

# Community Health Needs Assessment Implementation Plan

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October 1, 2019 – September 30, 2021

**LincolnHealth**



LincolnHealth  
MaineHealth

## **CHNA Implementation Plan 2019-2021**

### **LincolnHealth**

The following report outlines progress on the LincolnHealth 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 2018 Community Needs Assessment reports, visit:

<http://www.mainehealth.org/chna>

A member of the MaineHealth system, LincolnHealth has a set of health priorities including:

- Mental health and Adverse Childhood Experiences (ACEs)
- Substance use
- Healthy Aging
- Healthy Eating Active Living (HEAL) and Obesity Prevention

### **About LincolnHealth**

With campuses in the coastal communities of Boothbay Harbor and Damariscotta, Maine, LincolnHealth is a full-service healthcare system with more than 950 full and part-time employees. We are part of MaineHealth, the largest integrated health system in Maine.

LincolnHealth health services include both a hospital (on the LincolnHealth – Miles Campus), an Urgent Care Center (on the LincolnHealth – St. Andrews Campus) and several integrated facilities that offer senior healthcare services, wound care, and behavioral healthcare.

Lincoln Medical Partners is a multi-specialty physician practice with offices in Boothbay Harbor, Damariscotta, Waldoboro and Wiscasset. LMP specialties include Anesthesiology, Cardiology, Emergency Medicine, Family Medicine, Internal Medicine, General Surgery, Orthopedics, Obstetrics and Gynecology, and Pediatrics.

### **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 1,600 employed and independent physicians working together through an Accountable Care Organization. With more than 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 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 2018, the MaineHealth system provided \$477 million in community health programs or services without reimbursement or other compensation.

# Implementation Plan for Community Health Needs Assessment 2019-2021

**MaineHealth/Affiliate Hospital:** LincolnHealth  
**County:** Lincoln  
**Health Priority:** Substance Use Disorder  
**Goal of Health Priority:** To prevent and treat substance use disorder (SUD)

Strategies for: Opioid Use Disorder	Resources and Status	Metrics/What are we measuring?	Partners/External Organizations	Year (s) of Work
<b>Strategy 1:</b> Increase access to non-medical resources for patients receiving MAT services through the support of the Patient Navigator and/or Peer Recovery Coach. (access to care; social determinants of health)	<b>Lead:</b> Kathy Wright  <b>Status:</b> In progress, funding through MeHAF and Opioid Health Home	# of non-medical resources accessed by MAT patients # of new patients in IMAT program	Maine DHHS, Good Sheperd and Twin Villages Food Banks, WIC, Boothbay and Central Lincoln County YMCAs, Amistad, Boothbay Region Community Resource Council, Maine Health Access Foundation (MeHAF)	<b>Year 1-3</b>
<b>Strategy 2:</b> Increase the screening of pregnant women for SUD to identify and coordinate any needed perinatal SUD care improving access to quality perinatal care.	<b>Lead:</b> Kathy Wright  <b>Status:</b> MH system-wide initiative for FY20	% of pregnant women with SUD screened with SUD screening tool *	Maine DHHS, WIC, Healthy Kids!, Healthy Lincoln County, Maine Families, Mid Coast Hospital's Addiction Resource Center	Years 1-3
<b>Strategy 3:</b> Offer SUD Prevention Education and Awareness	<b>Lead:</b> Kathy Wright and Education Department  <b>Status:</b> working within current budget	Reached # students and/or # of community groups	Substance Use Disorder Community Coalitions, Lincoln County Law Enforcement, Local School Systems, Lincoln County Community Organizations, Healthy Lincoln County, MeHAF	Years 1-2
<b>Strategy 4:</b> Decrease youth initiation of tobacco	<b>Lead:</b> Kelsey Wollen <b>Status:</b> current program; working with MH grant funding	# of presentations given regarding electronic products /vaping # of Sidekicks programs offered; # of trained the trainer programs; # of students trained	Healthy Lincoln County, Lincoln County School Systems	Years 1-3

\*MaineHealth System Quality Dashboard



# Implementation Plan for Community Health Needs Assessment 2019-2021

**MaineHealth/Affiliate Hospital:** LincolnHealth

**County:** Lincoln

**Health Priority:** ACEs/Mental Health

**Goal of Health Priority:** To improve integration of mental and physical health to improve overall health

Strategies for: ACEs/Mental Health	Resources/Status	Metrics/What are we measuring?	Partners/External Organizations	Year of Work (1-3)
<b>Strategy 1:</b> Integrate screening on ACEs and Food Insecurity in primary care practices resulting in connection to healthy foods. (social determinants of health)	Lead: Lisa Bowers  Status: in progress; launching Summer 2019; funding through MH	# of sites where Well Child Visit includes ACEs and Food Insecurity screening # of food packs or emergency food bags distributed	Healthy Lincoln County and SNAP-Ed program, Central Lincoln County YMCA, Boothbay Region Community Resource Council, Good Shepherd Food Bank and local food pantries, local food councils	Years 1-3
<b>Strategy 2:</b> Expand capacity to provide mental health services to patients. (access to care)	Lead: Stacey Miller; Anni Pat McKenney/Coulombe Center; Mary Jean Mork, MBH  Status: in progress with MSAD 40 under their AWARE funds	# of new schools with on-site mental health services # of patients	Maine Behavioral Healthcare, Local School Systems	Years 1-3
<b>Strategy 3:</b> Build community capacity including schools to address ACEs/trauma.	Lead: Cathy Cole; Anni Pat McKenney  Status: new FY20; use of current staff; materials funding through Coulombe	# of schools, # of students, # of administrators/ teachers trained	Local School Systems, Faith-based organizations, local non-profit organizations, Boothbay Region and Central Lincoln County YMCAs	Years 2-3

\*MaineHealth System Quality Dashboard measure

# Implementation Plan for Community Health Needs Assessment 2019-2021

**MaineHealth/Affiliate Hospital:** LincolnHealth

**County:** Lincoln

**Health Priority:** Healthy Eating/Active Living (HEAL) / Obesity Prevention

**Goal of Health Priority:** Decrease the prevalence of obesity and chronic health conditions

Strategies for: HEAL/ Obesity Prevention	Resources and Status	Metrics/What are we measuring?	Partners/External Organizations	Year of Work (1-3)
<b>Strategy 1:</b> Screen, and refer patients to the Diabetes Prevention Program	<b>Lead:</b> Lisa Bowers <b>Status:</b> in progress; build happening in Epic	# of patients screened and referred Decrease % of patients with HbA1C.9.0z*	Central Lincoln County and Boothbay YMCA, FARMS	Years 1-3
<b>Strategy 2:</b> Support referrals to CLC YMCA's "Healthy Weight and Your Child" program.	<b>Lead:</b> Lisa Bowers; Liz McIlwain <b>Status:</b> in progress; build happening in Epic	# of patients referred	Central Lincoln County YMCA	Year 1
<b>Strategy 3:</b> Meet annual Let's Go! 5210 implementation targets	<b>Lead:</b> Kristina Verney <b>Status:</b> current program; partially funded by MH grant	# of schools, childcare sites, Afterschool, school nutrition programs	Let's Go!	Years 1-3
<b>Strategy 4:</b> Cooking classes offered to support healthy eating	<b>Lead:</b> Kristina Verney/Elisabeth Cardili <b>Status:</b> current program; partially funded in Education and Wellness/Rehab budgets	# of classes offered, # attending classes	Healthy Lincoln County, FARMS at the Y	Years 1-3

\*MaineHealth System Quality Dashboard

# Implementation Plan for Community Health Needs Assessment 2019-2021

**MaineHealth/Affiliate Hospital:** LincolnHealth

**County:** Lincoln

**Health Priority:** Healthy Aging

**Goal of Health Priority:** To provide safe, high-quality care and livable communities supporting the needs of older adults, families and care partners/caregivers.

Strategies	Resources and Status	Metrics/What are we measuring?	Partners/External Organizations	Year of Work (1-3)
<b>Strategy 1:</b> Increase physical activity and falls prevention through Matter of Balance (MOB) Training.	<b>Lead:</b> Cathy Cole <b>Status:</b> current program; funded through Education	# of coaches trained in MOB, # of classes offered, # of participants completing	Matter of Balance, CLC and Boothbay Region YMCAs, Spectrum Generations	Year 1-3
<b>Strategy 2:</b> Host a community-wide event to determine interest and resources available to become an "Age-Friendly Community". (social determinants of health)	<b>Lead:</b> Cathy Cole <b>Status:</b> new event; collaborate with regional partners	# of people attending	Towns, Patricia Oh, CLC and Boothbay Region YMCAs, AARP, Community Organizations, Local Businesses, Lincoln County Residents, Municipalities	Year 1 or 2
<b>Strategy 3:</b> Increase access to care for adults with dementia, and resources and support to their caregivers. (access to care)	<b>Lead:</b> Kathy Bean/Tamara Herrick (MH) <b>Status:</b> current MH program funded through a grant awarded to MH	# of adults with dementia and caregivers accessing dementia care resources	Spectrum Generations, Maine Alzheimer's Association, BRCRC, MaineHealth	Years 1-2
<b>Strategy 4:</b> Increase # of patients with Advance Directives or Advance Care Planning	<b>Lead:</b> Lisa Bowers <b>Status:</b> current program in progress	# of patients with Advance Directives or Advance Care Planning	Community Organizations, BRCRC, Spectrum Generations YMCA	Years 1-3