

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

In response to the 2022 Community Health Need Assessment (CHNA) along with community input, hospitals and local districts developed their own three-year strategies and plans. Below are these organization’s updates on their selected priorities and activities since the 2022 Community Health Needs Assessment. The Community Action Programs developed their plans in response to community input and their 2022 Community 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 some 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 – Maine CDC - District Public Health			
Priority	In 2023		
	In 2024		
Priority	In 2023		
	In 2024		
Priority	In 2023		
	In 2024		
Priority	In 2023		
	In 2024		
<p>Additional information on the Cumberland District priority activity can be found at: https://www.maine.gov/dhhs/mecdc/public-health-systems/lphd/district2/council-main.shtml Contact: Kristine Jenkins, Maine CDC District Liaison, Kristine.L.Jenkins@Maine.gov, 207-485-0541</p>			
Organization - MaineHealth/ Maine Medical Center			
Mental Health	To increase community capacity to address ACEs affecting families with young children by delivering a trauma-informed, culturally- sensitive and resiliency-building support system to decrease or remove SDOH barriers to care for families with children 0-3.	MMC/MMP ambulatory practices Maine Behavioral Healthcare University of Southern Maine	427 families received services through the Early Childhood Specialist Project. (2023)
	In 2024		
SDOH	Address SDOH barriers by coordinating connections with internal and external resources for Food and Diaper Insecurity by increasing awareness and ability to screen.	MMC/MHMG/MMP/JCA of Southern Maine	MMC: 83% of appropriate patients screened for food insecurity. 81% of children screened for diaper insecurity during well child visit. (FY23)
	Improve connections to community based programs/organizations providing health and social services to address the unmet healthcare needs of vulnerable populations	MMC PrevME Community Health Worker Program/ JCA of Southern Maine/General Assistance/food pantries/housing providers	From October, 2023-April, 2024 there were 50% closed loop connections/referrals to community partners.

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	Address SDOH barriers by coordinating connections with internal and external resources for: Food Insecurity by increasing access to healthy and culturally appropriate foods.	Good Shepard Food Bank, Wayside Food, Mainers Feeding Mainers	From October, 2023-April, 2024 there have been 14,808 visits to the MMC Food Pantry and 325850 pounds of food has been shared.
Access to Care	Coordinate and improve access to primary care, behavioral health and specialized services by increasing access to health insurances for individuals in Cumberland County.	MaineHealth/Access to Care	4,621 Medicaid Applications Submitted (FY23)
	Coordinate and improve access to primary care, behavioral health and specialized services by assisting with patient assistance programs (prescription access).	MaineHealth/Access to Care	2,123 PAP applications submitted, leveraging \$1.83M worth of medications were obtained through this support. (FY23)
Substance Abuse	Increase the number of pregnant and postpartum patients with SUD cared for in an integrated model and are screened for HCV.	MMC OBGYN Clinic, MBH Peer Recovery Partner Program, Integrated BH Providers	100% of patients (total of 23) were screened for HCV.(FY23)
	Increase the number of pregnant and postpartum patients with SUD cared for in an integrated model and offered a referral to a peer recovery coach.	MMC OBGYN Clinic, MBH Peer Recovery Partner Program, Integrated BH Providers	100% of patients (total of 23) were referred to a peer recovery coach. (FY23)
	Increase access to treatment for opioid use disorder (OUD) using all forms of buprenorphine, including long acting injectable buprenorphine.	MMC/MHMG	203 active MOUD providers prescribing buprenorphine (2023-2024)
	Increase access to naloxone by implementing MH guidelines for providers on prescribing and distributing kits to patients and family members at risk of overdose.	MMC/MHMG/PPH	223 naloxone kits supplied to Emergency Room and primary care practices for distribution to patients. (FY23)
Additional information on MaineHealth's Community Health Improvement Plan can be found at: https://www.mainehealth.org/healthy-communities/community-health-needs-assessment Contact: Barbara Ginley, Director of Community Health, barbara.ginley@mainehealth.org, 207-661-7832			

Organization - MaineHealth/Spring Harbor/Maine Behavioral Health			
Mental Health	MBH will increase access to Behavioral Health services in York County through implementation of Certified Community Behavioral Health Clinic	<ul style="list-style-type: none"> •1,356 patients assigned Care Coordinator •1,185 patients assessed. •2,195 patients triaged. •1,356 MBH patients with 2 or more ED visits in last 90 days (Note: Clients with more than 1 ED visit in a 90 day period who had an active MBH episode of care at time of visit) 	

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Access	MBH will increase access to Behavioral Health services through decreased length of stay in Emergency Departments throughout MaineHealth by addressing needs of ED high utilizers	<ul style="list-style-type: none"> • Definition of ED high utilizer has been developed by the high utilizer subcommittee to align with the CCBHC metric of 2 or more ED visits within 90 days. • High utilizer and various subcommittee meet monthly to work on identifying data and action plans 	
Mental Health Access	MBH will increase access to Behavioral Health services through decreased length of stay for adults in Spring Harbor Hospital	<p>16.3 average Length of Stay(by days) for adults in Spring Harbor Hospital Achieve average length of stay for adult patients at Spring Harbor Hospital of 15.1 (FY23 minus 5%). The fiscal year to date (FY24) average length of stay is 13.9 days.</p> <p>In partnership with the system, MBH is also working to increase access for behavioral health services through decreased length of stay in Emergency Departments throughout MaineHealth by addressing the needs of ED high utilizers.</p>	
	Implement Bridge to Zero Suicide Initiative	<ul style="list-style-type: none"> • Standardized suicide screening tool (CSSRS) for behavioral health has been built into Epic. • Continuing to implement the CSSRS screener and the CASE assessment and working on amendments as needed based on patient clinical severity. • Project Life Worth Living (5 year SAMHSA grant) kicked off and project director to be appointed winter of 2024. 	
Substance Use Disorder	Improve treatment access and retention through strengthening awareness of MBH Peer Support Specialists	<ul style="list-style-type: none"> • 740 peer referrals to Recovery Coach/Peer Support Specialists (combined with PenBay and Waldo County referrals) • Peer referral trainings to be implemented once contract with State is completed 	
	Increase access to treatment for opioid use disorder (OUD) using all forms of buprenorphine (including long acting)	<ul style="list-style-type: none"> • 209 total receiving buprenorphine at HUB (Total number across the MaineHealth system is 1488) Note that there are a number of HUB patients in treatment for OUD that get their buprenorphine prescription from somewhere else e.g. PCP. 	

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Substance Use Disorder	Offer treatment for with Alcohol Use Disorders by implementing ambulatory alcohol withdrawal management in select MBH Substance Use Disorder Hubs	99 patients treated for acute alcohol withdrawal in outpatient setting. This is a pilot program in the Biddeford HUB with plans to expand across the MBH system	
Organization: Central Maine Healthcare/Bridgton Hospital			
Substance Use	In 2023/2024: Maintain and expand connections to community organizations working on substance use disorder and recovery	Lakes Region Recovery Center, The Opportunity Alliance, Portland Public Health, Cumberland County Public Health	Attended and tabled at the 2023 Lakes Region Recovery Celebration; created a Lakes Region substance use resources guide to be distributed with Naloxone from the emergency department; attended two meetings of the Lake Region High School Vape Advisory group
	In 2023: Naloxone administration training for nonclinical team members	CMH	Naloxone administration training was edited with stigma-related content and uploaded to online learning platform for clinical and non-clinical outpatient team members
	In 2024: Creation of materials for team members, patients, and families on where to access Naloxone in the community	CMH	Created a flyer with a QR code that linked to the Find Naloxone in Maine website by the Maine Drug Data Hub that were placed in primary care offices across the system
Mental Health	In 2023: Creation of a Bridgton Community Events Calendar that includes events that promote mental wellness and connection	The Opportunity Alliance, Lakes Region Recovery Center, Loon Echo Land Trust, Bridgton Public Library, Bridgton Community Center, Bridgton Recreation Department	Assisted The Opportunity Alliance in the creation of a Bridgton Community Events Calendar that is linked to CMH website and includes events from 10 local organizations
	In 2023/2024: Maintain and expand connections to community organizations working on mental health efforts	Lakes Region Recovery Center	Attended the 2023 and 2024 Bridgton Mental Health Awareness Walks
	In 2023/2024: Host mental health trainings for Bridgton community members	NAMI Maine, The Opportunity Alliance, Lakes Region Recovery Center	Hosted two Mental Health First Aid Trainings with 24 total participants
DEIB	In 2023, Advisory Committee was formed to develop a CMH DEIB charter and action plan	CMH	Charter and action plan approved
	In 2023, 92 team members participated in DEIB-centered trainings	CMH	Improved understanding and practices
	In 2023, CMH named a lead for the CMH DEIB initiative and created a System Manager of Language Services position	CMH	Oversees charter and action plan
	In 2024, co-hosted a public health careers event at Bates College specific to BIPOC communities.	Bates College, Maine Public Health Association (MPHA), and New Maine Public Health Initiative (NMPHI)	Workforce development

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	In 2024, a Diversity Calendar was created that is interactive and provides educational information about the various holidays and remembrances. The calendar is available on the internal portal and weekly newsletter	CMH	Education and awareness for team members
	In 2024, a community survey and team member survey was conducted to learn more about the needs of the community and where CMH can make positive strides.	EqualityME, Maine Community Integration, New Beginnings, Bridgton Community Center	Improved policies and practices
<p align="center">Additional information on Bridgton Hospital's Community Health Improvement Plan can be found at: https://www.cmhc.org/bridgton-hospital/about-bridgton-hospital/community-benefits/ Contact: Kristina Wilson at kristina.wilson@cmhc.org</p>			