



Progress report on *Community Health Needs Assessment Implementation Strategy*

fiscal year

2019

2020

2021

(October 1, 2020 – September 30, 2021)

**Spring Harbor Hospital/
Maine Behavioral Healthcare**


Maine Behavioral Healthcare
MaineHealth

CHNA Implementation Plan 2019-2021

Maine Behavioral Healthcare/Spring Harbor 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, Maine Behavioral Healthcare/Spring Harbor Hospital has a set of health priorities including:

- Access to Mental Health
- Treatment of Opioid Use Disorder

About Maine Behavioral Healthcare/Spring Harbor Hospital

Maine Behavioral Healthcare is committed to creating a seamless system of behavioral healthcare across Maine, coordinating hospital psychiatric care with community-based treatment services, and better access to medical care through integration with primary care services. Effectively coordinating client and patient care across multiple locations and treatment settings will not only provide optimal health outcomes, but serve as a national model for treating people with serious mental health issues. We are proud to be part of MaineHealth, Maine's largest health system, working together to make our communities the healthiest in America.

Maine Behavioral Healthcare's 30-plus clinical programs and nearly 30 service locations, from York to Norway to Belfast, is one of the broadest behavioral healthcare programs in the state. Our primary goal is connecting clients and patients to appropriate care when they need it.

Set on 50 private acres, Spring Harbor Hospital, part of Maine Behavioral Healthcare, is southern Maine's only private psychiatric treatment and recovery center. Our inpatient programs for youth and adults provide hope for those who suffer from a variety of mental illnesses and co-occurring disorders (mental illness and substance use). We are fortunate to have a unique collaboration with Maine Medical Center, which allows us to offer the most complete array of psychiatric treatment, physician-training, and medical-research programs north of Boston.

The MaineHealth System

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 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: Spring Harbor Hospital/Maine Behavioral Healthcare

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
Mental Health	Develop clinical pathway for mental health treatment for anxiety and depression 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"> Clinical staff has been trained on CBT basics, CBT for depression and Suicide prevention (2020) and were trained on CBT for anxiety, CBT for and CBT for recovery.
	Train MBH clinicians in identified anxiety and depression pathways Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY22? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> MBH engaged with the Beck Institute to train clinicians on CBT basics, CBT for depression and suicide prevention and CBT for Anxiety (2021) The OP therapy program implemented the CBT approach to the care we provide but pathways have not been developed.
	Educate MaineHealth clinical (medical) staff in trauma-informed healthcare delivery to support patients with ACEs/trauma needs 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"> Ongoing training for medical staff provided
Mental Health (Access)	Increase access to inpatient psychiatric beds 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"> Action was implemented to provide increased access, however, due to staffing issues related to COVID, access was limited. FY22 continued these same issues.
	Increase access for patients coming from SHH to Outpatient (OP) behavioral health services at Maine Behavioral Healthcare (MBH) 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"> Patients being discharged from Inpatient Services were prioritized across the system – for access to outpatient services.
	Increase access to OP psychiatry services for clients/ patients coming from primary and secondary medical care 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"> For most of the clinics – the access from the community was temporarily put on hold in order for access to be available from discharged IP patients, discharged ED patients, and high acuity Primary Care patients. Although access was increased, the loss of staff negated some of the gains. This is still underway
	Partner with Maine Medical Center Emergency Dept. staff to decrease wait times for Inpatient Psychiatric beds 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"> Opened 6 bed Psychiatric ICU in FY 21 in order to provide for more rapid admission of high acuity patients.

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
Opioid Use Disorder	Increase access to treatment through Integrated Medication Assisted Treatment (IMAT) using Hub/Spoke model Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY22? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> The MBH SUD treatment hubs developed a performance dashboard and monitored access to treatment and made process improvements to ensure timely and smooth access to care.
	Develop standardized, best practice protocol for Rapid Access for IMAT in the ED Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY22? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> Standardized ED protocol was developed and shared with MH EDs who expressed interest in providing Rapid Access. Additionally, the State of Maine engaged MH EDs in this work and so there was a lot of effort and support around this initiative.
	Implement Opioid Health Home for MaineCare and Uninsured patients Action Implemented? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Continuing in FY22? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> All MBH SUD treatment hubs are now offering Opioid Health Home services successfully to both MaineCare and uninsured clients.