host free tobacco support group weekly Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No	St. Mary's continues to host a tobacco support group.
	Partner w/ Maine Tobacco Helpline to provide counseling and NRT Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY18? <input checked="" type="radio"/> Yes <input type="radio"/> No	Click here to enter details.
	Partner w/ Health Androscoggin for "Tar Wars" at schools Action Implemented? <input type="radio"/> Yes <input checked="" type="radio"/> No Continuing in FY18? <input type="radio"/> Yes <input checked="" type="radio"/> No	While St. Mary's was not an official partner in this initiative, Healthy Androscoggin did implement a program and reached 40 fifth grade students in one school in Lewiston.
	Other: Enter text here	Click here to enter details.