

Update on Selected Priorities and Activities since the 2022 Community Health Needs Assessment - Kennebec County

In response to the 2022 Community Health Need Assessment (CHNA) along with community input, hospitals and local public health districts developed their own three-year strategies and plans. The Community Action Programs developed their plans in response to community input and their 2022 Community Needs Assessment.” Below are these organization’s updates on their selected priorities and activities since the 2022 Community Health Needs Assessment. One full year of implementation has taken place to date in 2023, 2024 implementation work is currently underway with 2025 work on the horizon for implementation activity on these identified priorities.

For a number of organizations listed in this document priority work spans across multiple counties throughout Maine though their physical location may be in one county.

| Priority | Activities | Partners | Key Accomplishments |
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| Organization – Central District Public Health Improvement Plan | | | |
| The Central Public Health District and District Coordinating Council did not have an updated District Public Health Improvement Plan (DPHIP) for this reporting period. Work was primarily focused on pandemic response and assistance with basic needs; and after the close of the official pandemic, completing the 2022-23 Local Public Health Systems Assessment (LPHSA) and distributing the 2023-24 District Health Equity Funding. | | | |
| <p>Information on the past DPHIP and the collective work on the priority areas of Adverse Childhood Experiences, Physical Activity & Nutrition, Substance Use Prevention & Treatment, Oral Health, and Vaccination can be found at:</p> <p style="text-align: center;">http://www.maine.gov/dhhs/mecdc/public-health-systems/lphd/district5/district-public-health-improvement-plan.shtml Contact: Paula Thomson, Central District Public Health Liaison 207-287-2613 or Paula.Thomson@maine.gov</p> | | | |
| Organization - KVCAP (Kennebec Valley Community Action Program) | | | |
| <p style="text-align: center;">Additional information on KVCAP's priority activity can be found at: https://www.kvcap.org/ Contact: Scott Pasco, Director of CSBG & Data Management, 207-859-1523, scottp@kvcap.org</p> | | | |
| Organization - MaineGeneral Hospital | | | |
| Behavioral Health and SUD | In 2023 | SUD/OD Collaborative, Addiction Medicine, primary care, ACT team, harm reduction and community nonprofits. | Addiction Medicine served 492 individuals and 5,580 visits with a 35% patient retention rate. ACT team served 143 individuals with 100% assessment of housing and employment needs. 85.61% of primary care patients were screened for tobacco and 37.48% screened for depression. The harm reduction program reached 1,993 people through community presentations and conducted 54 Narcan trainings attended by 800 individuals. |
| | In 2024 | SUD/OD Collaborative, Addiction Medicine, primary care, ACT team, harm reduction and community nonprofits. | 89.29% of primary care patients screened for tobacco. 64.63% screened for depression. The harm reduction program reached 2,421 people through community presentations and conducted 136 Narcan trainings attended by 1,668 individuals. |
| Cancer | In 2023 | Harold Alfond Cancer Center, Redington-Fairview General Hospital, Franklin Memorial Hospital, Peter Alfond Prevention and Healthy Living Center | Increased pcp referrals for lung cancer screenings from 59% to 76%. Partnered with rural hospitals to increase patient participation in clinical trials and genetic screening. Referred 124 people to holistic alternative care and held cancer prevention and screening events at 3 community locations attended by 140 people. |
| | In 2024 | Sappi, Huhtamaki, Mill Park Farmer's Market, Harold Alfond Cancer Center, Maine CDC | Four community cancer prevention and screening events held and more than 1,000 people reached. |

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| Physical Activity | In 2023 | MaineHealth 5-2-1-0 practices, pediatric practices, medical staff | 5-2-1-0 program information reviewed at 25.78% of well child visits. |
| | In 2024 | MaineHealth 5-2-1-0 practices, pediatric practices, medical staff | 5-2-1-0 program information reviewed at 30.31% of well child visits. |
| Prevention and Support of Chronic Disease | In 2023 | Residency practices, Peter Afond Prevention and Healthy Living Center, Boston Medical Center, Teaching Kitchen Collaborative | Developed nutritional education for primary care staff. |
| | In 2024 | Residency practices, Peter Afond Prevention and Healthy Living Center, Boston Medical Center, Teaching Kitchen Collaborative | Implementation of nutritional education for primary care staff. |
| Social Determinants of Health | In 2023 | Good Shepherd Food Bank, Peter Alfond Prevention and Healthy Living Center, local food pantries, primary care and speciality practices | As part of the Community Health and Hunger program, 27,002 patients at MGMC primary and speciality care practices were screened for food insecurity. Of that number, 8.7% screened positive. 1,327 food resource guides were distributed and 1,126 emergency food bags. |
| | In 2024 | Good Shepherd Food Bank, Peter Alfond Prevention and Healthy Living Center, local food pantries, primary care and speciality practices | In continued participation in the Community Health & Hunger program, 29,294 patients at MGMC primary and speciality care practices were screened for food insecurity. Of that number, 9.2% screened positive. 1,692 food resource guides were distributed and 1,442 emergency food bags. |

Additional information on MaineGeneral Health's priority activity can be found at: <https://www.maine-general.org/about-us/community-health/community-health-needs-assessment/>
Contact: Anne Conners, Director, Community Health Department, MaineGeneral Medical Center, 207-626-7344 or anne.conners@maine-general.org

Organizations - Northern Light Inland Hospital

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| Mental Health Services | In 2023, Northern Light Inland Hospital educated and empowered others to recognize, support, and respond to mental and behavioral health needs of youth. | Kennebec Behavioral Health; Local schools and school districts; NAMI (National Alliance on Mental Illness) Maine; Northern Light Women's Health | <ul style="list-style-type: none"> • Two community organizations trained in Psychological First Aid (PFA); 13 individuals trained in PFA. • NAMI Maine & Kennebec Behavioral Health - supporting events via communication and promotion efforts. • Local school and districts - connecting schools with resources to educate teachers/staff on youth mental and behavioral health needs. |
| | In 2024, Northern Light Inland Hospital continues to educate and empowers others to recognize, support, and respond to mental and behavioral health needs of youth. | Kennebec Behavioral Health, NAMI (National Alliance on Mental Illness) Maine; RSU18; Greene Central School; Thomas College | Fiscal Year 2024 priority activity updates will be available at the end of the fiscal year and posted online via our Progress Report to Our Community. |

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| Social Determinants of Health | In 2023, Northern Light Inland Hospital connected individuals with community resources they need to improve their health and wellbeing. | Good Shepherd Food Bank; Healthy Northern Kennebec Coalition; Kennebec Valley Community Action Program (KVCAP); Local towns; Precious Innocents*; Waterville Soup Kitchen; Winslow Community Cupboard* | <ul style="list-style-type: none"> • Two community partners* added three programs to the findhelp directory (Precious Innocents: Grief Support Services; Winslow Community Cupboard: Food pantry and food trailer) • Sponsored KVCAP to help provide community members in need with transportation, heat, and electricity assistance. • More than 400 emergency food bags provided to patients screening positive for food insecurity. • Maintained a food pantry grab and go cupboard open to all community members at Inland Hospital • Partnered with Winslow Community Cupboard and Waterville Soup Kitchen to distribute essentials to those in need. • Community Health Navigator program –improving access and connecting individuals to Social Determinants of Health resources |
| | In 2024, Northern Light Inland Hospital continues connected individuals with community resources they need to improve their health and wellbeing. | Good Shepherd Food Bank; Winslow Community Cupboard; Kennebec Valley Community Action Program; Healthy Northern Kennebec | Fiscal Year 2024 priority activity updates will be available at the end of the fiscal year and posted online via our Progress Report to Our Community. |
| Substance Use | In 2023, Northern Light Inland Hospital improved pathways to prevention, treatment, and recovery for individuals with substance use disorder. | Kennebec Behavioral Health; Kennebec Valley Community Action Program; Kennebec Valley Community College; MaineGeneral Harm Reduction; Unity Public Library; Winslow Community Cupboard | <ul style="list-style-type: none"> • 71 state-sponsored naloxone kits distributed through partnership with MaineGeneral Team (Tier 1 Distributor) • Collaborated on Kennebec Behavioral Health Advisory Committee • Medication-Assisted Treatment (MAT) certified providers offering support to individuals with substance use disorder |
| | In 2024, Northern Light Inland Hospital continues to improve pathways to prevention, treatment, and recovery for individuals with substance use disorder. | Forthcoming | Fiscal Year 2024 priority activity updates will be available at the end of the fiscal year and posted online via our Progress Report to Our Community. |
| <p style="text-align: center;">Additional information on Northern Light Inland Health's priority activity can be found at: https://northernlighthealth.org/Community-Health-Needs-Assessment/2022-Community-Health-Strategy Contact: Hanna Bouchard, Community Health Coordinator, Northern Light Inland Hospital 207-861-3392 or hbouchard@northernlight.org</p> | | | |
| <p style="text-align: center;">Organizations - Northern Light Sebasticook Valley Hospital</p> | | | |

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| Mental Health Services | <p>In 2023, Northern Light Sebasticook Valley Hospital educated and empowered others to recognize, support, and respond to mental and behavioral health needs of youth.</p> | <p>Healthy SV Coalition; Maine Central Institute (MCI)*; Maine Resilience Building Network (MRBN); Mr. Sean Presents; Maine School Administrative District (MSAD) #53; National Alliance on Mental Illness (NAMI); Northern Light Sebasticook Valley Hospital Ambulance Service* Pittsfield Public Library</p> | <ul style="list-style-type: none"> • Two community organizations* trained in Psychological First Aid (PFA); 44 individuals trained in PFA. • "Stress less" kits provided to youth in collaboration with Healthy SV, MSAD #53, and Pittsfield Public Library. • Provided presentation to MCI staff in partnership with MRBN (Adverse Childhood Experiences) and Strengthen ME (Acadia); Engaged MSAD #53 via staff book club on mental health and resiliency. • Engaged social media platforms to increase awareness of youth mental health by promoting the new 988 suicide and crisis lifeline. • Partnered with Mr. Sean Presents to host a six-week puppet pals program to reach youth and use puppetry to talk about emotions, increase empathy, and identify what brings them happiness. |
| | <p>In 2024, Northern Light Sebasticook Valley Hospital continues to educate and empowere others to recognize, support, and respond to mental and behavioral health needs of youth.</p> | <p>NAMI Maine (National Alliance on Mental Illness); Kennebec Behavioral Health; Warsaw Middle School</p> | <p>Fiscal Year 2024 priority activity updates will be available at the end of the fiscal year and posted online via our Progress Report to Our Community.</p> |
| Social Determinants of Health | <p>In 2023, Northern Light Sebasticook Valley Hospital connected individuals with community resources they need to improve their health and wellbeing.</p> | <p>Alpha One; Catholic Charities; Department of Health and Human Services; Kennebec Valley Community Action Program (KVCAP); Local food pantries; Maine Cervical and Breast foundation; Maine Street Dental Care (Waterville Maine); Penquis Community Action Program (CAP); Pittsfield Public Library*; Redington Fairview General Hospital*; Sarah's House*</p> | <ul style="list-style-type: none"> • Three community partners* added three programs to the findhelp directory (Pittsfield Public Library: Library Connect Telehealth Program; Redington Fairview General Hospital: Car Seat Safety Program; Sarah's House: Temporary lodging) • 296 community members referred to SDOH resources via our Patient Navigator |
| | <p>In 2024, Northern Light Sebasticook Valley Hospital continues connected individuals with community resources they need to improve their health and wellbeing.</p> | <p>Penquis CAP; Kennebec Valley Community Action Program (KVCAP)</p> | <p>Fiscal Year 2024 priority activity updates will be available at the end of the fiscal year and posted online via our Progress Report to Our Community.</p> |

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| Substance Use | In 2023, Northern Light Sebasticook Valley Hospital improved pathways to prevention, treatment, and recovery for individuals with substance use disorder. | Cianbro; Hometown Health Center; Kennebec Valley Community Action Program (KVCAP); Maine Central Institute; Pittsfield Police Department; Regional School Unit #19; Rural Communities Opioid Response; Program Sonoco | <ul style="list-style-type: none"> • 386 state-sponsored naloxone kits distributed • Distributed 95 Sebasticook Valley Opioid Response Network Recovery Resource Guides to community members in partnership with the Rural Communities Opioid Response Program Coordinator, Pittsfield Police Department, Cianbro, and Kennebec Valley Community Action Program |
| | In 2024, Northern Light Sebasticook Valley Hospital continues to improve pathways to prevention, treatment, and recovery for individuals with substance use disorder. | Forthcoming | Fiscal Year 2024 priority activity updates will be available at the end of the fiscal year and posted online via our Progress Report to Our Community. |

Additional information on Northern Light Sebasticook Valley Health's priority activity can be found at:
<https://northernlighthealth.org/Community-Health-Needs-Assessment/2022-Community-Health-Strategy>
 Contact: Sherry Tardy, Director of Community Health, Northern Light Sebasticook Valley Hospital 487-4085 or stardy@northernlight.org

Organization - Redington-Fairview General Hospital

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| Mental Health | In 2023, the Education Department at Redington-Fairview General Hospital provided education to staff, community members and local school personnel. This included Youth and Adult Mental Health First Aid trainings, targeted mental health awareness presentations, Redington-Fairview General Hospital staff mental health support, and a community cancer support group. | National Council for Mental Wellbeing, MSAD 13, MSAD 74, MSAD 54, Maine Recreation and Parks Association (MRPA), and Skowhegan Free Public Library. | 39 individuals were trained as Adult Mental Health First Aiders and 71 individuals were trained as Youth Mental Health First Aiders. Additionally, 252 individuals participated in other mental health education efforts in 2023. |
| | In 2024, The Education Department continues to offer Youth and Adult Mental Health First Aid trainings to staff and community members. Staff mental health support is continually offered. | National Council for Mental Wellbeing, Cianbro | The Education Department is scheduled to be an ongoing Mental Health First Aid training provider for Cianbro Institutes. |
| Social Determinants of Health | In 2023, the Education Department provided car seat inspection and distribution appointments to eligible families in Maine, as well as car seat safety education to families in Maine. In November, the Education Department held their annual Healthcare for Hygiene fundraiser to collect hygiene items that were distributed to individuals in need in Somerset County. | Maine State Bureau of Highway Safety, Madison Town Office, Skowhegan Regional Chamber of Commerce and Skowhegan Free Public Library. | In 2023, 10 car seat safety inspections were done, 17 individual car seats were distributed to income eligible families, and 74 individuals received car seat safety education. RFGH's Community Health Educator and Car Seat Safety Program Coordinator attended a Safe Travels for All Children (STAC) training and became certified in special needs/adaptive car seats. Through the annual Healthcare for Hygiene fundraiser, 989 individual hygiene items were collected and distributed. |
| | In 2024, The Education Department continues to offer car seat safety programming to Maine families. | Maine State Bureau of Highway Safety | Several car seat distribution sites have closed across Maine. Outreach has been done to spread awareness about our program. Appointment numbers are increasing. |
| Access to Care | In 2023, the Education Department provided a variety of community education related to personal health and wellness management. This includes education on domestic violence, alzheimer's and dementia, Emergency Medical Services (EMS) education, community CPR and first aid training, community Stop the Bleed training, and Advance Health Care Directive workshops. The Education Department also offered their annual community and school vaccination clinics. RFGH's Community Health Educator also attended various community events to provide service/program information through RFGH. | Family Violence Project, Alzheimer's Association of Maine, MSAD 59 and MSAD 13, and KVCAP. | Among the community education offers targeting access to care, 201 individuals received support and education. Among the community and school-based vaccine clinics, 218 individuals received vaccinations. Among the various community events, 675 individuals received information on programs and services through RFGH. |
| | In 2024, the Education Department continues to offer community education on personal health and wellness management. In March 2024, RFGH rolled out a new program called Vial of Life, a tool to help First Responders know important information about someone when responding to an emergency. | Skowhegan Police Department, RFGH EMS, UKVAS and AMS. | By mid-April 2024, 232 Vial of Life's have been distributed to Somerset County residents. |

Additional information on Redington-Fairview General Hospital's priority activity can be found at:
<https://www.rfgh.net/community/health-reports.xhtml>
 Contact: Brittney Dunphy, Community Health Educator, bdunphy@rfgh.net