

Update on Selected Priorities and Activities since the 2022 Community Health Needs Assessment - Somerset 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
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 align="center">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 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 align="center">Additional information on KVCAP's priority activity can be found at:</p> <p align="center">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/ODU 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.

Priority	Activities	Partners	Key Accomplishments
	In 2024	SUD/ODU 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 Alford Cancer Center, Redington-Fairview General Hospital, Franklin Memorial Hospital, Peter Alford 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 Alford Cancer Center, Maine CDC	Four community cancer prevention and screening events held and more than 1,000 people reached.
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	In 2023	Good Shepherd Food Bank, Peter Alford 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.

Priority	Activities	Partners	Key Accomplishments
Determinants of Health	In 2024	Good Shepherd Food Bank, Peter Alford 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/anne.conners@maine-general.org

Organizations - Northern Light Inland Hospital

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 empower 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.

Priority	Activities	Partners	Key Accomplishments
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.

Priority	Activities	Partners	Key Accomplishments
<p>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>			
Organizations - Northern Light Sebasticook Valley Hospital			
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 empower 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

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	In 2024, Northern Light Sebasticook Valley Hospital continues connected individuals with community resources they need to improve their health and wellbeing.	Penquis CAP; Kennebec Valley Community Action Program (KVCAP)	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 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

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.

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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			
Organization - Somerset Public Health			
		Family Violence Project, Maine Center on Aging	Coordinated June presentations by the SPH Drug-Free Communities Program Coordinator on "Positive and Adverse Childhood Experiences (PACES) and

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Mental Health	In 2023, conducted community based events, presentations, and educational sessions focused on improving knowledge, awareness and skills to promote good mental health.	MSAD #54	Six sessions were offered at MSAD #54 Professional Development day for teachers and staff around Trauma-Informed practices, social-emotional learning and best practices in youth-adult partnerships.
		the Miller's table, MSAD #54, community members	Held the third annual Pizza with a Purpose to raise awareness and reduce stigma of suicide at the Miller's table, raising over \$200 to support youth-led mental health efforts in MSAD #54.
		Hardy Girls, Healthy Women program, MSAD #54, Colby College	Twenty students from Skowhegan Area Middle School attended the Hardy Girls, Healthy Women Conference held at Colby College. This day was about equipping them with the necessary tools, knowledge, and support to navigate the challenges they face and become strong, confident, and resilient individuals.
Social Determinants of Health	In 2023, facilitated improvements to the Somerset County Food Security System	Good Shepherd Food Bank, Common Unity Place, Maine Federation of Farmers Markets, MSAD 54 Backpack program	Facilitated the development of a grant giving program that directed \$98,053 in Good Shepherd Food Bank funds to 4 programs in Somerset County that increased access to healthy food.
Access to Care	In 2023, provided patient navigation services for patients with substance use disorder to get treatment, recovery supports, and basic needs met.	Town of Madison	Partnered with the Town of Madison to host a Community Connection Center for Substance Use Disorder offering walk in navigation services for those seeking assistance for Substance use resources.
		Skowhegan Family Medicine, Somerset Primary Care, Kennebec Behavioral Health, El Rancho De La Vida, area churches, KVCAP, food pantries	The Patient Navigator provided navigation services for 101 people with Substance Use Disorder, connecting them to care and other services including transportation, telehealth supplies, peer supports, case management, and psychiatric care.
		Churches, KVCC	Conducted Community Narcan Trainings with churches, Kennebec Valley Community College and others to distribute 50 Narcan kits. The training was also done as a FB live and has had over 280 views with 10 shares.

Priority	Activities	Partners	Key Accomplishments
Substance and Alcohol Use	In 2023, implemented a variety of strategies to increase access and utilization of harm reduction materials and activities	Area municipal buildings and public places	Distributed Good Samaritan Law resource to community venues, such as Town Offices, Post Offices, Libraries, etc
		RFGH EMS, RFGH Emergency Dept.	Started the Yellow Bag project started at RFGH EMS. The Yellow bag project is to help reduce shame and stigma associated with overdose. The bags have harm reduction strategies, treatment and recovery resources as well as two Narcan kits inside. The bag is left at locations of overdose response where the person refused transfer to the emergency department
		KVCAP, SAPPI, KBH	Participated in several events to promote prevention, treatment and harm reduction for SUD, including Skowpendous, the Community Baby Shower, and the Wellness fair at SAPPI in Hinckley. Handed out resources for substance use disorder and did a Narcan training.
		Solon Hotel	Held the first Responsible Beverage Server/Seller training with Solon Hotel Restaurant and Bar employees.
		Area school systems, community based organizations	Presented to adult audiences including Carrabec School District and Overman Academy staff on youth vaping and substance use and school connectedness as a protective factor, as well as New Hope Women’s Shelter on second- and third-hand tobacco and THC smoke and safe storage
		Various	Distributed “Be a Parent, Don’t Be a Bartender” flyers to community venues, such as Town Offices, Post Offices, Libraries, Health Centers, Grocery stores, and more.

Priority	Activities	Partners	Key Accomplishments
	<p>In 2023 conducted community based events, presentations, and educational sessions focused on improving knowledge, awareness and skills to prevent substance use disorder</p>	Cannabis retail stores	<p>Provided safe storage rack cards to 10 cannabis retail stores and had conversations with owners and employees to identify ways to ensure that consumers are safely storing their cannabis to prevent use, curiosity and/or accidental ingestion among youth.</p>
		Various community venues	<p>Began distributing resources on harm reduction education, how to obtain and use Narcan, and safe disposal of medication to community venues.</p>
		RFGH primary care practices	<p>Worked with office managers of eight health care sites to increase referrals to the Maine Quit link by streamlining referral process.</p>
		RFGH primary care practices	<p>Distributed materials for providers to use to initiate conversations about tobacco cessation.</p>
		Various work places	<p>Seven workplaces, all tobacco retailers, adopted workplace tobacco policies.</p>
		Area school systems	<p>Gave a vaping, THC, and alcohol presentation to three schools, reaching more than 250 students</p>
		Area school systems	<p>Collected feedback from more than 150 students about the presentation in order to tailor education to students' needs.</p>
		Maine WIC program, Maine Career Center, Holland's Variety Drug	<p>Provided education about the Maine Quit Link and resources from the Center for Tobacco Independence to sixteen non clinical sites including career centers, dentist offices, WIC offices, and pharmacies.</p>
		KBH, MBHO, ESM, Crisis and Counseling	<p>Provided outreach to four behavioral health sites and educated workers on the Quit Link referral process for behavioral health centers.</p>
		Allied Realty, Whittemore Real Estate, Hearth and Home, Berkshire Hathaway	<p>Partnered with three real estate agencies to provide new owners of rental properties information on the benefits of smoke free policies.</p>

Priority	Activities	Partners	Key Accomplishments
		Area school systems	Met with administrators from seven schools to offer services and support. These services include training teachers in an evidence-based vaping prevention curriculum (called CATCH My Breath), teaching an alternative to suspension educational program to students vaping at school; training and resources on referring youth to vaping cessation program, My Life My Quit; and giving a parent and staff facing presentation on youth vaping and THC use.
		Area school systems	Trained five teachers in the CATCH My Breath curriculum in September with more scheduled for October.
		Area school systems	Provided presentations and resources to the staff at Northwoods Dental, to care providers from RFGH, and providers and care managers from RFGH and Norridgewock Health Clinic.
		Skowhegan Area High School	Piloted the Healthy Futures program at Skowhegan Area High School (SAHS) as an alternative to suspension and to offer information to help increase a student's motivation to quit the use of tobacco products, including Electronic Nicotine Delivery Systems. To date, 10 students have completed the program and SAHS reports "nothing but positive feedback" from students who have participated.
		Area school systems	Met with administration from five school districts to discuss ways to reduce youth vaping. More than 20 teachers trained in the evidence based CATCH My Breath vaping prevention curriculum. Fourteen youth-facing vaping presentations and classes. Vaping prevention presentation to staff from the Carrabec School district.

Priority	Activities	Partners	Key Accomplishments
		PCHC	Gave a presentation about the Maine Quit Link's services, making referrals, and discussing tobacco use to several groups including three presentations to social workers, behavioral health supervisors and the Jackman Paramedics Team
		Carrabec High School	Provided six small-group alternative to suspension classes throughout the school year. Students participating were given multiple resources including My Life My Quit to assist in their quitting journey
Organization - Penobscot Community Health Care			
Mental Health	In 2024		Created a private office space within the practice to support telehealth mental health services, utilizing Jackman Community Health Center (JCHC) space and Ipad to accommodate patients who do not have equipment and ability to utilize telehealth services at their home.
Social Determinants of Health	In 2024		Hired Care Manager to support JCHC patients to provide services and support
Substance and Alcohol Use			
Access to Care	In 2024	1.) Northeast Mobile Health Services & PocketRN 2.) Northern Light Mayo Hospital	1.) Launched a Remote Patient Monitoring (RPM) pilot project with JCHC patients and continuing to grow that pilot to include collaboration with the Jackman Paramedicine Program 2.) Collaborated with Northern Light Mayo Hospital to offer mobile mammogram screening at the JCHC
Older Adult Health			

Priority	Activities	Partners	Key Accomplishments
<p style="text-align: center;">Additional information on Penobscot Community Health Care's priority activities can be found at: www.pchc.com Contact: Heather Blackwell, Director of Grants & Development, Penobscot Community Health Center, Inc. (PCHC), 207-992-9200 x1504, hblackwell@pchc.com</p>			