

Annual Update of Progress: Fiscal Year 2018

Mid Coast Hospital

The following report outlines progress on the Mid Coast Hospital 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>.

An affiliate of the MaineHealth system, Mid Coast Hospital has a set of health priorities including:

- Tobacco Use
- Substance Abuse
- Obesity Prevention
- Mental Health Services
- Early Childhood Development

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. Mid Coast Hospital is part of Mid Coast–Parkview Health, a dynamic healthcare system dedicated to improving the health of our community. Mid Coast–Parkview Health was created in 2015 when Parkview Adventist Medical Center joined with Mid Coast Health Services to realign healthcare services in our region.

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.

Progress Report for 2016-2018 Community Health Needs Assessment/Implementation Strategy FY18

Please highlight progress made between **10/1/17 - 9/30/18** for strategies and actions taken to address the priority areas your organization selected as part of the FY2016 Community Health Needs Assessment (CHNA) process. The strategies that your organization recorded in the 3-year Implementation Strategy section of your FY2016-2018 CHNA report are listed below. In addition, you are encouraged to include progress made for any additional strategies you implemented.

MaineHealth Affiliate Organization: Mid Coast-Parkview Health

Date: October 1, 2017- September 30, 2018

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
Decrease Obesity	Continue and track Let's Go! Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY19? <input checked="" type="radio"/> Yes <input type="radio"/> No	<ul style="list-style-type: none"> • More childcare organizations have registered, and we hope to adopt the adult program, when available to affiliates • Collaborating partners include local schools, childcares, medical practice, public health district partners and MaineHealth
	Implement evidence-based practices for Diabetes Prevention/ Diabetes Prevention Program Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY19? <input checked="" type="radio"/> Yes <input type="radio"/> No	<ul style="list-style-type: none"> • Diabetes Prevention Program is continuing • Obesity group visits are being planned to improve services, and prevent diabetes
	Continue to implement Healthy Weight for a Lifetime and Lifestyle Choices Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY19? <input checked="" type="radio"/> Yes <input type="radio"/> No	<ul style="list-style-type: none"> • These programs are continuing
	Educate staff in motivational interviewing Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY19? <input checked="" type="radio"/> Yes <input type="radio"/> No	<ul style="list-style-type: none"> • Staff are encouraged to attend motivational interviewing trainings
	Convene workgroup to identify community level best practices Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY19? <input checked="" type="radio"/> Yes <input type="radio"/> No	<ul style="list-style-type: none"> • Community and internal workgroups are examining community level best practices <ul style="list-style-type: none"> ◦ a new Office of Community Health Promotion was created in 2018 to lead community efforts • Community Health & wellness continues to lead internal coordination
Decrease RX Drug Use & Addiction	Adopt prescribing guidelines Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY19? <input type="radio"/> Yes <input checked="" type="radio"/> No	<ul style="list-style-type: none"> • Complete

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Decrease RX Drug Use & Addiction	Convene workgroup to review CDC guidelines for prescribing opioids for pain Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY19? <input type="radio"/> Yes <input checked="" type="radio"/> No	<ul style="list-style-type: none"> Reviewed and adopted
	Increase access to treatment/ IMAT Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY19? <input checked="" type="radio"/> Yes <input type="radio"/> No	<ul style="list-style-type: none"> We continue to remove barriers and promote rapid treatment Implemented a new warm handoff protocol from emergency department to Addiction Resource Center Partnered with local community health coalition Access Health to become a Community Opioid Overdose Response Extension for Community Healthcare Outcomes (COOR ECHO) site to learn more best practices
	Partners w/ community task force to address opioid crisis Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY19? <input checked="" type="radio"/> Yes <input type="radio"/> No	<ul style="list-style-type: none"> Continue to be an active member of Access Health, a community coalition which implements substance abuse prevention strategies in our community
	Other: Safe prescribing training	<ul style="list-style-type: none"> Physician safe prescribing trainings planned for 2019, including a Quality Counts and internal training
Mental Health Integration	Implement Mental Health First Aid Program Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY19? <input checked="" type="radio"/> Yes <input type="radio"/> No	<ul style="list-style-type: none"> 3-year Youth Mental Health First Aid grant ended A new Mental Health Training grant was secured, which includes Youth Mental Health First Aid as well as other training programs FY19: <ul style="list-style-type: none"> The Midcoast Public Health Council adopted this as a priority and will support 1 training per county
	Connect children, adults & families mental health services w/ community partners Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY19? <input checked="" type="radio"/> Yes <input type="radio"/> No	<ul style="list-style-type: none"> A community planning retreat was held, and priorities suggested A community Youth Mental health work group meets monthly and a community provider Mental Health committee meets quarterly (includes law enforcement, schools) Continue to attend the Midcoast Community Alliance suicide prevention/ mental health promotion coalition meetings FY19: <ul style="list-style-type: none"> A workgroup will prioritize strategies for 2019
	Convene workgroup Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY19? <input checked="" type="radio"/> Yes <input type="radio"/> No	<ul style="list-style-type: none"> Dr. Deb Hagler leads a workgroup addressing youth barriers Lois Skillings and Tom Kivler lead a community provider workgroup/committee

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Mental Health Integration	Increase number of primary care offices w/integrated mental health Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY19? <input type="radio"/> Yes <input checked="" type="radio"/> No	<ul style="list-style-type: none"> All offices have integrated mental health
Decrease Tobacco Use	Increase tobacco screening and referrals to tobacco cessation Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY19? <input checked="" type="radio"/> Yes <input type="radio"/> No Reduce smoking among high school students Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY19? <input checked="" type="radio"/> Yes <input type="radio"/> No Reduce secondhand smoke exposure among youth Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY19? <input checked="" type="radio"/> Yes <input type="radio"/> No	<ul style="list-style-type: none"> Increased our tobacco treatment specialists to 6, and now offer group treatment <ul style="list-style-type: none"> Special projects include identifying specialized support for pregnant women and behavioral health patients 2017 rates reflected a decrease We are very concerned about electronic nicotine delivery systems (ENDS) use, and have been partnering with our community health coalition to increase awareness among community and youth on the dangers and manipulation Increased the number of schools and youth serving entities with strong tobacco policies and will continue to serve as a MaineHealth Prevention Partner <ul style="list-style-type: none"> We continue to encourage all agencies to update policies to include electronic nicotine delivery systems
Early Childhood Development	Expand Best Start program Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY19? <input checked="" type="radio"/> Yes <input type="radio"/> No Continue Diaper Project Action Implemented? <input checked="" type="radio"/> Yes <input type="radio"/> No Continuing in FY19? <input checked="" type="radio"/> Yes <input type="radio"/> No Increase promotion of Vroom app- free "brain building" activities Action Implemented? <input type="radio"/> Yes <input checked="" type="radio"/> No Continuing in FY19? <input type="radio"/> Yes <input checked="" type="radio"/> No Other: Support for pregnant women and new mothers with substance use disorder	<ul style="list-style-type: none"> This program has been integrated into our women's health program United Way of Midcoast Maine continues this effort This strategy was community led and is stalled due to leadership loss The Addiction Resource Center continues to offer a support group for mothers who are pregnant/parent and have substance use disorder or substance-exposed infants